



Clarborough & Welham Newsletter

Autumn 2011

Produced and distributed by Clarborough & Welham IT Group

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From the Editor

Our community is now firmly on the map! A quick online check of Google reveals our community website (www.clarborough-welham.org.uk) now on the first page of a Google's search when **clarborough** is entered as the search term. In January we had to go to the fourth page of results to find our site. Much of this improvement can be explained by 'networking' - encouraging other sites to include links to ours. A quick check of Yahoo.uk showed us second and we are still on the first page of Yahoo's international version.

This progress has potentially very significant implications for our community because Google is the most used search engine **on the planet** which means that anyone, anywhere, who uses the internet to search for *Clarborough* has a high probability of exploring our website. The business implications are immediately apparent as are others such as our planned expansion of genealogy resources.

Do remember that even if you don't have computer/internet access at home, all Nottinghamshire libraries have FREE facilities for you to use their computers to get online – just phone ahead to book a computer. And if you want to get even more 'helping hands' to get you online, why not check out your local IT Group – see their advert elsewhere in this issue.

Clarborough & Welham Newsletter is provided free to every household in our community. Most community newsletters charge for their services but thanks to generous support from both our Parish Council and IT Group we are able to offer a free service. A dedicated group of volunteers distribute copies. This arrangement does, however, mean that we are only a quarterly publication so our sister website is even more important as a 'quick response' medium for releasing important information into the community. As one recent example, the full text and maps of Nottinghamshire County Council's announcement of A620 road closure can be found in our website's *Latest News* section. Just by chance this notification reached your editor just two days before deadline for this issue – a little later and it would not have appeared in these pages. It was published on our website within minutes of receipt.

Check www.clarborough-welham.org.uk regularly!

Clarborough & Welham Parish Council

The following are some of the current issues that the Parish Council is trying to resolve, sometimes from its own resources but often by pursuing other responsible bodies - usually either the County or District Council.

The Parish Council has ongoing concerns at Little Lane, although some work has been carried out by the County Council. The Parish Council will continue to seek to secure its status as a safe route to school (which was officially recognised during the planning for the new school) by ensuring that the surface is adequate, that trees are kept pruned and that any unauthorised vehicular use is challenged.

Children and young people in the village have asked for the Parish Council's help and support to develop the small play park in the Gill Green / Smeath Lane area, possibly including the development of a skateboard facility.

The playing field associated with the old school is another area the Parish Council is trying to secure for the benefit of the villagers.

Lack of suitable access for disabled people has been identified as an issue at the top church graveyard. The Parish Council is attempting to resolve the matter via the appropriate bodies. County Council cutbacks will reduce their level of maintenance on public footpaths and bridleways to one cut per year compared with two in previous years. The Parish Council has contracted Holmes Groundcare Maintenance to ensure that at least two cuts are carried out for the next two years. It is fortunate that, as a result of a Parish Council initiative, the County Council was persuaded to replace several stiles with kissing gates last year whilst funding was still available. The Parish Council is working with the County Council to

ensure that access to the canal tow-path is available near the Gate Inn.

The Parish Council has written to County Highways and asked for the 30mph speed zone in Clarborough to be extended to the top of the hill and for a 20mph 'school zone' each side of the Hillview Crescent junction.

Highway issues in Welham include requests for improvements to the signage on Leverton Road at the junction and improvements to visibility for traffic entering and leaving Little Gringley Lane, as well as attempts to reduce use of this narrow road for 'rat-running' which causes damage to roadside properties.

The long-standing need for a bypass is regularly brought to the attention of the County Council, in the context of ongoing issues at the low bridge and also on Smeath Lane. In the opinion of the Parish Council the Smeath receives insufficient attention by the highway authority, given its significance as the diversionary route for high vehicles, even being excluded from main-road

Parish Council Meetings (Autumn 2011):

12th September

3rd October

7th November

5th December

**All start at 19:00
in the Village Hall**

winter gritting when supplies ran low. Other issues highlighted to the County Council include inadequate maintenance standards, the need for traffic lights and/or a pedestrian footbridge at the canal bridge and their recent decision to undertake only patching rather than resurfacing - and even that only covered the section beyond the canal bridge.

Although primary responsibility rests with the

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County, the Parish Council is providing several extra salt/grit bins around the village in good time for any adverse winter weather.

