

# West Bridgford Local News

FREE  
Issue 165  
January 2017

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## Busy A52 to undergo improvement scheme from January



The A52 will be upgraded as part of a two-phase package of measures to improve the road's junctions. The works will include construction of extra lanes, upgrading signals and reconstructing junctions. Read more on page four.

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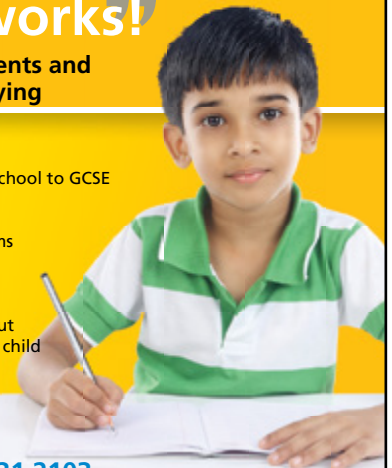
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## West Bridgford Local News

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February issue published: Friday 3rd February 2017

Deadline date: Friday 20th January 2017

The West Bridgford Local News has a print run of 20,000 copies and is published every month and delivered to homes and businesses in West Bridgford, Gamston, Lady Bay, Edwalton, Compton Acres, Wilford Hill and Wilford Village. Copies are also available in libraries and other public places. The Local News is a totally independent publication. The format, all editorial and advertisers' artwork is copyright and must not be reproduced without permission from the Nottingham Local News. No responsibility is accepted for any comments or claims made by advertisers or contributors.



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# Individuals HAIR

## A52 junction improvements to start in January

One of the main roads in the Borough of Rushcliffe will undergo improvement work from January. The A52 will be upgraded as part of a two-phase package of measures to improve the road's junctions. The works will include construction of extra lanes, upgrading signals and reconstructing junctions.

The first phase will address the eastern junctions from Gamston to Bingham Road, while the second phase will improve the western junctions from QMC Island to the Wheatcroft Roundabout. Work is expected to take around three months to complete, but Highways England have not revealed the cost for the project.

The A52 is an important east-west link across the East Midlands and the route experiences congestion due to capacity issues at many junctions, which results in significant queuing and delays.

Several junctions have been identified as requiring improvements to cope with the existing problems, as well as to provide capacity for the increase in traffic anticipated when local developments are completed.

### Nottingham Road junction

To upgrade the Nottingham Road junction - also known as the RSPCA junction - Highways England will be installing new traffic signals on all approaches to the junction, which will be programmed to improve the flow of traffic. The road will be widened on the north side of the junction and a new lane will be added. This will allow drivers to make a u-turn movement, which is being removed from the Stragglethorpe junction.

A new pedestrian crossing will be constructed and a footpath will be provided on the southern side of the junction, while a new three-metre wide footpath will be laid on the northern side. The drainage will be improved, new street lighting and road signs installed and resurfacing work will take place.



### Cropwell Road junction

New traffic signals will be installed and the A52 will be widened to improve capacity and safety for vehicles making a right turn into Cropwell Road. The existing bus stops will be moved to be on the approaches to the junctions, instead of on the exits where vehicles will be accelerating. Improvements will be made to existing crossing points and new footpaths will provide safe access to the new bus stop locations. The north side footpath will be widened to three metres.

Work will mainly take place overnight between 8pm and 6am, although Highways England say "any noisy work will take place before midnight".

Construction work for Gamston Roundabout, Stragglethorpe Road junction and Bingham Road junction will take place in 2017-18, subject to funding.

The Gamston Roundabout project will see additional lanes added on the A52 approaches to the roundabout, new traffic signal and lightning on the roundabout and a new pedestrian crossing. Photo by David Dixon.

## Speed restriction plan for local roads

More roads in West Bridgford look set to be restricted to 20mph, including part of Gordon Road close to Central Avenue. Nottinghamshire County Council has given notice that Gordon Road will be reduced to 20mph from its junction with Ethel Road in a northerly direction to its junction with Tudor Square.

Others areas earmarked for a 20mph speed limit include Musters Road from its junction with Bridgford Road to Rectory Road, Melton Road from its junction with Musters Road to Devonshire Road, while there are also plans for speed restrictions on Devonshire Road, Manvers Road, Exchange Road and Ethel Road.

West Bridgford Library and County Hall both have relevant documents concerning the proposals, which members of the public can view.

They can also be found online at [nottinghamshire.gov.uk/the-council/democracy/have-your-say/consultations](http://nottinghamshire.gov.uk/the-council/democracy/have-your-say/consultations) and written objections must be received by Friday 20th January 2017.



## West Bridgford School wins Sports School of the Year once again

West Bridgford School have been awarded the prestigious 'Dave Bullas Rushcliffe Sports School of the Year Award' for the second year in a row.

West Bridgford is the only secondary school in the Rushcliffe area to be awarded the 'Gold Award' level of the Sainsbury's School Sports Mark.

On any evening in the week, the school could have more than a dozen teams out playing competitive sport, both at home and away.

In a standard week at the Loughborough Road-based West Bridgford School, up to 900 children stay after school to take part in extra-curricular sporting activities.

This is only possible because of the hard work of the school PE department, who not only run their teams after school, but also take children out to sporting events at the weekend.



Students see the commitment the staff put into running the teams and activities in the school, and are committed to 'paying it forward' via the National Youth Sports Trust Sports Leaders Award.

Mr Malcolm Kemp, who runs the scheme in the school, said: "Last year, more than 3,000 hours were volunteered by older students to help run activities for younger students and the next generation

of sports people at local primary schools - it's just amazing."

The West Bridgford students currently top the national 'Lead 2' league table for hours volunteered in a school.

As an individual example of dedicated service, Emily Townsend (16) won the 'Junior Volunteer of the Year Award' for the huge amount of time she has dedicated to high-quality sports coaching.

Her nearest competition for the award was Adia Quiggin (17) who also attends West Bridgford.

Mr Rob McDonough, principal at the school, said: "West Bridgford School may be better known for academic excellence, rather than its sporting endeavours.

"However it is wonderful to see dedication to sport, by both staff and pupils, has been rewarded with this prestigious award. The sports volunteers, who contribute so much to their local community, are a particular example to us all."

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## Wilford-based Bendigo Systems wins special award for innovation



Wilford-based Bendigo Systems Ltd, who launched their ground-breaking new technology system in 2016, have been presented with the Care Innovation award at the Great East Midlands Care Awards.

Bendigo's system has been designed to deliver simple, practical and personalised solutions to people living with dementia, physical illness or disability - and it has turned out to be a winner.

Nick Gale and John Osborne - pictured left with the award - are co-founders of Bendigo. The pair were brought together by their own experiences as family carers.

They have now combined their professional expertise in Smart Home Technology and Health & Social Care to deliver a new service that provides customers with independence, safety and peace of mind in their own home.

Nick attended a glittering awards ceremony at The Belfry Hotel, Nottingham for the finals of the Great East Midlands Care Awards.

The night was made extra special when Bendigo were announced as the recipient of the prestigious Care Innovator Award.

The judges said they were "impressed by the thought that had gone into the system, the motivation and enthusiasm of the team and they are continuously assessing as to how they can improve".

Nick told The Local News: "We had a fantastic night at the ceremony and were honoured to receive the award.

"We have created a unique and innovative service for people who need support in their own homes.

"We're excited about people recognising assistive technology as an integral part of health and social care."

The awards are part of the Great British Care Awards, a series of nine regional awards celebrating excellence across the care sector.

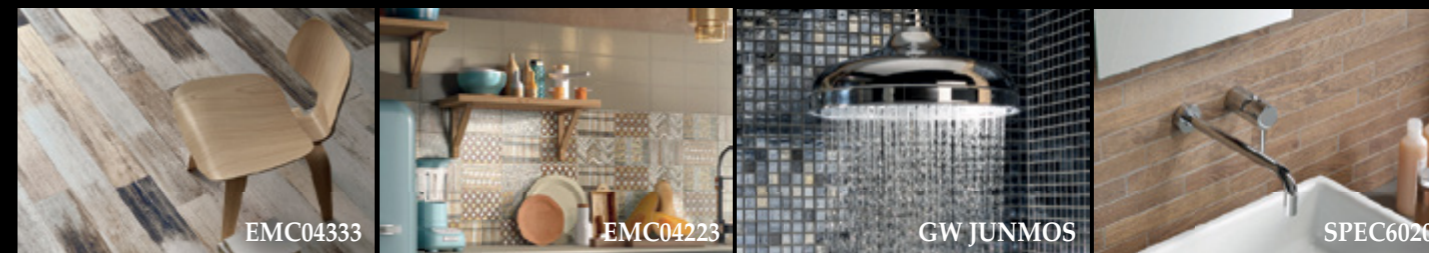
Bendigo Systems will now go through to the national final at Birmingham's ICC in spring 2017.

Recognition has also come from Tomorrow's Care Magazine who have shortlisted Bendigo as a finalist in its first Tomorrow's Care Awards 2017 as one of the very best products and services in the industry.

The winner will be selected by reader vote this month.

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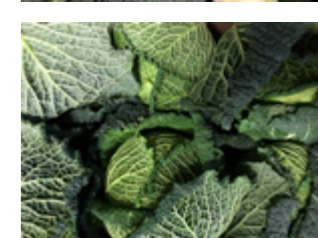
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## You snooze you lose? Not for #SBS winners The Insomnia Clinic...

Sleep may be at the core of their business, but West Bridgford-based The Insomnia Clinic is wide awake and ready for business after receiving a fantastic business

boost from Dragons' Den's Theo Paphitis. The Insomnia Clinic was named as one of six #SBS (Small Business Sunday) winners on Twitter, which involved having their

tweet retweeted by Theo to his half million followers. They now join an elite club of small, entrepreneurial businesses whose tweets have caught Theo's eye to win the coveted accolade.

you're looking after all aspects from actually doing the insomnia therapy to the marketing and everything else that's involved, so this #SBS win is a real boost. I passionately believe in what I do and my ultimate aim is to get as many people as possible in the UK sleeping well without medication. This level of recognition and promotion will really help towards achieving that."

