

Your local business directory & lifestyle magazine delivered to 9,000 homes

# The **OneStop** Local

Mansfield Woodhouse, Forest Town,  
Clipstone Village & Kings Clipstone

January / February 2025

**Thank you to all our readers and advertisers for your support over the past 20 years at The One Stop Local...**



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SEE PAGE 3.

## GUTTER CLEANING & REPAIRS

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## The Winter Gutter Dilemma: Why January is Prime Time for Gutter Maintenance.

Ah, January. The festive buzz has faded, the New Year's resolutions are already looking shaky, and outside? It's cold, wet, and miserable. Perfect conditions to ignore your gutters, right? Wrong. If you've been putting off dealing with those dripping, clogged, or downright dysfunctional gutters, it's time for a reality check. Because neglecting your gutters in winter is like skipping oil changes on your car—it's a disaster waiting to happen.

And before you even think about grabbing that wobbly old ladder from the shed, stop. **Seriously.** Here's why:

### Why Winter Gutters Need Your Attention (Like, Now)

Winter is a gutter's worst enemy. All those leaves, twigs, and debris from autumn? They've been marinating in rain and frost, turning into a sludge that's clogging up your system. And when gutters can't do their job—moving water away from your home—you're in for trouble:

- **Water Damage:** Overflowing gutters can cause water to seep into your walls, foundations, or that nice conservatory you've just paid off.
- **Ice Dams:** When trapped water freezes, it expands, creating ice dams. These can damage your roof, gutters, and even the interior of your home.
- **Sagging Gutters:** That sludge is heavy. Add snow or ice, and your gutters could literally buckle under the pressure.

### Why You Shouldn't DIY Your Gutter Maintenance

Sure, you could save a few quid by climbing up yourself. But here's the thing: gutter cleaning is not a hobby. It's a risky, messy, time-consuming job that could land you with a broken wrist—or worse.

### The facts don't lie:

Ladder accidents are one of the top causes of injuries at home.

Wet, icy conditions in January only increase the danger.

And honestly, do you really want to be handling freezing-cold sludge while your neighbors watch and secretly judge your technique?

### What You Should Do Instead

Call in the pros. And no, we're not just saying that because we run a gutter cleaning business. This is about protecting your home, your sanity, and your Saturday mornings.

Professional gutter cleaning in winter isn't just a service—it's an investment in your property's future. Here's why hiring experts makes all the difference:

- **Safe and Efficient:** No ladders for you to worry about. We've got the right tools, training, and techniques to get the job done quickly and safely.
- **Thorough Cleaning:** We remove every last bit of debris, ensuring your gutters are free-flowing and ready to handle whatever winter throws at them.
- **Proactive Maintenance:** Spot potential issues (like cracked gutters or loose brackets) before they become expensive problems.

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20 Years of

The  
OneStop  
Local

Welcome

to your latest issue of The One Stop Local for Mansfield Woodhouse, Forest Town, Kings Clipstone and Clipstone Village residents..

We can't quite believe we are celebrating our 20th anniversary of The One Stop Local! Back in January 2005 we when launched our first magazine, I never quite thought we would be still publishing in 2025!

Getting the first issue ready was all I could hope for back then, it was nerve racking and scary. I had never worked for myself before - always had a big company behind me for support, plus I had just become a first time Mum. My order book was empty and I had to get my first business to advertise. By knocking on business doors, making lots of telephone calls, plus an amazing network of friends and family helping and supporting me by placing an advert, finally the magazine started to take form.

When my first delivery of magazines arrived in January 2005, my husband and I delivered every single copy by hand. We managed the distribution ourselves for a number of years - looking back it's hard to believe what we achieved. Fast forward to 2025 we have a distribution company who are amazing and ensure your copy is still posted through your letterbox free of charge. We've printed 180 issues and distributed over 1.6 million copies over 20 years!

So much has changed from a publishing point of view - all for the better with the amazing technology we now have! In 2005 our proofs would be posted out and then posted back with amends made, now they are pinged over the internet and pinged back in seconds! So grateful for these advancements.

But it's not just me at The One Stop Local, Ann-Marie my wonderful friend and sales manager is a huge reason we are still here today. Ann-Marie is without doubt the most loyal, hardworking and dedicated colleague I could ever have wished for and it's an absolute pleasure to still be working together today, thank you Ann-Marie.

Thank you again to you the readers and all our advertisers who make it possible to produce The One Stop Local.



