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Issue 140
August 2014

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Farnborough School in Clifton was officially opened by Paralympic gold medal winner Richard Whitehead. *Read more on page 2*

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FARNBOROUGH SCHOOL CELEBRATES OPENING

Paralympic gold medal winner Richard Whitehead MBE officially opened the spectacular reconstruction of Farnborough School in Clifton. The sporting star also gave a talk to the school's pupils and staff.

Farnborough School, which is due to convert to an academy from September 2014, has had £17million invested in the impressive reconstruction. Farnborough is the final scheme to be completed in the Building Schools for the Future and Academies Programmes, which has seen over £200m invested in 13 schools over the past decade.

Councillor Jon Collins, leader of Nottingham City Council, said: "We always try to maximise the number of construction jobs for local workers, so that school expansion projects benefit local jobs and local children alike. The creation of the new building is fantastic news for the school and I'm delighted students will have such a great environment in which to learn."

Phil Crompton, executive head teacher, said: "This event signals a real statement of intent. Education matters. It can be a gateway to success and this wonderful new building will, over the next few years, make an enormous impact upon the lives of the people of Clifton and the surrounding area. It's hard to believe how quickly the site was transformed - and now we must make sure it's put to good use."

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Building works have been completed by Carillion Building as a private finance initiative scheme, which means that a contractor inspiredspaces Nottingham Ltd is responsible for both building the school and then running a number of services. For example, cleaning, caretaking and grounds maintenance for a 25-year period. Part of the theory behind this is that it releases the school's senior leadership team from some of the day-to-day aspects of the school's operation, so that they can concentrate on teaching and learning.

Ken Powell, general manager of inspiredspaces Nottingham Ltd, said: "Having refurbished and renewed more than 20 schools over the past six years across the city, we are proud to have delivered such an exciting project as Farnborough, in order to conclude our education portfolio. It has been a great achievement to build such an iconic structure in less than a year, using innovative construction techniques that will support the education of over 1,000 pupils in the city."

Photo credit: Tracey Whitefoot.



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HOLLYWOOD STAR THRILLS CLIFTON KICKBOXING CLUB

It's not every day that a Hollywood star comes to Nottingham. However, martial artist and Hollywood film star Scott Adkins was in between movies and was a special visitor as part of a special three-hour martial arts seminar, co-hosted by PKA Kickboxing in Clifton. Many PKA Kickboxing students and instructors were feeling just a little bit star-struck as Adkins took time from his busy filming schedule to teach a junior and adult power kicking course.

Despite being a popular movie star and not having a lot of spare time, Adkins likes to take time out when he can to deliver inspirational seminars and offers encouragement to budding martial artists.

Sixty PKA students were at the seminar at the West Hallam Community Sports Centre to take part in the event.

Adkins was happy to share his expertise and the junior section of PKA Kickboxing got a martial arts lesson that they will never forget, followed by a very motivational and inspirational talk on how it is possible to achieve anything if you work hard enough for it, just as he has done.

Martin Byrne told The Local News: "Around 50 adults took part in the next part of the seminar showing how some of the basic kicks can be vastly improved by simple changes in technique. His demonstrations left us all in awe of his power and skill, clearly showing why he is becoming the UK's number-one action star. At the end of the seminar, Scott delivered a very interesting Q&A session on his life and film roles."

UK-born Adkins started his career as a martial artist. His skills helped Adkins to attract the attention of movie producers and the talented martial artist was soon appearing alongside Hollywood superstars such as Jackie Chan, Jason Statham and Jean Claude Van Damme. Adkins has now won many roles in mainstream movies and he went on to appear in several blockbuster feature films, including The Expendables 2, X-Men and The Bourne Identity.



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LOCAL MAN RECEIVES CLIFTON BUS HONOUR

A well-known popular figure throughout Clifton has been further recognised for his work in the community and he now has a brand-new Navy Line 48 bus named after him. Michael Chandley, 71, was named as a 'Clifton Hero' in 2012 following a campaign run by Nottingham City Transport (NCT) as part of its Diamond Jubilee celebrations of serving Clifton Estate.

