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Splendour Festival

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Come and enjoy the East Midlands's biggest music festival, returning for its 20th year in 2023! This year's Splendour Festival has a packed line up of huge stars, with the likes of Noel Gallagher, Madness, The Vaccines, Sam Ryder and more all coming to Nottingham's flagship festival. Set in the picturesque grounds of Wollaton Hall, this festival is sure to be this Summer's largest party.

Kelham – a Night at the Proms

23 July | Kelham Hall | 6pm | Tickets: £6.50

Experience the Renaissance at Kelham Hall with an enchanting Night at the Proms. Join the 40-piece Newark & Sherwood Concert Band for a mesmerizing evening of classical music and beloved favourites. Indulge in their Proms Picnic Box for Two, featuring meat and vegetarian sandwiches, sausage rolls, quiche, and fresh fruit. Food and drink will also be available for purchase, including prosecco, Pimm's, soft drinks, and tasty snacks like homemade sausage rolls and strawberries with cream. Get your tickets at the Renaissance at Kelham Hall website now!



Grease (PG) at Newstead Abbey Sunday 23 July | Newstead Abbey | 8.15pm | Tickets from: £10

Sing along and immerse yourself in the world of Grease at Newstead Abbey's outdoor cinema. Join Newstead for the ultimate movie musical experience under the stars. Bring a blanket or chair and enjoy a soundtrack of 60s-80s hits. Gates open 8.15pm, film starts around 9.45pm. Watch Sandy and Danny's love story unfold in high school. Picnics and drinks welcome (no glassware). Rated PG, under 16s accompanied by an adult. Get your tickets now!

The Hundred

1 – 19 August | Trent Bridge | Various Prices

The Trent Rockets are back for The Hundred 2023, and Trent Bridge will host four action-packed match days this August. Get ready for amazing cricket and outstanding entertainment as The Hundred returns to Nottingham. Experience high-octane men's and women's cricket action, live music, and family-friendly fun. The men's team boasts the likes of Dawid Malan, Alex Hales, Rashid Khan, and Joe Root. Trent Rockets Women's squad features stars Nat Sciver-Brunt and Katherine Sciver-Brunt. Don't miss out!

Bennerley Viaduct Guided Walk Various dates in Jul and Aug | Bennerley Viaduct | Free (suggested donation £3)

Discover the captivating history of Bennerley Viaduct. This iconic structure, mentioned in D.H. Lawrence's 'Sons and Lovers,' was built in 1878. Saved by the Friends of Bennerley Viaduct charity, it has been reopened for cycling and walking. Marvel at the breath-taking views from its 1400ft length, spanning the Derbyshire-Nottinghamshire border. This lattice-work wrought iron monument is a true engineering marvel, offering railway and industrial history enthusiasts an unmissable experience. Your knowledgeable guide will share the viaduct's amazing story of rescue.



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Windrush 75: Celebrating Caribbean Food in the UK

By Catherine Ross and courtesy of www.souschef.co.uk

Catherine Ross is the founder of The National Caribbean Heritage Museum, Museumand. She came to the UK from the island of Saint Kitts in 1958, and moved to Nottingham with her parents and siblings. Here she shares some powerful food memories from that time.

This year, Windrush Day is the 75th anniversary of the arrival of the Windrush ship to Britain in 1948. Between 1948 and 1971 many more Caribbeans and citizens from across the British Commonwealth arrived in the UK to help rebuild postwar Britain.

Windrush Day celebrates British Caribbean communities, and acknowledge the sacrifices and contributions the Windrush generation and their descendants have made to British society. Sous Chef, invited Catherine to talk about her memories of that time, particularly focussing on food.

What is typical "Caribbean food"?

Caribbean food is intrinsically linked to the Transatlantic Slave Trade and its impact on Africa and the Caribbean. Around 12 million Africans were enslaved and forced to work long hours on plantations owned by British and European colonists in the Caribbean, used to grow crops like sugar, coffee, and rice.

Enslaved people were given starchy foods like sweet potatoes, yams and green bananas to give them the energy to keep going and survive the hard work and harsh treatment they endured. Protein and other body-building foods were rationed and restricted to certain types and only given in small amounts, such as the bits of animals that the plantation owners didn't want to eat themselves.

A poor diet hurt and hindered the lives not only of those who were enslaved, but successive generations of their descendants, including the Windrush Generation with illnesses that affect black people still, today.

The legacy of our food heritage is still evident today, from many of the ingredients we use, to the recipes that have evolved from island to island, and generation to generation.

What are the health benefits of Caribbean food?