Michelle & Ann-Marie

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# WIN

# £25 CASH



For your chance to win, just find this Stick Man

hidden 4 times in the magazine (not including the Stick Man on this page!). Email your entry with page numbers, name, address & contact number to : [michelle@onestoplocal.com](mailto:michelle@onestoplocal.com) or post your entry to: **Stick Man Competition, One Stop Local, PO BOX 8436, Mansfield. NG19 8WY.**

Closing date: **Friday 21<sup>st</sup> February 2025**

Winner notified by: **Friday 28<sup>th</sup> February 2025**

The winner will be chosen at random and the data will not be stored or used in any way. *Congratulations*

*to our winner from our November/December 24 issue who is **Geoff Burdett from Mansfield Woodhouse.***

Contact us: T: 01623 824300 €: [info@onestoplocal.com](mailto:info@onestoplocal.com)

[www.onestoplocal.com](http://www.onestoplocal.com) [www.facebook.com/Theonestoplocal](http://www.facebook.com/Theonestoplocal)

Copy deadline for our next issue is **Friday 21st February 2025**



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**Famous Pie Night**



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**Mexican Night**



**Jan 29<sup>th</sup>**  
**Chinese Night**



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**Duchess** was found as a long term stray and has struggled a little settling into life at the centre, being worried about the other cats in our care. When away from the other cats in our hospital room, Duchess really shows the lovely girl she can be if given the proper time and space for herself. Our staff are working with her to help build her confidence in our care and are being rewarded with the odd headbutt and chin tickle now. Duchess would benefit from a quieter home with someone willing to give her the time to settle. Please call to find out more or to meet this gorgeous girl...



**Nova** is ready for a new home and a bit of 'her' time after having several litters of kittens when she was a stray. Nova can be a little shy at first but once she's got to know you can be very affectionate and loves a lap to curl up on. We feel due to this, Nova could live with older children in her new home if given the time to settle in. Would you like to meet Nova? Then please give us a call, thank you.

Cats Protection, Mansfield Road, Spion Kop, Notts, NG20 0EF.

Tel: 01623 845846 Open: 11 - 4pm 7 Days

(except Tuesdays when the centre is closed, 1pm until 4pm)

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# ELITE WINDOWS

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### **Boston & Grute - Pugs (dad & son)**

Hello Friends! My name is Boston and I am here with my son Grute! Aren't we the most handsome pair you ever did see! Through no fault of our own we have found ourselves looking for our new forever home. We are a super friendly pair looking for a new home that will have plenty of time for some lovely walks and lots of playtime. We would like our new family to be around most of the time while we settle in, but this could slowly be built to a few hours as we settle in. We would happily live with children 11+ but would prefer to be the only pets in the home, but don't worry we will give you all the love you need from just the two of us. We would happily have some dog walking friends to have little adventures with when we are out and about; but would also love our very own garden with secure 5ft fences, for

lots of zoomies and playtimes with our new family. If you think you have two spare openings on your sofa for the pair of us then please apply below! Hopefully see you soon, lots of love and licks, Boston xxx

**To register your interest or for more information on any dogs contact the Nottinghamshire Center on 01623 792886 or you can email them at [notts@jerrygreendogs.org.uk](mailto:notts@jerrygreendogs.org.uk).**



**Jerry Green Dog Rescue, Warsop Lane, Blidworth. NG2**

## **Neutering need to know**



You might be wondering if it's natural or necessary to have your pet neutered. In fact, there are many advantages.

### **What is it?**

Neutering is an operation under general anaesthetic. Females have their womb and ovaries removed – known as spaying – while males are castrated (or “snipped”), meaning their testicles are removed. Your vet will advise on the best timing.

### **What pets should be neutered?**

Dogs and cats are the pets that immediately spring to mind. There's a big problem with stray cats in the UK and, if your perfectly well-brought-up kitty hasn't been “done”, the chances are they will add to the population. Other animals that are often neutered are rabbits, which can have multiple litters a year, and ferrets. Female ferrets, jills, have a long breeding season with multiple heats.

### **What are the benefits?**

Beyond the obvious advantage of preventing unwanted pregnancies and associated vets' bills for female pets, there are health benefits. Neutering prevents testicular cancer in males and uterine cancers and infections in females. It reduces the risk of birth defects if siblings mate. Female ferrets are at risk of death from anaemia if they don't get pregnant.

Female pets that aren't spayed can be messy, sometimes bleeding for weeks. Meanwhile, uncastrated male dogs have a strong urge to roam in search of females.

Another consideration is that your pet is less likely to be stolen for breeding if it's been neutered.



**Elvis - 7 years 10 month - Bulldog Cross**

Hello, I'm Elvis – I've got a heart full of love and a head full of goofiness! I'm a squishy and cuddly boy looking for a place on the sofa. I am a gentle giant, and will do anything for some tasty treats! It really is the best way to a boys heart. Whilst I do weigh 40kg, I do walk super nicely on the lead and would love to show you!! I would like you to be at home most of the time whilst I'm settling in, but I could be built up slowly to be left for a few hours. Whilst I couldn't live with any other pets, I could have doggie friends to meet up out on walks. I could potentially live with children 11 years +, depending on a meet at the centre first so that we can get to know each other. A secure garden with 6ft fences would be ideal for keeping me safe. My loyalty is unmatched, and I promise to be your most devoted friend – adopt me and let's make beautiful memories together. If you would love to know more about me then please do get in touch with my friends here at the Nottinghamshire centre on 01623 792886 or you can email at [notts@jerrygreendogs.org.uk](mailto:notts@jerrygreendogs.org.uk) you could even fill in the application form below. I have all my paws crossed waiting to hear from you. Lots of sloppy kisses, Elvis xoxo