NCT marketing manager, Anthony Carver-Smith, said: "We were looking for someone who lived, worked or studied in Clifton who had gone the extra mile by putting significant energy, commitment and effort into the local community. It was all about the impact they'd had on the area. Michael voluntarily collects litter across the estate and has been a familiar face since he moved there over 40 years ago. He received more than 40% of the public vote two years ago and really was a worthy winner of our first award. Part of Michael's prize was to have a Nottingham City Transport bus named after him and his photograph to appear on the back of the specially-decorated Clifton Jubilee bus.

"This particular bus has now made way for a newer, more environmentally-friendly vehicle, but NCT thought it important to still see Michael Chandley's name featuring proudly on the front.

"Michael very much remains a hero in the eyes of his local community, so it was only right to ensure his name still appeared on one of our buses serving the area.

"Our original competition proved to be so popular that we've gone on to name other buses after 'Clifton Heroes' – including fallen soldier Kieron Hill, his fundraising brother Josh Hill and our Driver of the Year in 2013, Barry Polkey."



Local Card

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AUGUST UPDATE

Local CARD is a FREE discount card available to all residents & shoppers in Clifton. There are no points to collect, simply show your card in any of the participating businesses to get the discount shown.

Sign up for your free card at www.nottinghamlocalcard.com or visit Clifton Fish Bar to collect a card.

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D-DAY CELEBRATIONS FOR LOCAL CARE HOME

The care staff at the Kingfisher Court Care House, located on Sturgeon Avenue in Clifton, recently dressed up for the D-Day celebrations for the home's residents.

Kingfisher Court accommodates up to 40 people in pleasantly decorated bedrooms, located in themed wings. The home displays a strong influence for reminiscence, with memorabilia from the 1940s and 50s, where residents, visitors and staff gather to chat about the good old days.

A conservatory and terrace overlooking the lake provide a lovely area for barbeques and garden parties, and for residents to sit on sunny mornings watching and listening to the wildlife of birds, ducks and geese that live on or around the lake.



SENSORY GARDEN FUNDING EXCEEDS EXPECTATIONS

A fundraising effort to build a sensory garden at Highbank Primary School in Clifton has passed all expectations. The plan was to raise around £4,000 for the construction of the garden in memory of Jamie Leek. Jamie died in a road accident in Greece in 2012 at the age of nine.

His parents, Lydia and Chris Leek, told The Local News: "We have ended up raising £17,500 and counting. This is mostly thanks to the fantastic people of Clifton who have just been brilliant. Mrs Grice and my sister Mrs Widdowson, who both work at Highbank, completed Tough Murder a few weeks ago, raising a further £1,310.

"So far, we have used the money to turn a run-down allotment site on the school field into a beautiful sensory garden with story telling area. Our local Wilkinson store have joined in and supplied us with plants, tools, seeds and even ran competitions in store to name the garden.

"We have had a huge pirate ship built, which is the only part of this project that was built for us. The rest we have done ourselves with the Highbank staff and children in our spare time.

"This is a real feel-good story, out of truly tragic circumstances. The whole community has really done us proud and we just want to say thank you."

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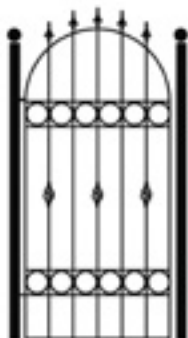
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STAY COOL IN HOT WEATHER – ADVICE FROM THE LOCAL NHS

Your local NHS is advising people to stay safe in the prolonged hot, sunny weather – and look out for elderly and vulnerable friends and neighbours. Those with heart, respiratory and serious health problems are more at risk as the heat can make these conditions worse. Babies and young children are also especially at risk of dehydration during long periods of hot weather. Many prescription medicines can reduce your tolerance of heat. You should keep taking your medicines, but take extra care to keep cool.

Danger symptoms to watch out for in a heatwave include:

- feeling faint and dizzy
- shortness of breath
- vomiting or increasing confusion.

If you have a health concern during the hot weather, contact your GP surgery. There are also two NHS Walk-in Centres in Nottingham open every day and you don't need an appointment - London Road (7am to 9pm) and Upper Parliament Street (8am to 8pm). If you need urgent help call NHS 111 – remember the A&E Department at the hospital is for emergencies only.

Dr Manik Arora, GP Clinical Lead for Long Term Conditions at NHS Nottingham City Clinical Commissioning Group, said: "In a heatwave the body can overheat and dehydrate, leading to heat exhaustion or heat stroke. Symptoms include headaches, nausea, an intense thirst, sleepiness, hot red and dry skin, a sudden rise in temperature, confusion, convulsions and a loss of consciousness. In extreme cases, heatstroke can result in irreversible damage to the body, including the brain, or even death."