Starchy foods in large and regular quantities may have had a negative impact on the health of Caribbean people over the centuries, but it's also provided some health benefits, which are now scientifically-recognised.

Sweet potatoes contain vitamins, minerals, antioxidants and fibre. Yams are thought to boost brain health, reduce inflammation, and improve blood sugar control. While green bananas contain nutrients like vitamin B6 which helps to boost metabolism and keep cells healthy.

Which ingredients and recipes have come from the Windrush generation?

Caribbeans have benefited from our ancestors' resilience and culinary creativity, with the Windrush Generation sharing their legacy with the UK.

From their love of spice and seasoning techniques which helped to create tasty dishes out of very basic ingredients, to their clever pairing of different vegetables and cooking techniques, such as escoveitch and jerk, which ensured scarcity didn't have a dire impact on their diet.

Today, vegetables and fruits loved by Caribbeans regularly appear in British dishes and cookbooks, and on the ingredients list of many beauty products and treatments. Many of their seeds are also widely available in garden centres and are being grown by different communities in gardens and allotments.

The Caribbean contribution to health, beauty and wellbeing is now widely recognised and applauded, brought to the UK by the Windrush Generation and evolved by their descendants.

It's also testament to Caribbeans' willingness to share their secrets in response to familiar compliments like "Your skin looks great!" and "You don't seem to have aged at all and I've known you for years!" It's all down to a Caribbean diet and wellbeing traditions packed full of fruits and vegetables.

There was a TV ad back in the day which said: "It looks good, it tastes good, and by goodness it does you good". For Caribbeans and those from other cultures discovering Caribbean food, our food-themed exhibitions and events all have a simple message: Caribbean food is history on a plate – offering you a tour of the Caribbean from your very own kitchen.

Feeling Inspired? Read our menu of the eight traditional recipes that make an outstanding Caribbean feast!

www.souschef.co.uk/blogs/the-bureau-of-taste/windrush-75-celebrating-caribbean-food

FRIED PLANTAIN RECIPE

Ingredients

2 Ripe plantains
Vegetable oil
Sea salt (optional)
Squeeze of lime (optional)

Method

- Cut the 2 ends off the plantain.
- Score the peel lengthwise and try not to cut the plantain flesh before peeling and opening up the skin with your hands.
- Slice on the diagonal of about 1 cm thick.
- Put enough oil in the Dutch pot or frying pan to either shallow or deep fry. Only when the oil is hot, put some of the plantain pieces in the pan BUT do not overcrowd the pan. It's best to fry in small batches.
- Fry in a Dutch pot or frying pan for 1-2 minutes on both sides on a medium-high heat until they are golden brown.
- Place the cooked plantain pieces onto a piece of kitchen roll to get rid of the excess oil.



Pictured, right Lynda-Louise Burrell, with mum Catherine Ross on left.
Pictured is Auntie Pat on the cover too! Courtesy of Sarah Larby - Sous Chef UK



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In brief, the internal accommodation comprises: Entrance hallway, WC, study, dining room, lounge, kitchen, utility room and garage to the ground floor. To the first floor you will find a spacious landing with a master bedroom and en-suite, a further three double bedrooms and a family bathroom.

Outside the property is located on a good sized corner plot with wraparound gardens, a large block paved driveway with ample car standing to the front, lawned areas to both sides and the rear of the property, a range of stocked beds and borders and mature trees and plants all around, patio to the side and hedged boundaries.

Offered to the market with the benefit of UPVC double glazing and gas central heating throughout and huge potential, this property truly must be viewed in order to fully appreciated.

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
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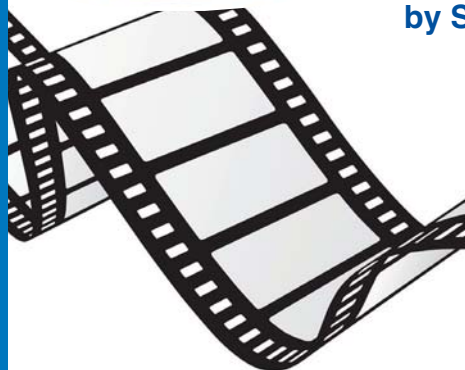
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Sun, Sea and Films
by Sam Kurd



Summer is here at last! For many of us, that means barbecues and evening walks and trips to the beach. For us here at Beeston Film Festival, it means more film submissions to watch and rate for next year!

While we work on the ins-and-outs of bringing feature films into the fold, we're making sure not to neglect the wonderful short films that have been our bread and butter for the last 9 years. They're coming in thick and fast, so we're spending as much time as we can sorting through them and finding the best of the best.