01623 792886 [www.jerrygreendogs.org.uk](http://www.jerrygreendogs.org.uk)



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## Slimming World

### Total Weight Loss: 2 st 10 lbs over 11 months

**F**or years, my weight affected every part of my life. I felt miserable and self-conscious, hiding behind baggy clothes and avoiding mirrors. My confidence had reached an all-time low. Physical exercise felt impossible; I'd get tired quickly, and my knees would ache. But the turning point came when I saw Christmas photos of myself with my little boy and hated what I saw. I wanted to feel good about myself and love the photos being taken with my family.

I turned to Slimming World because I'd tried it before and knew it would work for me. Despite being nervous before my first session, as soon as I walked in, I felt a sense of belonging. The people in the group were chatting and laughing together like old friends. My consultant, Christina, made all the difference. She is there for me through every step, helping me understand my triggers and guiding me through weeks where I slip up.

One of the best parts of Slimming World has been Food Optimising. I can still enjoy my favourite foods without feeling restricted or ever going hungry! I started planning my meals, creating a weekly shopping list based on healthy meals and snacks. Meal prepping has become a part of my routine, and now I look forward to cooking wholesome, satisfying dinners like Curries, Tray Bakes, and Roast Dinners. My whole family has even gotten on board with new favourites, like Taco Rice Bowls and Homemade Gyros and of course, still cooking our usual favourites Burgers, Big Breakfasts and Kebabs!

My group celebrates every victory, no matter how small. Even when there's a slight gain, they're there with encouragement instead of judgment. Christina's support has been invaluable, especially during tough weeks, and having her as a consultant has kept me motivated. She helps me reflect on the reasons behind any setbacks and keeps me focused on my goals.

Today, I feel like myself again, and my confidence has skyrocketed. I'm no longer hiding - I feel good about my body and my choices. Body Magic has helped me discover new joys, like running. Shortly after joining Slimming World, I started the Couch to 5K program. I'd never run a day in my life before, but now I'm proud to



say I can jog in short bursts, something I never thought I'd do! In addition to running, I now go on daily walks during my lunch break at work.

These small but meaningful changes have made a huge difference in how I feel physically and emotionally. Slimming World has been transformative, not just in my appearance but in the confidence and happiness it has brought back into my life

Slimming World has changed my life, and now I'm excited to help others experience the same incredible benefits by becoming a consultant myself. I am thrilled to announce that I will be opening my very own group to support the community in New Houghton, Mansfield, My group will be opening on Saturday 4th January 2025 at the New Houghton community centre on Rotherham Road at 9am, so if you would love to come along or find out more, please reach out to me on 07935 741141.

*Thank you Marissa. X*

# Slimming World feel *real* good

## MONDAY

### MANSFIELD WOODHOUSE

9am, 3pm, 5pm & 6.30pm  
Turner Hall  
Welbeck Road  
Lee 07462 669000

### MANSFIELD

5.30pm & 7pm  
St Lawrence Church Hall  
Junction of Pecks Hill/Sandy Lane  
Cheryl 07939 113956

## TUESDAY

### LADYBROOK

7.30am & 9am  
Brookside Hall  
(Next to Heron Foods)  
Ladybrook Lane  
Vanessa 07889 877155

### MANSFIELD

9am & 10.30am  
St Lawrence Church Hall  
Junction of Pecks Hill/Sandy Lane  
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### NEW CONSULTANT FROM JANUARY

### MANSFIELD

5pm & 6.30pm  
Old St John's School  
St John street  
Gemma 07745 781329

## WEDNESDAY

### NEW CONSULTANT IN EVENING SESSION FROM JANUARY

### SHIREBROOK

7am & 9am & 10.30am &  
5.30pm  
Holy Trinity Church Hall  
Main Street  
Lee 07462 669000

### BLIDWORTH

9.30am & 5pm & 6.30pm  
Blidworth Miners Welfare  
Mansfield Road  
Cheryl 07939 113956

### MANSFIELD

4pm & 5.30pm & 7pm  
Big Barn Lane Methodist  
Church  
Big Barn Lane  
Lizzy 07743 661360

## THURSDAY

### NEW SESSION TIMES FROM 2ND JANUARY

### MANSFIELD WOODHOUSE

7.30am & 9am & 10.30am  
Sherwood Colliery Welfare  
Centre  
Dunsil Road  
Gemma 07745 781329

### FOREST TOWN

4.30pm & 6pm  
St Albans Church  
Clipstone Road West  
Tina 07375 468024

## WARSOP

5.30pm & 7pm  
The Oaklands Centre  
Oakfield Lane  
Annie 07811 198219

## FRIDAY

### CLIPSTONE

8am & 9.30am  
Clipstone Village Hall  
Church Road  
Lizzy 07743 661360

### MANSFIELD WOODHOUSE

5.30pm & 7pm  
Sherwood Colliery Welfare  
Centre  
Dunsil Road  
Wray 07525 005942

