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MARCH 2021

ISSUE 219



Active at Home



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Local Women
in Lockdown



Local Community



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It's International Women's Day in March, so we've focussed on our local ladies to share what it's been like in lockdown for them. Enjoy!

MEET SANDRA

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Now more than ever
is it essential to support
your local businesses.

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What can you do?

The combination of businesses being required to temporarily shut down and people staying home has caused small local businesses to suffer. Some of this will be temporary, but some business owners will be forced to shut down for good.

Ultimately it's going to be up to us, the local communities and customers, to support these businesses.

Why Support Local?

Local business is essential for our economy. They bring growth and innovation to our communities. They provide employment and create entrepreneurship opportunities and support the local economies, communities and neighborhoods.

They also care about their community. They know their customers by name; they are our neighbors and friends. They are what make our towns special and unique.

Most are feeling a financial strain right now, and are worried about the future. But if you need to buy something, try your local store first. If you still have an income, try ordering from your favorite local restaurant once a week.

If you want things doing around the home, try one of our traders and use the gov guidelines set out to stay safe.

- Many restaurants are offering delivery and pickup, but check for delivery options at places other than restaurants. Many local businesses may not have their usual storefront, but many are providing delivery or curbside pickup.

- Buy gift cards or credit for later from your favourite restaurants, stores, hair salons, spas, childcare providers and hardware store.

- Share local restaurant delivery menus on your social media pages

- Check with the businesses you frequently shop with. They may have altered their services to fit the temporary 'new normal'. For example, your local cleaners now may provide a disinfecting service, or maybe a toy store is now selling homeschool supplies.

- If you still have steady income and the financial means to do it, continue to pay your cleaning people, hair stylist, nanny, etc. They need us and we need them.

- Check to see which of your services/providers are now being provided online. Therapists, tutoring, yoga, personal trainers, coaches, financial planners, lawyers, music classes for kids - all of these can be continued through videos or online conferencing.

We live in a fantastic area, full of things to do and support. Stay connected, use our local businesses and let's keep our area strong.



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women in lockdown

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"During lockdown I started to do more crafting, I used to do it from time to time before the whole pandemic but since we're not able to go out apart from exercise and shopping lots of time has fell into my hands.

I started to do bigger projects like furniture restoration its became a great way to switch off from all the negativity of from the news and its made me feel positive in thought of a finished project. I found it really hard going to work each day and not having a social life out of work and especially missing my family once home so I started baking treats for them all and dropping them off on the doorstep when it was within the rules. This made me feel so happy as it was my way of giving them a hug and sharing the love. If there is one positive I can take from lockdown it has made me appreciate all the little things in life that we are often to busy to notice and it has certainly made me cherish my loved ones even more".

**Emily - Dental Nurse at
Beeston Dental Practice and Implant Clinic**



"I'm Rebecca I run www.Southwell-holidaycottage.co.uk which opened last year at the start of the pandemic!

I live locally, have been in the tourism industry for the last thirty years working for TUI and really enjoyed all the interesting people you meet and friends made.

The cottage has been completely renovated and insulated and has been awarded a gold award for eco tourism".



"Nobody ever likes change, yet when fracturing my leg at the start of 2020 and losing my ability to drive and work, I knew that 2020 was going to be the year I needed to accepted change and not fight it. In fact, when undertaking my first supermarket shop after my pot was removed in March 2020, I knew that things would never be quite the same when struggling to find my usual groceries and toilet paper that night.

Indeed, that unsuccessful shop shocked me so much that I decided that I needed to find a way for people in my community to come together to share food. Two weeks later, I was launching the Sherwood food exchange and appearing on ITV news as well as regularly producing video footage to promote the food exchange and attract donations. Activities that once would have filled me full of dread and anxiety!

Thanks to this experience and newfound confidence, I then went onto delivering a program of meditation sessions during the rest of lock down upon my Facebook page, Mind_alive.

This last year has shown me how precious life is. It has also taught me that every life challenge presents an opportunity for personal growth and it's up to us to seize these opportunities and make the best of them.

Rachel Jackson
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women in lockdown



A group of businesses in Beeston are delivering over 180 care packages to staff working with Covid patients at Queen's Medical Centre. Business owners **Philippa Dytham-Double (Double Image Photography)** and **Mary Noble (The Wedding Room)** rallied fellow business people in Beeston and were amazed by their generous response.

Care packages containing a range of treats were dropped off at Nottingham University Hospitals NHS Trust Headquarters.