"People should drink plenty of water. It is particularly important that young children are kept out of the sun, in cool surroundings, and are given plenty of fluids to drink."



If the hot weather persists, the advice from the local NHS is:

- Try to plan your day in a way that allows you to stay out of the heat
- Protect your skin from sunburn and skin cancer by using a high factor sunscreen
- If you can, avoid going out in the hottest part of the day (11am - 3pm). If you must go out, stay in the shade. Wear a hat and light loose fitting clothes, preferably cotton. If you will be outside for some time, take plenty of water with you.
- Take cool showers or baths and splash yourself several times a day with cold water, particularly your face and the back of your neck.
- Eat as you normally would. Try to eat more cold food, particularly salads and fruit, which contain water.
- Look after babies, children and older people. They are much more prone to the effects of heat. If you have older relatives or neighbours you can help simply by checking on them if possible every day, and reminding them to drink plenty and often. They should have a mixture of drinks including fruit juice and water. Help them to keep their house as cool as possible, drawing curtains during the day, ensuring ventilation at night or using a fan if necessary.
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals.

Further information is available:

Check the weather forecast and any high temperature warnings at www.metoffice.gov.uk

Call NHS 111 if you have an urgent health concern or visit www.nhs.uk

Advice on sun protection from www.cancerresearchuk.org/sunsmart



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GRADING SUCCESS FOR LOCAL CLUB

Trent Karate Cub recently held their club grading, alongside members of the South Notts Club. It was held at the Lee Westwood Leisure Centre at Nottingham Trent University in Clifton. There were over 80 people training with KUGB instructor Frank Brennan. The grading went well with one member of Trent taking his first belt double grading to red belt. Anyone interested in joining the club, who train on a Monday and Thursday, should contact John on **0115 937 4706**.



JOIN THE CLIFTON COMMUNITY CHOIR

A Clifton community group, who have been active in various community events over the years, are putting together a community choir consisting of musicians and singers. They are looking for people of varying abilities to join them to rehearse on a weekly basis, with the aim of putting on a showcase performance in Nottingham. They will assist in the development of musicians and singers - and also give free tuition for drums, guitar, keyboard and vocals. They are also looking for volunteers to help teach and develop vocals with in-house teachers.

Age ranges will be between 12 and 20. Rehearsals will be on Saturdays from 3-4pm and Tuesdays from 6- 7pm, dependent on availability. The venue will be at 39-41 Swansdowne Drive in Clifton (post code: NG11 8GX). For more details contact Sam on **07770 314 397**.

JUNIOR TABLE TENNIS BEGINS

The first season of the new Nottingham & District Table Tennis Association (NDTTA) Junior League gets under way later this year.

Chris Turner, Nottingham Sycamore talent development centre coach, said: "There are now more juniors than ever playing table tennis in Nottingham. This is largely due to the hard work by volunteers linked with West Bridgford TTC, Clifton TTC, Draycott & Long Eaton TTC, as well as Sycamore TTA. They have all shown great enthusiasm in this area"

Competitors will play at least four competitive league matches at each event. The final event on the 7th March 2015 will determine the Nottingham Table Tennis Junior League champions from each league. The Nottingham Junior League is open to any children who are at a Nottinghamshire School or reside at a Nottinghamshire postcode. For more details email **cturner@tabletennisengland.co.uk** or call **07843 280 434**.

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PLANS TO STOP POOR PARKING

In your June issue, David Waite complained that his extra pension has gone to pay for the 2% increase in his council tax bill. We pensioners received 2.7% extra in April to cover the rise in the cost of living, which actually leaves us a bit ahead compared with many wage slaves who got less and who are presently paying for our pensions. Nye Bevan hit the nail on the head when he observed that the secret of the National Insurance fund is that there ain't no fund.

The complaint about the cost of council services leads me neatly onto the second letter from Robert Parker regarding pavements becoming impassable due to anti-social householders blocking them with uncut hedges and trees. I would go further and complain about the parking of cars on pavements and the solution is quite simple. Rushcliffe already has an enthusiast band of parking enforcement wardens dishing out tickets to motorists, so their remit should be widened to ensure that footpaths are kept clear for pedestrians.