Other issues featuring regularly in discussions and follow-up actions from Parish Council meetings include the football field and play area, the desirability of restoring a post office /shop facility, dog fouling, routine 'street furniture' issues (notice boards, seats, litter bins), Neighbourhood Watch and flood prevention. Resurfacing of the Parish Council's driveway and car park at the village hall was recently completed; the Parish Council endeavours to help and support village organisations whenever appropriate, including the Community Association which operates the hall for the benefit of the village.

For the future, we shall shortly be preparing a budget for 2012-2013 for implementation by a newly-elected Parish Council next May; we would like to hear your views on what we should include in it, in order to give the new Council adequate resources to improve and enhance our village.

Clarborough & Welham Parish Council

From your District Councillor

Yes, I know it's a long time ago, but I'd like to congratulate Village Ventures on yet another successful weekend in June. I am aware of the many meetings that had to take place and the continuous planning – from the miles of bunting to the buying of the trophies for the dog show – but it was really worth it for such an outstanding success.

Another happy situation has been meeting on at least 3 occasions some young people who have joined together to form Clarborough Youth Group with the aim of planning and collecting money for a skateboard park and seating area. They are to be congratulated on their efforts so far, as they have already attended a Parish Council meeting to explain their aims, and before this Newsletter is printed, it is hoped that they will have organised and taken a meeting for the whole of the village. It is not easy, at their age, to take control but it has

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been a pleasure to meet them and hopefully help them. They are a credit to themselves and their families.

I've also had the pleasure, as your Council representative and a Governor of Tuxford School, to visit the school and help at their Mock Interviews. The students took the situation seriously and had written a CV and letter applying for a job on Work Experience. They were a true delight and give you much hope for the future.

Kath Sutton

Bassetlaw Animal Warden Service

Stray Dogs: The service has a statutory duty to respond to reports of stray dogs during normal office hours (Mon-Fri)*. Outside these hours, members of the public can take strays to Carlton Forest kennels (0781 111 7067). **If a stray is aggressive or affecting traffic, call the police.**

Dog Fouling: Fouling in a public place should be reported to us* with as much detail as possible.

Barking Dogs: Statutory noise nuisance legislation may apply. Report to us* and Environmental Health officers will investigate.

Microchipping: We run a microchipping service for dogs and cats for Bassetlaw residents at £13.00 per animal. Home appointments can be booked – phone our office*.

Please contact us regarding any other animal-related issue. **However, to report animal cruelty issues, contact RSPA on 0300 1234 999.**

***Contact Nigel Barton on 01909 953 3219**

Want a thought-provoking read?

Try **Last and First Men** by Olaf Stapledon. Written in 1930, this is neither Sci-fi nor futurology, but it sure made this reader think!

Go away with peace of mind that both your pets and home are in safe hands



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A620 Clarborough Gantries Refurbishment

Nottinghamshire County Council are planning to undertake refurbishment works to the over-height vehicle warning gantries to Railway bridge near Welham Village on the A620.

The works involve clean and re-painting of the Northern gantry and the repair of the Southern gantry which has sustained some impact damage, this will require the gantry to be dismantled and repaired/painted off-site. In the absence of the Southern gantry over-height vehicle warning will be maintained by the electronic-eye system.

The works are planned to be undertaken during full road closure on Sundays only on the following dates 18 & 25 September and 2 & 9 October, 4 weeks have been provisional booked, but we are hopeful that the works could be completed within 2 Sunday closures. Advanced warning signs regarding the closures will be erected a minimum of 2 weeks before works commence on site. Access shall be maintained to the residents of Welham Village who will be informed of the upcoming works via a letter drop.

During the road closures a signed diversion route will be provided along the standard over-height vehicle route.

During a site visit a resident of Welham asked if the gantries could be painted a different colour such as green, it is proposed to re-paint the gantries a dark green (14C39 to BS4800) which is the standard colour used for bridge parapets in the County.

Editor's note: A full copy of this note together with accompanying map and notices is posted on our community website in *Latest News*.

Notts County Council contact point is:

George Peszynski
Project Engineer - Highways Design (Highways & Structures)
Environment and Resources
Tel. 0115 977 4773 Fax. 0115 977 2406

Starting family history?

at Clarborough Village Hall
from 6th September 2011
£20.00 for 10 x 90mins classes
Group size: maximum 12
Tuesdays 19:00-20:30

Topics include:

- Types of sources – images, transcripts and indexes and their strengths and weaknesses.
- Birth, marriage & death certificates – getting & decoding them.
- Parish Registers - access them locally or online.
- Electoral Registers – how to find and use them.
- Military records – National Archives, Commonwealth War Graves Commission and Ministry of Defence (for service records).
- How to get free genealogy software.
- Visit to a local library/archive for hands-on experience including microfilm and microfiche practice plus free online access to Ancestry data sets.