Philippa said: 'After posting on Facebook page I was overwhelmed by the offers I received! It's really lovely that people want to show their thanks to staff caring for Covid patients at QMC.'

During the last few weeks Philippa and Mary have been assembling 187 care bags which include hand cream, lip balm, cosmetics, treats and snacks ready to be delivered for distribution to staff working on the frontline.

Philippa went on to say: 'We were aiming for a minimum of 50 bags and hoping to be able to give 100 and we've ended up with almost double that! It's been lovely to work with other local business people who have shown that we have a great community spirit in Beeston'.

Mary added: 'Beeston businesses want to thank NHS staff who are working tirelessly during this pandemic. We wanted to show them that we care about them and appreciate everything they are doing.'

Philippa and Mary have had time to work on this during lockdown as both their businesses are currently closed. Philippa said 'There is always something that needs doing when you run a small business, but this lockdown I wanted to feel like I could make a difference in some way. It's been a very rewarding project to work on and I always enjoy the opportunity to catch up with other business people in the area.'

Radford Care Group Centre for Older People alleviates loneliness and isolation and supports elders to live independently and belong within their community, thereby improving their health and well-being. We caught up with **Jill Davies, CEO Radford Care Group**

"We closed in March following orders and frustratingly right in the middle of our new build construction.

The new build had risen from the amazing generosity of trusts, foundations, local businesses, our buy-a-brick campaign, friends of the care group, our members volunteers and endless fundraising events we had performed since the inception of the idea.

Against all odds, we finished the building in July 2020 and welcomed our members back in September. They were sinking into depression and carers were desperate for respite.

We received some inspiring messages to us: "I can't wait to come back, I am aching to see my friends again and I am finding it very difficult without you".

"All the best - great work, you are all amazing and there really is no other service like Radford Care Group! You should be immensely proud! It has been the highlight of the past bleak year, so thank you for giving us something positive in this awful situation! What you have achieved is no mean feat, so spread the word far and wide!"

We have stayed open and take every precaution to keep our members safe".

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"International Women's Day is something to which I can relate and celebrate. I was born into a family consisting of my four male siblings and all (despite appearances!) age eligible for their covid19 jab before me.

The pandemic has brought many things to the forefront for many, personally the lockdowns, have given me the headspace to be more creative.

I am extremely proud of my heritage and I have found a hobby that some may say stands right up there with the preconceptions of a typical Accountant - sewing, yes sewing, it excites me!

To sit and upscale Jamaican and African clothing and fabrics, I never imagined or even believed I would do!

As an Accountant, our team has always held our clients best interest at heart so it naturally follows that we continue this throughout this time too. 'Furlough' is a word that to many, may have looked like a word of contention on a scrabble board! Now it appears more often than a smiley faced emoji!

Finally I would like to rejoice in all the women who are doing what they need to do, not just during this time but all the time. Keep strong and most of all be you.



"Lockdown 3 has come with its challenges but most importantly it has given me the gift of valuable time to be with my family. I have spent my time homeschooling my young boys, exploring my local area with the muddiest of wellies, eaten our way through the local treats and relaxed in

our loungewear watching our favourite films!

Being in my 13th year of business as a salon owner has meant I have been unable to transfer my business online during these times, instead I have finished the salon refurbishment and kept in contact with my clients through social media and text. I have enjoyed sharing my news of online training, previous transformations, product knowledge and fun fact Fridays!

Having time away from the job I love has highlighted the passion and enthusiasm I have for the industry. It brings me great pleasure to spend time with my clients, interacting and socialising whilst creating confidence in their being.

We are currently hosting a 'count the eggs' competition, just have a walk past the salon whilst on your daily exercise, count the eggs and message your answer to me to be in with a chance of winning a Hamper of Hair happiness! (Including ghd and L'Oreal). T & C's apply.

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Externally driveway off Parkside leading to a link single garage and further driveway leading to patio area off Sheriton Drive, walled and enclosed gardens to three sides, wrought iron gate work and enclosed south facing garden.

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"What a year! The pandemic and subsequent lockdown has affected everybody so much, and in completely different ways.

My first worry back in March 2020 was whether my business would survive. When I heard that I had to close the shop I thought that was it, no business for the whole of the lockdown period.

However, what actually happened is that my online presence and new website came into it's own. I started receiving online orders from further afield, and my loyal regular customers continued to message me with their orders, and after expecting to not be working at all I was actually having to go into work everyday day to keep on top of everything!