Any vehicle (or part of vehicle) on the pavement should receive a parking ticket immediately. For the uncut foliage, an instant ticket is more than a little draconian, so I propose a seven-day notice period for its removal, after which the penalty could rise by a modest amount of say, £50 per day.

W B Womble

TRAM IS NOT THE FUTURE

The tram is not state-of-the-art 21st-century travel as someone stated in the last issue. The trams were outdated in the 1950s and should be confined in a museum for our grandchildren to go and see. It is an antiquated form of transport, which is limited in what it can do and also makes Nottingham look an eyesore.

David – Clifton

POEM: THANK YOU NHS

By Pat Dring

How do you thank someone for giving you 25 years of extra life? Yes, 25 years extra of being a mother, nanny and wife.

How do you thank someone for being there for you, when you were so ill, you didn't know what to do?

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You thank them by doing all the things you never got the chance to do before, when you couldn't even venture out the door.

You thank them by living your life in the fast lane again, now you are free of the nightmare, free of the pain.

You thank them by shopping at a packed Sheffield Meadowhall, a couple of weeks before Christmas, you are having a ball.

You thank them by going to see your favourite singer, Cliff - you sit there with 12,000 people just to do this.

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Depending on your requirements and the use your rug is subjected to in your home, we can then pamper them further with a selection of additional treatments - from anti-allergen to a bug-busting anti-bacterial treatment to a protective finish. As their spa break with us draws to an end, rugs are then groomed, given a final assessment and wrapped, ready for collection.

Book yours in today. Call **0115 989 4443** or visit wecleanrugs.co.uk.

SLIMMING WORLD WITH JAX IN CLIFTON

"Desperately unhappy with my chronic fatigue and suffering from fibromyalgia, made worse by my ever-increasing weight, I approached my local surgery for help. There I was given NHS vouchers to enable me to join a local Slimming World group. I had been told by friends that the group held at the Rivergreen Methodist Church, run by Jackie, was the place to go.

"I can't even begin to tell you just how nervous I felt going along on that first night but knew it had to be done. My home life was a struggle and I was having to use two crutches to walk even the shortest distances and my poor daughter was having to put up with hurtful comments about her mum's weight. I know now that I needn't have been so scared as I was met at the door by my lovely consultant Jackie - soon to be known as Jax. She explained everything about the group and all the fabulous foods I could eat and assured me that if I trusted the plan, then it would not let me down.

"During that first week I ate far more than I had been doing and admit that I was sure that I would've put weight on, especially as I ate pasta, potatoes and curries, but I lost 8.5lbs. To say I was amazed would be an understatement as I was given the first of my weight-loss awards.

"Now, 12 stone lighter I am a new woman. Ten times more active in every way and no longer virtually housebound. I can now even do volunteer work at a Children's Society charity shop, as well as help out at my daughter's school each week. I continue to go to group each week, partly to keep an eye on my weight but more to enjoy the group and it's friendly members. I learned that it was the inspiration and ideas generated by the group that helped me every step of the way on my personal journey to being slim and healthy. I can't recommend it enough. Go along and get the help and support to lose your weight."

This is Sian's story, just one of the happy members.

Join Jax on a Wednesday at her Slimming World group at 3:30pm, 5:30pm and 7.30pm at Rivergreen Methodist Church in Clifton. Food optimising is so easy and guaranteed to work, or your money back!

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Gardening

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AUGUST GARDEN NOTES

By John Draper

It may be school holidays but the garden continues to teach us lessons on how to get beautiful results from flowers, fruit and vegetables. This is a great time to get children involved in caring for garden plants.

Beds & Borders

Summer-flowering plants need a lot of water and regular fortnightly feeding will help give a great display that lasts into the autumn. Dahlias are especially hungry and thirsty so will appreciate a weekly dose of Plant Food to encourage strong growth and plenty of flowers with rich colours. Start to take cuttings of geraniums, fuchsias and other plants you want to overwinter in a handy size. Place your prepared cuttings around the edge of a pot of fresh Seed & Cutting Compost and keep in a shady spot indoors while they develop new roots.

Growing Your Own

Continue to feed tomatoes at regular intervals and remove side shoots as soon as they are big enough to pinch out. Fruit will be ripening regularly and you should pick tomatoes as soon as they ripen. Remove the fruit from the vine to avoid the skin from splitting which would allow diseases to start.