## SATURDAY

### MANSFIELD WOODHOUSE

7am & 8.30am & 10am &  
11.30am  
Sherwood Colliery Welfare  
Centre  
Dunsil Road  
Wray 07525 005942

### NEW GROUP OPENING SATURDAY 4TH JANUARY

### NEW HOUGHTON

9am  
New Houghton Community  
Centre  
(opposite Crompton Street)  
Rotherham Road  
Marissa 07935 741141

## HEALTH

## WHY AM I COLD?

By Susannah Hickling

Brrr, it's chilly out there! But it might be more than just the weather.

If you're freezing a lot of the time or you think it's perishing even when it's hot, there might be a physical cause. Here are some possible reasons:

**You're underweight**

If you have a low BMI, you don't have much body fat or muscle to keep you warm.

**You're overweight**

Having more fat doesn't necessarily give you better insulation. A 2018 Cambridge University study found people with more muscle mass were less likely to lose heat when exposed to severe cold and more likely to heat up faster than non-muscular people, including those with more fat.

**You're a woman**

Females may be more sensitive to cold than men because, typically, they are smaller and have less body surface area to emit heat. They also have a higher core temperature, making the contrast with chilly air starker, and they have a lower metabolic rate, which means they burn food for energy more slowly and produce less heat.

**You're getting older**

As you age, your metabolic rate slows and you start to lose muscle mass – as much as 10% each decade after age 50.

**You've got anaemia**

Iron deficiency can be the result of blood loss, poor iron absorption or pregnancy. Other symptoms are tiredness, looking pale and shortness of breath. A blood test will check your red-cell count. Anaemia can be treated with iron tablets.

**You have a vitamin B12 deficiency**

Low levels of vitamin B12, which helps the body make red blood cells, can also have you shivering. It's usually down to insufficient B12 in your diet – it only comes from animal food sources including fish, meat, eggs and dairy products, and from supplements.

**You might have hypothyroidism**

Your thyroid helps control your metabolism. If it's not producing enough hormones, the body's processes slow down. This can make you feel tired, depressed – and cold. A blood test can diagnose the condition, which can be treated with tablets.

**You have circulation problems**

Narrowed arteries and clotting disorders can make you feel the cold, especially in your hands and feet.

**You could have diabetes**

Diabetes can cause kidney, nerve and circulation problems, making you chilly. Feet, in particular, may feel cold if you have nerve damage.

**How to stay warm****Wear layers**

Start with thermal underwear and finish with a fleece.

**Keep moving**

Get up and move around at least once an hour to keep circulation going. Try repeatedly standing up from the sofa and sitting down again, and step-ups on the stairs. Do ten of each.

**Do the housework**

Vacuuming or vigorous cleaning will heat you up and make your home look nice.

**Put your feet up**

It's colder nearer the ground, so keep your feet off the floor when you're sitting.

**Have a cuppa**

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Contact Sarah on 0115 849 2386

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Please mention the One Stop Local when replying to adverts - thank you!

# BLUE PIGEON TRAVEL



## LONDON THEATRE DAY TRIPS 2025

Wednesday 12th February - OLIVER - £119

Thursday 20th March - MJ THE MUSICAL - £115

Sunday 6th April - MAGIC MIKE - £99

## HOLIDAYS 2025

Monday 17th / Friday 21st February - PORTHCAWL - £269 s.s. £40

Monday 24th / Friday 28th February - ISLE OF WIGHT £279 s.s. £40

Monday 3rd / Friday 7th March - LAKE DISTRICT - £439 s.s. £80

Monday 31st March / Friday 4th April TORQUAY - £329 s.s. £40

Wednesday 9th April / Sunday 13th April EASTBOURNE £349 s.s. £60

Wednesday 16th April / Sunday 20th April LLANDUDNO £329 s.s. £60

Monday 26th / Friday 30th May - LLANDUDNO - £339 s.s. £40

Saturday 14th / Wednesday 18th June - DUNOON - £379 s.s. £60

## DAY TRIPS 2025

Sunday 13th July - 42nd STREET At Kilworth House Open-Air Theatre - £95

Saturday 26th July - WHITBY - £26

Saturday 2nd August - LIVERPOOL - £26

Sunday 3rd August - GREASE At Kilworth House Open-Air Theatre - £95

## WEEKENDS 2025

Saturday 22nd / Sunday 23rd March - LLANDUDNO WEEKEND - £115 s.s. £10

Saturday 26th / Sunday 27th April LONDON WEEKEND - £159 s.s. £30

Saturday 9th / Sunday 10th August - KYNREN - £219 s.s. £15

Sunday 17th / Tuesday 19th August - ROYAL EDINBURGH TATTOO - £399 s.s. £50

Please call David or Adrian for details: 01623 458757

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Benefits, including Attendance Allowance, can be used to offset fees, as can NHS Funded Nursing Care if you require nursing care. For complex needs, it's worth having an assessment for NHS Continuing Health Care, which pays for the entire care element. But the bar is set very high.