One of the main struggles has actually been having the children off school, and still having to work. I know that has been one of the biggest battles for a lot of parents, having to homeschool the children whilst also doing a full days work themselves.

We've tried to do as much as we can with them but I do worry about how much of their education they have missed out on this year, although I understand that all children are in the same situation.

As much as it has been a struggle, I think that most people have also been able to draw some positives from the past year. One of mine is that my business survived better than I had expected it too. The website came into its own, and I have received so much support from my customers.

Also, on a personal level I've actually enjoyed a slower pace of life. Not having to rush here, there and everywhere, and being able to spend more time at home and more time with the children. On our regular walks we've also discovered some beautiful places locally that we didn't know about, so have been on some great adventures!"

Rebecca Witham, owner at Snuggles, Chilwell Road, Beeston
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Foodbanks in Broxtowe received a helping hand just in time for half term, thanks to a partnership between Broxtowe Borough Council and The Nottingham Belfry Hotel.

The Mayor and representatives from the Belfry Hotel and Hope Nottingham, worked Eastwood Volunteer Bureau Foodbank to provide long-life milk, tinned potatoes, tinned meat, tuna, sardines, mackerels, tinned rice pudding, juice and cordials to foodbanks in the Borough so that families who are struggling can make sure that no children go hungry during the school holidays.

Local sponsors who usually support the Charity Ball pledged their support for the initiative, generously donating over £2,000.

"My annual Charity Ball was due to be held at The Belfry next month but unfortunately it is not safe for it to go ahead due to the coronavirus restrictions," said Councillor Janet Patrick, Mayor of Broxtowe.

"We spoke to the hotel and decided to come up with an alternative that would really help local families at this difficult time. I have been so heartened to see local businesses and the community come together to help each other. I'm so proud to be involved in this initiative working with the Nottingham Belfry, Hope and Eastwood Volunteer Bureau Foodbank. I would especially like to thank the Belfry and our generous sponsors Novus, United Living, Go-Daddy, Gillots and Fernwood Housing Group for their incredibly kind donations."

Nigel Adams of Hope said: "We are delighted to see the Mayor of Broxtowe working together with the Belfry Hotel with this wonderful donation of food to support our foodbanks. In these challenging times it's so encouraging to see so many people working together to help those in need." Local foodbanks are available to help anyone who is struggling to buy food at any time. **Anyone who is struggling for whatever reason should in the first instance contact Nottinghamshire County Council on 0300 500 80 80 where they will be assessed and appropriate advice given to deal with their immediate need.**



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2002


We are excited as Spring approaches and we reveal our new brand identity. You'll see that our logo has changed and our name has been shortened slightly; it's a new phase of our journey helping people receive exceptional care while remaining at home.



CAREGiver Nick and his dog Oli.


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These are traits that our CAREGivers recognise in Clients, who are able to maintain some independence and enjoy their later years at home. Our tagline, "To us, it's personal," continues to showcase the one-to-one personal relationships that we stand for.

We pride ourselves on matching Clients and CAREGivers so that they have something other than the weather to talk about. As a CAREGiver I remember introducing a new CAREGiver to a Client all three of us were delighted when it turned out that they grew up in the same area almost 60 years apart. They were able to talk about things that stayed the same and things that had changed. We have taken the opportunity to look back at the past 12 very challenging months and although every CAREGiver has been fantastic, we have decided to award our CAREGiver of the Year Award to Michelle. She has been outstanding in her care and support of Clients and always willing to do that little bit more. Thank you Michelle!

As the mornings and evenings get lighter we are looking forward to being able to spend time outside in the garden planting up new pots and watching the birds and wildlife with our Clients.

Some of our Clients have dogs, so the visits involve going out for a walk with the Client and their dog. Sometimes our CAREGivers take their dogs as Clients miss going for a walk with a dog. We have included a photo of one of our CAREGivers, Nick and his dog Oli.

If you have some free time and would like to make a difference and help support our lovely Clients then please do get in touch. Give our recruiter Vicky a call during office hours on 01159226116.



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move more in lockdown

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Getting motivated to exercise outdoors during the cold, dark winter months can be challenging. Keeping physically active this winter, while the gyms and sports facilities are closed due to COVID-19, presents us with a unique challenge. Regular physical activity is strongly associated with a reduced risk of chronic conditions, such as cardiovascular disease, obesity and type 2 diabetes as well as improving mental health. Even small increases in physical activity can positively impact on health. Heart Research UK have some tips to help you keep active when staying at home.