You should be harvesting plenty of young runner beans, dwarf beans, courgettes, potatoes and carrots to fill your dinner plate with home-grown vegetables. If you can pick and eat peas and sweetcorn within a couple of hours of harvesting, you will experience maximum flavour and nutritional goodness for you and your family.

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Onions, garlic and shallots will be ready for harvest as soon as their leaves start to wither and turn brown. To ensure they ripen off fully, dig under the onion bulbs to break the roots during a warm dry spell of weather. In a week or so the bulbs will be ready to lift for storage.

The Lawn

We have enjoyed some great summer weather, but keeping an existing lawn looking good through August usually means correct cutting and watering. Lots of watering hints and tips are available on our website greenergardens.co.uk/lawn-info/drought-advice. Correct feeding during the summer will keep the grass lush and green.

Patio Tubs & Baskets

Watering is the most important part of patio gardening. Heavy rainfall is rarely enough to keep hanging baskets and patio pots naturally moist, so additional watering is essential. Hanging baskets and smaller pots may need a daily soaking but in breezy, warm weather they may need watering twice a day to keep them perky. Dead-head all flower heads as they fade to encourage the development of new buds.

Garden Diary is written by John Draper of Greener Gardens, your local independent lawncare specialist.

For help with all aspects of your lawn call us **0115 837 8439** or visit greenergardens.co.uk





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Prograss, your local, independent, professional lawn company, have had a stall at both the recent East Bridgford Show and the Shelford street market. This gives the people who attend these highly-successful events the opportunity to ask questions and see the equipment that Prograss use when asked to look after lawns. Pictured here are co-owners Tony Grice and Duncan Ross, who are making sure everything is in place at the East Bridgford pitch.

Tony said: "We attended the East Bridgford Show last year and were amazed how many people turn up. From our point of view these shows are great for business and it was amazing how many people are interested in what we do and how we do it.

"The Shelford street market only takes place every two years and again the weather insured a fantastic turnout, with many people walking along the cliff tops from Radcliffe-on-Trent."

Ideally pitched on the green right next to an actual Prograss lawn, they could also show what the end result of using Prograss would be.

If you would like a free, no-obligation lawn report, please contact Prograss on **01949 837 367** or email us on info@pro-grass.com. Alternatively visit us on pro-grass.com



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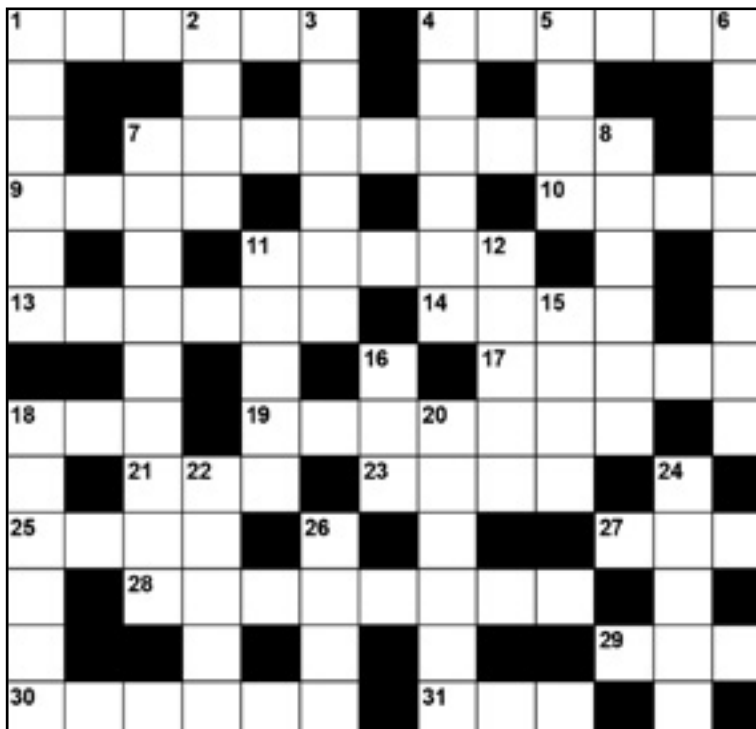
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Crossword

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Leave entries at the **West Bridgford Local News Shop** on Gordon Road or by post to: The Local News, 1a Blake Road, West Bridgford, Nottingham NG2 5JJ, to arrive no later than **Wednesday 27th August 2014**.