If you need care straightaway and have the money, it may be worth considering an immediate needs annuity (also known as an immediate care plan). This is a type of insurance policy that gives you a regular income for life and is tax-free when paid to the care provider.

### What about my home?

If you don't want to sell and are the only person living in your home, consider letting it. Alternatively, if you're below the threshold for self-funding apart from the value of your property, you can enter into a deferred payment scheme with your local council. The local authority will pay for your care and be

reimbursed from the sale of your property when you die. There are arrangement fees and interest payments, however.

### What happens when the council steps in?

Once you get near the self-funding threshold, you need to contact your local authority, which will carry out a financial assessment before paying any care fees. You'll have to produce evidence of capital and income.

### What's exempt from the means test?

If your partner or a relative who is over 60 or disabled lives in your home, the local authority won't count it. It will only include half of any savings or assets that are jointly held. Possessions are ignored too.

Be warned: suddenly buying yourself a Lamborghini, giving away money or expensive gifts, including your home, might be seen as deprivation of assets. This means they may be considered as still belonging to you.

### How can I plan ahead?

Be prepared, is the motto. A solicitor or a financial adviser can help.

If you want to give away money or have the means to buy art, jewellery or a classic car to bequeath to your loved ones, do it while you're healthy and independent. To avoid any accusation of deprivation of assets, it's important you can show the council your extravagance predated any knowledge of your need to move into care. Or simply splash your cash on lavish holidays while you can!

*The information in this article is for informational purposes only and is not intended to be personal financial advice. Always seek professional advice on money matters.*



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## DAY TRIPS 2025



	<i>Adult</i>	<i>OAP</i>	<i>Child</i>
<b>Sunday 2nd March</b> - Stratford Upon Avon (Home of Shakespeare)	£19	£18	£17
<b>Monday 10th March</b> - Bakewell Market	£17	£16	£15
<b>Wednesday 12th March</b> - Skipton Market	£21	£20	£18
<b>Sunday 16th March</b> - Manchester Imperial War Museum/Salford Quays (Coach Only)	£20	£19	£18
<b>Friday 21st March</b> - Bury Market	£17	£16	£15
<b>Sunday 23rd March</b> - Black Country Living Museum (Including Admission)	£39.50	£38.50	£28
<b>Sunday 30th March</b> - Skegness Mothers Seaside Special	£17	£16	£15
<b>Sunday 6th April</b> - Roman Bath Excursion	£26	£25	£23
<b>Monday 14th April</b> - West Midlands Safari Park (Including Admission)	£39	£38	£37
<b>Saturday 19th April</b> - Skegness Holiday Seaside Special	£17.50	£16.50	£15.50
<b>Sunday 20th April</b> - Easter Sunday Bridlington	£20	£19	£18
<b>Monday 21st April</b> - Bank Holiday Monday Whitby	£21	£20	£19
<b>Thursday 24th April</b> - Twycross Zoo (Coach Only)	£16	£15	£14
<b>Monday 5th May</b> - Bank Holiday Blackpool Seaside Special	£20	£19	£18
<b>Sunday 11th May</b> - Hampton Court Palace (Including Admission)	£55	£47.50	£36
<b>Sunday 18th May</b> - Liverpool / Albert Docks	£21	£20	£19
<b>Sunday 25th May</b> - Windsor Castle/Legoland (Coach Only)	£22	£21	£20
<b>Monday 26th May</b> - Bank Holiday Skegness	£17.50	£16.50	£15.50
<b>Wednesday 28th May</b> - Great Yarmouth Day trip	£24	£23	£22
<b>Sunday 1st June</b> - Shrewsbury Prison Tour (Including Admission)	£40	£39	£38
<b>Saturday 7th June</b> - Mystery Day Trip	£18	£17	£16
<b>Sunday 15th June</b> (Father's Day) - "Oxford the City of Spiers"	£21	£20	£19



# SHORT BREAKS 2025

## Friday 21st March

### *Gin + Sightseeing Weekend*

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## Friday 2nd May

### *ABBA Voyage – 2 Day London Break*

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From £269 per person

## Sunday 6th July

### *Coronation Street – Walk the Cobbles*

Price Includes: Tour + Bed & Breakfast Accommodation  
at the Trafford Hall Hotel + Visit to Chester on Day 2  
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## Friday 5th September

### *Liverpool Weekend – Stopping at the Adelphi Hotel*

Price Includes: 2 Nights Dinner, Bed & Breakfast Accommodation  
– Executive Coach Travel  
From £205 per person



## Monday 3rd November

### *Disneyland Paris 4 Day Break*

Price Includes: Executive Coach Travel throughout,  
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## Saturday 6th December