Enrolment at Clarborough Village Hall on Saturday 3rd September from 10:00 – 12:00.

Clarborough & Welham IT Group
www.cwitgroup.btck.co.uk
or call Greg (01777) 700 918

School Holidays?

Need to check dates – to plan holidays or get cheaper deals outside school holidays?

Notts. website (www.nottinghamshire.gov.uk) has dates through to summer 2013. Just follow *School holiday dates* from *Quick links* on the left of their homepage.

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Community Group Websites

Church: www.cwchurch.btck.co.uk
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Scouts: www.clarboroughscouts.btck.co.uk
W.I.: www.clarboroughwi.btck.co.uk
Village Hall: www.clarboroughvillagehall.btck.co.uk
Clarborough Village Ventures: www.clarborough-v.btck.co.uk

Excursions:

28th Aug.	Sunday Drive
31st Aug.	Upton House & gardens
3rd Sept.	Buckingham Palace
12th Sept.	Chesterfield Well Dressing
16th Sept.	Harrogate Flower Show
6th Nov.	Crafts for Christmas NEC B'ham
26th Nov.	Knitting & Stitching Show Harrogate

Theatres:

24th Sept.	Ghost- London
13th Nov.	Disney on Ice - Sheffield
18th Nov.	Thursford Christmas Spectacular
10th Dec.	John Rutter - Royal Albert Hall
11th Dec.	Military Tattoo - Birmingham Arena
28th Dec.	Sleeping Beauty - Nottingham

Kettlewells

Multi-day trips (for a full list see contacts below):

4-8 Sept.	Norfolk & Suffolk
11-17 Sept.	Scotland
20-24 Sept.	Norfolk-houses & gardens
5-10 Oct.	St Agnes-Cornwall
13-17 Oct.	Isle of Man
31 Oct-4 Nov.	Turkey & Tinsel - Wales
2-4 Dec.	Waddesdon Manor

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Clarborough School News

Class 4's Trips to Doncaster Rovers

Over the last six weeks we have been doing all sorts of different, exciting activities. Every Wednesday we went to Doncaster Rovers in the morning. Doncaster Rovers are a football club and football team.

Weeks One & Two: We had a **cool stadium tour**; we filmed, we went to the media stand, restaurant and stadium.

Week Three: Orienteering – we put co-ordinates on the map, finding places and then finding maths problems. We had to work around the stadium ourselves. We had to tell the camcorder what were our favourite biscuits, or if we could be a super hero what kind would it be? We were also asked what our favourite movies were.

Week Four: Club Shop. We pretended to be the club shop managers for the morning. We had to find the prices for teddy bears, teddy bear in the football, t-shirt, football, car dice, tie and the dog lead. Then we had to tell the camcorder why we would like the items.

Week Five & Six: Movie editing. This was really cool because we used Apple Mac computers. The program we used made our DVDs look really professional. We put some transitions in to split from one slide to another.

We all enjoyed going to Doncaster Rovers Playing for Success.

Amy & Charlene

Family Learning Project

Pupils and parents/carers will start to survey the churchyard memorials from September. Get involved! First meeting 14th September at 15:15.

WRVS Take Time to Listen telephone Befriending Service

From July 2011, WRVS have been rolling out its Telephone Befriending Service across the whole of the Bassetlaw region following a successful pilot in Manton.

We can support anyone over the age of 55 who lives in the Bassetlaw district with a long-term health condition. We accept referrals from healthcare professionals, and we can also accept self-referrals. We also offer support to Carers. This FREE service aims to support older people in their own home. Our team of friendly volunteers phone older people on a regular basis to offer a friendly chat and a listening ear. The service begins with a face to face meeting where our staff get to know the likes and interests of our service users.

Our Co-ordinator can also signpost to other sources of help and support.

If you would like to know more about the scheme, please ring Claire Staley, Service Co-ordinator on Retford (01777) 707 547 or 07834 049 754.