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PRIZE CROSSWORD

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Across

- 1 Head protection (6)
- 4 Ice over (6)
- 7 Dancer (9)
- 9 Press clothes (4)
- 10 Operatic song (4)
- 11 Leg joints (5)
- 13 Semi-precious stone (6)
- 14 Not wild (4)
- 17 Male name (5)
- 18 Motor vehicle (3)
- 19 Birthday gift (7)
- 21 Short for operations (3)
- 23 Required amount of medicine (4)
- 25 Idiot (4)
- 27 Not many (3)
- 28 High hill (8)
- 29 Stinging insect (3)
- 30 Inventor of the light bulb (6)
- 31 Everyone (3)

Down

- 1 Wishing (6)
- 2 Complain (4)
- 3 Ability, flair (6)
- 4 Fail to remember (6)
- 5 Female name (4)
- 6 Made bigger (8)
- 7 Place for a business meeting (9)
- 8 Enthusiastic (6)
- 11 Retains (5)
- 12 Rescues (5)
- 15 Belonging to me (4)
- 16 Rainbow colour (3)
- 18 Hot drink (6)
- 20 Musical composition (6)
- 22 Walks heavily (5)
- 24 Days in a week (5)
- 26 Short for anonymous (4)

July answers:

Across: 1 convey, 4 maori, 8 eagle, 9 eloping, 10 seesaw, 12 omit, 14 term, 15 otter, 17 idea, 21 din, 23 one, 24 posy, 26 pit, 27 owns, 29 soprano, 30 asp, 32 stables, 33 decays.

Down: 1 crease, 2 neglect, 3 elevated, 4 moon, 5 opium, 6 ingot, 7 few, 11 pen, 12 ominous, 13 ire, 16 rip, 18 dew, 19 answers, 20 spasms, 22 nixon, 25 sepia, 28 nail, 30 ace, 31 pea.

Congratulations to July's winners, who were:

A. McCormack, O. Cottee, K. Wade & S. White

Crossword supplied by Geraldine Ellis



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LAST MONTH'S COMPETITION WINNER

A very well done to Helen Carnell, who won last month's competition for a meal for two at Five Rivers. This had a terrific response and the correct answer was Five Rivers has been open eight years.

WIN A CHILDREN'S SCIENCE PARTY

Nottingham Local News have teamed up with Gizmo's Lab to offer a special price of a one-hour children's science party for up to 20 children (available to book within a year). Gizmo's Lab is a company dedicated to providing bespoke children's science parties at affordable prices nationwide. Our aim is to inspire and build bridges, so children and science can get to know each other. We will ensure each and every child who experiences a Gizmo's Lab party gains a strong and valuable understanding of science and fun. That's our promise.

Visit their website gizmoslab.co.uk for more information.

For your chance to win the children's science party, answer the question below and send your forms to: Gizmo's Lab competition, 1a Blake Road, West Bridgford, Nottingham, NG2 5JJ. Closing date is Friday 22nd August 2014.

Q: WHO INVENTED THE LIGHTBULB?

A:

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Local Diary

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Every Monday

The 12th Clifton Brownie pack (aged 7-11) meet between 6pm and 7:30pm at United Reformed Church at 225a Southchurch Drive (term-time only.) Subs are £2 a week. For more details call Jean Rogers on 0115 914 3132.

Every Monday

A painting group meet from 1-3pm at the United Reformed Church on Southchurch Drive. Call 0115 921 1788.

Every 1st Tuesday

Girlguiding South Trent Trefoil Guild meet at 1:30pm at the Rivergreen Methodist Church. Call 01949 839 357.

Every Tuesday

There's line dancing for the over 50s from 10:30am at Highbank Community Centre on Farnborough Road. Cost £3.50. Call Linda on 07907 711282.

Every Tuesday

Fencing classes for children and adults at Clifton Leisure Centre. Contact 0115 911 0050 for further details or visit radcliffeswordclub.co.uk.

Every Tuesday & Wednesday

LIFE2 learning provision for adults with learning difficulties and disabilities meet in Clifton from 9:30am-3:00pm focusing on independent living within a fun environment. Call 0115 929 6630.

Every Tuesday & Thursday

Clifton Army Cadets meet from 7-9pm (you must be at least age 12 in year eight). They are based at South Notts College on Farnborough Road.