Here are a few of the highest-rated submissions so far:

Ourselves Alone is a crime thriller inspired by the real-life 2004 robbery of the Northern Bank in Belfast. It's a tightly-wound, tense flick that follows the bank robbers as internal tensions threaten to force the group apart.

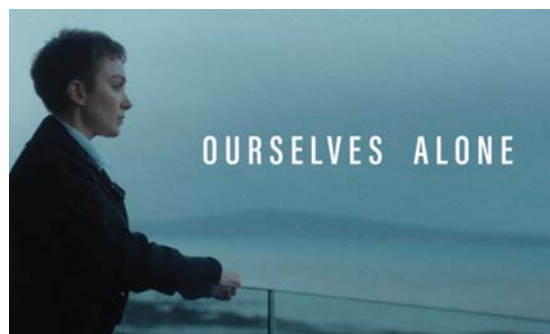
On a lighter note **The Father, The Son and The Rav Kalmenson** is a brilliant French comedy about the struggles of an Orthodox Jewish father to help his son understand the importance of taking the Shabbat seriously. I haven't laughed this hard in a while!

Diables is a documentary about the yearly correfoc or 'fire run' in Girona, Catalonia, where the titular group of 'devils' perform with fire and pyrotechnics. It's gorgeously shot and gives a real insight into why the performers risk burns or worse for the sake of cultural expression.

Horror short **Ariane's Baby** is a tense and moody exploration of the fears of motherhood, as pregnant Ariane does nightly battle with a demonic force that seems tied to the growing life within her, leaving her to wonder if she'll be able to care for the child when they're finally born.

Metaphysical comedy **Feirg** tackles the great mystery of life: what happens to us after death? Whatever it is, it apparently starts with an unconventional group therapy session to help us come to terms with our untimely demise. It's a funny and thoughtful take on grief.

There's more where these came from, and I can't wait to share them with you all!



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Arata

Arata was adopted with her twin brother



Adoption East Midlands supports campaign to find adopters for children who wait the longest...

Today, Adoption East Midlands is joining forces with agencies across the country to support a new #YouCanAdopt campaign to find families for children who wait the longest.

The new campaign aims to reach potential parents for children from certain groups that repeatedly wait longest to be adopted and sees a series of new films released featuring real life stories from those who have adopted children, and others who have been adopted themselves. The films spotlight the various means of support available throughout the adoption journey from adoption agencies, social care workers, charities, employers, friends, relatives, peers and more.

Each year, Adoption East Midlands needs to find adoptive families for approximately 170 children. Without enough families coming forward, children wait longer.

The majority of children waiting for adoption come from specific groups repeatedly facing the longest delays in finding a home. These groups include children aged five or over, children with additional and/or complex needs, brother and sister groups, and those from a black and mixed

heritage. Compared to children without these characteristics, children from these groups wait an average of eight months longer from entry into care to adoption, a total of 32 months.

Black and mixed heritage children wait two months longer than average to be adopted from care, with delays caused because there are not enough black and mixed heritage adopters coming forward to adopt children from the same background. This is why, as part of the campaign, a specialised recruitment drive will run to encourage black and mixed heritage people to consider adoption.

For anyone considering adopting a child who would typically wait longer, Adoption East Midlands has professional adoption support teams who can offer a wide range of support throughout the child's journey through to adulthood – you will not be alone at any step of the way.

To help find parents for these children, the You Can Adopt campaign aims to encourage potential adopters by acknowledging that, while these groups of children will need additional support, the power of family and a permanent home can be transformational for these children, and a circle of support is available to help adopters on this journey.

Head of service for Adoption East Midlands, Shelagh Mitchell, commented: "Adoption East Midlands is delighted to support this new national campaign that shines a light on those children who typically wait the longest to be adopted. We find families for children with a diverse range of needs and from a diverse range of backgrounds who need people to offer them a safe, nurturing and loving home so that they can thrive and flourish.

"Adoption East Midlands believes that support is vital for a successful adoption and works with families to identify the right support for them. We offer ongoing support to our children and families from their first weeks of placement through to support as an adopted adult. It includes many different forms - whether support with identifying therapeutic services, help to answer a child's questions about their adoption or connecting them with other adoptive families."

Nottinghamshire County Council Cabinet Member for Children and Families, Councillor Tracey Taylor, said: "Across Nottinghamshire there are children who are waiting to be adopted. If you are considering adoption and can offer a stable, loving home, I urge you to speak to our dedicated team who will be happy to provide the advice, information and support you need."