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Clarborough Village Ventures

Village Festival and Ceilidh

Over the weekend of 5th & 6th June the weather was very kind to us. An action packed day on Saturday with a brilliant dog show and many things for adults and children to have a go at including archery, bouncy castle, donkey rides, even a demonstration of hand spinning (you can't say we don't try to cater to all tastes!) Lots of stalls and sideshows and also a village hall packed to bursting. Sunday had an emphasis on vintage

vehicles, including tractor run, vintage cars and steam engines across at the Kings Arms. Still with plenty of attractions for people to browse around and the tug o' war competition which was won this year by a team from Hayton; come on Clarborough – time to get in training for next year!!!



[Above] Day 1 Adult Archery Champion Andy Hardie Jr. & Abigail Bean

[Right] Day 2 Adult Archery Champion Andy Hardie Jr. & Tod Carline

The Ceilidh with Pinch o' Snuff was fantastic and those who attended could be spotted on the Sunday as they still had sore feet! Thanks go to Paul and Emma at the Kings Arms for producing the most superb pie and peas for this event.



First prize in the Grand Draw (Car Service & Valet, kindly donated by MJM Motors & Clarborough Car Sales, Howbeck Garage) was won by Rebecca Tuddenham, 2nd prize (£50 meal donated by the Kings Arms) was won by Jenny Stockdale and 3rd prize (luxury food hamper) won by Lesley Keating.

Dog Show results:

Best Child handling - Jake Haxton with Lea
Best Rescue - Lynn Tavinder with Molly
Best in show - Ann McCorkell with Jake
Best 6 legs - Joel Chapman with Billy
Prettiest bitch - Morgan Slinger with Flo
Most handsome dog - Lilly Carline with Buster
Fancy dress - Elizabeth Banks with Jock
The dog most like its owner - Mr Wyld with Seth
The dog the Judge would like to take home - Paul Mettam with Reggie
Show organisers thanks everyone who took part, judges Mel & Brian Harris and volunteers – hopefully see you next year!

We will soon have a total for monies raised which will be distributed to village causes. Any society, or club needing help - please contact Andy Hardie (705 877) before September 28th; we will do our best to help.

C.V.V.s next village event is a Victorian afternoon on December 4th in St. John's Church starting at 13:00 to include stalls, hot food, brass band and carols. More details in this Newsletter's Winter issue.

Ideas for events you would like organised in YOUR village, get in touch (705 877 or 705 616)



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Clarborough & District WI is 50.

Clarborough & District W.I. celebrated their 50th Anniversary on Monday 13th June, 2011. The group welcomed five past-presidents, founder and early members together with current members. Excellent refreshments were provided by Richard and his staff from the Brewers Arms, Clayworth. Entertainment by Moonlight & Rosie duo was followed by a toast and cutting of the cake:



[Above] Maureen Ashby, Chairman of Nottinghamshire Federation of Women's Institutes (left) with Margaret Campbell, President of Clarborough W.I. cutting the celebration cake.

Photo by Barrie Codling

Strawberry Tea

Mr & Mrs Cobb hosted a very successful event at which £126.00 was raised for W.I. Funds.

Twinning

Clarborough & District W.I. is now twinned with Hook W.I. (nr.Goole); we hosted a 'get-to-know-you' event on 11th July to be followed by our visit to Hook in the near future.

Senior Citizens Tea

Members served sandwiches, cakes and refreshments to some 56 locals who, by all accounts found the opportunity to renew friendships and 'have a good chat' very pleasing.

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Alternative Alternative Energy 1