Every Wednesday

Good dinner with pudding and tea at Clifton Methodist Church on Southchurch Drive from 12noon. Call 0115 984 3628.

Every Wednesday

Men and women from 50+ meet at the Royal British Legion in Clifton from 1-3pm and have days out, bingo and raffle, tea and biscuits. Please call Sylvia and Stan on 0115 921 6681.

Every Wednesday

There's a dance/social/sing-a-long with Mark Vega on keyboard at the Winning Post (back room) in Clifton from 1pm to 3:30pm. Entry £2. Call 0115 974 6124.

Every Thursday

Southchurch Colts Football Club are looking for players to join their Under-9 and Under-10 teams. Training takes place at Clifton Playing Fields from 6-7pm. Call 07977 965 766

Every Thursday

The 1st Clifton Brownie Pack meet between 6pm and 7:30pm at Clifton Village Hall for girls aged between seven and 11 (term-time only). Subs cost £2.50 per week. Call 07941 041 312.

Every Thursday

Summerwood Community Garden hold activity sessions for ages 8+ from 3:30pm (3pm in holidays) until 5pm. Activities include cooking outdoors on a wood-fired oven, building things with wood, den building, recycled arts & crafts and outdoor games. Sessions are free and will take place at the community garden on Summerwood Land allotments.

Every Friday

There's a coffee morning for chat from 10:30-11:30 at Clifton United Reformed Church, 252A Southchurch Drive.

Every Friday

New Beginnings meet from 10am until 12noon at the Clifton Youth Community Centre on Green Lane. There's quizzes, bingo, talks & trips. Call 0115 984 6983.

Every Friday

Free Karate class at Highbank Community Centre on Farnborough Road from 6-8pm. Call 07771 898 997 or visit cliftonkarate.co.uk.

Every Friday

The 44th Nottingham Boys Brigade and Girls Section meet 6.30pm till 8pm (term-time only) at the Methodist Church on Rivergreen. Call 0115 974 4831.

Every Saturday

Footy Fever Soccer School for boys and girls aged five to seven. All welcome to attend at Clifton Playing Fields from 9am till 10am every Saturday. Call 0115 846 1692.

Every Saturday

Children's Ballroom and Latin American dancing at Silverdale Community Centre on The Downs. Classes commence at 9am. Call Valerie on 01889 569 092.

Every Sunday

The Clifton Judo Academy meet for training from 5.15pm till 7.15pm at the Highbank Community Centre on Farnborough Road. Call George on 0115 914 2449 or email g-buggjudo@live.co.uk.

Every Sunday

Hope Church family service 10:30am. Find them at junction of Farnborough Road and Southchurch Drive, Clifton. Call 0115 914 4412.

Every Sunday

All are welcome to the Church of England services at Holy Trinity Church (9:30am), St Mary's Clifton Village (10:45am) and St Francis Church (4pm). For more details call 0115 921 1188.

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Sports News

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LOCAL SCHOOL GAMES ARE A MASSIVE SUCCESS

Over 1,200 children from 90 schools across Nottinghamshire competed across 16 sports to achieve the much coveted status of county champion. Having already won their district final, the big day had arrived for the competing schools. Events started at the University of Nottingham's Park Campus Sports Centre with a spectacular opening ceremony, led by young leaders from Nottinghamshire County Council's award-winning Leadership Academy Network.

The opening ceremony included spectacular performances from South Nottinghamshire Academy Samba Band, Fernwood Sports Acrobatics Team and East Midlands Cheerleading Academy, who received overwhelming feedback from the junior athletes. This was topped off by vocal performances from Holly Fallon - a Nottinghamshire resident who had previously performed at the Sainsbury's School Games national launch.

Two former Olympic and Paralympic athletes also added to the line-up. First up was Daniel West, who has represented Team GB at five Paralympic Games. Dan discussed the highs and lows of high career and what motivated him over his 15 years as professional athlete. Next up was Tim Baillie, one half of the London 2012 C2 gold medal canoe team. Tim shared his Olympic journey with the junior athletes and how achieving his life's dream has changed his life. Many of the VIPs who attended on the day commented on how vibrant, exciting and motivating the opening ceremony had been.

Rob Cook, Sport Nottinghamshire's youth sport manager & event director, said: "This was the biggest and best edition of the Sainsbury's School Games in Nottinghamshire to date, inspiring over 1,200 athletes to go out and be the best they can be in sport and in life."

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