Exercise indoors

Find exercises that you can do at home in short bursts of ten minutes or more, at regular intervals throughout the day. For example, you could try some gentle weight-lifting, using cans of baked beans. The NHS provide tips for exercising without gym equipment: <https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

Walk this way

If you are working, or studying from home, you may be saving time that would normally be spent on your daily commute. Why not put this time to good use by scheduling in some physical activity. For example, you could go for a brisk walk, jog or cycle outdoors or walk briskly around the house, including going up and down flights of stairs.

Don't be a couch potato

Rather than spending your evenings sitting on the sofa without moving much, why not try a few gentle exercises, such as leg raises, while watching your favourite TV show. Examples of some exercises you can do from your sofa can be found on the NHS website: <https://www.nhs.uk/Livewell/fitness/Documents/sofa-workout.jpg>

Reduce screen time

It is common for children and young people to spend too much time sitting in front of a screen. Why not talk to your children about the importance of staying active and agree on a set amount of screen time each day/week and schedule in some time for getting active. You can find some fun indoor activities for kids on the Change 4 Life website: Indoor Activities for Kids | Kids' Activities | Change4Life (www.nhs.uk)

Find Hobbies

If you tend to engage in hobbies that don't require you to move very much, look for new hobbies that will get you moving, such as gardening, walking, weight-lifting or dancing.

Get moving

Set a timer to go off at specific times throughout the day to prompt you to do ten (or more) minutes of physical activity. Any activity is better than none. You can include a variety of light, moderate and vigorous activities. E.g. a brisk walk, sit-ups, weight-lifting, gardening or housework.

Heart Research UK

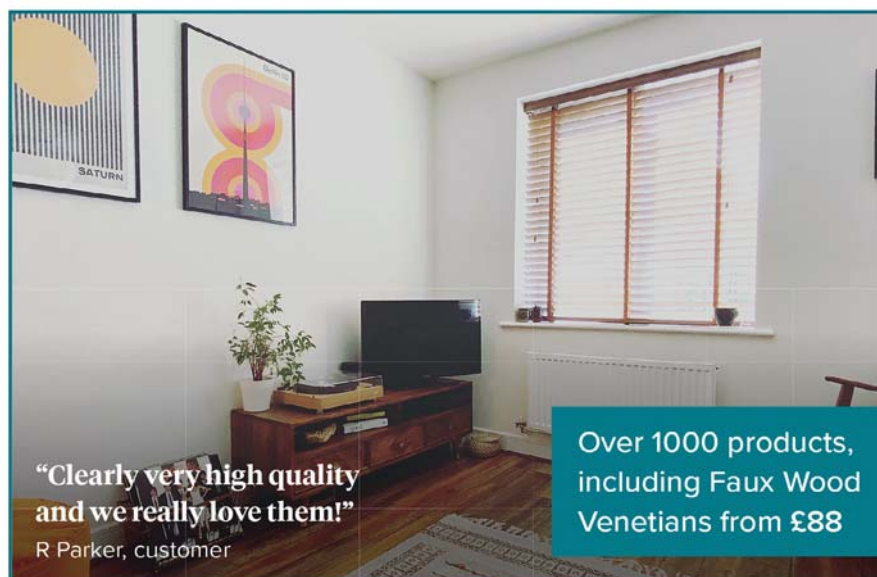
Heart Research UK is the charity dedicated to your heart. They inspire and invest in pioneering medical research, ground-breaking training and education, and in communities to improve their heart health for themselves. For over 50 years they have driven advancements in the prevention, treatment and cure of heart disease to benefit patients as soon as possible.

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Can You Help Grow Incredible Edible?

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Things have been pretty quiet at the 'Incredible Edible' ('The City') patch next to Middle Street Tram Stop but the broad beans, onions and garlic are doing well and we are looking forward to planting more in the spring.

"We started working with Hope Community Allotment (linked to Hope Food Bank) last year and have just installed a new polytunnel. We can't wait for people to visit when it's safe.

The aim of Incredible Edible and the community allotment is to create a local, community-led food infrastructure. It's a great way to re-green the area, reduce waste and reduce food miles.

There are two potential new sites we wanted to talk about to see if anybody fancies helping to grow Incredible Edible. They are: 1) within Cator Lane Park and 2) the grass verge next to the tram tracks just after The Valley Doctors' Surgery on the way towards Eskdale Drive Tram Stop.