It was their creative 'Sleep Beautiful Sleep' acronym which appealed to Theo, simply and cleverly encapsulating what The Insomnia Clinic is all about. The team of qualified insomnia specialists work with individuals or corporate groups to improve sleep quality and, consequently, overall health and well-being. The knowledgeable consultants can help with a variety of sleep issues, helping to identify and change behaviours, thoughts or lifestyle factors which may be affecting their clients' ability to enjoy a restful and restorative night's sleep.

Owner and founder of The Insomnia Clinic, Kathryn Pinkham (pictured), said: "It's so good to be recognised by someone like Theo Paphitis. Setting up your own business is hard, especially when

Small Business Sunday (#SBS) was started by successful businessman Theo to help owners of small businesses and like-minded entrepreneurs. He explains: "I admire people who have passion and energy. I was struck by the number of business owners on Twitter who wanted to tell me about their new products and services. Small Business Sunday was born so that people have a specific time to pitch their 'sell' directly to me."

All winners become part of a club where they can network and share ideas, as well as benefiting from an online profile promoting their business on Theo's website.



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## Aaran is the tops in international photography competition

Gamston's Arran Willott has been named the winner of the environment category in the annual International Citizen Service (ICS) Photography Competition. The 20-year-old saw off competition from more than 300 photographers from 22 other countries around the world.

Arran took the winning shot while volunteering in Bangladesh last year. He spent three months in Birishiri, working alongside local volunteers on a project to raise awareness of climate change and build community resilience to disasters, with the UK government-funded ICS programme.

Arran said: "This is one of my favourite pictures from my placement. The picture is taken towards the end of my placement, after an annual picnic to celebrate the families living on the church mission compound where we were staying."

"This was a very special event for all the dwellers on the compound and so everyone dressed up especially for the occasion. It is a day I remember very fondly, as it reminds me of the beautiful hospitality that was shown to us whilst we were there and how openly the entire community welcomed us into their lives."



## Student asks parliament to back Food Technology in primary curriculum

A student in Year 7 at The Nottingham Emmanuel School in West Bridgford has written a letter to government asking that lessons in primary schools concerning food preparation and hygiene are supported in the curriculum and raised to the standards of his own secondary school lessons.



Oliver Jardine (pictured), aged 11, hit on the idea after being set some homework. He said: "This letter is in response to the issue of health really. Obesity is a problem in the UK and people sometimes don't care about how well they clean and prepare food, or about hygiene."

Oliver's main wish is for primary schools to have more food technology lessons, so that children grow up with the skills required. He says that if he doesn't get a satisfactory response, he will begin a petition.

Oliver says his mother is backing his actions. "I think she is proud," he said. "I just want to be heard and get more classes for primary schools."

Teacher Meg Norridge said: "Oliver is particularly passionate about helping improve the nation's health and has seen a clear link between the need for education and making good food choices."



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## West Bridgford-inspired Art of Football celebrates third birthday

Local business, the Art of Football, is celebrating its third birthday and its been a meteoric rise for the family-run company - going from their bedroom to selling to over 60 countries around the world and a partnership with Adidas for UEFA Euro 2016.

The company, which is based at Sneinton Market Avenues in the heart of Nottingham's Creative Quarter, was set up by West Bridgford brothers Luke and Gabe Cuthbert in December 2013, producing bespoke, football-themed designs for t-shirts, hoodies, sweatshirts and framed prints. Each piece of artwork is created by hand, and is then printed onto clothing for men, women and children, or produced as a framed print.

Gabe explained: "Our inspiration for starting the Art of Football was to create football-themed items that really do justice to individual fans memorable moments, as an alternative to the generic football merchandise out there.



"Every football fan has their own memorable moments that really mean something to them. We wanted to capture that passion and energy in our designs. It's not always the big achievements that have resulted in our biggest sales, but the special moments that matter to fans, like those last-minute injury-time goals."

After starting out from their parents' house - Wendy and David Cuthbert - Luke and Gabe's big break came when they won KickStart back in 2014, the Young Entrepreneur Award Program for the Midlands & Mid-Wales. They won £20,000, including a £10,000 grant and £10,000 worth of mentoring and accountancy advice.

They sell to over 60 countries around the world, from Jordan and Russia to Japan, Bermuda and the Sandwich Islands in Hawaii. The Art of Football also captured the interest of sportswear giant Adidas this summer, partnering with them to create bespoke artwork featuring the goal celebrations of Adidas-sponsored players at Euro 2016 - which were then tweeted by Adidas throughout the competition.

What about the next three years? Luke explained there's lots in store for the company, saying: "We'd like to expand into other sports - as capturing those memorable moments is something that all sports fans can relate to, whether you like rugby, motorsports, tennis or athletics.

"Outside the UK, the US is our biggest market, so we'd also love to look into expanding into other sports there, such as baseball and American football. We're from Nottingham though and are huge Forest fans, so whatever happens, we'll always have a base here."

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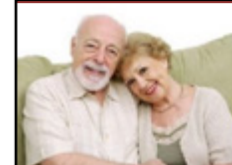
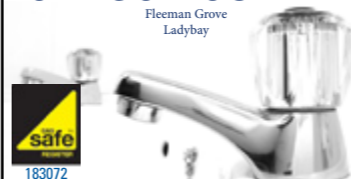
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## Rosie's Garden in memory of much-loved pupil Rosie Perry Jones



A special garden has been created at West Bridgford Junior School in memory of pupil Rosie Perry Jones. Rosie passed away in 2015, aged 11, from an aggressive form of ovarian cancer just five months after diagnosis, leaving teachers and classmates heartbroken. Struggling to come to terms with the loss of their much-loved pupil and friend, it was the school's collective wish to create a lasting

memorial and the idea of Rosie's Garden was created.

Helped by award-winning local garden designer Jackie Setchfield and stone specialist CED Stone, a fantastic tribute has been created as you can see from the pictures.

"The idea to create a garden is a fitting tribute," says headmaster Steven Arnold. "We thought long and hard about what we could

do, involving Rosie's family in the decision. We were thrilled when Jackie, whose children attended our school, presented her idea for the garden. Her design brought tears to the eyes of Rosie's mum."

Jackie has fond memories of Rosie and said: "I remember her dancing in the aisles during school concerts. She was so joyful and I jumped at the chance to give something back and create somewhere special in Rosie's memory."

Jackie designed a simple garden that will be a place of remembrance and celebration of Rosie's life, while also creating a calm oasis that will help the healing process of all those affected by her passing.

The beautiful garden has a theme of soft, enveloping curves, giving the space a gentle, inviting feel. Flowing through it, a meandering clay brick has been laid in a pattern that emulates Rosie's trademark plaits.



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## World records broken in stunning performance by local rowing club



Nottingham Rowing Club members, along with a few friends, not only broke the 100,000 metres record for a large mixed team of over 50 year olds on a Concept indoor rowing machine by over three

hours, but also broke the record of the 40 years olds by 15 seconds.

The significance being that their average would be 10 years less than the club's team.

The assault on the record started at 11:39am on a Sunday morning at the Boat Club. The atmosphere was electric as Andy Townsend led the team off.

The team consisted of 10 men and seven women. Aileen, the oldest woman, had only started rowing in March of this year.

Andy and Rachael Brown may be the first married couple to be on the same record-breaking team.

Each member of the team pulled 15 strokes at a time and then handed the oar handle to the next team member.

The effect is pulling flat out for 20 seconds to cover approximately 150 metres then a rest of five and half minutes, before doing it again a further 50 times.

It was obvious after the first 10,000 metres that the younger record was within the team's reach as well.

The pace was pretty constant although the team got faster towards the end.

With only 5,000 metres to go, the team realised that the younger record was going to be very tight to break, so agreed that the big men would do the last 2,000 metres on their own, with Tony bring the team over the line.

There was a lot yelling and high excitement. The team members were Andy Townsend, John Kenyon, Paul Williamson, Helen Bloor, Gurli Raasthoj, Andy Brown, Shane MacSweeney, Peter Stasiuk, Chris Beesley, Sarah Royles, Jill Titterton, Rachael Brown, Iain Hill, Tony Lorrimer, Jo Canton, Aileen Rhodes-Jones and Mike Walker.

Also equally important were the support team of Claire Angus who spent five hours holding the seat still during the changeovers.

The other helpers were Fergus, Albert Bracun, Adam Childs, Stephen Ferguson, Suze Wynne, Lou Townrow and Jojo Bowman who spent their time hanging on to the feet of the rowers. Congratulations to all involved.

## Notts Gymnastics Academy celebrate medals in championship

Scarlett Williams, Ramiyah Kofi and Isla Lees competed in the British Espoir Championships in Essex, but Caitlin Williams was unable to compete because of injury. Strong performances on the first day of competition saw all three girls in Sunday's apparatus finals.

In a strong field, the girls showed their true professionalism to fight until the end of all four apparatus.

All three girls also performed their vaults from Saturday again. Ramiyah placed sixth, Isla fourth and Scarlett took the bronze medal with an average score of 13.05.

Scarlett also had the highest execution score of the day on vault for her fabulous straight yuchenko.

On bars, Ramiyah's successful routine was enough to secure her the highest execution score of the day and the bronze medal.

Last up was floor, Ramiyah finished sixth, with Isla the last performance of the day. She wowed the judges and crowd with her excellent balance of tumbling, leaps and elegant dance. Isla scored 13.85 which was the highest execution score and secured the British Espoir Floor title.



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## RNLI grand finale takes place at Edwalton garden centre

By Graham Christian

Over the weekend of Saturday 26th and Sunday 27th November 2016, the West Bridgford branch of the RNLI held a two-day collection at Notcutts Garden Centre in Edwalton.

This was the branch's last collection of 2016.

Although gardens are starting to hibernate at this time of year, the garden centre was busy.

Santa was in residence and he was being visited by children, parents and grandparents.

The sale of Christmas trees was also very popular.

It was interesting seeing the families leaving with large Christmas trees and trying to imagine how they were all going to fit in their cars.

But they managed it somehow as, at the end of the day, there were no

abandoned trees or people in the car park.

By the end of Sunday, the RNLI had collected £940, which was a grand total to round off the fundraising year.

The RNLI would like to thank the management and staff of Notcutts for their help and assistance also all the people who have supported the RNLI during the past year, thank you all.