We would welcome enquiries from anyone interested in knowing more about becoming adoptive families. If you live in or around Nottingham, Nottinghamshire, Derby or Derbyshire and want to find out more about adoption, visit the Adoption East Midlands website or call 0115 804 4567.

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The Summer Reading Challenge 2023 is at Inspire libraries

Libraries in Nottinghamshire are getting ready for an action-packed reading adventure, as the Summer Reading Challenge returns for 2023!

The Summer Reading Challenge asks 4-11 year olds to borrow and read any six library books over the summer. This annual challenge is produced by The Reading Agency and runs in partnership with libraries across the country, and helps maintain children's reading over the summer break. Inspire library staff and volunteers are ready to welcome thousands of children into the library. Over 9,400 children joined the challenge in 2022.

To take part all children need to do is to head to their local library where they will be given their collector folder to keep a record of their reading journey. It's completely free to join, and every child who completes the challenge will receive a medal and a certificate. Children choose the books they want to read on their challenge; stories, fact books, joke books – all reading counts!

This year's challenge is a collaboration with the Youth Sport Trust and celebrates the power of play, sports and games.

Through taking part in the challenge, with free packs from public libraries, children will be able to join six fictional characters – the superstar Ready, Set, Read! team (and their animal mascots) – as they use their skills to weave through a summer obstacle course.

There's also a special Mini Reading Challenge running for children under four, to help get little ones interested in reading!

The Summer Reading Challenge starts Saturday 8 July.

Find out more at inspireculture.org.uk/summerreadingchallenge **FREE On Your Marks Workshops at Inspire Libraries**

Come and meet Inspire's 2023 Artist and Author in Residence: Nottingham-based artist Amy Lee Young and international-selling children's author, Donna David!

Work with Amy to make a bright paper mobile, with pre-cut shapes and symbols from all the colours in the rainbow. Children will have the chance to design their own joyful mobile that represents them and everything they love about games, sports and play, and then will adorn their mobile with poetry created with Donna.

Donna will share her books and inspiration, and children will be encouraged to write their own poetry, inspiring lines and WOW words. These words and lines will then be used to inspire and complement the mobiles created with Amy

On Your Marks will be visiting 12 Inspire libraries across Nottinghamshire, from Monday 31 July – Wednesday 23 August.

For children aged 7+, younger siblings also welcome.

Find out more and book at inspireculture.org.uk/artistandauthor



Summer Reading Challenge 2023

Ready, Set, Read!

Presented by The Reading Agency.
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Take part for FREE at all Inspire libraries
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inspireculture.org.uk/summerreadingchallenge

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Join Inspire's 2023 Artist and Author in Residence Amy Lee Young and Donna David for their FREE workshops filled with vividly coloured pictures and words.

Work with Amy to make a your own joyful mobile that represents you and everything you love about games, sports and play. Adorn your mobile with your poetry and WOW words you create with Donna.

For children aged 7+, younger siblings also welcome
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SINCE
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Drive away with a brand-new car this summer – and support your local hospice...

A brand-new car is up for grabs in the Treetops Hospice summer raffle thanks to a generous donation by local car dealership, Ron Brooks Toyota.

The juniper-blue Toyota Aygo X Edge, complete with new '23' car registration plates, has been donated to help the end-of-life charity celebrate its 40th birthday this year.

Ron Brooks Toyota, with dealerships in Ilkeston and Mansfield, is also celebrating its 60th anniversary this year. Kevin Slack, Managing Director explained why they wanted to donate the amazing prize.

"We're very proud to have been in the local community for over 60 years and we wanted to celebrate by supporting a local cause.

"It's really important for us to give something back to the community and Treetops Hospice is a great charity. It makes such a difference for hundreds of local people every year."

The hospice hopes that raffle ticket sales will help raise over £20,000 for the charity which provides end-of-life nursing care and counselling support in the local community.

Julie Heath, Treetops Hospice chief executive, is thrilled to be able to offer people the chance to win such an exciting prize:

"We're so grateful to Ron Brooks Toyota for their very generous donation which we know will raise a significant amount of money for the hospice and means we can care for even more people and families in the future.

"For just £1, you could be driving away in a fabulous new car on Friday 1st September when the draw takes place. It could be the best £1 you've spent all year!"

The car is worth around £17,000 and includes features such as 18" alloy wheels, Pre-Collision Detection, and an 8" Toyota Touch® Multimedia system with Smartphone integration.