We are wondering if a group of friends / neighbours / families would be interested in getting involved? We already have some planters; we just need some helpers now!

These things only work if people genuinely want to get involved and have the time to do so, but we do know that we feel like we are hopefully making a difference whenever we're down at 'The City' patch and we always have a great time. In terms of time commitment, there are about six of us who turn up for about an hour a month. In terms of money, pretty much everything has been kindly donated to us.

If you're interested in getting involved with one of these sites, you can email us via incredibleediblebeeston@gmail.com or you can find us on Facebook or Instagram.

If you want a better idea of the aims of this project, give 'Incredible Edible Todmorden' an Ecosia search (Ecosia is a search engine that plants trees) and you will see how the project has completely transformed the town.

There's also a wonderful TED talk by the founder, Pam Warhurst: 'How We Can Eat Our Landscapes', which shows just how much of an impact the project has had on the wellbeing, interaction and mindset of the community. It's also helped their local economy.

Everybody is welcome to join. You don't need to know anything about growing – most of us don't! You just need enthusiasm; If you eat, you're in!





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in the garden

keeping it

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SINCE
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As drifts of cheery yellow daffodils start to appear, brighter days are on the way as spring officially begins on Saturday 20th March 2021.

A busy time in the gardeners' calendar, once the chance of frost has passed, it's the perfect time to head outside and get growing.

Whether you're just finding your green fingers or an accomplished grower, there is plenty to keep you busy on your doorstep this spring.

Resident gardening expert and Horticultural Director at Dobbies, Marcus Eyles, shares his top jobs for the start of the spring gardening season

Garden spring clean - After a wet and windy winter, it's time to take on the disarray of leaves and unkept sheds and get them tidy, ready for the return of the warmer gardening tasks. Declutter garden sheds, rake fallen leaves from lawns and give garden furniture a clean, making sure this is cleaned according to the manufacturer's guidelines.

Pick up the paintbrush - Take the opportunity to give the fence a fresh coat of stain for the new season, or even a fresh lick of paint to transform the overall look and feel of your garden. This is a nice job on a mild sunny afternoon, just be sure to check the weather forecast so you can plan painting around at least a few dry days either side.

Prepare soil - Prepare your soil for the growing season by working in a layer of around 5cm of manure to flower and vegetable beds.

Plant up - In terrace gardens, plant pots, hanging baskets and window boxes with a cheerful display of early season bedding plants including Pansies, Violas and potted bulbs.

Get summer bulbs ready - Spring is the perfect time to plant your beautiful summer flowering bulbs such as Gladiolus and Lilies. Dahlias and Begonias should also be started now too, however these should be started off in pots under the protection of any early spring frost, in a greenhouse or potting shed.

Grow your own - Plant soft fruit now, such as Raspberries, Blackcurrants and Blueberries. Mulch existing rows of Raspberry canes and fruit bushes. Plant Rhubarb remembering to allow enough room for them to develop to their full size. Add a thick layer of farmyard manure around your new plant to help retain moisture and keep weeds at bay.

Welcome feathered friends - Birds are an important part of a garden's ecosystem and are easy to attract with feeding and shelter. No bird friendly garden is complete without a bird feeder or table, which you can then fill with nuts, seeds and homemade fat balls.

Rewild and watch for wildlife

We have seen the rise in popularity of 'rewilding' gardens, where neat and manicured lawns have been replaced with a desire to create more natural, wildlife friendly habitats to attract garden insects, hedgehogs, bees, butterflies and birds.

One approach is to create one 'wild area' in your garden, where you leave plants that are often cut down to grow, such as stinging nettles which provide a home for moths and butterflies. Small changes made by many can make a big difference.

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on the books

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SINCE
2002



Award-winning playwright Mufaro Makubika to adapt NoViolet Bulawayo's Man Booker prize shortlisted novel 'We Need New Names' for the UK stage

- The first adaptation of NoViolet Bulawayo's 'We Need New Names' for the stage anywhere in the world

- This new commission follows Alfred Fagon Award Winner (2018) Mufaro Makubika's critically acclaimed play Shebeen (Nottingham Playhouse/Theatre Royal Stratford East, June 2018)

- This new play is commissioned by theatre company Fifth Word and supported by Arts Council England working in partnership with Nottingham City Library

"There are times, though, that no matter how much food I eat, I find the food does nothing for me, like I am hungry for my country and nothing is going to fix that"

Nottingham based playwright Mufaro Makubika is to adapt US based NoViolet Bulawayo's Man Booker Prize shortlisted 'We Need New Names' for the UK stage in a new world premiere commissioned by East Midlands based Fifth Word theatre company.

