

Clarbrough & Welham

Newsletter
Spring 2020

Plans for
Local VE75
events – see
page 5

Local NHS
Screening
programmes
see page 14



#Better in Bassetlaw



BASSETLAW
CHRISTIAN
HERITAGE



theWI
INSPIRING WOMEN



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Editor: Greg Herdman (01777) 700 918
clarboroughwelham@gmail.com

Advertising: Val Waring (01777) 708 181
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with generous support from Clarborough &
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From the Editor

Welcome to 2020 – we hope it will be good to you!

A quick glance down the contents of this issue to the left will confirm that there is a lot going on in our area. Regular readers will also note that I have re-organised the contents listing to include a new Health & Well-being section. This is a result of the steadily increasing volume of material that your editor is receiving from a wide range of providers and also reflects national endeavours.

Speaking of things national, it was with great interest that I sat in a recent Retford Business Forum meeting (I've been a member for years) to listen to a presentation about Plastic Free initiatives. A number of local businesses are already engaged in this movement and more will soon follow. Take a look at the article on page 11 for more on this crucial topic.

As I am composing this section of our Newsletter the sun is shining and although frostily chill out of the sun, it does make my mind wind on to local events such as our own Festival highlighted on the facing page. With local gardens opening for snowdrops (page 13), Hornby trains appearing in Clarborough Village Hall (page 6), Retford Amateur Operatic Society's centenary (page 12) and the wealth of events planned to commemorate the end of World War 2 in Europe – VE75, we have much to look forward to.

Going back briefly to Health & Well-being, it is interesting that Retford Hub is promoting veganism as a route to better health at the same time that an article appeared in New Scientist magazine (4th January, 2020) reporting experiments on switching to a vegan diet by members of its own staff. It does appear, from their preliminary results, that cutting down on red meat may have direct health benefits as well as cutting down on 'greenhouse gases' that result from livestock farming.

On a related note, breathing through your nose rather than mouth can have startling health result – take a look at page 15. Volunteering can also have long-term health benefits, particularly for those living alone (page 6). Finally for this topic, specialised local services ranging from Victim Care, lack of sleep issues, Cancer-support to specialised screening programmes show that much is available locally.

Finally, Retford Business Forum has asked to include the following brief extract from their longer Press Release that can be viewed from our community website's home page:

Want to help deliver Retford's Christmas Market & Lights Switch-on?

Meet the team - Tuesday 18th February 2020, 17:30pm – 20:00 at Spencer's on the Square, Retford

Retford Business Forum (RBF) has successfully delivered the Retford Christmas Market & Lights Switch-on for the last five years. It has a great team of volunteers and partners that plan and deliver its events. Would you like to be part of this team?

This is an opportunity to discuss with them what roles are needed in planning and delivering the Forum's events. If you would like to find out how you can help please come and talk to members of the team. It is a very informal event, just come along when you can and have a chat.

This year's Retford Christmas Market & Lights Switch-on will be held on Sunday November 29th.

Bassetlaw Youth Council Awards

On 17th December at Worksop's Savoy Cinema the first Bassetlaw Youth Council Awards were held. Eleven youth councillors were commended for their hard work and participation in the Youth Council and its projects. The



Chairman Cllr Merryweather came and presented the awards. Simran Uppal was voted the Youth Councillor of the Year by her peers. Simran (fourth from the left in the photo above) has been an active member of the youth council and has recently taken on the role of Chairman of the Nottinghamshire Young People's Board. After the awards the young people enjoyed a private screening at the cinema followed by refreshments.

Bassetlaw Youth Council Community Bulb Planting

Bassetlaw Youth Councillors, Blake Gray, James Drury, Malachi and Bronagh Carroll took part in the Community Bulb planting at Clumber Park on 16th November.



The National Trust planted 80,000 bulbs on the approach to the Kitchen Garden. The young people planted a range of daffodil bulbs around trees on the main pleasure grounds. They will return in spring to see the bulbs bloom. In February, BYC members will be visiting the park again to assist with tree planting.

Bassetlaw Youth Council meets monthly, alternately at Retford and Worksop Town Halls at 18:30. February and March meeting dates are 13th February (Worksop) and 12th March (Retford). If young people need transport, contact Vanessa Cookson: youth.council@bassetlaw.gov.uk



CLARBOROUGH 2020 FESTIVAL

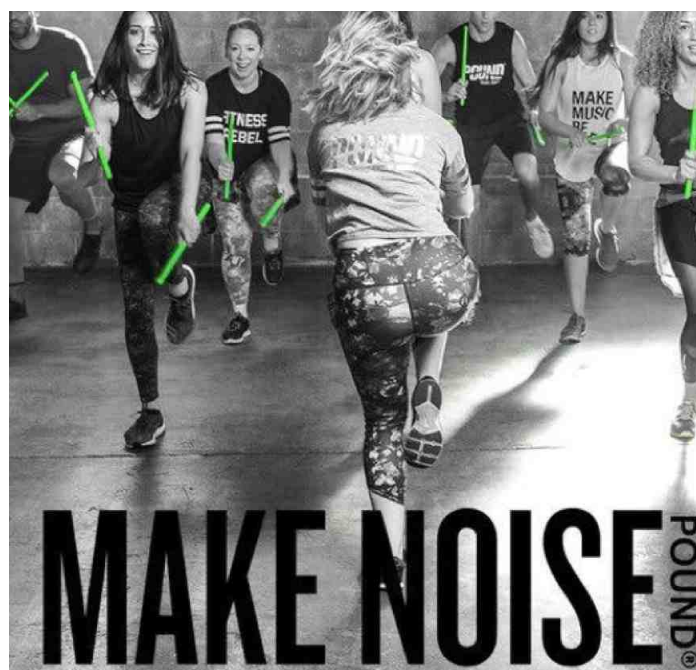
SUNDAY 17th MAY

STALL BOOKINGS are being taken - Book your pitch **NOW**

Find us on Facebook @
'Clarborough Village Ventures' or
Email: clarboroughfestival@gmail.com



Classic Cars, Motor Cycles & Tractors
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Thursdays @ 9.30am at Clarborough
Village Hall

A FUN full-body workout, using slightly weighted
drumsticks, that combines cardio, conditioning & strength
training with yoga & pilates inspired movements.

Contact Charlotte on 07817654782 or visit "POUND with
Charlotte" on Facebook

Retford Library refurbishment

Retford Library closed its doors on Saturday 7th December to allow work to start on an extensive refurbishment project, with the library due to re-open in Spring 2020.

Working with Nottinghamshire County Council and ARC Partnership, we aim to make the library more visible and accessible to the local community through better signage from Churchgate, easier to navigate shelving (which will also be able to be moved to create larger spaces for performances and cultural activities), as well relocating the local studies collection downstairs into the main body of the library to allow easier access for all to this amazing resource.

The children's library will also be relocated to the rear of the library creating a more bright and vibrant area for reading and activities. Leading out from this area the rear garden will also be improved with a new decked area and garden space.

Peter Gaw, Chief Executive at Inspire said: "Retford is one of the County Library services largest libraries and we're really proud of the community and cultural hub that it has become. The new refurbishment, one of a long list of libraries refurbished by the County Council over the last 10 years, will create a high quality and sustainable library building whilst reflecting the building's heritage. Providing better access to the unique heritage collection and making better use of the outside spaces are key improvements customers will see when we re-open."

During the closure you can:

- use your library membership card at any of our libraries across the county.

- renew your books online or by calling **ASK Inspire** on 01623 677 200
- visit our mobile library which will be based in Churchgate car park on Saturday mornings (09:30-12:30) until Saturday 18th April.
- make use of our extensive digital collection of eAudio, eMagazines and eBooks which are all FREE for library members to use.

You could also visit our mobile library as it continues to operate its routes around the villages.

To check the mobile library timetable either go to: <https://www.inspireculture.org.uk/reading-information/libraries/mobile-libraries/> for the whole area or your community website's **Out-and-About ► Retford Library** page – near the bottom of the page.

Editor

Retford Library's Gaming continues!

Although Retford Library is currently closed their monthly tabletop gaming sessions continue. Thanks to the kind staff at Retford Fire Station we are able to still run the Retford Library Tabletop Gaming Sessions.

The new location will be at the fire station itself, but the times will remain the same – 10:00 to 15:00.

The new dates are below and we will be at Retford Fire Station until further notice:

8th February 2020, 7th March 2020 & 11th April 2020



Clarborough & Welham Parish Council
Friends of Parish Pasture Group

Making our Parish greener!

friendsofpp2018@gmail.com

Land Work

As we all are only too aware the weather in the last 3 months of 2019 was exceedingly wet. This prevented virtually all work on the Parish Pasture.