Raffle entries are just £1 each. Ron Brooks Toyota has also donated runner up prizes including £2,000, a pair of tickets to the British GT Championships at Donington Park, and twenty £50 prizes. The raffle will be drawn on Friday 1 September.

Raffle tickets can be bought online at www.treetops.org.uk/car. The raffle is open to anyone aged 18yrs+ and full terms and conditions can be found online.

ABOUT TREETOPS HOSPICE

Treetops Hospice, the leading end-of-life care charity in Derby, Derbyshire and Nottinghamshire, provides nursing care and emotional support for adults with life-limiting conditions, and their families.

The charity provides support from diagnosis onwards for patients with conditions such as cancer, motor neurone disease and heart and respiratory conditions.

This year, we are very proud to be celebrating 40 years of caring for people and their families in our local community. During this time, we have supported thousands of patients with end-of-life nursing care and bereavement counselling.

We have achieved this amazing milestone thanks to our dedicated volunteers who help across the whole hospice and in our charity shops, our hard-working staff team, and our supporters, past and present.

Last year, our team of Hospice at Home nurses provided over 20,000 hours of care to terminally-ill patients, working day and night to give much-needed support.

Our team of bereavement counsellors provided over 4,500 counselling sessions – more than 900 of them to children and young people. Wellbeing team members provide valuable information and support to those who need it.

Treetops is doing all it can to continue to support those in most need and welcomes donations to ensure the future of the hospice and its services: www.treetopshospice.org.uk/donate

A counselling session for a bereaved child costs £34.50. An overnight Hospice at Home nursing shift for a patient at the end of life costs £108.

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Wedding Flowers you can grow in your garden

Couples planning their big day are being encouraged to grow their own wedding flowers to save cash and create something unique for their special day.

Experts from Gardening Express have named the best flowers to grow in your garden for table centrepieces, decorations and bouquets.

With the strain of the cost of living crisis, many couples can't afford to splash out on their wedding and are looking for ways to save money on their big day.

Using homegrown blooms means that you can pinch the budget without sacrificing your vision for the wedding.

Here are the top ten flowers to grow for your wedding from the team at Gardening Express:

Dahlias come in a variety of colours and sizes, making it easy to fit them into any wedding colour scheme. Additionally, they have a long vase life, which means they will look fresh and beautiful for the entire event. Dahlias are also associated with love and commitment, making them a meaningful choice for wedding flowers.

Peonies are popular wedding flowers because of their delicate and romantic appearance. They also have a sweet, floral fragrance that can add to the overall ambiance of the wedding. They're known to symbolise good fortune and a happy marriage.

Lilies symbolise love and purity and are very popular wedding flowers due to their eye-catching shape and elegant blooms. They can be used to create gorgeous bouquets, buttonholes, and floral arrangements.

Orchids are long-lasting and can stay fresh for up to two weeks after being cut, making them a practical choice for wedding decorations. They come in a variety of colours, from white to vibrant purple and pink, and can add a touch of elegance and sophistication to any wedding theme or style.

Freeseas have a delicate appearance and lovely fragrance. Freesia, with its bell-shaped blooms looks gorgeous on its own, but can also be used as an accent flower in bridal bouquets and arrangements. You can opt for the classic white Freesia, or add a touch of colour to your wedding with plenty of colourful variations to choose from.

Gardenias represent love, harmony, and grace, making them a fitting choice for weddings. They don't have a stem so they're mainly used for decorations, but can also be incorporated into the bouquet. They're well known for their wonderful fragrance.

Anemones are a popular choice for wedding flowers because they symbolise anticipation and excitement for the future. Anemones have an eye-catching black centre, bringing more personality to bouquets and centrepieces. They're a great choice for bold brides who want to opt for more unique wedding flowers.

Forget-Me-Nots are delicate little flowers with light blue blooms and are popularly used as wedding favours, table decorations and accent flowers in bouquets. Symbolising true love, faithfulness and remembrance, they add a special touch and honour those who couldn't be present at your big day.

Cornflowers are an ideal choice for wildflower-inspired Boho bouquets and countryside weddings. Their vibrant blue blooms add a splash of colour to centrepieces and bouquets and are frequently used as buttonholes for grooms.

Sunflowers add warmth and light to your flower arrangements. Their large and colourful stems are perfect for creating a statement, so they're a great option for brides looking for more bold and untraditional wedding flowers.