Have you ever stood at the top of Howbeck Lane where the road runs out near to where the telecoms mast stands? Glorious views in all directions across our ‘green and pleasant’ land! Come winter or summer the landscape is wide and open. OK so the power stations aren’t what you would call “pretty” but the distant views of Lincoln Cathedral may make-up for that. Now imagine being there in ten years time. To misquote the famous poem by Alfred, Lord Tennyson “windmills to the left of them, windmills to the right of them, windmills in front of them . . .” etc. That will be the view if plans already submitted, or those still in early suggestion stage, are all passed! One set of plans for 10 wind turbines is at the appeals stage, having been rejected by local people and Bassetlaw District Council. The appeals process is far removed from our area and will not consider the views of local people, just national guidelines. One set for 15 turbines has been suggested but has not yet gone to planning and a third set for at least 6 turbines has just been mooted (with a suggestion that even more would be possible on this site!). This is a total of 31 turbines stretching from Cottam to Gainsborough. And these are only the ones we have been informed about – how many more are being thought about? And once one has been passed we all know what is likely to happen. Don’t be fooled by the rhetoric and “bribes” (ie suggestions that they will fund this or that project in the area) of the developers. These will be the highest wind turbines in the whole country and as such they will dominate our landscape. They will be as tall as the cooling towers at West Burton power station but spread over many square miles of farming landscape. The group of 31 (+ ?) will also be one of the largest land based collections of wind turbines anywhere in England (Incidentally, there are very few in the counties around London. I wonder why!!) Apart from the visual impact there is the noise impact of these turbines across the villages. This is very difficult to assess as many comments are based on old turbines which are noisier but smaller. The nearest I have been to replicate the noise is to a wind farm near Normanby Hall, near Scunthorpe, in Lincolnshire. A new wind farm, where I could stand within 100 metres of the nearest turbine, it was only commissioned last year. There was the normal “swish” (or “swoosh”) as each of the 3 blades passed the turbine tower.

This was not loud but definitely there. It was not unlike the sound of the sails of an old fashioned windmill, but deeper. However, as soon as the wind started moving the surrounding trees the sound of the turbines was quickly drowned out – even at only 100m. This was a surprise to me! I suspect that any further from the wind farm and other noises in the surroundings will normally hide those of the turbines. So noise may not be the problem anticipated unless you have a specific low frequency hearing impairment.

More modern wind farms do, of course, have more modern technology but are also being built on higher and higher pylons. This means that the noise travels further. The noise “footprint”, or “envelope”, is larger.

Why do we need turbines? Basically because the EU says we have to reduce our carbon footprint! Nottinghamshire already officially has the number of turbines it “should” have, but Bassetlaw District Council has designated the whole of Bassetlaw as an acceptable place to put more! For the developers the big advantage of our area is the infra-structure associated with the power stations. They do not need to build too much extra grid cabling as they can tap into that which exists at the power stations. The other advantage for them is that the area is considered “spoilt” landscape because of the power stations!

So – heads they win, tails we lose!

Putting aside the visual and noise impacts of turbines, are they not a good thing? Well, not exactly! They are even less efficient than the power stations (25%, compared with 40% for a coal fired station) and, as we can all work out, they do not work if the wind speed is too low. Perhaps more surprisingly, neither can they work if the wind speed is too high as they would be shaken off their foundations! Therefore, they require back-up power sources like the new gas turbine station at West Burton - we get the worst of all worlds!

Why do the power companies want them then? Because they are relatively cheap to build, the companies receive government subsidy and there are plenty of landowners quite happy to take the massive rentals which the power companies pay out for the land on which each turbine stands. Oh, and it makes the power companies look “green”!

Why not build them? It is very old technology, it is inefficient and because of the impact they have on the landscape and the people living in the surrounding area – ie us! But heh, who cares about us?

Paul Willcock

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Solar PV (Photo Voltaic) Power

There is a lot of talk these days about the use of solar energy to generate electricity and we are being bombarded by adverts extolling the benefits of installing solar panels to this end.

I had solar panels providing hot water installed on my roof some years ago. While I cannot quantify the savings, I do know that the technology works and that I am saving some money as a result of this installation. Given this, I decided to look into the use of solar panels to generate electricity. I contacted Solar-ENLES to find out what they had to say, and then checked out all the projected income etc. before going ahead with the installation. I also checked with Bassetlaw District Council to find out about any planning issues and also any issues with building regulations. The panels were installed last December. What follows is an account of my experience since that date.

My installation consists of 6 solar panels with a maximum generation of 1.4 kilowatts. The panels are fixed to a frame with the frame being fastened to the roof timbers of the house. The electricity generated by the panels is DC, and this goes through an "inverter" to convert DC to AC. The AC electricity then goes through a meter before getting to the mains. I have entered into a contract with British Gas (my supplier) to supply them with electricity for which I am paid every 3 months for the electricity generated during that period. During the first month of use, starting on 9th December, my installation generated getting on for 35 units (kWh) of electricity, with a further 55 units being generated in the month to 9th February. On a totally clear day in December some 3.5 kWh was

generated. By early February this had become almost 5.5 kWh. The projected income from my installation is somewhat more than £500 per year. To meet this target, the installation needs to generate an average of about 3.5 kWh each day. On the evidence to date I expect to generate more than this.