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WEST LANE (OPP. CO-OP) - EDWINSTOWE

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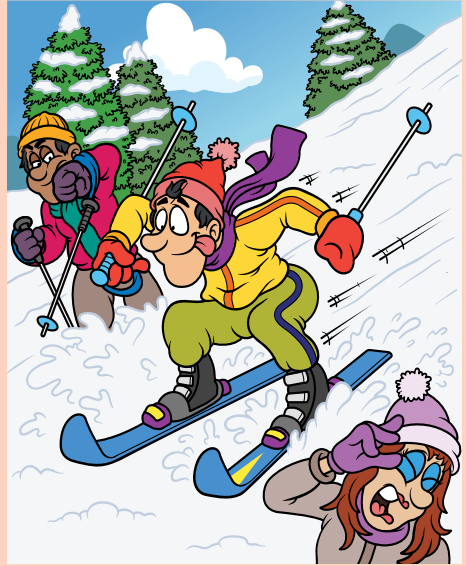
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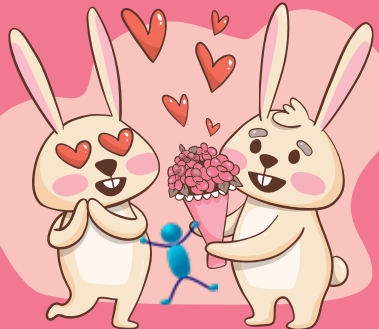
There are 10 differences between the two images below. How many can you spot?



## Valentine's Wordsearch

R	O	M	A	N	C	E	S	T	R	A	E	H
L	C	O	V	E	M	S	U	O	R	O	M	A
W	I	A	P	R	E	C	I	O	U	S	E	A
E	P	D	S	W	E	E	T	H	E	A	R	T
D	A	V	O	A	D	N	O	D	L	D	F	H
D	S	D	E	L	N	I	R	T	O	O	L	S
I	S	R	O	N	I	O	P	H	P	R	O	I
N	I	O	E	T	U	S	V	U	E	E	W	R
G	O	M	W	O	E	E	E	A	C	R	E	E
T	N	E	M	E	G	A	G	N	E	V	R	H
L	F	O	R	E	V	E	R	D	O	I	S	C
P	O	E	T	R	Y	I	S	L	N	M	I	N
N	O	I	T	O	M	E	E	G	E	N	I	W

- |          |            |            |
|----------|------------|------------|
| ADORE    | ENGAGEMENT | RING       |
| AMOROUS  | FLOWERS    | ROMANCE    |
| CASANOVA | FOREVER    | ROMEO      |
| CHERISH  | HEARTS     | SUITOR     |
| CUPID    | IDOLISE    | SWEETHEART |
| DOLE     | LOVE       | VENUE      |
| ELOPE    | PASSION    | WEDDING    |
| EMOTION  | POETRY     | WINE       |
|          | PRECIOUS   |            |



## Richard Ballard and Julie Peacock are 2 of Ollerton's first-ever Slimming World Icons

**T**wo super slimmer's from Ollerton have been named 'Slimming World Icons' – jointly winning a brand-new competition designed to celebrate standout Slimming World members who have transformed themselves inside and out.



With a combined weight loss of almost 14 stone Julie and Richard were both delighted to be nominated for the title by their fellow members at the Ollerton Friday morning group.



Both Julie and Richard, followed Slimming World's Food Optimising eating plan, which encourages slimmers to fill up on healthy, satisfying foods like fruit and veg, pasta, rice, potatoes, lean meat and fish so they lose weight for good without going hungry or feeling deprived.

Both Julie and Richard say they've made friends at the group, including each other, and going along each week has helped to keep them accountable and focused on their goals.



Emma who runs the Ollerton Friday Morning group which they attend, says: "I'm so proud of Richard and Julie and the inspirational way in which they've achieved their weight loss goals – they really are iconic!"

**To find out more about your local Slimming World groups visit [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk)**



### **TUESDAY**

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### **WEDNESDAY**

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### **FRIDAY**

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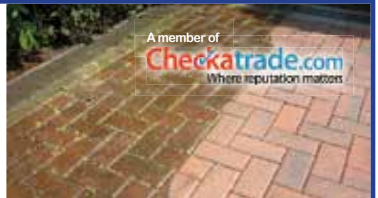
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## The Furniture Project Nottinghamshire celebrates National Lottery Community Fund Success!