There are a whole string of jobs, from installing seating and an owl box to planting replacement trees, which need doing - once the ground is dry enough. Digging a hole in the Pasture in the last few months has only resulted in a very deep puddle! As soon as the land is dry enough then these jobs will start!

Dog Walkers

Unfortunately, there are still dog walkers using the Pasture who do not "pick-up" after their dog! Please think of the health and appearance of our Pasture!

Footpath

As users know, the footpath is in a poor state due to the weather. This was not helped on the afternoon of Sunday 11 January 2020 when three horse riders went across the Pasture, using the path. Sections of the already muddy path were very badly broken up by the hooves of the horses. This has made the path even more difficult to use.

Horse riders should please note that the path across the Parish Pasture is a Public Footpath, not a Bridleway, and as such should not be used by horse riders!

If anyone would like to help re-surface the path with wood chippings then email: friendsofpp2018@gmail.com

Cllr Paul Willcock
Chairman FoPP Group

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Retford, DN22 6JE**



**Bassetlaw
District
Councillor
Ben Sofflet**

Happy New Year to you all!
I hope that you had a lovely
Christmas and are looking
forward to the new decade.

We are hoping in 2020 to get
some momentum behind the
Green Agenda that the District
Council voted on last year. Our Independent Group have
been lobbying hard to push this forwards and consider
alternative methods and small scale trials for waste
collection and recycling. Other councils are able to do so
and we can see no reason why we cannot follow suit (just
as we did with the garden waste scheme). It needn't
necessitate huge costs either if we look at innovative
solutions – Rushcliffe Borough Council allows residents to
recycle spent batteries in special collection bags left on top
of you wheelie bin on any collection day. This is a low cost
and easy to roll out scheme which will help reduce the 600
million batteries currently being sent to landfill in the
country.

Within Clarborough and Welham I've been pleased to help
support both the senior citizens Christmas lunch and the
forthcoming VE Day commemorations with some of my
community grant. If you are aware of any good causes that
may benefit from a financial contribution, then please do
not hesitate to get in touch.

Cllr Willcock has already updated you on the new draft
Local Plan, the details of which I am still wading through. I
think we all accept that our villages need to grow to some
extent to remain viable as thriving communities, but this
needs to be done in a sustainable and modest fashion.
Not to mention that the more built up our area becomes,
the more frequent and intense the non-fluvial flooding that
we saw before Christmas will become.

I try to attend the monthly table-top in the village hall, so if
there is anything that you would like to discuss with me in
person, come and say hello. Should you need to reach me
at any time, my contact details are on the BDC website,
and below:

M: (0771) 716 154 E: ben.sofflet@cllr.bassetlaw.gov.uk



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8-10 MAY 2020

**Clarborough & Welham Parish
with Hayton Parish**

VE Day Celebrations 8th - 10th May 2020

Celebration Created!

Following a number of meetings by many groups across
the Parishes of Clarborough & Welham and Hayton a full
programme of events for a three-day celebration of the 75th
Anniversary of the end of World War 2 has now been
finalised.

The organising group hope that there is a mix which will
attract many residents to
come out and enjoy the
programme, which, we
believe, should attract all
ages. Most of the
activities are free, paid for
out of funds allocated by
the two Parish Councils
according to their
respective populations.

The two events which
have a charge are the
Family Fun Disco at £1
per ticket and the 1940s
Dance at £10 per ticket.
Why the £10? This is to
cover the cost of the live
band *GB The Home
Guard Band* and the
included Pie & Peas
supper.



Tickets will be on sale from 1st March 2020 by contacting
our email address ve75.claweha@gmail.com or by
telephoning **07581 531 595**. Tickets will then be available
to be collected and paid for at the Table Top Sale on 7th
March, 4th April & 2nd May. Some will be available for
collection at the SPAR Shop.

There is a Programme leaflet enclosed in this Newsletter.
A more detailed leaflet will be delivered to all homes in the
two Parishes nearer to 8th May 2020.

If you have any queries or comments please contact us on
the email address and we will try to get back to you as
quickly as possible. If you would like to join the organising
group then please also contact us on the email address.

Editor: See below and also pages 9 and 24 for even more.

Paul Willcock

Parish Councillor

Clarborough & Welham Parish Council

Co-ordinator VE75 ClaWeHa

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

VE75 Afternoon tea party

As part of the VE Day celebrations **Clarborough and District WI** will be hosting an afternoon tea party with
entertainment for senior residents of Clarborough, Welham
and Hayton. This will take place at 15:30 on Sunday May
10th in Clarborough Village Hall. If you or anyone you know
is over 60 and would like to attend this free event please
book by April 27th by phoning 01777 949 847 or email
clarbdiswi@hotmail.com.

Hornby - 100 Years on Track

It was in 1920 that Frank Hornby, already established in Liverpool as the inventor and manufacturer of Meccano, launched a brand name which was to become synonymous with toy trains across the World and that was, of course, HORNBY.



Initially these were extremely expensive to buy, but over the years production methods were simplified, and more people began to have “disposable” income, so by the 1950s almost every child in the English speaking world was aware of Hornby trains, and millions around the world became owners of a Hornby Train Set.

For many, this childhood acquisition was the foundation of a life-time's interest. Today the Hornby Railway Collectors' Association has some 2,300 members across five continents who collect, run, repair and promote these fascinating, British and French-made, vintage toys.



The local H.R.C.A. branch, known as *Retford Runners*, meets on the last Wednesday of every other month in Clarborough Village Hall. The next meetings will be on 25th March and 27th May. From about 17:00 the hall rings to the sound of vintage toy trains, some almost a hundred years old, hauling a “mixed goods” or a “fitted freight” at scale speeds up to 200 miles per hour, and all on a dining-table!

HRCA members range from 7 to 97 years of age and anyone with an interest in old toy trains is welcome to visit. Admission is £2.00, with no charge for accompanied children. If you have some old trains in the loft, why not dig them out and bring them along, you might be surprised by just how quickly most can be brought back to life!

David Dawson

Why volunteer?

A starting question – but the answers have a multitude of implications both for the individual concerned as well as their wider society. In this brief article I will explore some of the reasons why volunteering may be good for you as an individual. Just look around to see how volunteers help your wider community.

When it comes to the benefits to us as individuals, a large sea of research over many years has concluded that volunteering is good for a volunteer's:

- mind and body
- connections with others
- career development

Much of the research relating to volunteering that has been published over the past decade or so has concluded that volunteering has clear health benefits for the individual. This translates to enhanced life-expectancy and related mental health.

The second item in the above list is related, primarily, to developing links and new friendships through volunteering situations. Again, the evidence shows this to enhance feeling of well-being that feed into physical and mental health. However, what is worryingly demonstrated in many researches is that those who could benefit most from volunteering are among the group of people who are least likely to actually volunteer in the first place!

In its new report *Centre for Ageing Better* found that people aged 50 and over with fewer social connections such as living alone, are male, have lower levels of income and education, and poorer health may have the most to gain from helping others.

Volunteering isn't just for the retired! Younger readers and also those seeking employment or career development can find that volunteering experiences can enhance inter-personal skills sets that can enhance CVs and even lead to positive reference from the providers.



To explore some of these issues in greater detail, take a look at the following:

The Centre for Ageing Better, a UK-based charity:
<https://www.ageing-better.org.uk/>

For a readable overview of the many issues related to volunteering, take a look at *The Guardian's* article at
<https://www.theguardian.com/voluntary-sector-network/2018/jan/03/volunteer-transform-life-charities-councils>

Editor

Freedom & Tolerance Forum

Bassetlaw Christian Heritage are hosting a Freedom & Tolerance event on Saturday 7th March 2020 between 10:00 and 13:00 at **The Well**, Hospital Road, Retford, DN22 7BD

Freedom and Tolerance are as important today as they were 400 years ago – in the anniversary year of the

Mayflower Pilgrims, let's see what history can teach us about journeys, rebellion, and things we take for granted.

This event will be based around presentations:

Lord Beith - Member of the House of Lords Constitution Committee and the Lord Speaker's Committee on the size of the House. MP for Berwick upon Tweed, 1973-2015
Subject: Methodist Heritage and its significance today

Professor Elizabeth Tingle - Professor of Early Modern European History at De Montfort University, Leicester. Previously she taught at Plymouth University and the University of Northampton.

Subject: Irish Catholic Refugees in Europe in the early 1600s

Revd Dr Stuart Jennings - Certificate coordinator for Historical studies at the Centre for Lifelong Learning, University of Warwick, where he had also served across the university as a chaplain from 2006-2017. Specialist in Nottinghamshire history.

Subject: Faith and Fighting in Nottinghamshire during the Civil War

Mr John Pontifex - Head of Press & Information for Aid to the Church in Need (UK).