The projected income from a solar power installation is calculated using official government figures. These figures use a national average of 800 hours of sunshine each year. North and South Wheatley is one of the driest areas in the country, so we probably get more hours of sunshine than the average. The calculations also take into account any shadow which falls on the roof. The so called "feed in tariff" of 41.3 pence per unit is guaranteed for 25 years and applies to installations with a capacity below 4 kilowatts. It is expected that this tariff will be reduced next year (also that the cost of installing solar power will be reduced by then).

My property is a bungalow, with a roof which is very easy to access. Solar-ENLES arrived here at about 1pm on 8th December and the panels were installed just as it was getting dark. All very quick, especially taking into account the need to remove a significant amount of snow off the roof first. The installation was complete when the workers left here a bit after 6pm. Testing and commissioning took place the following morning.

I am quite happy to answer any questions arising from this article – by phone (01427 884 147) or email (alan.guest5@virginmedia.com).

Alan Guest
South Wheatley



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"The bitterness of poor quality service lingers long after the sweetness of price is forgotten"

Solar hot water

Readers may recall my initial report (Clarborough & Welham Newsletter, November 2007) outlining our experience of installing two solar hot water panels. Initial indications were that we could expect useful energy input, but figures were then scarce. Recently I have revisited this issue using data from our system's electronic controller. Average 'harvesting' time between 19th Dec 2006 and 4th July 2011 was 4.6hrs per day. Best performance is indicated by a few recent figures. On a really sunny day our hot water input from solar power was 5.56 kWh (14th July; wall-to-wall sunshine) and the poorest 0.38kWh per day (13th July; a uniformly dismal day) with an average close to 3 kWh per day. Compare this with our average annual electricity usage of 4.5-5.5kWh per day and you see solar hot water is far from insignificant. Generally we need no gas heating at all between April and October each year with significant hot water produced through winter whenever the sky is bright. Very rough 'back-of-envelope' calculations suggests that our installation will take several decades to pay for itself, although who can judge how energy prices may change in that period?

Solar electricity generation, however, is a totally different story promising 'payback' times in years rather than decades.

I will report back on our 'harvesting' experiences during winter 2011-12 to complete this picture. Our house faces south.

Greg Herdman
Clarborough

Coming soon

A simple (promise!) guide to Government finances in pictures (well, pie charts).

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Hypnotherapy and Emotional Freedom Techniques

I became interested in hypnotherapy many years ago, but embarked on a teaching career and put my interest "on hold" until about five years ago, when I decided to rekindle my old interest and train as a hypnotherapist.

I enjoy helping and supporting people, many of my previous jobs have included counselling and sympathetic roles, encouraging people in many aspects of their lives. Hypnotherapy allows me to continue to do this but as my own boss. Ultimately, I might combine my teaching experience with that of therapist, perhaps by training others.

Hypnosis is a state of hyper suggestibility where the conscious and subconscious mind disassociates to give a natural altered state of awareness. All of us have experienced hypnosis without being aware of it. An example is when we become so engrossed in a book/film or listening to music etc., and having lost track of time, or when you have been driving you cannot recall part of your journey. The role of the hypnotherapist is to assist the client to go into this natural, altered, state of awareness, and achieve a state where he/she is more likely to accept the therapist's suggestions. The therapist then uses the appropriate skills to bring about a positive therapeutic change, aided by the client's willingness, imagination and co-operation to bring such changes into effect. All normal people can be hypnotised to a greater or lesser extent; however, the person's motivation is the key to success.

Another therapy that I practice is Emotional Freedom Technique (EFT). This is a relatively new discovery based on the ancient healing arts of acupuncture, acupressure, shiatsu massage and reflexology, amongst others, which work with the body's energy system. This energy system is made up of invisible energy lines, called meridians that hold the key to many of the disturbances we experience in our daily lives. EFT is an extremely effective technique which works by tapping on specific points along the meridians helping to rapidly resolve many physical, mental and emotional problems. Balancing the body's energy can help with just about anything, and this is as simple as tapping on certain points on the head and torso whilst focusing on the problem. After stimulating the body's well established energy meridian points by tapping on them, mental, emotional and physical issues successfully clear

away emotional debris in the form of blocks in the energy meridians. EFT often provides relief of physical symptoms in the process of its use, which is unmistakable evidence of the link between physical ailments and emotional issues.