The Furniture Project Nottinghamshire is celebrating receiving £ 166,234 from The National Lottery Community Fund. This grant will help us to fund two drivers over the next 3 years. Our drivers collect donated items of furniture and household items all over Nottinghamshire, Bassetlaw and Nottingham City. This funding means we can cover more areas and have more vans out on the road collecting donations. More donations mean we can help more people via our referral service which provides subsidised furniture to people most in need within our communities

### Our aims include:

- To relieve the effects of poverty for disadvantaged people and help reduce need, hardship or distress by offering a provision of subsidised furniture and other essential household items to those in need. This is done via our referral service.
- To promote the 3 R's (Reduce, Reuse, Recycle) and reduce the amount going to landfill and thus help to protect our environment. We can reuse furniture and household items as long as they are still in good condition and can be passed onto someone else.
- To offer volunteering and work placements to help people get back into paid employment or add a new dimension to the lives of those who are retired or in part time employment.
- To provide 'community payback' opportunities for Nottinghamshire Probation Service placements.

The Project began back in 1992 after a small pilot project was initiated by the Community Development Project and Unemployed Centre, based at the Dukeries Complex following an idea by community worker Rosemary McDonald. The pilot was given garage storage space by Nottinghamshire Community Housing Association and the very first seeds of the Furniture Project were sown. In August 1992 with the first grant funding in place the Furniture Project was officially formed, and we purchased our first van. The growing demand for our services meant that the original garages were far too small as a storage space and so in October 1992 we moved to a unit on Boughton Industrial Estate, where we remain today but now with 3 units and a shop on Ollerton High Street. From these humble beginnings the Furniture Project Nottinghamshire has grown to be the largest furniture reuse project in Nottinghamshire, operating five vans 6 days a week collecting donated furniture and delivering subsidised referrals of furniture and household items to people in need.

Last year (1st April 2023 -31st March 2024) the Project collected 12,871 items with a combined weight of approximately 327 tonnes which was diverted from landfill and either reused or recycled and we were able to deliver furniture and household items to 1067 families who were struggling to make 'a house a home', thus helping 2457 individuals in need with the basics such as a sofa, a bed, a table, chairs and electrical items.

### How can people support the project?

People can support our Project by donating any unwanted furniture and household items to us. We offer a free collection service as long as the items are in good, reusable condition. We take furniture, electrical items, clothing, bric a brac, bedding and white goods. If you are a taxpayer and you Gift Aid your donation, we can also claim an extra 25% from any funds raised from the government.

People can also choose to buy second hand rather than new and everyone is welcome to visit our shop and warehouse to purchase from us. This not only raises vital funds for our Project but also helps to reduce items going to landfill and so in turn protects our environment.

We also need volunteers to help run our Project and sit on our management committee. So, if anyone would like to get involved then get in touch with us.

We have a Facebook page that people can follow to keep UpToDate with what is happening at the Project, what we have for sale and general news. This is: [www.facebook.com/thefurnitureprojectnottinghamshire](http://www.facebook.com/thefurnitureprojectnottinghamshire)



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Made using the all-in-one method, this easy dessert baked in the slow cooker is guaranteed to impress – and help banish the winter blues! Serve with slices of banana and cream for an extra indulgent touch.

## Ingredients

- 3 ripe bananas, roughly mashed
- 50g salted butter, softened
- 100g light brown soft sugar
- 1 egg, beaten
- 1 tsp vanilla extract
- 2 tbsp tahini
- 5 tbsp milk
- 75g self-raising flour
- 2 tbsp cocoa powder
- ½ tsp bicarbonate of soda
- 100g plain dark chocolate (70%), chopped, or chocolate chips

## To serve

- Sliced bananas (optional)
- Softly whipped cream or pouring cream

## Method

1. Take 2 large sheets of non-stick baking paper and double-line the slow cooker bowl.
2. Add all the pudding ingredients, except the plain dark chocolate, to a large mixing bowl. Whisk together until you have a smooth batter. This is easier if you have an electric whisk. If you don't, add and whisk in the ingredients one at a time, following the order in which they are listed above.
3. Stir in the chopped chocolate or chocolate chips and pour the mixture into the prepared slow cooker. Level off using a spatula or the back of a spoon. Cover and cook on low for 2-3 hours until the pudding has firmed up (excluding the melted chocolate chunks, which will create little pools of chocolate). The top will look glossy when cooked.
4. To serve, spoon from the slow cooker, or carefully lift out and cut into wedges. Serve warm or cold with slices of fresh banana, if you like, and cream.



Recipe extracted from *Quick Prep Slow Cook* by Charlotte Pike, published by Hamlyn, price £16.99, with photography by Charlie Bard.

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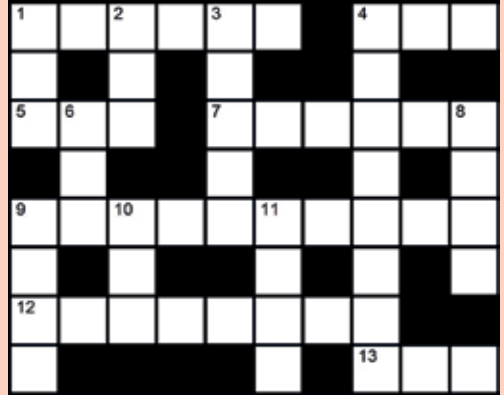
## SUDOKU