Subject: Has Religious Freedom become an Orphaned Right?

The first Retford Religious Tolerance Forum was held in 2016 to commemorate the death, in 1616, of Thomas Helwys, the first Baptist martyr, and advocate of religious tolerance between Christians, Jews, Muslims, and those with no faith. Thomas Helwys was born in Gainsborough, but his family moved to Broxtowe Hall in Bilborough parish, which later became a centre for radical dissenting activism. This event has been renamed "Freedom & Tolerance" to broaden the scope and better reflect issues of today. **This will be the fifth annual Tolerance Forum to be held in Retford** providing a unique opportunity for the subject to be discussed in an open forum.

Everyone is welcome to the event.

Editor's note: read BCH's full press release of these presentations, from your community website's home page.

Benefit entitlements for self funders

It is a common misconception that people who have a high level of savings cannot claim any benefits at all. Disability benefits such as Attendance Allowance, Personal Independence Payment and Disability Living Allowance focus on a person's ability to manage their daily personal care. These benefits are not means tested, therefore income and savings are disregarded.

For the vast range of provision, contacts and ideas within Nottinghamshire, go to the Notts Helpyourself website:
<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page>

Editor

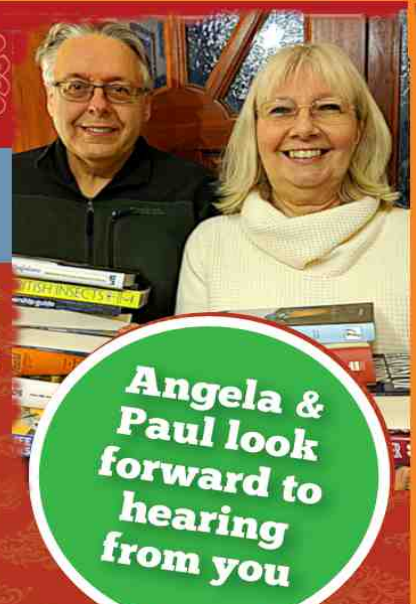
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Welcome to our School!

Doncaster Rovers Literacy Event

On Friday 13th December, ten pupils from Years 5 & 6 were invited to a Literacy Event at the Keepmoat Stadium in Doncaster. After being welcomed by staff they had a guided stadium tour (including the Directors Lounge and dressing rooms), a workshop by Welsh author David Bailey and an active session focused on reading. During lunch, a few chose to enter 'A Day in the Life of a Famous Footballer' competition, which has a fabulous prize. At the end of the day, we were presented with a goody bag of books for school and Freddie A was chosen by Doncaster Rovers Staff for special recognition and was awarded two books to keep himself. We also



left with a box of cupcakes to enjoy back at school. A fabulous event which has enthused and inspired a love of reading in all children.

Foodbank donations

A **huge thank you** to everyone that donated to the food bank. We are so grateful for your generosity and have donated 16 bags full of produce which we know the food bank will appreciate very much.

Christmas Fair

We hope you all enjoyed our Christmas fair which ended the term in a festive way. Thank you to everyone that came to support it and to everyone who helped beforehand and on the day. We raised a total of £537.

Christmas Parties

Key Stage 1 and 2 children enjoyed their Christmas parties on 18th December. They played party games and had a visit from Father Christmas. All the children were given a book as a gift and we would like to say a huge thank you to the Clarborough & Welham Parish Council for their generosity in buying these gifts for the children.

Young Voices

On Wednesday 8th January, 39 Key Stage 2 children and 6 adults attended the Young Voices concert at FlyDSA Sheffield Arena. There were 5053 children taking part in



total and the atmosphere was electric! The children took part in a 3-hour rehearsal in the afternoon where they joined the other schools. They sang a variety of previously learnt songs with a live band and guest singers. This year's artists were Tony Hadley, The Shires and The Voice UK winner, Ruti Olajugbagbe. They performed songs and the children joined in with the chorus. The dance group Urban Strides also performed and taught the children some dance moves.

This concert is such a wonderful experience for the children and really pushes some of them out of their comfort zone. They showed maturity and resilience and represented **#teamclarborough** brilliantly! We hope the

parents and family members that attended enjoyed it and that the late night was worth it!



Retford Donation points

- Co-op Funeralcare
- Co-op Food, Petrol Station North Road
- Grove Street Methodist Church
- Morrison's
- Nationwide Building Society
- Retford Library (when re-opened)
- St. Michaels Church
- The Hive Storage

Retford Distribution Centre

Unit E, Buttermarket House, Exchange Street, Retford, DN22 6BP

Phone Number: 01777 710 858

Open Monday – Friday, 10:00 – 14:00

Editor's Note: Food Banks are not walk-in services, you need to get a referral from one of the front-line services. They will complete a Referral Form with you then check with the Food Bank that you are eligible.

If your referral is accepted they will then email the completed form through to the distribution centre of your choice, where you wish to collect your food parcel from.

The distribution centre will prepare your parcel according to the information on your form.

A standard parcel is for three days and you are entitled to three food parcels in six months.

To look at the long list of referral agencies, go the Bassetlaw Food Bank's referral page at:

<https://www.bassetlawfoodbank.org/get-a-referral>

"The greatest glory in living lies not in never falling, but in rising every time we fall."

Nelson Mandela (1918-2013)

Venice behind the facade

This view of St.Mark's Square (*Piazza San Marco*) and the towering *Campanile* are truly iconic images of Venice.



However, it is well worth spending time on foot to explore beyond this spectacular frontage. Public rights-of-way with picturesque bridges over a multitude of narrow canals lead to a plethora of beautiful buildings and squares – the above is the only one called *Piazza* in Venice!



[Left & below] Just a stones-throw inland from the *Riva degli Schiavoni* that runs along the water front east of San Marco is this reminder of home – St.John the Baptist church, or *San Giovanni Battista* in



Bragora. Constructed between 1475 and 1505 it has, over its doorway, fading artwork of St.John baptising Christ.

Venice is based on a vast array of little islands that have been progressively stabilised and linked since it was first occupied by refugees from Barbarian raids with the decline of the Roman Empire. The site was originally marshland and thus provided some protection. From the 3rd century it began to develop its independence.

[Below] St.George and the dragon is a popular theme around Venice. By the 9th century Venice was powerful enough to resist invasion by Charlemagne's son, Pepin of Italy and soon



had trading rights along the whole Adriatic. Over the next 500 years Venice rose to become the most prosperous city in Europe with trade routes across the Mediterranean and even linking Europe with Asia. Decline came with the rise of the Ottoman Empire to the east and, in the 15th century, ocean discoveries of the Americas and trade routes replacing Venice's land routes to the east. Through 14th - 17th centuries a wave of plagues including the Black Death devastated Venice's population. In modern times Venice is struggling to cope with flooding, one of the products of global climate change.

Editor



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8-10 MAY 2020

**Clarborough & Welham Parish
with Hayton Parish**
We need your help!

As part of the VE75 celebration we would like to set up a display of photographs, artifacts (Gas masks, Ration Books, Posters, Recipe Books etc etc etc). If you, or family members, have memories of World War 2 then we would be very interested in these too.

***If you have any of these would you please contact
Kath Sutton on jsutton@onetel.com or 01777 709 034***

All objects will be handled with care and returned after the celebrations.



It's 'Goodbye' to a busy 2019 and 'Hello' to an action packed 2020. The season ended with a wonderful Christmas Party attended by 85 members and guests. We would like to say a big 'Thank you' to everyone who helped in any way, financially or otherwise, it couldn't happen without you. We have received many messages of thanks and we are so pleased that everyone had a good time. Please note that we are hosting an afternoon tea with entertainment on May 10th – see page 5 for details and booking arrangements.

Congratulations to our 'walk 1000 miles' group. Six ladies walked almost 7,400 miles in 2019. Counters were reset on January 1st and the 2020 campaign is well under way. Give us a wave if you see us pass by!

The new season of meetings began in January with an entertaining talk from David Dawson who shared some of the stories from the time when he and his wife ran a hire boat business. February's speaker will tell us about hand made soap, and in March we will welcome Mike Storr with a homage to the Old Time Music Hall acts. These things always work better with a bigger audience and so please come along. The meetings are held on the second Monday in the month at 19:30 in Clarborough Village Hall and we always welcome visitors. The fee is £4 and includes light refreshments. For more details email clarbdiswi@hotmail.com, visit our facebook page or phone 01777 949 847.

"Love all, trust a few, do wrong to none."

William Shakespeare (1564-1616)

'She deserves better' - how can you support Fairtrade?