## Reflections - an inspiring concert



Ruddington Choral Society's elegiac concert was a quietly sublime musical celebration. The meticulous director Paul Hayward combined with the exquisite organ skills of Michael Overbury to ensure that the choir again excelled.

Faure's much-loved Cantique de Jean Racine and In Paradisum provided a delicate prelude to the main work, Rutter's haunting Requiem.

The choir captured beautifully the intricacies of these works. Soprano Jane Harwood - superb throughout - led the choir in the Requiem and in Mendelssohn's Hear My Prayer, while her own solos Handel's V'Adoro Pupille and Mozart's beautiful Dove Sono were worthy interludes.

This was music to inspire the soul and the St Giles' audience showed it in their delighted applause.

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## Labour selects all-women candidates for Bridgford



Labour party members in West Bridgford have selected their three candidates to contest the County Council elections in May. Councillor Liz Plant, Dr Lizzie Edgerton and Nadia Whittome (pictured left to right) have been selected following the announcement that three new one-member West Bridgford divisions have been created following the Local Government Boundary Commission review.

Liz Plant is currently a county councillor for West Bridgford Central and South and borough councillor for West Bridgford Central. She will contest West Bridgford North, which includes the borough wards of Lady Bay, Trent Bridge and parts of Abbey Ward.

Liz has lived in West Bridgford for over 20 years. She worked in primary education as a teacher, headteacher and consultant. She

has also been a member of the West Bridgford Infant School's governing body for over 20 years.

Lizzie Edgerton has been selected for West Bridgford South, which includes Edwalton and Gamston South Ward, part of Abbey Ward and Musters Ward. Lizzie has lived in Bridgford for over 20 years. She attended the University of Nottingham as a mature student, gaining a degree and a PhD. She has worked as a parliamentary researcher, teacher and fundraising manager for a large charity.

Nadia Whittome has been selected for West Bridgford West which includes Compton Acres, Lutterell and part of Musters Ward. Nadia is a former pupil at the West Bridgford School and is currently studying Law at the University of Nottingham. She is keen to ensure that local democracy represents the interests of everyone. She has been involved in local politics and community work since the age of 16 and is enthusiastic about representing the Bridgford area.

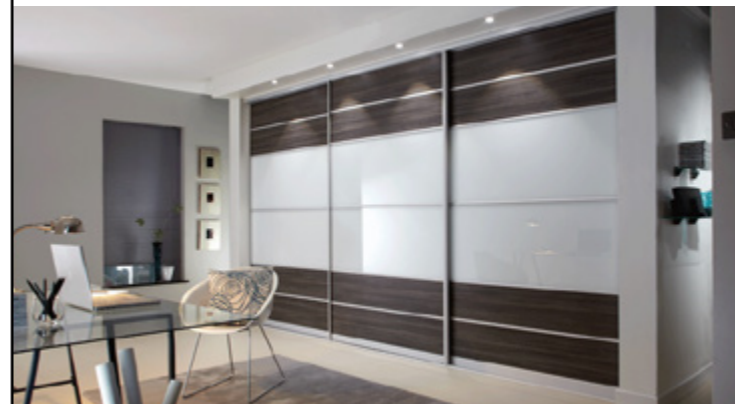
## Fundraising group for Marie Curie

Marie Curie are looking for people in West Bridgford who would like to join a new volunteer fundraising group. Joining your local fundraising group is a really great way to raise funds for Marie Curie, while also meeting new people and having lots of fun. They play an important role by taking part in national fundraising campaigns, such as the Great Daffodil Appeal, Blooming Great Tea Party and other yearly collections.

All money raised will help Marie Curie provide expert, guidance and support to help people with a terminal illness - and their families - get the most from the time they have left. Locally, Marie Curie supports people throughout their illness by giving practical information, support from trained helper volunteers and being there when someone wants to talk. For more details please contact Beth Fisher on 01332 204 221 or email [beth.fisher@mariecurie.org.uk](mailto:beth.fisher@mariecurie.org.uk).

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## Don's lyrics now helping provide music for christenings

In 2002, local man Don Read wrote a lyric to Bach's 'Air On A G String'.

He called the new song 'Child' and it was dedicated to his eight grandchildren and to all children everywhere.

Despite getting people talking about his lyrics, no-one was initially interested in taking the piece of music further.

Don (pictured) told The Local News: "In 2007, whilst collaborating with choral arranger Michael Neaum, I persuaded Nottingham choir, Sinfonia Chorale, to demo three songs we had composed using classical themes and 'Child' was one of the compositions.

"Again there was little interest, except from a member of the choir who used the song at a family christening.

"Early in July, I sent the song to the Church of England media department.

"An almost immediate reply suggested that the song might be ideal for their website 'Christenings', which gives parents information and ideas on baptisms. "The CofE had hitherto left it to the parents to decide on any music they may wish to accompany the event."

The printed lyric of 'Child' and the choral version are now on the website.

"With over 16,000 churches and some 2,000 christenings a week, the song has landed in an ideal place," Don added.



## Local man releases book to help people having medical treatment

John Osborne, managing director at JoCo Learning & Development in West Bridgford, has published a book to help people who are undergoing medical treatment through music. John has been developing resources and training in the use of music in healthcare and social care for several years. Having been diagnosed with a rare form of cancer, John realised that specially chosen pieces of music can also have a positive effect on people who are going through complex medical procedures.

John said: "As a musician I have music with me all the time. I took music to appointments and to hospital treatment, playing tracks that are the soundtrack to my life to help with the anxiety and deal with the boredom of waiting around. Music has the power to transport us to another place, calm and soothe us. It allowed me to feel connected to people who inhabit the various tracks I had chosen."

John decided to use his experience to develop 'Music is Medicine' - a book that is practical, fun and interactive. It helps people to choose music that will support them through diagnosis, treatment, healing and recovery.

The pocket-size book also has space to record thoughts, hopes and fears, along with fun and creative activities. It is an ideal gift for anyone going through medical treatment. Thankfully, John's treatment was successful and he is now supporting a variety of cancer patient groups to access the therapeutic benefits of personalised music through 'Music is Medicine'.

John has also redesigned and published his award-winning 'Soundtrack to My Life' a Music in Care book for people with memory loss conditions including dementia. Both books are now available to purchase at [joco.gb.net/shop](http://joco.gb.net/shop) at a discounted rate of £7.50, or from other online retailers for £8.99.

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See pages 2-3.



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Model shown: Ignis SZ5 ALLGRIP at £13,999 on the road (metallic paint available from £430). Ignis range official fuel consumption figures in mpg (L/100km): Urban from 51.3 (5.5) to 57.6 (4.9), Extra Urban from 68.8 (4.1) to 70.6 (4.0), Combined from 61.4 (4.6) to 65.7 (4.3). Official CO2 emissions from 106g/km to 97g/km.  
The above fuel consumption figures are based on an EU test for comparative purposes only and may not reflect real driving results.

# Suzuki's All-new Compact Crossover



## By Dave King



Suzuki Motor Corporation unveiled its new IGNIS new global compact crossover for Europe at the 2016 Paris Motor Show. Suzuki has long held a reputation for producing small cars with character and this all-new model exudes Suzuki DNA from every pore.

In addition to its stylish exterior design in a compact size of just 3,700mm long, the new IGNIS features excellent visibility, a spacious cabin and ample luggage space.

The development goal was to create compact crossover styling that is undoubtedly Suzuki, and that goal has been achieved.

New IGNIS follows the Baleno in being the second model for Europe to feature a new generation platform which targets weight reduction and increased rigidity. The lightest IGNIS model has a kerb weight of just 810kg which offers advantages in terms of handling, emissions and economy.

The distinctive shape of its body begins with a front face that

integrates the striking gaze of the LED headlamps and the strong lines of the front grille, continuing with the robust shoulders suggesting strength whilst utilising a simple design that, at the same time, presents a familiar, lovable expression. It inherits styling cues from the first-generation SC100 Whizzkid from the late 1970's with slit-like 'C'pillar design cues plus the current Swift's distinctive blacked out 'A' and 'B' pillar design.

In addition to its unique exterior, the IGNIS' characteristic image is further enhanced by its interior ambience, the round shape of its air-conditioning system's panel and advanced feel of its instrument cluster design combining to give the cabin environment a futuristic look. Depending on the choice of exterior colour, orange and metallic titanium accent colours add an extra touch of quality to the cabin and help establish an active image that befits a crossover.

Adopting Suzuki's new generation platform has minimised the

size of the engine compartment maximising the space available for cabin occupants and luggage. Within its compact body size, IGNIS features a roomy and comfortable cabin with ample space between occupants, ample headroom and legroom contributing to its relaxing environment.

Another feature is large-capacity luggage space of 267L (SZ3), (204L for ALLGRIP model utilising a rear differential). It also adopts sliding rear seat functionality that, combined with the ability to fold down the rear seatbacks, makes it possible to accommodate a wide variety of luggage.

The new Ignis comes well equipped, with even the base SZ3 model featuring six airbags, air conditioning, DAB radio with Bluetooth, 15-inch wheels, body coloured door mirrors, front electric windows and five seat capacity.

The 1.2-litre Dualjet technology featured in the new IGNIS uses twin fuel injectors for improved fuel economy, the fuel injectors being very close to the engine inlet valves allowing for finer fuel or mixture.

Available on the IGNIS SZ5 manual model, the SHVS mild hybrid is a compact and lightweight unit

incorporating an Integrated Starter Generator (known as ISG) which acts as both a generator and starter motor.

The ISG is belt driven and assists the engine during vehicle take off and acceleration, and also generates electricity through regenerative braking. The SHVS system delivers top class CO2 emissions of 97g/km plus a fuel consumption figure of 65.7mpg on the EC combined cycle for the 2WD model.

Available on the IGNIS SZ5, Suzuki's ALLGRIP 'AUTO' well-proven four-wheel drive system is a simple, fully automatic and permanent four-wheel drive layout which transfers additional torque to the rear wheels when required via a viscous coupling. Enhancements include Hill Descent Control and Grip Control which activates on slippery surfaces at speeds of less than 18mph. Once switched on by the driver, it focuses torque on the driven wheels that have grip and will quickly apply braking to the wheel that is spinning.