<https://www.gardeningexpress.co.uk>



Photo credit: Pexels

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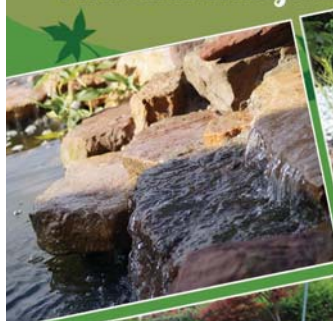
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Beeston Wildlife Group celebrates completed transformation of Attenborough Nature Centre Garden.

Members of Beeston Wildlife Group (BWG) celebrated their success last week with the completion of the Attenborough Nature Centre Garden transformation, after over 6 months of hard work. The group worked with Nottinghamshire Wildlife Trust's Southern Reserve Manager, Chris Kennedy, to transform the space into a haven for wildlife.

Nottinghamshire Wildlife Trust (NWT), which has been supporting local groups in working towards a wilder Nottinghamshire for 60 years, has been working with BWG since the early 2000's. The group of local enthusiasts formed in 1996, with the aim of engaging others with wildlife by providing access to various nature walks and talks.

The group took on the garden project in Autumn of 2022, and immediately got to work drawing up plans to transform the space. Through the seasons, they worked on the space rain or shine, or snow!

The transformed space boasts a newly dug pond with a dipping platform, already bringing smooth newts and many common blue damselflies to the area. The group also planted a wildflower meadow, which is currently a stunning sea of ox-eye daisies, yellow rattle and ragged robin - attracting a whole host of insects and pollinators. For children, there is a mud kitchen, pebble labyrinth and willow tunnel to explore. A brand-new fence has also been built along the edges of the water.

Nigel Slater, Vice Chairman and one of the longest standing group members stated: "The space is achieving what we had hoped, the wildlife is coming in and every day we are counting new species that are appearing. We are looking forward to working closely with Nottinghamshire Wildlife Trust on more projects in the future."

The celebrations saw BWG and NWT staff come together to enjoy the

garden, including NWT Chief Executive Paul Wilkinson. It began with a ribbon cutting by Chairman Andrew Lee, whilst Adrian Biddulph proudly unveiled the weathervane on the roof of the new structure, which adds a sheltered seating area for the public to enjoy - whether that's enjoying the view or a bite to eat outside. Two new wheelchair friendly picnic benches have also been installed.

Andrew Lee stated "The Beeston Wildlife Group has been very pleased to work with NWT on this project and it's been a real team effort with contributions from many people."

We hope we have transformed the wildlife garden into a space where visitors enjoy spending time. If they learn about wildlife or take away ideas about how they can improve their homes for the benefit of wildlife, then that's great."

The garden includes insect hotels, log piles and nest boxes, which have been utilised by four blue tit families this season. The popular sand martin hide is also situated at the bottom of the garden, which at this time of year is buzzing with activity. BWG are excited to maintain the garden with an ongoing planting programme to attract wildlife and will be adding informative signs as to why these plants are valuable.

The inspiration behind the space is to show people what can be done with a relatively small area to make room for nature - and encourage people to adopt similar techniques in their own outdoor spaces.

There are signs throughout the garden, describing each area and why it is beneficial to wildlife. The group hopes that this will inspire the public to go home and take action for nature on their doorstep.

Paul Wilkinson, Chief Executive of Nottinghamshire Wildlife Trust said, "This garden will hopefully provide lots of people with the inspiration to take action for nature in their own lives - at home, at work, at school - and that this will help create more spaces for wildlife to thrive."



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Nottinghamshire charity supporting male domestic abuse survivors, gains national recognition



Nottinghamshire Charity Equation, a leading provider of domestic abuse services for men, has been awarded accreditation by national body Respect UK, for their domestic abuse service for men.

Equation run a helpline and support service for men and self-identifying men living in Nottinghamshire, who've experienced domestic abuse.

Respect is a nationwide organisation in the domestic abuse sector. They lead on the development of safe, effective work with perpetrators, male survivors and young people using violence in their close relationships.

Respect accreditation is a quality assurance certificate offered for organisations working with male survivors of domestic abuse.

Equation is the first organisation in England to achieve the Respect Male Victims Standard certification.

To celebrate this achievement, Equation hosted an event. Marie Bower, Head of Service for Survivors and Perpetrators spoke at the event, sharing the milestones along the road to this point, thanking all of those who have supported the service since it was launched in 2014 and detailing the range of support services now available to male survivors of domestic abuse. Credit was given to the Domestic Abuse Service for Men team members for their hard work and dedication "Behind every good Service, is a great team".