Fairtrade Fortnight is a national campaign but Fairtrade For Bassetlaw are encouraging you to look at ways to support Fairtrade in your local area. Fairtrade Fortnight 24th February - 8th March 2020 is focusing again on chocolate



and cocoa farmers and highlighting very low wages for mainly women workers involved in cocoa farming. So the theme is 'She Deserves Fairtrade'. So here is a perfect way to enjoy perhaps one of your favourite foods - chocolate, at the same time as highlighting the poor wages chocolate producers are paid - and many of the workers are women.

Hopefully you will already know ways to support Fairtrade but a few suggestions might include:

- Ask at your local shop if they stock Fairtrade products, and if they don't, could they think about doing so.
- The same for pubs and clubs - does the pub have Fairtrade tea, coffee, sugar or even chocolate for example. When your club meets at the community centre or organises an event do you make sure Fairtrade products are on offer.
- If you're going for a local walk on local paths or on the canal, you may want to pack some Fairtrade chocolate to keep up your energy.

To start thinking about Fairtrade chocolate - on the Fairtrade Foundation web site do a search for '15 Fairtrade chocolate choices you can find on the high street' or go to this link: <https://www.fairtrade.org.uk/Media-Centre/Blog/2019/February/15-Fairtrade-Chocolate-Choices-You-Can-Find-on-the-High-Street>

If you are doing something for Fairtrade Fortnight, why not post on Clarborough and Welham's Web site.



Kathy Cowbrough



Plastic is incredibly versatile, lightweight, cheap, strong and long-lasting, it is finding its way into every corner of our lives. In 1907, Bakelite, the first synthetic plastic made from oil was

invented. By 1950 the world was producing 2 million tonnes of plastic per year, by 2015 the annual production had increased by nearly 200-times to 381 million tonnes. ...and these figures are set to increase as the plastics industry is gearing up to produce more plastic.

Single-use plastic is particularly a problem as we use it once then throw it away. ...and as plastic is made from fossil fuel we are unnecessarily squandering a precious natural resource.

To give a snapshot of the enormity of the problem, we will use plastic bottles as an example. The government has calculated that the UK uses 38.5 million single-use drinks bottles per day of which 15 million are not recycled. It's estimated that 700,000 of those bottles are littered every day, a visible problem which blights our towns and countryside.

Last October Plastic Free Retford organized a litter pick and did a waste audit on a 100m stretch of road. We found 42 plastic bottles, 65 plastic food packaging wrappers and 57 other plastic items as well as other waste made from paper, cans and fabric. Multiply that up regionally, nationally and globally and it amounts to a huge problem.

Even though we live hundreds of miles from the coast, our plastic can make its way into the ocean via our drains, sewage system, canals and rivers. Once in the ocean, the waste accumulates in gyres, the largest of which is estimated to cover an area 3 times the size of France. It is predicted that without action, by 2050 there will be more plastic in the ocean, measured by weight, than fish. Over 100,000 marine mammals and turtles and 1 million sea birds are killed by marine plastic pollution annually either by ingestion, entanglement or poisoning.

Experts don't really know how long it takes for plastic to completely decompose in a natural environment, because nobody has been around long enough to find out - but it's estimated that a plastic bottle could take up to 1000 years. In fact, plastic does not decompose it just breaks down into smaller and smaller microplastic particles.

...and if all that wasn't bad enough, we may also be damaging our own health. The World Wildlife Fund recently found that the average person ingests the equivalent of a credit card of plastic every week. Toxic chemicals from plastics, such as BPA, phthalates, and dioxins have been linked to cancer and they can affect our endocrine and immune systems.

We cannot recycle our way out of this problem either. Recycled plastic bottles are not made into new plastic bottles, they are down-cycled into synthetic fabrics or carpets for example.

In Bassetlaw, most of our waste is disposed of by incineration as part of an energy from waste process, but this still provides a net source of greenhouse gas emissions in countries that do not solely rely on fossil fuels for their energy. Incomplete combustion of plastics can produce dioxins and air pollution which are toxic and dangerous to both human and ecosystem health. Modern incinerator technologies used in this country

should prevent air pollution, but this is an unpopular option as nobody wants an incinerator in their back yard. A recent planning application for an energy from waste facility in Harworth was refused due to significant objections from the local community.

The solution isn't compostable packaging either. Some packaging is home compostable but this takes at least 6 months and not all properties have space available for a composter. Most packaging labelled as compostable can only be processed within industrial composting facilities as it needs specific conditions to allow it to break down. An industrial facility would need to be provided by the council which is costly and the additional collections and sorting required also adds to costs. In addition, compostable waste which ends up in the amongst the regular plastic recycling stream can spoil the recycled product either by creating a lower grade or a whole batch may be rejected entirely.

So, we need to stop the problem at its source, reduce the amount of plastic we use and turn off the plastic tap. Prevention is always better than a cure. ...and the obvious place to start is with single-use, disposable, throw-away, avoidable and unnecessary plastic. This includes many common day-to-day items such as carrier bags, drinks bottles, plastic cutlery, food packaging, disposable coffee cups, straws and condiment sachets.

... and this is the reason that Plastic Free Communities have been created with the aim of reducing the use of single-use plastics all the way back to the companies who produce it. Already nearly 700 villages, towns, and cities have signed up with the goal of achieving plastic-free status. Plastic Free Communities are the initiative of Surfers Against Sewage which is widely recognized as one of the UK's leading marine conservation charities. Initially, they were literally 'Surfers Against Sewage' - but plastic pollution is the new sewage - it is now one of the biggest threats to our beaches, our precious river and marine ecosystems and human well-being.

We need individuals, businesses, schools and community groups to get involved in our campaign, to audit their plastic use and start removing single-use items from their premises. It's not about getting rid of everything plastic but addressing our throw-away culture. If we stop buying it, they will stop producing it! We will award a certificate and wooden plaque to any business or community groups that removes 3 or more single use items from their premises or replaces them with sustainable alternatives.

We all need to change our habits which have been built up over a lifetime, but change can and will happen. If you would like to get involved, please contact us at plasticfreeretford@gmail.com



@PlasticFreeRetford

We also have a Plastic Free Retford Group



plastic_free_retford



@0PlasticRetford

"We have a responsibility, every one of us... we may think we live a long way from the oceans, but we don't. What we actually do here has a direct effect on the oceans – and what the oceans do then reflects back on us."

Sir David Attenborough

Bassetlaw Museum's Spring 2020

Life drawing and painting exhibition

Saturday 11th January – Saturday 7th March 2020

Life drawing and painting exhibition

Retford Art Society is unique in the area in offering regular life drawing sessions to its members and friends for over 20 years. Sessions are both tutored and untutored and are open to anyone who is over 16 years and is interested in developing their drawing and painting skills through this challenging and rewarding experience.

Life drawings have timeless quality to them.

This exhibition gives a taste of the work done by members and friends.

Art for the terrified

Saturday – January 25th, February 8th, 10:30 – 12:30

Last two of this friendly series of relaxed art lessons for beginners, just bring a pencil!

For much more about the Museum and forthcoming events, phone 01777 713 749 or drop in at 40, Grove Street, Retford. Alternatively, visit their website at:

<http://bassetlawmuseum.org.uk>

If you are really gripped by our Museum, housed as it is in the wonderful Georgian Amcott House, why not join Friends of Bassetlaw Museum? Drop-in at the museum for details or see the foot of their website's home page.



Guided tours of Amcott House

27th February, 14:00-15:00

Discover the story and secrets of Amcott House which is home to Bassetlaw Museum. Find out about its previous owners and the transition from a private house to Museum.

Pay as much as you like but booking is essential.

Call 01777 713 749.

Retford Amateur Operatic Society is 100 this year!



Retford Operatic Society is proud to be celebrating its 100th anniversary this year. A variety of events are planned to mark this important milestone.

The first of which is to bring one of its all-time favourite musicals to the stage once again. 'Oklahoma' will run from 29th April to 2nd May at the Majestic Theatre. Tickets now on sale.

Booking: www.majesticretford.org or 01777 706 866.

On 30th May, members and non-members are invited to attend a celebratory ball at the Olde Bell, Barnby Moor, 1920s dress optional. This should be a wonderful evening of entertainment and reminiscing along with a super charity raffle on behalf of Bassetlaw Hospice.

Finally on 8th November, RAOS will return to the Majestic Theatre for its Anniversary Concert, showcasing music from a variety of musicals and including members past and present, some of whom are now working professionally in the Musical Theatre Industry.

We hope you are able to join us in this wonderful year of celebration. For more information contact raos2017@outlook.com or visit our Facebook page [@retfordoperatic](https://www.facebook.com/retfordoperatic).

"I have a dream that one day little black boys and girls will be holding hands with little white boys and girls."