I aim to offer the best service and therapy, personalised for the clients' particular needs. The therapies I practice are safe and effective, and I aim to help my clients help themselves by providing them with the tools to help them reach their full potential in a warm, safe, caring and supportive environment. Therapy can help with a wide range of issues; the list below is just an example:

- stopping smoking
- assertiveness
- self confidence
- public speaking
- insomnia and sleep problems
- managing pain
- fears and phobias
- manage anxiety attacks
- relationships
- sports improvement and motivation

Andrea Mellors



**Hypnotherapy.
Emotional
Freedom
Techniques.
Life Coaching
and
Psychotherapy.**

These techniques can help with:

- stopping smoking, addiction & dependency
- weight loss and management
- stress and anxiety management, insomnia and sleep problems
- managing pain, fears and phobias
- relationships, sports improvement and motivation
- post traumatic stress disorder.

FREE initial consultation

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Contact Andrea: (01777) 810 212 or 0781 556 1784

PCSO Dave Airey's full monthly reports are always published on our community website (look in *Policing > Reports* for these and also Jenny Madin's Crimebeat articles).

Here Dave highlights some of the key themes from his most recent reports.

Over the last couple of months I have attended all the parish council meetings across the beat area. Several times (including Clarborough & Welham) I have been asked to introduce enrolment details for the new FREE Neighbourhood Watch scheme. Visit www.eastbassetlawcommunity.co.uk and read about neighbourhood alert for our area. It is a web based messaging system allowing authorised users like Neighbourhood Watch, Police, Trading Standards, etc to inform residents about crime and crime trends in their immediate area via phone, text or email.

For various ways to contact your local police use our community website. For non-emergency contacts use 0300 300 9999. For the anonymous Crimestoppers service ring 0800 555 111 **but in an emergency, always ring 999.**



Scotch eggs anyone?

For a great variation on a traditional recipe, try using a pickled egg instead of the usual hard boiled variety – fantastic!

Barry Roberts

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The Switchover Help Scheme - help you make the switch to digital TV

We can help you convert your TV to digital if you:

- are aged 75 or over; or
- get or could get Disability Living Allowance, Attendance Allowance, Constant Attendance Allowance or mobility supplement; or
- have lived in a care home for six months or more; or
- are registered blind or partially sighted.

The Help Scheme explained

We have been set up to help people to switch one of their TV sets to digital. If you are eligible for our help, we'll explain digital TV to you clearly and simply. We can install what you need in your home. And we'll make sure you're happy with how it all works.

Our standard offer includes:

- easy-to-use digital equipment;
- home delivery and installation if you wish;
- an aerial check and replacement if needed, where we can;
- a helpline and retuning advice;
- a 12 month digital TV aftercare service.

Over seven million people in the UK will be eligible to receive help. If you are eligible for the Help Scheme, we'll be in touch in plenty of time to ask if you want our help.

If your TV channels start to become unavailable from 7th September – you've not switched! All 'analogue' channels will have disappeared by 21st September. To get impartial advice, go to the official Digital Switchover website:

www.digitaluk.co.uk

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Planning for a knee replacement

Brian had a 'half-knee job' back in March before making rapid recovery that rather took his friends and colleagues (and probably surgeon too) by surprise. These are his notes and advice:

A knee replacement although not to be undertaken lightly is not something to be put off until "later" If you have pain when walking and your knee is swollen now is the time to visit your G.P. and start the investigation process, don't delay.

You will probably be sent for an X-ray to expose the extent of any damage; if appropriate you will be sent to see an orthopaedic surgeon for an assessment. It is important to see an appropriate specialist for your particular joint, they tend to specialise by joint. If your condition is ready for operation, you will be offered a procedure which will be explained including the risks.

There may well be a delay before the operation because of a waiting list, this is the time for you to plan your activities before the operation and try and assess how you will cope after the operation.

Shortly before the operation you will have a "pre-assessment" to determine your fitness to cope with the procedure. Your home conditions will also be considered for the necessary after-care.

The operation is a straightforward undertaking, not to be feared, this is the time for "positive thinking", the final outcome is down to you. The importance of early intervention is important don't put off the day, better to be done under your control or worse the condition is past the operating stage.

After the operation the extent and speed of your

recovery is largely in your control, don't regard yourself as an invalid, if you think you can do it you probably can.