The IGNIS adopts Suzuki's Total Effective Control Technology (TECT) concept that provides a high level of collision safety. As an additional



safety feature on the SZ5 model, Dual Camera Brake Support (DCBS) utilises stereo cameras located on each side of the driver's interior rear view mirror.

These function in a similar way to the human eye and detect lane markings as well as objects ahead (including pedestrians) and also their distance away. This new feature has enabled the IGNIS SZ5 to be awarded Five Stars in the latest NCAP tests. IGNIS Models without DCBS have been awarded a creditable three stars and this system is available as an option.

With pricing starting at only £9,999

on-the-road, New IGNIS is available in one solid colour, five optional metallic colours and five two tone colours whereby the roof colour on all is Super Pearl Black Metallic.

Suzuki's impressive new compact crossover is available now and goes on sale in January. What's more there's Free Car Insurance on Ignis SZ-T and SZ5 models when you choose low rate PCP\* through Suzuki Finance.

Find out more by visiting Chris Variava Suzuki at 431-461 Nottingham Road, Basford in Nottingham NG6 0FB, or telephone (0115) 855 3050.

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Swift SZ3 official fuel consumption figures in mpg (L/100km): Urban from 46.3 (6.1), extra urban from 64.2 (4.4), combined from 56.5 (5.0). Official CO2 emissions 116g/km.  
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Offer available on registrations of Suzuki Swift SZ3 ends January 31st 2017, subject to availability. Offer excludes 5dr SZ3 4x4. This finance offer is a rate better than that of High Street lenders. The offer above is available from participating Authorised Suzuki Dealers only. The offer cannot be used in conjunction with any other offer unless otherwise stated. Finance is provided, subject to status by Suzuki Financial Services Ltd. Applicants must be 18 years or over and UK resident (excluding Channel Islands and Isle of Man). Suzuki Financial Services Ltd reserves the right to withdraw or amend this offer without notice or prior warning. Suzuki Financial Services Ltd, part of Lloyds Banking Group, St William House, Tressilian Terrace, Cardiff, CF10 5BH. We may receive commission or other benefits for introducing you to Suzuki Financial Services.

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Born and bred in Nottinghamshire, Chris' 15 years in the motor retail industry have given him the experience and knowledge to provide customers with first class guidance when looking for a new vehicle.

An avid fan of every incarnation of the Golf since its launch in 1974, Chris believes the New Golf Match Edition ticks all the boxes. He said:

"The New Golf Match Edition truly is a quality all-rounder. It's a great drive and, although it has style in abundance, it's still a very a practical vehicle and comes with all the mod cons that Volkswagen customers have come to expect, such as the Discover satellite navigation system and Car-Key Guide & Inform.



"It doesn't lack under the bonnet either and there are three engine types available with both manual and automatic gearboxes. You can choose from the 123bhp 1.4-litre TSI petrol engine, or the slightly less powerful, but more economical, 108bhp 1.6-litre TDI diesel engine, but for those who like a bit more power, there's always the 148bhp 2.0-litre turbodiesel.

"The New Golf Match Edition has also been designed with comfort and safety in mind.

For example, the Winter Pack, which comes as standard all the New Golf Match Editions, has heated seats, automatic headlight washers and Adaptive Cruise Control (ACC), which automatically

adjusts your speed to maintain a safe distance from the vehicle in front."

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Many of the vehicles in the Volkswagen range are available on Motability from Nil advance payment.

Alongside the New Golf Match Edition, the dealership has an extensive range of regularly rotated new and used Volkswagen models in a variety of body styles, colours, trims and technical specifications to suit every taste.

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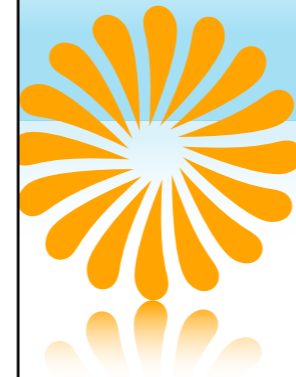
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All vehicles advertised are available at time of going to press. Offers available on \*Polo 1.2 TSi Match 5-door. \*\*Golf 1.4 TSi Match Edition Manual 5-door. Orders must be registered by 31st March 2017. Subject to availability. To qualify for the Motability Scheme, you must be in receipt of the Higher Rate Mobility Component of the Disability Living Allowance, the Enhanced Rate of the Mobility Component of the Personal Independence Payment (PIP), War Pensioners' Mobility Supplement or the Armed Forces Independence Payment (AFIP). Standard EU Test figures for comparative purposes and may not reflect real driving results. Official fuel consumption figures for the Polo range in mpg (litres/100km): urban 37.2 (7.6) - 70.6 (4.0); extra urban 55.4 (5.1) - 91.1 (3.1); combined 47.1 (6.0) - 83.1 (3.4). Combined CO2 emissions 139 - 93g/km. Official fuel consumption in mpg (litres/100km) for the Golf range: urban 30.1 (9.4) - 72.4 (3.9); extra urban 47.9 (5.9) - 88.3 (3.2); combined 39.8 (7.1) - 83.1 (3.4). CO2 emissions 165 - 89g/km.



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**The Brief**

The client had lots of ideas for this galley kitchen. They wanted to create a stylish, warm, homely yet practical space. They knew the key features they wanted which were a great starting point for discussions and agreeing a design.

The client wanted a range cooker, a large, smart, free-standing fridge freezer and an eating area that could seat family and friends. Our designers worked with the client to create the perfect design with these at the heart of it.

**The Solution**

Fine Finish Kitchens designed and manufactured a totally bespoke kitchen. The kitchen is a quality framed kitchen with charcoal base units and alabaster top units with solid oak, full stave worktops.

**Key Design Features**

Tall wall units were fitted to maximise cupboard space in the kitchen. A bank of draws was used in the base units for storage to meet the customer's needs and to add to the look of the kitchen. Curves add soft lines and create a wow factor.

**Lighting**

LED lighting was fitted to the top and the bottom of the units. The colour-changing lights are remote

controlled and add interest to give a soft warm glow to the kitchen.

**Top Tip**

If you are having units about your sink, consider a shorter unit to make sure you have plenty of room to fill your kettle etc.

This customer chose to have a shorter unit with glass doors and lights inside. It looks great, adds interest and makes sure there is plenty of space below.

**Customer Feedback**

We love our new kitchen, the quality, attention to detail and service from everyone at Fine Finish was fantastic.

We wouldn't have such great results without their design skills, ideas, bespoke, manufacturing capabilities and patience. Thank you. Mr & Mrs Marshall.

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## Your Home: Nordic style for the New Year - by Victoria Green

It's a new year and many of us reflect and make changes in our lives and our surroundings. Your home is a great place to start if you want to freshen things up.

This doesn't have to be a costly, even less so if you wish to get inspiration from the new interiors trend sweeping through our home décor magazines – Scandi style.

"Interest in Scandinavian design has grown due to a new wave of creative energy from young Nordic designers," says Nina Bruun, designer and product developer for Muuto.

"Their designs are innovative, yet continue Scandinavian traditions.

"Functional, honest and produced to the highest standards of quality and craftsmanship, combined with an egalitarian aim of affordability."

This pared back, minimalist aesthetic really has a quiet sophistication about it.

Following the themes outlined above, the elements of quality and functionality are key.

Needless to say, quality can often come with a price but the trade-off is quality not quantity with this trend.

Clean lines, soft curves, natural woods, a white palette – these all are synonymous with Scandinavian style.

Throw in a faux sheepskin rug for ultimate winter cosiness and it's hard to understand why you would ever get up from the sofa.

As we know, there is one well-known Swedish interiors power house that you can not only look to for inspiration, but often purchase a couple of items at a reasonable price to transform your overall scheme within a very modest budget - IKEA.

It often splits opinion but if you're still building your confidence in design, it's a great way to experiment without breaking the bank.

They certainly know functionality and design - and when at home juxtaposed with other wares, you can rarely pick their items out of a line-up as being the most affordable.

As always, have a play with this scheme. Take the opportunity to clear out some clutter, start the year afresh, only keep what you love and put it in pride of place, so that it's not lost in a sea of excess but enjoyed every day.

You should always feel relaxed in your home and with Scandi style as a backdrop, it's hard not to feel like you're completely at peace. Start the year as you mean to go on, with a clear mind and a clear home.



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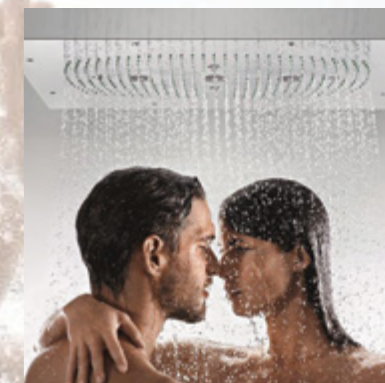
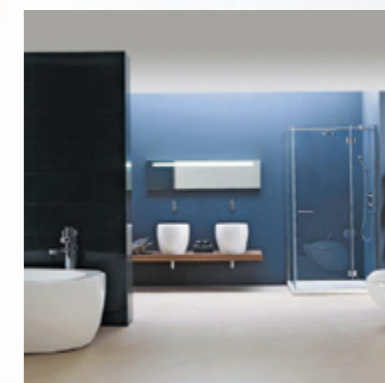
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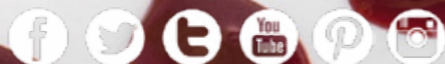
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## Careers fair offers students the answers at Nottingham Emmanuel

A recent careers fair at The Nottingham Emmanuel School in West Bridgford gathered together some of the region's top experts from industry and commerce to help students explore their career options.

Niall Ruane, careers and employability champion at The Nottingham Emmanuel School, told The Local News: "I arranged the fair because careers and employability-based learning has an important contribution to make to the education of all students; helping them to make an effective transition from school to adulthood and employment.

"Providing direct engagement with representatives from a range of industries can open students' eyes to the full spectrum of what a career can be, and it is this inspiration that we hope they bring back to the classroom as they work towards these goals."

In attendance were colleges, universities and training providers,



all branches of the military, law and accountancy firms, construction, retail, hospitality industries, as well as the Nottinghamshire Police and representatives from Nottingham Forest Football Club Academy.