Martin Luther King Jnr (1929-1968)

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Snowdrop Festival welcomes the first signs of spring in Nottinghamshire

Shake off the winter and welcome the first signs of spring with the National Garden Scheme Snowdrop Festival. These glorious harbingers of the wonderful life of gardens to come can be viewed in over 100 National Garden Scheme gardens throughout England and Wales during January, February and March.

On a wintry day there is nothing better than visiting a garden teeming with one of the earliest flowering plants of the year –and the National Garden Scheme's fourth annual Snowdrop Festival welcomes the first signs of spring to everyone with 3 snowdrop gardens open in Nottinghamshire. Whether you enjoy carpets of naturalised white in woodlands, meticulously grown rare varieties of snowdrops or gardens boasting a colourful mix of snowdrops, hellebores and other early spring flowers – there is something for everyone!



Image courtesy of Leight Clapp in association with the National Garden Scheme

Sunday 23rd February 10:30 – 16:00
Church Farm, Church Lane, West Drayton, Retford. DN22 8EB.

The garden is essentially a spring garden with a small woodland area which is carpeted with many snowdrops, aconites and cyclamen which have seeded into the adjoining churchyard, with approximately 180 named snowdrops growing in island beds, along with hellebores and daffodils. Limited numbers of snowdrops and miniature iris for sale. Parking, wheelchair accessible, dogs welcome, plants for sale, refreshments.

Sunday 23rd February, 12:00 – 16:00
Holmes Villa, Holmes Lane, Walkeringham, Gainsborough DN10 4JP.

Large plantsman's garden offering year round interest and inspiration, starting with carpets of snowdrops, mini daffodils, hellebores and spring bulbs. Unusual collection of plants and shrubs for winter. Come and be surprised at the different fragrant and interesting plants in early spring. Parking, plants for sale, wheelchair accessible, refreshments.

Sunday 1st March 11:00-15:00
Bolham Manor, Bolham Way, Bolham Retford, Nottinghamshire. DN22 9JG

As you enter this 3 acre mature garden, you are greeted by the 'Dancing willow Ladies' amidst swathes of snowdrops and narcissus. Your eyes are drawn to the occasional well positioned sculpture or topiary feature guiding you through to other areas of the garden and orchard, where even more carpets of snowdrops and early bulbs will greet you. Parking, partial wheelchair access, plants for sale, refreshments.

Monies raised from refreshments will be donated to Bassetlaw Hospice.

Pam Barnsdale

Clarborough & Welham Parish Council welcomes 'new recruits'

Our Parish Council is very pleased to welcome two new councillors to our small team. These 'new recruits' are Anton Weingaertner and Craig Done. Having said that, we are still seeking two further individuals to bring our Parish Councillors team up to full strength.

Besides myself, our current team now also includes: Andrew Avery, Lesley Baines, Jill Palfreman and Paul Willcock (vice chairman).

If you are interested in becoming a Parish Councillor, please contact:

Wendy Davies (clerk)
clarandwelpc@yahoo.com or 07503 618 512

Phil Gibson (chairman)
philippphilgibson@aol.com or 01777 700 517

Phil Gibson
Chairman

Clarborough & Welham Parish Council

Image editing using Gimp

Editing images – from cameras or phones – is a particularly useful and pleasing aspect of computing; just look at this Newsletter for some examples! Clarborough & Welham IT Group uses Gimp, the open-source, and therefore free, app that is in the same league as Adobe's Photoshop but is free! Say hello to Wilbur, Gimp's mascot!



From simple cropping of photos through exposure and focus corrections to more sophisticated processes such as colourising old black-and-white photos, copying and pasting parts of one image into another – just come to join our group and be amazed!

Editor



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South Yorkshire and Bassetlaw

Abdominal Aortic Aneurysm (AAA)
Screening Programme

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Doncaster and Bassetlaw
Teaching Hospitals
NHS Foundation Trust

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**turning
65?**

Look out for
your invite
for your AAA
ultrasound
scan through
the post.



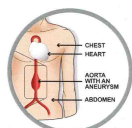
The ultrasound scan won't take long

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If you're over 65 and have not been screened, please get in touch:

Call us on: 01709 649100 or email: dbh-tr.dbhaaa@nhs.net

Visit us online: aaa.dbh.nhs.uk

Join the fight, take up your invite

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Breast screening can pick up things that you can't find yourself.

The earlier something is found the easier it is to treat.

Keep a look out for your invitation in the post

Aged over 50 and not had a mammogram in the last 3 years?

Contact us on

01909 502193



Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust are running a series of screening programmes

Unfortunately our Newsletter doesn't have enough space for us to print these posters full-size. For full-size views, go to our community website:

www.clarborough-welham.org.uk and follow the **Local Screening page here**.. link on our homepage.

Clicking on the poster images on that page reveals full page versions.

South Yorkshire & Bassetlaw **NHS**

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Don't let your fears stop you taking the test. Find out more at fearorsmear.dbh.nhs.uk

For those lacking internet access, the key contact details on each of these posters are as follows:

Are you a man turning 65? Call 01709 649 100 or email: dbh-tr.dbhaaa@nhs.net
Visit online: aaa.dbh.nhs.uk

Beast Screening Saves Lives: Phone 01909 502 193

Fear or Smear: Find out more at fearorsmear.dbh.nhs.uk

Your Editor can confirm that the first of these programme (AAA) really is extremely quick and easy – but I can't comment on the other two!

Editor



Nottinghamshire is a safe place to live, work and visit, and your chances of becoming a victim of crime or anti-social behaviour are low. But for those that are, the effects can vary greatly. For some, there is little or no impact beyond the immediate financial or physical effects. However for some people it can be a traumatic and emotional event that reaches across all aspects of their life, family and relationships. All victims deserve the right to have access to bespoke individual support and Nottinghamshire Victim CARE can provide that support.

Nottinghamshire Victim CARE (Cope and Recovery Empowerment) is the service for victims in Nottinghamshire. Commissioned by the Office of the Police and Crime Commissioner, Victim CARE offers a support service to victims of crime (with the exception of domestic and sexual violence, which have alternative support organisations), hate crime and hate incidents, and anti-social behaviour. The free and confidential support we provide is in line with each victim's individual needs.

We offer emotional and practical support, advice, information, an advocacy service and signposting to other organisations as appropriate. We aim to work with victims to assist their emotional recovery from the crime and to empower them to take the necessary steps to aid this recovery. Our service is all-inclusive, and perhaps most importantly victims do not have to have reported the matter to the police to be eligible to access the service.

We also offer a Restorative Justice service. Restorative Justice offers the opportunity of dialogue between the victim and their offender with a view to repairing the harm that has been done. This can be through letter or email, messages being passed by an advocate or a face to face conference. It gives someone affected by the crime or incident the opportunity to have their say, to explain how it has affected them, and to seek a direct explanation from the offender about what they did. Through this the offender can begin to understand the effect of their behaviour and make amends. Needless to say, the process is subject to substantial preparation and risk assessment and is carefully managed. It only takes place with the consent of all involved. For many people Restorative Justice helps them to get closure after a traumatic time. Victims who have participated in Restorative Justice have reported that it has been an empowering experience that allowed them to feel more in control of what happened to them.

We also have a network of community points across the county. These are partner organisations that can offer advice and guidance with regard to Victim CARE, and can signpost or make direct referrals into the service, should people so desire. Further information with regard to the community points can be obtained by contacting us.

If you want to make contact with us, our office is open between 08:00 & 20:00 Monday to Friday, and between 09:00 & 17:00 on Saturday.

Contact number is 0800 304 7575. Alternatively you can email us at: admin@nottsvictimcare.org.uk Further information can be found at <https://www.nottsvictimcare.org.uk>

Breathing for a better life

A recent article in *New Scientist* magazine (11th January, 2020) caught my attention when it started looking at how breathing through the nose was so much better for our health than breathing through the mouth.

Now we all breath through our mouths sometimes – particularly when we are vigorously exercising. This is necessary to deliver the required quantity of air to our lungs and hence oxygen into our blood and then to muscles and other tissues that are in vigorous use. However, most of the time this is not necessary and research has repeatedly shown that breathing through the nose for the majority of time is far better than through the mouth.

The 'pointy thing' sticking out of the front of your face is superbly designed to trap dust and other foreign materials in its hairs and snot - a medical term! Beyond this visible nose lies the nasal cavity which is a cavernous space lined with folded membranes designed to warm or cool the air to body temperature. It also adds moisture and traps pathogens in yet more mucus. Small air-filled cavities called *sinuses* link into this nasal cavity and extend these actions. The nasal cavity also contains the body's olfactory (smell) sensors.

The upshot of all of these actions, is that nose breathing adds 50 percent more air resistance than breathing through the mouth. This gives your heart and lungs a workout and increases the vacuum effect in your lungs which allows you to draw in up to 20 per cent more oxygen than breathing through your mouth.