			6			
4		5	1	6		2
	7	5	2		1	
8						9
	5	9	6		7	
1						6
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		4				

## MINI CROSS

Solve the anagrams then put the words into the grid

ACR	DRY	KLOO	AGGIZZ
AGO	EGT	CEHW	BCDEIMNO
APT	IPZ	AALMR	EIOOPPST
CPU	IMOT	ACIMOT	CEILMOOOTV



## PICTOGRAM

4 words

CANADA V ECUADOR

3 words

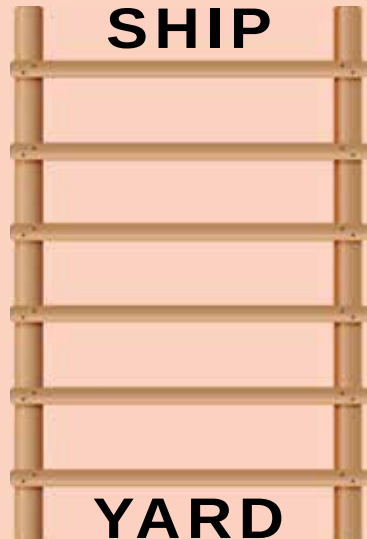
LOAUTUMNVE

2 words

TITAN  
 GANYMEDE  
 → PHOBOS  
 EUROPA

## WORDLADDER

Change one letter at a time (but not the position of any letter) to make a new word moving from top to bottom.





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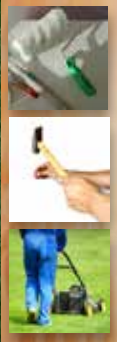
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# Trees, please!

By Caroline Knight

February is a great time for thinking about practical improvements which could help transform your garden. One of these is the exciting proposition of planting a tree. February is well within the bare-root season and prices are as low as you're likely to find.

## Ground work

A garden without a tree feels strangely lacking in purpose, though you have to be careful if you have a small plot. It's all about choosing the right tree for the space, together with adequate preparation. Tree roots tend to take the path of least resistance and need space underground to prevent what is known as root heave, where roots push up the paving above. Prepare the soil well so roots don't congregate at the surface.

The amount of space which is generally adequate between a tree and a building is around two thirds of the maximum height of the mature tree. A tree specialist should be consulted for more accurate advice. Remember that a root barrier will allow trees to be planted closer to buildings.

Other factors such as loss of light and debris from falling leaves, seeds or fruit should also be taken into consideration when choosing a tree.



Amelanchier in spring

## 6 beautiful small trees

**Acers.** Select an appropriate variety. Some Japanese Acers measure under two metres at maturity, but other maples, as they are often known, can grow to 40 metres!

**Amelanchier.** This large shrub, also known as the Juneberry or snowy Mespilus, provides interest over different seasons, making it an excellent choice.

**Crataegus.** Hawthorn trees are an ancient species commonly found in hedgerows. There are also cultivars with pink and red blossom which make ideal garden specimens. Birds love the berries.

**Euonymus.** The native spindle is a remarkable large shrub which has fiery autumn foliage and beautiful fruit. Its pink berries burst open to reveal orange seeds. Loved by wildlife, the cultivar E. 'Red Cascade' is wonderful in a garden.

**Malus.** The crab apple is ideal for many small gardens, with spring blossom and edible fruit coveted by birds. It's a winner for wildlife.

**Prunus.** Who doesn't love a flowering cherry in spring? Check the height and spread if it's for a small garden, as some can grow into a medium-sized tree.

## Reduce your workload

Give some thought to your upcoming workload. Many people employ help outdoors during the growing seasons, and often all year round. The easing of a burden can be a very positive move and one which can bring new enthusiasm.

Consider contracting out your least-enjoyable tasks. Do you detest mowing the lawn or cutting hedges, for example? Cleaning the patio and paths is another job you might prefer to be without, yet someone locally will be pleased to help.

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**Minicross**



**Across:** 1 ZIGZAG, 4 CAR, 5 PAT, 7 ATOMIC, 9 LOCOMOTIVE, 12 OPPOSITE, 13 DRY.

**Down:** 1 ZIP, 2 GET, 3 ALARM, 4 COMBINED, 6 AGO, 8 CHEW, 9 LOOK, 10 CUP, 11 OMIT.

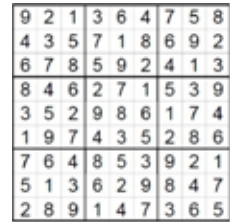
**Pictogram**

1. Man of the match
2. Fall in love
3. Full moon

**Spot**

1. Skier trousers different colour
2. Lady's eyes shut
3. Far man hat different colour
4. Skier's goggles missing
5. Triangle detail on ski missing
6. Handle on ski pole missing
7. Zip on lady's coat missing
8. Mountain missing
9. Man in snow missing
10. Strip on far man jacket missing

**Sudoku Hard**



**Wordladder**

others may exist

SHIP skip, skid, said, laid, lard, YA



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