Freeths LLP were on hand for students to explore the many pathways into law, and Katherine Pountney, senior HR manager

said: "This is a good opportunity for us to talk about several excellent schemes we have at Freeths. We have the traditional graduate schemes and we also run apprenticeships, so we have something to offer most students."

In fact, Katherine's colleague at the event did choose the apprenticeship way. James Hunt

is a legal apprentice and he said: "I didn't go to university and wanted to get some hands-on experience. I love what I am doing and don't want other students to assume that there is only one route into law. There are lots of options and I am gaining experience as I go along and will eventually qualify as a solicitor."

Year 10 student, Jade Storer, said: "I have been thinking about the Royal Navy for some time, so it was good to find out all of the different jobs you can do and to be told what qualifications I would need. The event is useful because you can access a lot of information in one place about a variety of careers. But also perhaps it will help to confirm your own opinions about what interests you and allows you to talk to someone who is already doing that as a career."

Niall Ruane added: "Overall, the event has been a great success and over a third of our students across all year groups attended and had meaningful conversations."

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## Erika's Zumba Fitness that you can keep up with



Here are four reasons why you should claim your free '40+ Zumba Fitness that you can keep up with' taster session with Erika today...

- 1) You will learn how you can exercise at your own level, have fun and still get a great workout helping to increase your fitness levels and keep your weight in check.
- 2) Erika will be showing alternative moves so that you can choose what is best for you right now yet you will still feel that you are keeping up with the group.
- 3) Erika will be giving you plenty of verbal directions and posture points so that you can get the most out of your session.
- 4) You will be able to talk first hand to those who already attend. They

are a friendly group who will share with you their successes.

Teresa said: "I can do exercises that I never imagined and I look forward to it every Wednesday."

Pat said: "I suffer with Seasonal Affective Disorder and while I am at Erika's Zumba, I forget my worries."

Lisa said: "Erika's Zumba class is a friendly, fun environment and no-one cares if you get it wrong. What's more, my stiff shoulder is now loose again, so it's true what they say - use it or lose it."

Carole said: "I feel uplifted and more energetic."

Classes take place on Wednesday evenings at 7:40pm in The Becket School, Wilford Lane.

Here are four reasons why you should book your local '50+ Feel Younger & Happier, get fitter & make new Friends' free taster session today, while places last.

• You will learn how you can dance and exercise to uplifting music, at level that is best for you right now and yet you will still feel that you are keeping up with the group.

• It is Erika, the instructor's, job to remember the dance routine, so she will be showing you and doing the routine with you all the time.

• Erika will be giving you plenty of verbal directions and posture points, so that you can have some fun, dance and still get the most out of your session - and that will help to increase your fitness levels and keep your weight in check.

• You will be able to talk first hand to those who already attend. They are friendly and will be only too happy to share with you their successes since coming to class.

For venues and times for these sessions, see the advert below and on page 38. Then contact Erika via [erikazumba@hotmail.co.uk](mailto:erikazumba@hotmail.co.uk) or call/text 07967 190442 to book your free taster session today.

## PICT with Kate Blatherwick

Kate has spent much time over this last year studying and qualifying in the powerful and versatile therapy model, Parkes Inner Child Therapy (PICT).

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PICT is a talking therapy following a flexible structure, which is always adapted to the client's individual needs.

PICT is designed to assist people who have completed the unloading process - the initial talking through of past events - to move into the process of change work.

Call Kate now on 07508 072372 for your free no-obligation consultation and turn 2017 into the year that made a difference.

## IS BATH TIME A STRUGGLE?

Some people regard a hot shower as the greatest invention of mankind; for others, a soothing soak in the bath is 'just what the doctor ordered.' But for many people, elderly, disabled or injured neither of these is possible. Cleanliness, however, is still the order of the day, and it is important to have a grip on the current trends for helping the infirm bathe themselves, as it can be a disheartening experience not to be able to clean yourself properly.

Andy Seaton (pictured) from Ruddington understands these problems and his family-run company, Total Bathing is dedicated to this end.

Andy says: "As more people are living longer, they want to maintain their independence by living in their own home & keeping their dignity, this is where we come in. A lot of people think they have to replace the whole bathroom, but it is now possible just to remove the old bath and replace it with a walk-in bath or shower." Andy has a wealth of experience gained by working all over the country in the plumbing industry and is actively involved in all installations.

The company prides itself on supplying British manufactured products to ensure the quality, reliability and longevity that is required of a new installation. A Local Authority Approved Installer, Andy has undertaken many installations for local councils as well as being a reputable member of Trustmark (a Government endorsed standard).

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## Pregnant or new mum? Decrease pain with these tips

Claire Mockridge, a postnatal exercise expert, is here to share her tips on relieving pain for pregnant and new mums...

### Watch your habits

Always wind your baby over the same shoulder? Carry him/her on one hip? Cross your right leg over your left knee/ankle subconsciously? Unaware of how far your chin is poked forwards all of the time when you're staring at the computer/phone? All of these things are habits that can attribute to pain. Tip: stop doing them and you may find your pain subsides.



### Release the tight muscles

Aside from recognising your habits above and doing something about them, you can also release and stretch out the muscles that are over-working in an effort to release pressure, tightness and fatigue. Knowing which muscles are tight is part of an education process of discovery every mum should do.

### Think before you lift

Whether it's your baby, heavy washing basket, car seat, or handbag. Whatever it is you're about to lift, you'll want to ensure you're recruiting the right areas. For example, your glutes and not your knees or back. Getting knee pain going upstairs? Tip: stop using your knees and start using your backside to propel you up the next step and hey presto - knee pain has gone.

See [clairemockridge.com](http://clairemockridge.com) to book and for more details on Claire's other pilates and fitness classes in West Bridgford.

## Flying start to new fitness regime with fast track pilates intro

Try a three-session introduction to pilates with a view to joining an established class in Bingham, Radcliffe-on-Trent, West Bridgford or Cotgrave.

The introductory courses are priced at a special new year fee of £25.

Pilates improves your posture, strengthens your back and the support structure around your joints; and improves your balance as well as flattening your tummy.

Many people are being recommended to do pilates by doctors, physiotherapists, chiropractors and osteopaths.

But, how do you know the class will be suitable for you?

Take the three-session introduction course and find out.

Please see the Modern Pilates advert below for details of the introductory courses available, which are starting soon.

Each introductory course is linked to an improver or intermediate course at the same venue at a similar time, so there is an option to progress if you decide that is what you want.

If you already have some pilates experience and would prefer to skip the introductory course and move straight into an improver or intermediate course, please get in touch via the number or email below and we can give you details of what's available.

Places on the introductory courses are limited to eight per course, so book in as soon as you can as they are very popular.

To book a place on an introductory course, or make further enquiries, please phone the Modern Pilates Booking Line on 07936 590866.

You can also send an email to [modernpilates@outlook.com](mailto:modernpilates@outlook.com).

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West Bridgford	Sir Julien Cahn Pavilion - Thurs 11am
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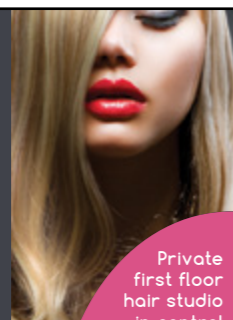
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 (Improver Course available 2-3pm from Feb 28)

#### Grange Hall, RADCLIFFE ON TRENT

Tuesdays 6-7pm

3 Session Introductory Course Jan 31, Feb 7 and 21  
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#### Abbey Road School, WEST BRIDGFORD

Wednesdays 7.30-8.30pm

3 Session Introductory Course Feb 1, 8 and 22  
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#### Candleby Lane School, COTGRAVE

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#### BINGHAM Methodist Centre

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All the Short Introductory Courses are limited to 8 participants for quality tuition and must be pre booked. All the above courses are suitable for beginners. All 3 Session Introductory Courses are priced at a Special New Year Fee of £25 to be paid before or at the first session.

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## Four major ways stress is affecting your body without you knowing

Being stressed isn't just about feeling unhappy - the weight of Christmas expectations, the daily commute, a sick family member, or a toxic workplace can all take its toll and cause physical side effects. When you're absorbed in stress, it's all too common to ignore your physical health. Keep an eye out for these symptoms if you find yourself stressed, overtired, or anxious:

- 1) **Clenching Your Jaw:** Teeth may feel more sensitive or you develop tenderness around your jaw or headaches in your temple area.
- 2) **Stomach Discomfort:** How your stomach feels is often a very good indicator of how you are feeling emotionally. Scientists believe that stress causes changes in serotonin levels, which tells the stomach to respond with an upset feeling.
- 3) **Body Aches:** Does your body often feel achy and tired even when you haven't exercised? When you are stressed, your muscles tighten and if you never get the chance to relax, neither do your muscles.

4) **The Common Cold and other ailments:** Researchers have found that if you have been under stress for more than a month, you are more likely to get sick because your immune system isn't working properly.

If you think you are experiencing physical symptoms of stress,

have you thought about seeing a chiropractor? At Radcliffe Chiropractic Clinic, we focus on both your physical and emotional wellbeing to help you feel as good as possible.

By working on the body to release tension, we can help break the stress cycle and support you to

manage your work/life balance, so you have more energy, more enthusiasm to take exercise and fewer health problems!

All through January we are offering everybody a free 15-minute consultation to discuss your individual needs. Simply call us on 0115 933 4544.



## Pregnancy and Postnatal Fitness & Pilates Classes

### MUM + BABY BUGGY CLASSES

Mummies and Buggies is an indoor buggy class for new mums who want to get back into shape. This hour-long workout is a good all-rounder containing cardio + toning moves (which incorporate your buggy so your baby stays happy!), as well as pelvic floor, Pilates, stretching + of course up-to-the-minute expert exercise advice.



Mummies and Buggies

### PILATES CLASSES (PREGNANCY + POSTNATAL)

Recommended by GPs, Midwives and Physiotherapists, Pilates is slow, controlled form of exercise which helps tone your abdominals, strengthen the pelvic floor, release tension in tight, overworked muscles + helps you de-stress and relax. Separate classes for pregnant and postnatal women, and babies are most welcome!