Add to this, nasal breathing boosts brain function too. Studies have shown that people who mainly breath through their noses do better in memory tests than those who generally breath through their mouths.

As far as 'how fast should I breathe?' is concerned, slowing your breathing rate can be a very calming effect stimulating the vagus nerve and thus the rest-and-digest response, the opposite of fight-or-flight.

Editor

"The weak can never forgive. Forgiveness is the attribute of the strong."

Mahatma Gandhi (1869-1948)

Do you require any land-based training?

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Lantra Awards and City & Guilds





Nottinghamshire County Councillor Tracey Taylor



There have been two notable things to report on since the last edition:

The General Election: Brendan Clarke-Smith was elected as our new MP. He has started work in earnest and is busy establishing a constituency office. He has already scheduled some surgery dates across the district. His contact details should you need help are:

tel: 0207 219 3000 Email:

brendan.clarkesmith.mp@parliament.uk Further details will be published once the new office is open.

Flooding: The County Council is the lead local flood authority and works with partners including The Environment Agency, Via East Midlands, Severn Trent Water, Bassetlaw District Councils to deliver a broad range of flood prevention schemes. Clarborough is an area for focus currently. I've had some queries from residents, which are being covered in the review and assessment work that is underway and some work has been done on specific problems already. Further information on flooding, including advice for during and after a flood, along with emergency information and financial support can be found here <https://www.nottinghamshire.gov.uk/planning-and-environment/flooding>

Although the year is already well underway, I'll close by wishing you all a Happy New Year and the hope that 2020

will see positive change for Bassetlaw and our villages. If you have any queries or need help, my contact details remain:

Email: **cllr.tracey.taylor@nottsc.gov.uk**

Tel: 0115 804 3177 Mobile: 07770 847086

Home: 01777 816781

How did Avon cosmetics originate in the USA?

The California Perfume Company was founded in 1886 by David McConnell who had cut his teeth selling books door-to-door. He had developed a tactic of giving small free perfume samples to encourage sales and soon realised that the perfume was often more interesting to customers than his books.

So it was that he launched his perfume business, initially on a very small scale, but he appointed ladies to sell his products in the same door-to-door methods he has used. He also promised his customers that if they were not satisfied with their purchase that he'd refund them the full cost – a most unusual tactic in those days which also gave him a good marketing platform.

McConnell had used the name 'Avon' in several of his product range and in 1939 the company was relaunched at Avon Products Inc. It is alleged that 'Avon' was chosen both for its English river associations and also its shortness and ease of pronunciation.

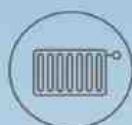
In 2018 Avon had worldwide sales of around \$5.5 billion and has more than 6 million representative.

In recent years the international company has gone through tough times and at the time of writing ownership seems to be split between Korean and Brazilian interests.

Editor



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Health is Getting Better in Bassetlaw as Local Partnership is Nominated for a National Award

Bassetlaw Integrated Care Partnership (ICP) is delighted to announce that it has been shortlisted for the 'Best Not for Profit Working in Partnership with the NHS' at the HSJ Partnership Awards 2020, recognising their outstanding dedication to improving health and wellbeing.

The ICP is chaired by the Director of Bassetlaw Community and Voluntary Services (BCVS) and is made up of local partners across the voluntary sector, NHS, and local authorities, and it has been selected based on their diligence, ambition and the positive impact on both practitioners and local people within the health and wellbeing sector in Bassetlaw.

Together the partnership has achieved change for local people, including public transport improvements, more young people involved in shaping health services, work with the private sector to strengthen employment support for people with long term conditions, a workforce strategy, joint work on housing and getting more people engaged in physical activity.

#Better in Bassetlaw

Catherine Burn, Director of BCVS and Chair of the Integrated Care Partnership comments, "We are delighted to have been shortlisted for 'Best Not for Profit Working in Partnership with the NHS', recognising the collaborative efforts and dedication of our partners with the voluntary sector over the last 12 months to successfully implement improvements in health and wellbeing services. We are committed to delivering improved outcomes for local people, and to be chosen among the other incredible nominees is a wonderful achievement. This nomination has been a tremendous boost to both to our team and our partners in the wider voluntary sector, NHS and local government in Bassetlaw."

The winners will be selected following a rigorous, "live panel" judging stage ahead of the HSJ Partnership Awards 2020 awards ceremony in February.

For more information search 'Better in Bassetlaw' on Google or head to www.betterinbassetlaw.co.uk

The #BetterinBassetlaw brand represents the ambitions of the Bassetlaw Integrated Care Partnership (ICP), which is a partnership of chief executives and leaders from the NHS, local authority, voluntary and community organisations, working together to improve the health and wellbeing of local people.

Joel Johnston, joel.johnston@nhs.net

Footpaths Update

Quite recently, on one bright day, I was walking along one of the many pleasant footpaths in Clarborough Parish, the sun was shining, the birds were singing and all was well

with the world. It had rained overnight so I was well prepared for a muddy ramble, wearing boots and with a walking pole in readiness.

Part of the route I had chosen hugged the side of a copse of trees and the path was especially gluey and hard going. Ahead of me were overhanging branches from a fallen tree causing me to step off the path to divert around the obstruction. Suddenly my left leg sank into a muddy patch well above my knee with my other one not far behind. Despite vigorous efforts I could not extract my legs, and to put it mildly, I was stuck in the mud! I had visions of being there until another traveller passed by to help to extract me.

However, after some considerable time and with the help of my trusty walking pole, I managed to extract my right leg but the other one would not budge. In the end I took the only way out and pulled my foot out of my boot, leaving it behind over two feet down in the muddy depths.

As luck would have it, there was a horse trough at the side of the path where I could clean off a lot of the mud from my legs and arms (and some of my embarrassment) I was then faced with a daunting one mile trek back to the car wearing one boot and one sock!

In many years to come, should anyone excavate the field, my lonesome boot may be found and perhaps wrongly be identified as belonging to 'prehistoric bog man'.

Lessons to be learned.

Don't deviate off the official footpath unless you are sure it is safe to do so and make sure you tell someone where you are going and when you are expected to return.

Howard Oates
Parish Footpath Warden

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PCSO Dave Airey's monthly reports are well worth reading to get an overview of current issues and can be read in full on our community website – just go to **Law & Order ► Local Police Reports**. Here we just highlight one of Dave's most recent points.



Vehicles are still being left insecure overnight and, in a lot of cases, items, which are attractive to criminals, are being left inside on full view to the same. There are criminals out and about who randomly visit villages in order to check on vehicle insecurities. They will try door handles of vehicles of vehicles parked on the public highway or on private driveways.

Also, some vehicles, particularly in the colder weather, are being left with the keys in the ignition and the engine running. This is something your editor can confirm from my own observations on several occasion, These instances might only be occurring for very short periods of time, such as when visiting the local shop or, indeed, when collecting the vehicle from a garaged area. Criminals only need a very short period of time to steal vehicles when opportunities such as these arise. Some criminals will monitor individuals' movements and habits before targeting their vehicles. Please do not be caught out as the consequences could be a long and stressful claim to the insurance company who may then not honour the same due to the circumstances.

Dave's contact number is 07525 226 838 and E mail address is **david.airey@nottinghamshire.pnn.police.uk** PC 3073 Nathan THOMAS is the beat manager for the beat area, has a contact number of 07525 226 604, and his E mail address is **nathan.thomas@nottinghamshire.pnn.police.uk** **Please do not use these telephone numbers to report incidents and/or crimes. Our works numbers should only be used for non-urgent matters – including seeking advice and/ or information.** Residents must be comfortable in reporting these occurrences to our control room on 101 in order to receive the best, and real time, service from those officers who are on duty. When ringing 101 the first item which is asked is which Police force you

require. This is because 101 is the non-urgent number for all Police forces throughout the country and the signal is picked up from where you are ringing from. In rural East Bassetlaw many parishes are located close to county boundaries, hence the first question. Then, you are asked if you know the person or extension number of the department you require. **At this stage, just hold the line.** After this, there are a number of options available. For reporting an incident or crime the option is option 7 – there is no need to listen to all the alternatives before selecting this option number.

Re-shaped Bassetlaw Plan to 2037

You may recall a consultation process in January/February 2019 on the Draft Local Plan, which was published by Bassetlaw District Council. This outlined the ideas for development of housing and business across the whole of Bassetlaw.

As a result of that consultation there is now another Draft Local Plan proposal. This was revealed at a presentation held at Retford Town Hall on 16th January 2020 for Parish Councils.