As we navigate restrictions, Fifth Word and Mufaro Makubika are looking to interact with communities across the UK, particularly Black communities, as they adapt the novel into a play. Events in March to engage with Mufaro and the novel include a readers group, a focus group and an In Conversation event all in conjunction with Nottingham City Library. Free books are also available to those with Black Caribbean and African heritage who wish to take part in the focus group.

We Need New Names follows Darling and her friends in a shanty town called Paradise. They spend their days stealing guavas and singing Lady Gaga, all while grasping at memories of life before and dreaming of escape - a dream that one day comes true for Darling. But, as Darling discovers, her new life is a far cry from what she imagined, and this new world brings with it dangers of its own...

"The Times said of We Need New Names: "Sometimes shocking, often heartbreaking but also pulsing with colour and energy."

Playwright Mufaro Makubika said: "Arriving in the UK as an immigrant from Zimbabwe at the age of 16, I identify strongly with the story of Darling and her journey. When I first read We Need New Names it felt as though someone was writing my life down on the page; there is a recognition of self and there is a beauty in seeing that being expressed."

"For me, bringing We Need New Names to live audiences in the theatre is part of me still trying to figure out who I am, how to understand my place, and what to call myself here in the United Kingdom. With Zimbabwe and other countries still in the midst of a long and seemingly-unending turmoil there will be many more immigrants from Zimbabwe moving to different parts of the world and I want to make audiences more conscious of that journey."

Shortlisted for the Man Booker Prize (2013), the Guardian First Book Award and a Barnes & Noble Discover Award finalist, We Need New Names was the winner of the inaugural Etisalat Prize for Literature, and won the prestigious Hemingway Foundation/PEN Award for debut work of fiction. It also won the Los Angeles Times Book Prize Art Seidenbaum Award for First Fiction

Angharad Jones (Joint Artistic Director Fifth Word) said: "We are delighted to have secured the rights to create a new play based on NoViolet Bulawayo's beautifully crafted novel. This moving, funny, devastating and playful coming-of-age story moves across continents and cultures, speaks to the experience of migration, the politics of the female body and to younger audiences."

She continued: "Collaborating together with our local community is a vital part of sharing and creating this new play. Running through all Fifth Word's commissions, productions and community projects is the commitment to engage audiences and communities with work that is relevant, accessible and meaningful to them. All Fifth Word's work addresses the inequality that exists in access to the arts by directly paying and enabling artists to make work; nurturing artists that reflect and are representative of the diversity of the East Midlands; engaging with audiences and local communities to reclaim theatre & the arts as a relevant space for them and their stories."

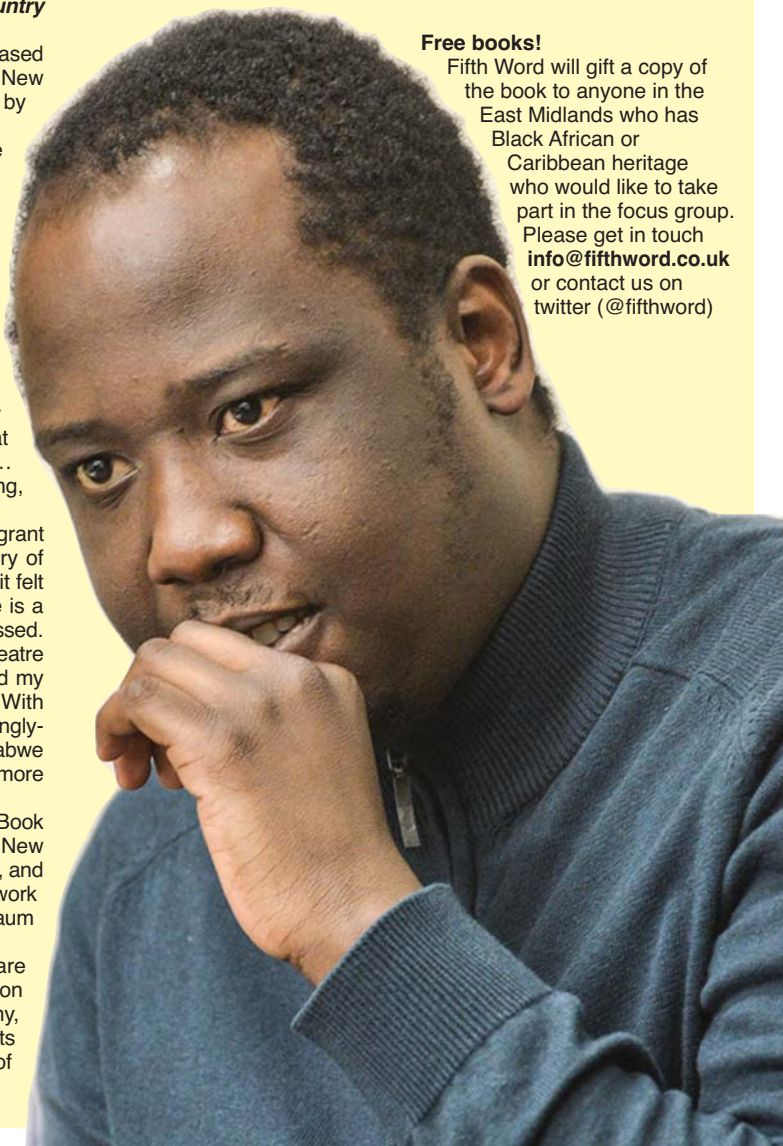
Rachel Williams from Nottingham City Library said: "We are tremendously excited about the opportunity to link with such an innovative theatre company and playwright and connecting people in the community directly to the playwriting process and the opportunity to engage with a book in a different way; especially how the novel form can be adapted for stage."