Equation's Domestic Abuse Service for Men has grown substantially over the last few years and the support services, delivered by a team of Independent Domestic Violence Advocates (IDVA's) and Support Workers, ensure survivors are aware of their rights, options and support available, ensure survivors feel heard and supported, provide safety interventions and provide emotional and practical support tailored to survivors' needs. Equation support all sexualities, cultural backgrounds and ethnicities.

As well as supporting male survivors, Equation train professionals who work with adults and children experiencing abuse, and deliver a programme of healthy relationship education in Nottinghamshire schools.

To find out more about Equation, visit equation.org.uk

To find out about Equation's help for men experiencing abuse, visit equation.org.uk/help-for-men

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the festive calendar, Christmas at Wollaton has become much-loved Christmas tradition for many in the East Midlands.

Organisers, at Kilimanjaro commented on the return and revamp for 2023: "We're incredibly excited to be back in Nottingham, for a fourth year. The new design team have created a whole new look for this year's event, and we can't wait to share with everyone how spectacular Christmas at Wollaton is going to be. This year we are offering visitors an incredible 25% off if they join the waiting list which will give them early access to the guaranteed lowest prices. We would urge people to sign up and book early to make the most of the savings."

Christmas at Wollaton is an annual festival dedicated to celebrating festive family get-togethers. Established as a staple in the festive calendar and returning with a fresh new look and a dedicated design team, Christmas at Wollaton promises an unforgettable journey for visitors of all ages.

Wollaton Hall & Deer Park is managed by Nottingham City Council is working in partnership with award winning event team Kilimanjaro to deliver the event.

Cllr Pavlos Kotsonis, Portfolio Holder for Leisure and Culture at Nottingham City Council, said: "Christmas at Wollaton has become a regular fixture in Nottingham's festive calendar and it's great to see it return with a brand-new light trail for 2023. I'm pleased that we can offer the Nottingham city resident discount again for this year. We look forward to welcoming visitors from near and far to enjoy this enchanting and illuminating experience for all the family, in the grounds of our much-loved heritage venue."

After three excellent years, the organisers have hired a new design team dedicated to elevating Christmas at Wollaton to the next level, taking on board visitor feedback. Included in the team is internationally renowned Creative Director Katherine Jewkes, who will work alongside light art pioneers, Luminism; a collective of lighting designers, technicians and programmers who create unique Light Art installations across the UK.

Luminism have been designing and delivering light trails and light art installations since 2006. They fuse technology with light to create immersive experiences and engaging attractions through the manipulation of light, colours, and shadows.

Tom Chennells, Managing Director, comments; "We're really pleased to be working with the team at Kilimanjaro and alongside Katherine to design and deliver Christmas at Wollaton 2023. We have a great foundation to build upon and look forward to bringing our creations to the stunning grounds of Wollaton Hall."

Katherine is an award-winning Creative Director specialising in digital and immersive experiences for over 15 years. She has brought adventurous ideas to life for leading names such as Twitter, the Royal Shakespeare Company and the BBC, and has worked for National Theatre Wales, Manchester International Festival, Théâtre du Châtelet (Paris) and Louvre (Abu Dhabi). Katherine is also the Creative Director of Bristol Light Festival.

Katherine Jewkes comments; "We're looking forward to creating an exciting new look for 2023, where we will reimagine the unique grounds of Wollaton Hall, I am so excited to bring Christmas joy to visitors at Wollaton this December."

From December 1st to January 1st 2024, Christmas at Wollaton will again create excitement, laughter, and unforgettable memories for every visitor. Mark your calendars and be prepared to embark on a journey of enchantment, as Christmas at Wollaton invites you to embrace the festive spirit and revel in the magic of the season.

To ensure eager visitors don't miss out on this extraordinary experience, Christmas at Wollaton is opening a waiting list, allowing individuals to secure their desired spot as soon as possible.

The waiting list is open now and closes on Sunday 23rd July. Signing up grants access to early ticket releases on Monday 24th July and a chance to take advantage of an exclusive 25% discount across all dates and timeslots on tickets booked by midnight on Sunday 6th August.