The presentation was generalised but did reveal that the new proposal has some considerable changes from the proposal of 2019. The two "Garden Villages" on Gamston Airport and the old Bevercotes Colliery site have gone, to be replaced by a new village east of the junction of the A1 & A57, commonly called 5 lane ends. There will also be a new village on the site of Cottam Power Station which closed in September 2019. While described as villages these two sites may develop to include up to several thousand houses each.

Many of the details are as yet unclear without a more detailed study of the Local Plan document, copies of which were not available at the meeting. The 193 page document is only available on-line at **bassetlaw.gov.uk/BassetlawPlan**. If you look for this please be careful to open the 2020 version and not the previous 2019 version.

The implications for Clarborough & Welham Parish and our Neighbourhood Plan are, as yet, unclear. A meeting with planners is being sought to clarify the position.

Consultation by BDC is much more limited than in 2019, with no meeting planned for the Parish. The nearest are at Treswell (6th February 2 - 5 pm); Dunham-on-Trent (12th February 4 - 6 pm); Retford (Town Hall, 18th February 2 - 5 pm). Not much chance for working people to engage with the process! **Consultation will close on 26th February, 2020.**

Paul Willcock
Parish Councillor

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Exciting Times For Workso's Aurora Centre

EXCITING times lay ahead for local cancer charity, Aurora with plans for 2020 all set to be our busiest yet!

HLF Project

Aurora Wellbeing Centre in Workso, based in The Old Library building on Memorial Avenue, is to be transformed to its former glory thanks to a £1.56M Heritage Fund grant. Work on an ambitious plan to regenerate this key historic Grade II listed building is set to begin early this year.

The project will create a dedicated heritage area at the centre, including physical displays and an innovative virtual museum to tell the story of the Old Library and Museum throughout the decades. Aurora's aim is to engage people living with cancer and their families with heritage to support their wellbeing. This includes an innovative new activities programme, giving people an opportunity to connect with the history of Workso.

Cancer Support

In 2020, the already well established support for people affected by all types of cancer, will continue. These include emotional support, workshops and monthly support groups, also a free package of support that includes beauty treatments and holistic therapies. A bespoke programme of support for those affected by breast and prostate cancer, will continue, with monthly meetings and workshops, as well as support groups for partners and carers.

"Years ago we didn't talk about these things, but I enjoy coming to this group. It's important that we [men] can come along and chat openly about this."

Aurora Workso, prostate cancer service user.

"The group has given me confidence and something to look forward to"

"Aurora centre is a vital part of my recovery and coping with life after cancer"

"Lovely to spend time with other ladies in the same boat. The group are lovely and friendly"

Aurora Workso, Time to Grow, women's survivors support group

Surgeries

Help and support is available at our centres in Workso, Doncaster Royal Infirmary, Scot Lane, Doncaster and Mexborough Montagu Hospital with new outreach surgeries in **Tuxford** and at both Workso Medical Centres. To make an appointment to see an Aurora Wellbeing Practitioner contact the Workso centre directly, or speak to your GP surgery to arrange a 1:1 consultation, to discuss your concerns.

Volunteers

Aurora is lucky to have an incredible team of volunteers supporting the charity on a daily basis. However, like all charities, there is always room for more help! If you have a morning or afternoon to spare and would like to volunteer, Aurora would love to hear from you. Aurora in Workso needs help in the Tearoom, Charity shop or with administration and at events. Please contact us for an application form. If you would like to support us by hosting a fundraising event then please give us a call to discuss your ideas.

Aurora Centre Workso is open Monday to Friday 09:00 to 16:30. For more information about our services: phone 01909 470 985 or visit www.aurorawellbeing.org.uk

Facebook @AuroraWellbeingCentres
Twitter @AuroraCentres

Editor's note: Take a look at our community website's **Voluntary Sector links ► Aurora Centre** for coming events.



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Shopping online – fake reviews

Do you shop online or just use online providers such as Amazon to give you a feel for the best 'going rates' for products? If so, it's well to be aware of the vast array of fake reviews that such online providers can throw at you. Recent research by The Consumers' Association, publishers of Which? (November 2019) has revealed just how widespread this fake review epidemic is.

Add to this their findings about the dangers associated with many products lacking 'known brand' labels that nevertheless get high review rankings that are fake. Such reviews might well tempt you into a purchase because of the seemingly attractively low prices.

Which? Testing of a cross selection of such products has revealed that online purchases of a brand you do not know is a game of chance – you may end up with a bargain that does the job, but you could also get a device that's below par or even dangerous.

Editor

Helping young people with mental health issues

A new website has been developed by the Association of Young People's Health as a resource to help parents support their children who have mental health problems. The resource is managed by the Association for Young People's Health (AYPH), a charity working to improve understanding of young people's health needs and to promote youth friendly health services.

As we know, parents play a key role in supporting their children through both crisis and recovery, but that they struggle to find the resources they need to do this. This new website is for parents who are supporting their children with mental health problems. It is definitely worth promoting. <http://www.helpforparents.org.uk/>

It's a good idea to read through the **Background to the website** from its homepage to get a better feel for what the whole site offers.

For more information about AYPH see www.youngpeopleshealth.org.uk, and to get in contact email info@youngpeopleshealth.org.uk

"The way to get started is to quit talking and begin doing."

Walt Disney (1901-1966)

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Radical new approach to child protection

Police and safeguarding experts from across Nottinghamshire have been examining a radical new approach to child protection.

Alongside representatives from our new Violence Reduction Unit (VRU) and members of the City and County Council's safeguarding children's boards, we attended a conference to hear evidence about Contextual Safeguarding – a trailblazing alternative to traditional methods of child safeguarding.



The method was developed by Dr Carlene Firmin at the University of Bedfordshire, who gave a presentation during the event. It shifts the focus of social work from the family home to a much wider setting, recognising the effect friendships, peer groups and external influences and environments can have on young people's lives and their wellbeing and looks at how these risks can be managed to make children and the places in which they congregate safer.

Young people today are increasingly exposed to negative influences which impact on their attitudes and behaviour and often these are outside the control of their families. It is time for a new approach to enable us to successfully tackle this vulnerability and we will be using the learning from this conference to consider what changes are needed.

The above article was taken from Paddy Tipping's December, 2019 newsletter – *The Beat*. To read other articles, or to keep an eye on Paddy's monthly thoughts, visit : www.nottinghamshire.pcc.police.uk which also has Paddy's other contacts.

Editor

LAWNMOWERS Tony Halford



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Clarborough & Welham IT Group

'I'm not frightened of it any more!' is one of the most satisfying remarks that I have received several times recently when someone has finished one of our blocks of computing classes.

It has to be said that as teacher of these classes I can't take sole credit for these pleasing remarks – the friendly, even some times off-the-wall, attitude of regular class members has played a significant part. About the only firm rule that applies in all sessions is that no one should touch another person's keyboard; telling, pointing, re-explaining teacher's instructions are all encouraged, but no one should *do* things for someone else. This encourages people to help each other and from this springs the friendly social atmosphere in our classes. Many of us with knowledgeable children – or even grandchildren – will have experienced the 'oh, granny, let me do it for you!' which is then followed by lightening finger work over the keyboard. Result is task accomplished, but we are none the wiser on *how* it was done. In our classes we aim to give the knowledge and experience of both *how* and *why*.

Clarborough & Welham IT Group is one of very few across our area that has survived recent local authority cuts. We are self-sufficient and receive no financial support other than from our members subscriptions. We run classes in five-week 'blocks' that are arranged within school term times since many of our members have family commitments during school holidays. Sessions run in Clarborough Village Hall on Tuesday afternoons (13:30-15:00) and Wednesday mornings (10:00-11:30) and cost just £20 for the full five weeks of either day's sessions.

We have a suite of modern Windows 10 laptops that members may use although a significant number of people now bring

their own laptops. Sessions run through 30 weeks each year with our next block resuming in the last week of February.

Recent sessions have focused on getting members familiar with Microsoft's Windows 10 since support for Windows 7 was withdrawn on 14th January this year. For members new to Windows 10 (it's actually been around for several years) we started with basic familiarity with the desktop and then moved on to looking at *Settings* to 'tweak' laptops to their user's preferences.

Our groups then move on to the wide range of applications available to modern users – from office suites (word processors, spreadsheets, presentations, etc) and then image editing. We also provide an introduction to more 'professional' approaches to online ('Google') searching.

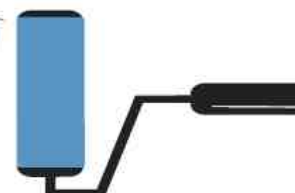
It won't have escaped your attention that many of these applications can quickly double the price of a new laptop but our group follows a no-cost path known as **open source**. This movement believes in free applications for everyone and is the basis of our provision. The likes of Apache Open Office which is used to produce this Newsletter and the alternative LibreOffice form the basis of many sessions. These can read and write Microsoft Office documents, something that is important to me in my many community connections since many still use Microsoft Office. I have no difficulty in communicating with them!