Join a focus group

On 22 March, a focus group will be held with anyone who has read We Need New Names, hosted by Fifth Word and Nottingham City Libraries via Zoom. This will help Mufaro gain insight into what people connect with and take away from reading the book and help shape the next draft of the play. Please send an email to info@fifthword.co.uk by Wednesday 17 March.

Free books!

Fifth Word will gift a copy of the book to anyone in the East Midlands who has Black African or Caribbean heritage who would like to take part in the focus group. Please get in touch info@fifthword.co.uk or contact us on twitter (@fifthword)



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Nottinghamshire's Flying High Trust has been awarded the coveted status of 'Teaching School Hub' by the Department for Education.

Replacing seven current teaching schools across the county, the Flying High Teaching School Hub will now be responsible for a coordinated approach to teacher development across Nottinghamshire, and Nottingham City from September 2021.

The Department for Education announced that the new hubs will create a countrywide network of 87 centres of excellence for teacher training and development, each chosen for their 'high quality, evidence-based professional development to school leaders and teachers'.

Fundamental to the role of Teaching School Hubs will be to address the national challenges of recruitment and retention in the profession, by supporting teachers throughout their training and into their long-term careers.

Paul Goodman is Deputy CEO of The Flying High Partnership and said, "This is fantastic news for Nottingham City and Nottinghamshire which will for the first time receive a coordinated approach by the two new hubs to support the training and development of leaders and teachers. This includes Initial Teacher Training, the introduction of a new Early Career Framework; supporting teachers through the first two years of their development, and leadership development through the National Professional Qualifications for school leaders."

The Flying High Teaching School Hub will now be responsible for its own designated area covering 282 schools in its locality, covering Ashfield, Mansfield, Broxtowe, Nottingham City and Rushcliffe.

Chris Wheatley OBE is CEO of The Flying High Trust and said, "Being awarded the status of Teaching School Hub is fantastic news for the Flying High team and their partners across Nottinghamshire and is testament to their untiring commitment to the profession."

"We are proud of our proven track record which has now been recognised by the Department for Education. We are looking forward to the responsibilities this holds and will continue to demand the highest standards of ourselves to deliver and develop the best professionals in education to teach our children."

Sarah Heesom is Development Director for Transform Teaching School Alliance and Trust and said Nottinghamshire school leaders will continue to receive the highest calibre of training and support. "Transform is excited to be a strategic partner in the Flying High Teaching School Hub, helping to ensure all Transform and Nottingham City schools access a consistent and quality CPD as part of the National Framework."

The Flying High Trust is currently the highest performing primary multi-academy Trust in the East Midlands and were designated as a English Hub, centre of excellence by the Department for Education in 2019.

**For more information
on Flying High
Teaching School Hub**

www.flyinghigh-partnership.co.uk



Pictured is Danny Moss, a successful Flying High Teaching School trainee (2015/16) now the KS1 Lead at Cotgrave Candleby Lane School.