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### PREGNANCY EXERCISE CLASSES

An exercise class for mums-to-be who want to maintain their fitness levels, combat excessive weight gain, keep toned and supple + leave feeling like they've done a proper workout. A social, fun, hour-long session with flexible attendance provided + the best bit is - you'll get to meet other like-minded mums-to-be just like you!



Bump to Babe



### MEET CLAIRE

Claire Mockridge is an Ante/Postnatal Fitness Expert and one of the UK's leading Pre/Postnatal Exercise Educators. She has 10+ years industry experience + has worked with over 1,000 pre/postnatal women (and their babies!). She is passionate about empowering pregnant + postnatal women about the benefits that exercise brings to them + their new or unborn baby.

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## Don't put up with aches and pains. It's time to start feeling good again.

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## Martin Laver 'all about tours' in the UK and beyond

There is a brand-new, fully-independent tour operator in the East Midlands, but it's owned by a familiar name.

Martin, alongside his partner Caroline, has been in the local industry for 25 years, but recently took a two-year break to pursue other projects.

Now he's back with a collection of largely escorted tours by coach, air, cruise and rail throughout the UK, Europe and beyond.

Their 32-page colour brochure offers to transport you to Cornwall or the Canary Islands, Hampshire or Honolulu and most places in between.

Following their successful launch in October, one of their feature tours to Scotland's Highland Railways is already nearly full.

Martin said: "Two years is a long time but the family are excited about the new venture. We want to provide a first-class personal

experience for our customers. Other departures are beginning to book up too but, in our first year, it's crucially important to get our name and quality of service known to as many people as possible."

If you would like a free copy of the all about tours holiday brochure for 2017, why not give them a call on 0333 733 1188 and see where they take you.



## New travel agency in West Bridgford

Are you seeking the unforgettable? Just Journey specialise in crafting inspirational holidays with a difference. Set sail on the voyage of a lifetime, seek out awe-inspiring scenery on a self-drive expedition, or soak up some serious culture with a trans-European train tour. All journeys are completely bespoke - whatever you fancy, we can help.

Just Journey is the brainchild of Leo Ford. Utilising his passion for travel and guiding people, he has opened a brand-new travel agency in West Bridgford. His mission is to inspire, create and give value to his customer's journey.

Having worked in the industry for many years, he became frustrated by the 'only profit matters' attitude of the larger companies. So, he decided to break the mould and set up his own agency to give the people of West Bridgford a local option, where the customer truly comes first. Shop local. Travel far. See their advert below.

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## January Gardening Notes - by John Draper of Greener Gardens

While there is plenty of time left before we feel that spring is really with us, you can use this time to write down the good and the bad points of your 2016 garden.

Make a note of the pleasing plants, good combinations of colours and successful fruit and vegetables you have seen in other peoples gardens or magazines that you would like to try growing.

### Beds and Borders

Tidy up between shrubs and trees getting rid of all the weeds that are present. Doing the job in January is very opportune if you have spring bulbs between your established plants, you can kill off the weeds before spring bulbs break through the winter soil. Use a weed control product - Weedol Max® will make this project really easy.

Weedol Max can be used around flowers, shrubs, fruit and vegetables without leaving harmful residues' and its safe for children and pets.

### Lawncare

As temperatures fall, growth of the lawn slows down, giving the lawn a light topping to keep it looking neat during the winter months will pay dividends next spring.

It's important in winter to collect dead leaves that fall on the lawn. If they are left, they can weaken the grass leading to bare patches and the spread of pests and disease. Don't forget to get the mower in for service early, ensuring that the blades are sharp for a crisp cut.

It's a good time to start tackling the cause of moss in lawns. Winter moss can be a problem following waterlogging or if the moss is more persistent, it suggests a problem with underlying conditions.

Plan how to tackle these problems now. This may be due to poor site preparation. On established lawns, poor vigour, acidic soil conditions, a lack of feed, insufficient aeration, poor drainage, shade, close mowing and over-use are likely to blame.



Killing and removing the moss is just the start. To remain moss-free, the vigour of the grass must be improved and any other contributory factors addressed. If you're looking at completing any repairs using seed, it's too cold, so be patient and apply during

March when lawn soil has warmed considerably and the grass seed has the opportunity to germinate.

### Topical Tip:

Keep off the grass while it is frosty or your footprints will be marked in the grass for several weeks.

### Patio Tubs and Baskets

Gone are the days when patio pots were used to display just summer flowering bedding.

Plant breeders have developed shrubs, fruit bushes and even small trees that are suitable for permanent cultivation in containers.

Look for dwarf conifers, topiary box or Pieris and Skimmias of various shapes and sizes to provide some permanent foliage interest or ericaceous plants such as camellia, rhododendron and azalea to provide spring colour.

Remember that the roots and compost of plants growing in

patio pots can freeze solid if the containers are not given some protection. The roots of even hardy plants can be killed in a prolonged spell of really cold weather.

### Growing your Own

Get digging bare ground to be used for vegetable crops.

Add a good layer of well-rotted garden compost or a proprietary soil improver and mulch to the surface before you dig it over and leave in rough clumps.

Frost will work during remaining winter months to break down the heavy lumps of clay and they should be crumbly by the spring.

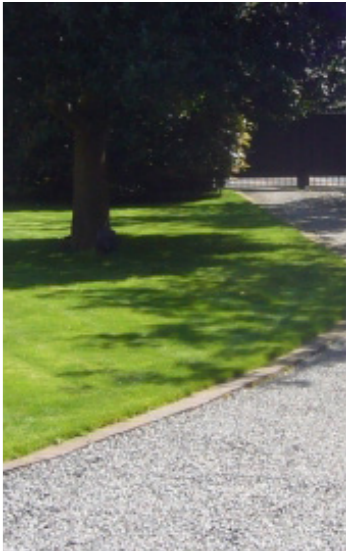
Just as it is a good time to plant roses, it's also a good time to plant fruit trees and bushes.

Talk to the staff at your local garden centre or nursery to learn of the advantages of modern varieties.

If you would like help with any lawn or patio cleaning projects, don't hesitate to call Greener Gardens on 0115 837 8439.

We would be delighted to provide a no-obligation quotation.

More detailed information can be found online at the website [greenergardens.co.uk](http://greenergardens.co.uk).



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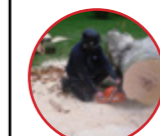
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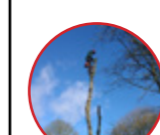
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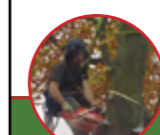
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## Happy New Year and a Happy New Lawn from Prograss

Prograss would like to wish all the readers of The Local News a Happy New Year and let's hope the weather in 2017 is good for the gardens, with nice fine dry days and ideally a bit of rain at night so we get more time to sit outside.

The centrepiece of most gardens is a nice, healthy, green and weed-free lawn.

Without this, no matter how much time is spent perfecting the borders, the garden will always be below expectations if the lawn is in poor condition.

It may seem early in the year but now is the time to call Prograss, so they can start the work required to get the lawn in shape for the spring and summer.

Prograss are your local, independent and professional lawncare company.

If you want a free, no-obligation lawn report and health check doing in time for the new season, then give them a call.

You will often find getting Prograss to treat your lawn is as cheap as buying inferior products from garden centres or DIY stores.



With Prograss the products are applied by skilled operators with calibrated equipment to ensure the best results are achieved. They are also child and pet-friendly.

Prograss are also specialists in the mechanical work that may be required such as hollow tine

aeration - Shaun is pictured here doing this - and scarification, again using skilled operators and high-powered professional machinery.

Using Prograss will make a positive difference to your lawn and will make it greener, stronger, thicker and healthier plus the moss and

weeds will be controlled giving you a lawn to be proud of.

If you would like a Happy New Lawn in 2017 contact Prograss on 01949 837367. You can also send an email to [info@pro-grass.com](mailto:info@pro-grass.com). Alternatively, you can visit us the website at [pro-grass.com](http://pro-grass.com).

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## Duncan Ross Gardens: Hot tubbing - the garden trend here to stay

'Hot tubbing' is a trend that has grown from a base of "it's a nice idea but won't catch on here" to being an accepted and desirable piece of garden leisure equipment.

When we first started installing them over 20 years ago, the majority were placed in an out-the-way position.

Fast forward now and they are usually centrepieces of an outdoor living theme. What a change that's only going one way.

With improved technology and the acceptance of the good that hot tubs can provide, sales are booming and interestingly, it's the higher-end versions that are most in demand.

Why the increase in demand? There are several factors for this - from increased affordability, customer awareness to the positive effects for stress relief and physical strains on the body.

However, the main reason is that we generally love being outside.

We enjoy our surroundings, we just need the comfortable means to do so. They are so convenient.

They maintain water temperature and self clean, so are ready to use when you want them.

After a busy stressful day, the feeling of slipping your tired body into warm water that massages you is simply wonderful.

I have been fortunate to have one for 20 years and would not be without one now.

I often take a book in to read and soon feel myself drifting off as I relax. The reason for this is that hydrotherapy that the hot tubs provide will reduce your body's

weight, as the water gives you buoyancy and their jets improve blood circulation, which decreases muscular and joint pain.

This process is natural and its affect achieved without resorting to prescription drugs.

We are entering a new era where the garden becomes more than something to look at and tend.

It is now the place the family uses to live and entertain in. We use our experience to make the garden work for the family all year round and in all weathers.

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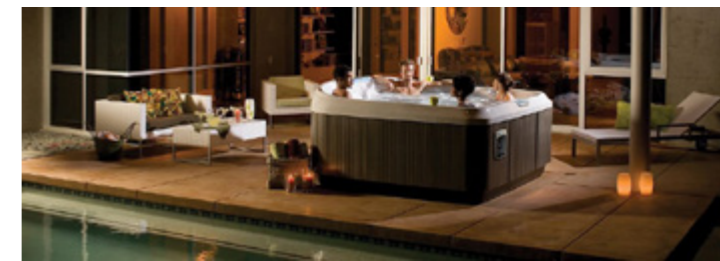
[duncanrossgardens.co.uk](http://duncanrossgardens.co.uk), phone 0115 9336463 or email [inspire@duncanrossgardens.co.uk](mailto:inspire@duncanrossgardens.co.uk).

Successful garden design lies in creating something that is beautiful yet practical. A garden that you can enjoy and engage with today, a garden that will flourish over the years to come.