For the best availability and guaranteed lowest prices visitors are being urged to sign up at christmasatwollaton.org

Tickets are priced from *£19.25 for an adult and *£12.75 for children, £54.00* for a family ticket, £18.00*

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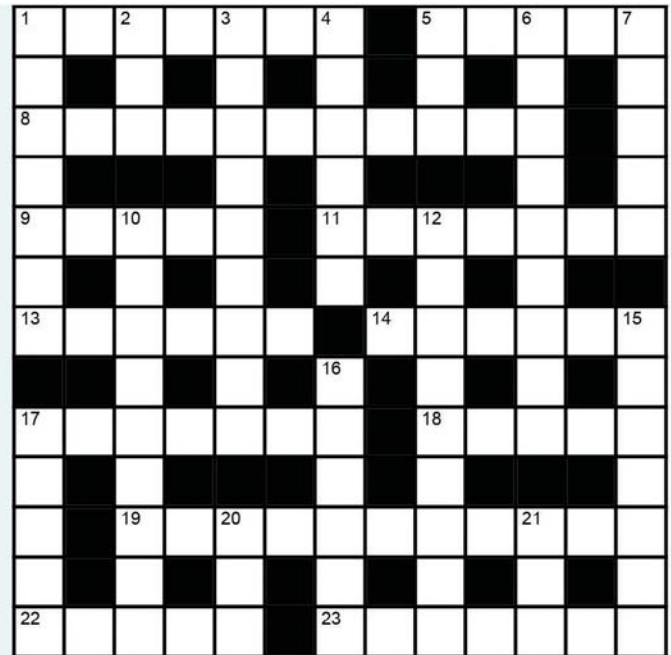
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Across

- 1 Percussion instrument (7)
- 5 Took in liquid (5)
- 8 Meeting arranged in advance (11)
- 9 Wheel coverings (5)
- 11 Reprieve (7)
- 13 Disclose (6)
- 14 Whitish 'meal' drunk before an X-ray (6)
- 17 Horizontal passageway in a mine (7)
- 18 Units of heredity (5)
- 19 Suggest that someone is guilty (11)
- 22 The first light of day (3-2)
- 23 Kitchen appliance (7)

Down

- 1 Hold under a lease agreement (7)
- 2 Circuit (3)
- 3 Free from disorder (9)
- 4 Clothing (6)
- 5 Pass from physical life (3)
- 6 Wearing down through sustained attack or pressure (9)
- 7 Cutting instrument (5)
- 10 Intense aversion (9)
- 12 Place of complete bliss (7-2)
- 15 Perceive words incorrectly (7)
- 16 Stenographer (6)
- 17 Group containing one or more species (5)
- 20 Cloth hat (3)
- 21 Little insect (3)

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summer school...

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SINCE 2002

After the success of Nottingham Playhouse musical summer school last year, this year they are going even bigger!

Little Shop of Horrors Summer School

"Help tell the story of Seymour Krelborn in his quest to win the heart of his colleague Audrey, while Seymour's person eating plant, affectionately named Audrey II, is on its quest for world domination in our version of Little Shop of Horrors.

Come join the fun as we rehearse the script and learn song and dance routines ready to perform Little Shop of Horrors on the Nottingham Playhouse main stage this summer. We'll be working towards a public performance of the show on Saturday 12th August.

The course is broken down into a one or two week course – learn more about them below. Session times are 10am - 4pm every day (except Sat 12 Apr 1.30pm-9.30pm).

Two Week Course (Ages 11-18)

Mon 31 Jul – Sat 12 Aug 2023

The two week long intensive is for young people who love singing, dancing and acting and could see themselves performing on stage as part of the main cast where confidence and character will be key. Whilst everyone will have plenty to do in the show, we will be holding auditions prior to the start of this summer school, with the attendees of the two week course, to cast the principal characters.

One Week Course (Ages 9-13) - Mon 7 Aug – Sat 12 Aug 2023

The one week programme is for young people who want to experience the fun of singing and dancing on the main stage as part of our chorus, there are no auditions to be involved just a love for all things performance! There will be lots for chorus members to do, over the course of the week you will learn routines for numbers throughout the show and practise your acting skills in supporting roles as you work with the principal characters to bring the show to life.



Check out our full list of summer schools...

Take a look at the full timetable of Summer School events! Spaces are filling up fast - events in orange have limited availability and green ones still have a good amount of spaces left.

Mon 31 Jul	Sun 6 Aug	Mon 7	Sun 13 Aug	Mon 14	Sun 20 Aug
Little Shop of Horrors (Ages 11-18): Mon 31 Jul - Sat 12 Aug		Little Shop of Horrors (Ages 9-13): Mon 7 - Sat 12 Aug		Play in a Day - Peter Pan (Ages 6-8): Mon 14 Aug	
		Play in a Day - Alice in Wonderland (Ages 9-13): Thu 10 Aug		Acting for Film and TV (Ages 11-18): Tue 15 - Thu 17 Aug	
		Family Play in a Day - Oliver Twist (All ages): Fri 11 Aug		Adult Play in a Day - Twelfth Night (Ages 18+): Fri 18 Aug	

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