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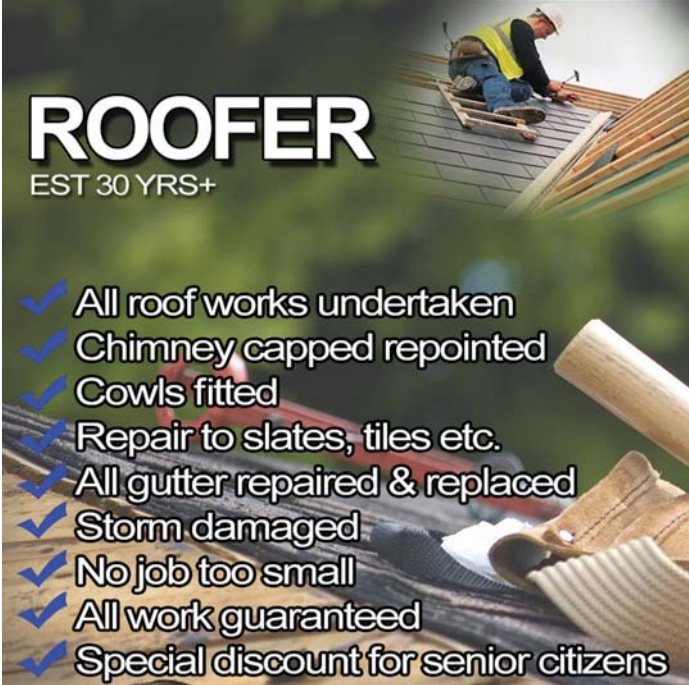
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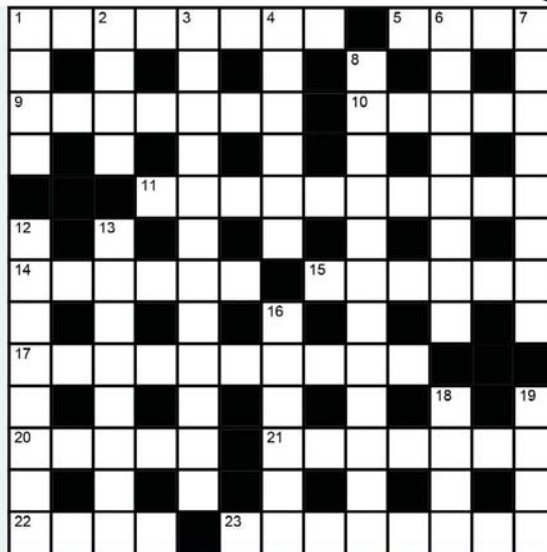
CROSSWORD

Across

- 1 Person opposed to war (8)
- 5 Italian sports car manufacturer, ____ Romeo (4)
- 9 Island in the Mediterranean (7)
- 10 Paving stones (5)
- 11 Spreading out (10)
- 14 Hurt or upset (6)
- 15 Slight stinging sensation (6)
- 17 Flavour sensation that remains after eating or drinking (10)
- 20 Derive, evoke (5)
- 21 Mimic (7)
- 22 Location (4)
- 23 Conceited and self-centred people (8)

Down

- 1 Dark purplishbrown colour (4)
- 2 Birthday missive (4)
- 3 Lacking courage or boldness (5-7)
- 4 Reached the highest point of (6)
- 6 Natural inclinations (8)
- 7 Appointed to a post or duty (8)
- 8 Physician specialising in mental disorders (12)
- 12 Orators (8)
- 13 Regard with suspicion (8)
- 16 Cooking in an oven (6)
- 18 Flexible containers (4)
- 19 Rudolf ____, WWII Nazi leader (4)



WORDSEARCH CALENDAR

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.

R E B M E T P E S S P N C
H D F A A D T R A V E B E
E A Y M J Y E M T W I M Z
H A T F H B T S Y F D N F
B Q S U O S O E W D Y A F
R J S T I C A W N A M I S
O S C R E R J E D P O L H
M O H T F R K S P I H U T
A C N D D E E D I M H J N
N E H N E N B S A O I H O
P W R W D X W R A N G F M
J Y G E E Y C P U D I X B
X U W Z N H K F L A H D W
C C L D U J R Z Y Y R R K
Z N M Y J H O L I D A Y A

CHRISTMAS

JUNE

OCTOBER

EASTER

MARCH

PENTECOST

FEBRUARY

MAY

ROMAN

HOLIDAY

MONDAY

SEPTEMBER

JULIAN

MONTHS

WEDNESDAY

JULY

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WEEKEND



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