Brian Grice

FlagFox

Try this add-on for Firefox web browser. It places a national flag in the address bar so that you can check the location of a website's server; very useful for checking for doubtful sites.

Fitness Classes at Clarborough Village Hall

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New: Fit Kids (dance-style fitness for boys & girls) **18:00-18:45**

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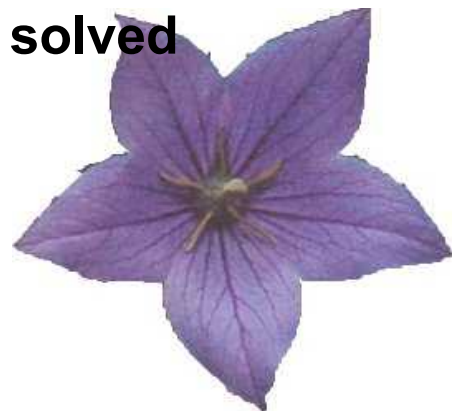
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From your County Councillor

My next Surgery is : Thursday 10th November 2011 at the Misterton Centre from 10:30-12:00

I have been visiting a few of our schools in the area recently and it occurred to me that not many of you know what I am involved in at the County Council. Two years ago I was lucky to be asked to chair the Education Standing Scrutiny Committee. This committee is made up of elected members and four statutory co-optees from an education background. The role of scrutiny is to look at areas of interest/concern with a view to carrying out reviews if the committee feel that is appropriate. The first review we did was on the subject of Apprenticeships which we felt, and still do, is a major area of concern for our young people. A review consists of bringing in witnesses from all areas surrounding the subject, to give us a better insight and also visit the many establishments in the county. We then complete a final report which has a number of recommendations that go before the Council's Cabinet who may base future action on them.

We have also conducted a review into Cross Border Movement whereby students may go to schools across the county boundary, trying to determine why this happens and what we can do to reduce it. Most recently we reviewed inclusion in schools; children with differing issues in main stream education and the challenges and benefits that may bring. Our next review is the Recruitment and Retention of School Governors.

The Standing Committee meets every 6 weeks, with a pre-agenda meeting beforehand. The review committees meet similarly and also have many outside visits as part of their programme. As Chairman I attend them all. It's hard work but worthwhile and enjoyable and, as I regularly drive down the A614, my thoughts are on what benefits there may be from the committee's work.

I can be contacted **at any time on 01777 860 219** (answer phone when unavailable) when I would be happy to talk to you or arrange to meet with if necessary and have a chat about your issues.

email cllr.liz.yates@nottsc.gov.uk

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Page Down

Fed up with having to scroll down web pages to get to important information or buttons at the bottom of the screen? Just tap the **Page Down** key to get there!

Vulcan B.2 XH558 is now based at Doncaster Robin Hood Airport.

To those with long memories, Robin Hood is better known as RAF Finningley, Cold War V-bomber base and scene of memorable airshows where Vulcans thrilled (and deafened) crowds!



Shareham airshow,
22nd August 2009.
Photo © Damien Burke

Arguably the most famous of the Finningley's Avro Vulcan Bombers was aircraft No. XH558. On 1st July 1960 XH558 was the first Vulcan B.Mk.2 to enter RAF service and was immediately transferred to No 230 Operational Conversion Unit at RAF Finningley before continuing its long career. XH558 has now been restored to flight by the Vulcan to the Sky Trust and the aircraft is displayed during the airshow season. On 29th March 2011 XH558 returned to her former home and Doncaster airport (Finningley) is to be her new home for the 2011 show season.

Anyone interested in supporting this venture (it costs some £19,000 per hour to fly XH558) should contact XH558's owners, Vulcan-to-the-Sky Trust, a registered charity.

For much more information, go to:

www.vulcantothesky.org or call 0845 5046 558

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Bassetlaw Community Minibus

The community minibus provides a number of excursions with local pick-ups. Just a few currently on offer include:

13th August (Saturday) Clumber Park
22nd August (Monday) Marshall's Yard
26th August (Friday) Hull – The Deep
29th August (Monday) Bridlington
10th September (Saturday) Whitby

for more details contact Bassetlaw Action Centre on (01777) 709 650 or go to our community website (www.clarborough-welham.org.uk) and follow Latest News > Out and About.

Clarborough Youth Group

Endeavouring to bring facilities for young people into our community, CYG need your support – keep an eye on our community website for up-to-date information.

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