Landscape gardening expertise spans surveying and regulations, construction, eye-catching design and a vast understanding of plants. With this tool-kit, we can bring your ideas to life, a garden that works not just on paper, but in reality.

Whatever your ideas for your garden, you can rest assured that these will become the driving force behind everything we do.

Every project presents its unique challenges and opportunities, but the one constant over the years is that all of our clients have been delighted with the finished results. We get it right first time and every time, saving you money in the long term.



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## Surviving adversity: What goes on in the bare trees in winter months

When we look out at our gardens and the British landscape at this time of year, there isn't much greenery about.

We are all familiar with the scenes of winter with frosted grass and the silhouettes of naked trees against the low sun, but have you ever stopped to think about what is going on inside those bare trees and why?

The harsh winter months consist of shortened days with minimal light levels, freezing temperatures and strong winds, which the trees around us have to endure.

Over millennia deciduous trees have become perfectly adapted to survive these testing months, by shutting down and becoming dormant.

Deciduous trees prepare themselves for dormancy during autumn as the day length steadily reduces and there is less and

less light for photosynthesis. The reduction in light levels triggers trees to begin the process of shedding their leaves.

Trees withdraw sugars from their leaves and store them within the tissues of branches, trunks and roots.

As chlorophyll - the pigment that makes leaves green - is broken down, other pigments in the leaves become apparent and zing out in vibrant shades of yellow and red, before the leaves detach from the twigs and fall.

Another advantage of losing leaves during winter is to reduce the effects of strong winds. Leaves can act like a sail, so having bare stems allows the wind to pass through the crown easily, which in turn reduces the pressures on roots anchoring trees in the ground.

As average temperatures fall, cellular activity in the parts of the

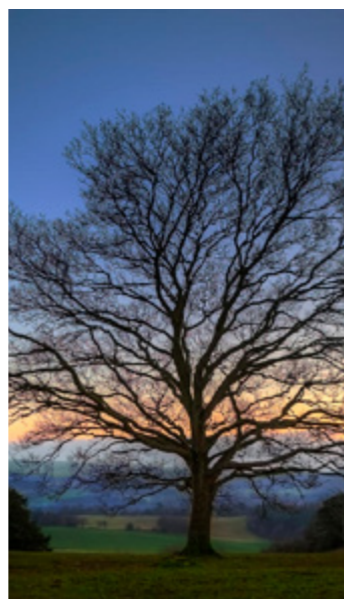
tree above ground grinds to a halt. Below ground, roots never become fully dormant; as long as the ground doesn't freeze, they continue to grow, albeit at a greatly reduced rate.

If the ground does freeze, roots close to the surface cease to grow until the temperature rises and they become active again.

Most mature trees have a thick layer of tough bark, which provides a defence against pests and diseases and acts as an excellent insulating layer to protect the wood beneath.

The increased sugar levels in the tissues of the wood also act as an anti-freeze to stop delicate cells being damaged by the cold.

All of these winter survival strategies ensure that the trees around us live for centuries. Without dormancy, they would never be able to survive the harsh



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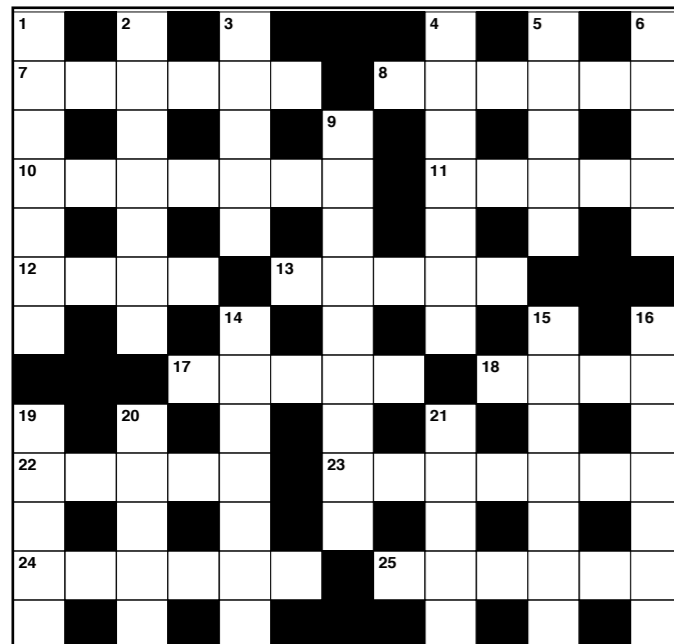
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## Prize Crossword

There are two chances to win in The Local News crossword. The lucky winners will receive a £5 voucher to spend at Moores Nurseries & Garden Centre at Stanton-on-the-Wolds.

### Across

- 7 - The capital city of Iran (6)
- 8 - Type of coniferous tree (6)
- 10 - The Importance of Being \_\_\_ : play by Oscar Wilde (7)
- 11 - Character in the musical Oliver! (5)
- 12 - Landlocked country in Southeast Asia (4)
- 13 - \_\_\_ Woods: golfing star (5)
- 17 - Gulf Coast holiday city in Florida (5)
- 18 - Capital of Peru (4)
- 22 - Claude \_\_\_ : French impressionist painter famous for his water lilies (5)
- 23 - Common type of coffee (7)
- 24 - Light sensitive part of the eye (6)
- 25 - Largest city in Croatia (6)

### Down

- 1 - Play by William Shakespeare (7)
- 2 - Ancient Egyptian ruler such as Tutankhamen (7)
- 3 - Where one finds Newport (5)
- 4 - Type of gun dog (7)
- 5 - Robert \_\_\_ : Scottish poet (5)
- 6 - A precious stone of a pale green colour (5)
- 9 - Nationality of a resident of Addis Ababa (9)
- 14 - James Bond likes this drink (7)
- 15 - Mediterranean coastal region of southern France (7)
- 16 - Mexican folk song (2,5)
- 19 - Fully shaded region of a shadow (5)
- 20 - \_\_\_ Roddick: The Body Shop founder (5)
- 21 - Mo \_\_\_ : gold medalist at the 2016 Olympics (5)

Leave your entries at the West Bridgford Local News Shop on Gordon Road, or send by post to: Local News Crossword, 1a Blake Road, West Bridgford, Nottingham, NG2 5JJ, or can also leave your entries at The Local News Shop on Gordon Road in West Bridgford. Entries to arrive no later than Friday 27th January 2017.

Name: .....

Address: .....

.....

.....

Postcode: ..... Telephone: .....

WB270117

### December 2016 winners

Congratulations to J. Pring and S. James, both of West Bridgford

### December 2016 answers

Across: 1 atomic clock, 9 nanny, 10 elm, 11 hanks, 12 lemur, 13 mulberry, 16 yokohama, 18 dates, 21 aesop, 22 len, 23 egret, 24 moulin rouge.

Down: 2 tufnell, 3 minster, 4 condor, 5 loyal, 6 cream, 7 muhammad ali, 8 american pie, 14 horatio, 15 lansing, 17 oberon, 19 tango, 20 steel.

## Win a £50 meal voucher at the Gamston Lock

Here's your chance to win a fantastic £50 meal voucher at the Gamston Lock pub, just off the A52 and located on the outskirts of Gamston and West Bridgford, opposite Holme Pierrepont. The Gamston Lock offers something for everyone, which includes our famous fantastic rotisserie chicken and an extensive menu which is enhanced by our home-made traditional British specials.

We serve meals for any occasion, from sandwiches and light bites to all the classics, whether it be lunch, an afternoon snack or an evening meal. Food is served all day and we can accommodate large parties.

Evening sunshine? Come and see our great beer garden with children's play equipment and our beautiful pagoda, with working fire place. We also provide an extensive range of draught beers, great selection of cask ales and a wide selection of wines. As well as offering full table service, we believe the Gamston Lock is the

perfect location for any occasion. Darren and the team look forward to welcoming you soon.

Send the form below to Gamston Lock Competition, Nottingham Local News, 1a Blake Road, West Bridgford, Nottingham, NG2 5JJ, or enter online at [nottinghamlocalnews.com](http://nottinghamlocalnews.com). The closing date is 31st January 2017. Congratulations to Mrs M. Crosby who won December's competition of a £50 M&S voucher.



**Q: What major road is the Gamston Lock pub located on in Nottingham?**

**A:** .....

Name: .....

Address: .....

..... Postcode: .....

Email: ..... Telephone: .....

Please tick here to confirm you are aged 18 or over

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**Saturday 28th January**

A New Year sale takes place from 10am to 12noon at St Luke's Church Hall, Leahurst Road, West Bridgford. Stalls include adult/children's clothes, books, toys, household & electrical items, jewellery, bric-a-brac and tombola. Refreshments available. Entrance fee is 50p. All funds raised in aid of the Friary, working locally to end homelessness. Call their office on 0115 981 0009.

**Monday 27th February**

West Bridgford WI will meet at St Paul's Church Hall on Boundary Road when Stephen Flinders will talk about Catherine Crompton's Diary. New members always welcome and doors open at 7:30pm.

**Every Monday**

West Bridgford Chess Club meet in the function rooms at the Willow Tree pub on Rufford Way from 7:40pm. From beginner to grandmaster, aged eight to 80. First night is free. Contact Frank on 0115 982 0985 or Chris on 0115 981 4427.

**Every Monday**

Interested in learning bridge or want to return? West Bridgford Bridge Club meets at Edwalton Golf Centre at 7pm for duplicate bridge. For more details contact Shiona Dawson at [shionadawson@gmail.com](mailto:shionadawson@gmail.com).

**Every Monday**

The Classical Guitar Society meet once a month in West Bridgford. Call 0115 923 1038 to find out further information.

**Every Monday & Wednesday**

Do you suffer from breathlessness or have a lung or heart condition and have been recommended to take exercise, then why not join the Breath Easy Exercise class held each Monday from 12noon-1pm and each Wednesday from 10:30am-11:30pm at St Julian Cahn Pavilion, Loughborough Road in West Bridgford.

**Every 3rd Monday**

Do you wear hearing aids? Come along to our free walk-in hearing aid clinic for new batteries, new ear-mould tubing, advice on equipment, advice on how to use and clean your hearing aids and information on hearing loss and all the services that can help you. It takes at West Bridgford Baptist Church on Melton Road from 10am-11am. For more information visit [earfoundation.org.uk](http://earfoundation.org.uk).

**Every Tuesday**

Nottingham Ukulele Club welcomes everyone who plays the ukulele, whatever standard. Afternoon Ukulele Club meet 2-4pm St Wilfrid's Church Hall. Evening Ukulele Club meet 7-9pm at Nottingham Emmanuel School Hall. Visit [nottinghamukuleleclub.com](http://nottinghamukuleleclub.com).

**Every Tuesday**

Lady Bay Health Walk with Rushcliffe Move & Mingle. Email [rushcliffemadm@gmail.com](mailto:rushcliffemadm@gmail.com), visit the website [visitwalkingforhealth.org.uk](http://visitwalkingforhealth.org.uk) or telephone Duncan 07969 330846 or Simon on 07976 631194.

**Every Tuesday**

West Bridgford Dramatic Society meet at The Studio Theatre, Stamford Road in West Bridgford at 7:45pm. Please visit their website [wbds.org.uk](http://wbds.org.uk) for more details.

**Every Tuesday**

Nottingham Moderns RFC training on Main Road in Wilford, by the Ferry Inn. (Junior training is on a Sunday). Call 0115 981 1374 or visit [nottinghammodernsrfc.org](http://nottinghammodernsrfc.org).

**Every Tuesday**

A coffee shop runs from 10am-12noon at All Hallows Church, Pierrepont Road, Lady Bay.

**Every Tuesday (term-time)**

Nottingham Concert Band rehearses in Jesse Gray School, Musters Road, West Bridgford, NG2 7DD from 7:15pm-9:30pm. Telephone 01949 860126 or send an email to [music@nottinghamconcertband.org](mailto:music@nottinghamconcertband.org).

**Every Tuesday (term-time)**

Mums and Toddler Group meet at Edwalton Church Meeting Rooms on Village Street in Edwalton from 10am-11:30am.

**Every second Tuesday**

Edwalton Probus Club meets at Edwalton Golf Club at 12noon for lunch and a talk from a guest speaker. If you are interested in finding out more, call Stan on 0115 923 2027.

**Every Wednesday**

West Bridgford Advice Centre takes place at St Giles' Church Hall on Stratford Road in West Bridgford from 9:30am-12:30pm.

**Every Wednesday**

Dancing and friendship with the Nottingham Branch of the Royal Scottish Country Dance Society at Emmanuel School, off Wilford Lane (7:30pm). Call 0115 981 3215 or email [rona@nottinghamrscds.org.uk](mailto:rona@nottinghamrscds.org.uk) or call

**Every Wednesday**

All Hallows Dramatic Society meet each Wednesday in the All Hallows Halls on Pierrepont Road in Lady Bay from 7:30pm. For more information please send an email to [anthonye.wykes@ntlworld.com](mailto:anthonye.wykes@ntlworld.com).

**Every Wednesday**

The 1st Wilford Brownies meet in Wilford Village from 6:00-7:25pm. Fun and friendship for girls aged 7-10. Call 0115 981 8406 for further details.

**Every Wednesday**

West Bridgford Operatic Society meet from 7:30pm until 9:30pm at the Methodist Church Halls (Room 5). Adult singers of all ages welcome. Please call 07900 908829 for further details.

**Every Wednesday**

Wilford Racquets Badminton Club play from 7:30 to 9:30pm at Nottingham Emmanuel School, Gresham Park Road, West Bridgford. Contact 0115 981 5184 or 07398 842647

**Every Wednesday**

Unlimited Theatre Drama group for children aged eight to 12 at Heymann Infant School off Loughborough Road (6:00-7:30pm). For more details visit [unlimitedtheatre.co.uk](http://unlimitedtheatre.co.uk) or call Sarah on 07737 750869.

**Every 1st Wednesday**

Breathe Easy Nottingham meet at Edwalton Golf Course on Wellin Lane from 12:30-2:30pm. Anyone welcome who has chest complaints, COPD or emphysema.

**Every 4th Wednesday**

Rushcliffe Hard of Hearing Group meet from 10:45am till 12:15pm at the Test Match pub. Social outings, speakers and info. Please telephone 0115 981 4077 or send an email to [jenniferletts@live.co.uk](mailto:jenniferletts@live.co.uk) for more further information.

**Every Thursday**

Holy Spirit Toddler Group meet from 10:00-11:30am in term-time only on the corner of Melton Road and Victoria Road in West Bridgford.

**Every Thursday (term-time)**

Wellin Lane Toddler Group for the under-5s meet at the Pentecostal Church on Wellin Lane from 10:00-11:30am.

**First Thursday in the month**

Nottingham Astronomical Society meet at the British Geological Survey, Keyworth. Visitors very welcome. Doors open 7:30pm. Please visit the website [nottinghamastro.org.uk](http://nottinghamastro.org.uk).

**Every second Thursday**

Edwalton, Gamston & District U3A meet at the Gamston Community Hall in Gamston from 2pm until 4pm. For information on the club programme please email [chrissshaw20038@hotmail.com](mailto:chrissshaw20038@hotmail.com).

**Last Thursday in every month**

Just Friends West Bridgford is a very friendly group for single, local people aged 55+. There are various events, including theatre, coach trips, holidays, pub nights, meals out, walks, darts, snooker, card/board games. Monthly club coffee morning. Contact Lillian on 0115 846 2225 or Irene 0115 878 1905 or [justfriendswestbridgford.wordpress.com](http://justfriendswestbridgford.wordpress.com).

**Every Friday**

Table tennis coaching for beginners from 6:30pm-7:15pm and for more experienced players from 7:15pm-9:45pm at Rushcliffe Leisure Centre.

**Every Friday**

Thrumpton Senior Winter Nets at the Becket School, Wilford Lane from 7:30pm to 8:30pm. For more details contact Mark Sampson by email at [sammo86@ntlworld.com](mailto:sammo86@ntlworld.com) or by calling 07969 320833.

**Most Fridays in term-time**

Rushcliffe Junior Philharmonic are a fun string orchestra for school age pupils who learn either violin, viola, cello or double bass. Around Grades 1-3 standard with some sight reading experience. No exams necessary and more experienced players welcome too. Timings are 4:30-6:00pm at St Paul's Church Hall on Boundary Road, West Bridgford, NG2 7DB, including tuck shop. For exact rehearsal dates, please email [rushcliffejuniorphilharmonic@gmail.com](mailto:rushcliffejuniorphilharmonic@gmail.com).

**Every Sunday**

Thrumpton Kwik Cricket Coaching (under-11) from 2pm to 3pm and Thrumpton Juniors Cricket Coaching (U13 & U15) 3pm-4:30pm at East Leake Leisure Centre. Contact Mark via email [sammo86@ntlworld.com](mailto:sammo86@ntlworld.com) or telephone 07969 320833.

## Six reasons January is the perfect month to get fit

The fitness team at the new David Ross Sports Village know that it isn't just our New Year's resolutions that get us off the sofa and into our gym kit for the first time in months. January really is the perfect month to start a new fitness routine and here's six reasons why!

1. New Year's resolutions can work. Ignore the sceptics and make realistic goals that you can stick to. We offer free inductions and programme reviews for all our members if you're not sure where to start.

2. Your friends are motivated too. Working out with a friend is proven to help you stick to a new fitness routine. The David Ross Sports Village has hundreds of group classes, so you can catch up at the same time!

3. Try out the technology. Did Santa bring you a new phone or a wearable fitness tracker this Christmas? Our stations all connect to an online app so you can put your new tech to the test and

track your progress!

4. Your schedule isn't packed with festivities. December can get overwhelming with Christmas festivities, school plays and catching up with all the relatives. With less on the calendar in January, that post-work workout won't seem such a stretch to fit in!

5. You don't need to brave the cold. No one enjoys having to spend more time wrapping up beforehand than jogging. Our indoor running machines even have routes for sunnier climates, so you can stay warm and imagine yourself running on the beach!

6. There's plenty of good new shows out. No – we don't mean stay on the sofa! All our cardio stations come with individual TVs and Netflix logins, so you can binge on box sets guilt-free.

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## Successful season for West Bridgford U10 Colts



West Bridgford Colts U10 Falcons (pictured above) beat Phoenix Inham FC Blaze 1-0 to secure runners-up spot in the Sunday U10 Division 3.

The team has had remarkable success recently and has only been together since 2013.

The squad, which is made up of players from Abbey Road, Edwalton

and Jesse Gray schools, have now won nine and drawn three of their last 15 competitive games.

Their success has seen them progress steadily up the leagues.

The game against Inham FC Blaze was the first chance for the boys to wear their new kit and coats, sponsored by two of the players' parents and local businesspeople.

The team management are extremely grateful to Vik Moothia, partner of Elvin Moore & Partners Solicitors based in Nottingham and East Leake, for sponsoring the kit.

Thanks also go to Sara Dawson, director of Taylor Dawson Plumb Limited - chartered accountants based in Nottingham - for sponsoring the coats.

## New sponsor for Colts U8s and U9s

West Bridgford Colts Under-8 and Under-9 girls have announced a new sponsorship deal until the end of the 2017-18 season. The two-year deal will see the girls playing in branded Stormclad kits and the company will also support the men's teams and the wider club.

Clyde Scothern, managing director of Stormclad, said: "We are delighted to support such an important part of the community. We've been along to some training sessions and the commitment from everyone involved is admirable.

"Their volunteers are local heroes giving up their spare time to invest in something they truly believe in. Women's football is at last getting the recognition that it deserves and these players are the future."

Peter Stansbury, chairman of West Bridgford Colts, added: "We are extremely grateful to Stormclad for their sponsorship. It's through partnerships like this that we're able to continue providing the infrastructure that is essential in keeping our club running smoothly."

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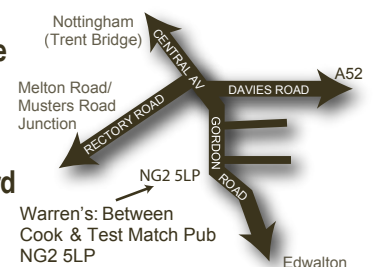
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