So why not come along to one of our classes and get all of these applications free – we will help you install them too!

For much more on our IT Group take a look at our website: www.cwitgroup.btck.co.uk which also has links to the range of open source application that we promote. These include a number of anti-virus and security apps.

Greg Herdman

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What's on January-April 2020

February

Saturday 8th February

Idle Valley Wildlife Watch: Surviving the Winter

Outdoor fun for 8-12 year olds. This month we are looking at how wildlife copes. Meet at Idle Valley Rural Learning Centre. 10.30am-12.30pm. £3 donation suggested. Booking required.

Contact: Ros Schwarz 01777 858 245

idlewatch@nottswt.co.uk

Sunday 9th February

Optics Demonstration with Opticron

Your chance to try out a range of equipment, such as binoculars, under real field conditions at our Idle Valley Nature Reserve. Expert advice on hand. 10am-4pm. Free of charge.

Contact: Tim Sexton 0115 972 1777

enquiries@attenboroughnaturecentre.co.uk

Thursday 13th February

Lichens

Come along to this meeting of the North Notts Local Group for a talk by Peter Crittenden from University of Nottingham. 7.30pm at the Idle Valley Rural Learning Centre, North Road, Retford. £2.50.

Contact: Jan Williamson 01777 709 974

janwilliamson133@gmail.com

Sunday 16th February

Idle Valley Bird Walk

Join local bird enthusiasts for a walk around Idle Valley Nature Reserve. 9.30 – 11.30am. Please bring your binoculars and walking boots. Donation welcome.

Contact: Rural Learning Centre 01777 858 245

idlevalley@nottswt.co.uk

Saturday 29th February

Treswell Wood Conference

This day is an opportunity for anyone to learn about the groups working in the wood, and the wildlife they monitor. The programme will include presentations about bird ringing, dormouse monitoring, nestbox monitoring, management of the wood, Annual Breeding Bird Census and the use of Treswell data by universities. 9.30am-4.30pm at Idle Valley Nature Reserve. For further details see <https://www.treswellwoodipmg.org>. £15 to cover buffet lunch & refreshments.

To book visit nottinghamshirewildlife.org/events

March

Saturday 14th March

Idle Valley Wildlife Watch: Spring is in the Air

Outdoor fun for 8-12 year olds. What to look out for as the days warm up. Meet at Idle Valley Rural Learning Centre. 10.30am-12.30pm. £3 donation suggested. Booking is required.

Contact: Ros Schwarz 01777 858 245

idlewatch@nottswt.co.uk

Thursday 12th March

Plastic: Can't Live With It, Can't Live Without It

Come along to this meeting of the North Notts Local Group for a talk by Seb Spain from University of Sheffield. 7.30pm at the Idle Valley Rural Learning Centre, North Road, Retford. £2.50.

Contact: Jan Williamson 01777 709 974

janwilliamson133@gmail.com

Sunday 15th March

Idle Valley Bird Walk

Join local bird enthusiasts for a walk around Idle Valley Nature Reserve. 9.30 – 11.30am. Please bring your binoculars and walking boots. Donation welcome.

Contact: Rural Learning Centre 01777 858 245

idlevalley@nottswt.co.uk

Optics Demonstration with Opticron

Your chance to try out a range of equipment, such as binoculars, under real field conditions at our Idle Valley Nature Reserve. Expert advice on hand. 10am-4pm. Free of charge.

Contact: Tim Sexton 0115 972 1777

enquiries@attenboroughnaturecentre.co.uk

April

Thursday 9th April

The Dormouse Project

Enjoy a talk by Lorna Griffiths at this meeting of the North Notts Local Group which will include the AGM. 7.30pm at the Idle Valley Rural Learning Centre, North Road, Retford. £2.50.

Contact: Jan Williamson 01777 709 974

janwilliamson133@gmail.com

Saturday 11th April

Idle Valley Wildlife Watch: April Flowers

Outdoor fun for 8-12 year olds. This month we are looking for spring flowers. Meet at Idle Valley Rural Learning Centre. 10.30am-12.30pm. £3 donation suggested. Booking required.

Contact: Ros Schwarz 01777 858 245

idlewatch@nottswt.co.uk

Sunday 19th April

Idle Valley Bird Walk

Join local bird enthusiasts for a walk around Idle Valley Nature Reserve. 9.30 – 11.30am. Please bring your binoculars and walking boots. Donation welcome.

Contact: Rural Learning Centre 01777 858 245

idlevalley@nottswt.co.uk

Sunday 26th April

Optics Demonstration with Opticron

Your chance to try out a range of equipment, such as binoculars, under real field conditions at our Idle Valley Nature Reserve. Expert advice on hand. 10am-4pm. Free of charge.

Contact: Tim Sexton 0115 972 1777

enquiries@attenboroughnaturecentre.co.uk

"The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere."

Barack Obama (1961-) 44th USA President

Workshop Library Closure

As you may be aware, Workshop Library suffered a devastating flood on Thursday 7th November 2019 and has been closed ever since.



We are delighted to announce that we opened temporary premises in Unit 19 of The Priory Shopping Centre on Monday 20th January offering a full library lending service, Mon-Fri 09:00-17:00, Sat 09:00-16:00 and Sun 11:00-15:00.

Access to public PCs in the temporary library will follow once lines have been installed. Carlton-in-Lindrick Library will continue with extended opening hours (Mon-Fri 09:00-17:00 and Sat 09:00-16:00) to offer public PC access. We also look forward to welcoming Retford Library users to our temporary Workshop space during its closure for refurbishment.

Bassetlaw Sleep Service

Is your child experiencing sleep problems? Do they struggle to fall asleep, stay asleep or wake too early?



The Sleep Charity offer a Free sleep service in the Bassetlaw Area, maybe we could help? We hold sleep clinics in various venues offering 1-2-1 appointments, to qualify, families must live within the Bassetlaw boundary or be registered with a GP in Bassetlaw and the child must be over 12 months of age.

Our trained Sleep Practitioners, Claire and Carol, are also both Mums of children with additional needs who experienced their own sleep issues which were resolved using the techniques offered in our clinics.

Appointments last approximately 45 minutes, we will take a detailed history of your child's sleep issue and from that create a personalised sleep programme, to take home and put into practice, if desired. We then offer telephone, text or email support for up to 5 weeks whilst changes are being made.

For more information or to book an appointment, please telephone 07912 667 676 or email office@thechildrenssleepcharity.org.uk

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Retford Hub is going Greener

The stark effects of global warming that we see in the press daily is showing us that the environment as a major issue for us all. We know that 'buying local' helps, reducing food miles, minimising packaging and reducing wastage. The trend is away from the big supermarkets as more consumers start to understand that the quality of what you eat affects your health as well as your enjoyment of food. Concerns about the environment and personal wellbeing are resulting in a food revolution as people turn to veganism. According to a survey by finder.com, the number of vegans in the UK is set to skyrocket by 327% by the end of 2020. Of the 2000 adults surveyed last year nearly 1% of Brits were vegan – around 700,000 people. The poll results suggest that over the coming year, 2.2 million people will adopt veganism, increasing the vegan population to around 2.9 million. However, there are many more people who have reduced their 'meat eating' rather than stopping.



At The Hub we stock local products and we are extending our ethical ranges. We are supporters of Fair Trade, which ensures that workers are fairly paid and businesses are environmentally friendly. We have vegan, vegetarian and gluten-free products. In the UK 70% of cocoa for chocolate is sourced from countries where there is slavery; we have chocolate sourced from other countries. Most tin for cans comes from war zone areas, helping to fuel wars, whereas ours do not. But we are going further and are first to sign up for Plastic-Free Retford, our first move to remove cellophane packaging from hampers. In addition, we are introducing more Vegan and Vegetarian options to our Café. It's an exciting time and hope you join us on our journey. Visit us at The Hub to find out more.

Classes in February

Every Thursday	Drop-In Art with Cath 13:00
Saturday 8 th	Parent & Child Craft 10:00-12:00
Saturday 8 th	Watercolour with Jennie 12:30

See the Retford Hub Facebook page for the latest on courses.

Bassetlaw **ACTION** Centre

Volunteer Drivers Needed

Do you enjoy driving? Would you like to help others?

Do you own a car and have time to spare?

We are in urgent need of volunteer drivers for our Community Car Scheme service. This service enables users that can't access transport to get out into the community, attend appointments and socialise.

**If you are interested in volunteering
please call us on 01777 709650**

Clarborough & Welham Parish with Hayton Parish

VE Day Celebrations 8th-10th May 2020

Wanted - Information

Information on any soldier, sailor or airman from the villages of
Clarborough, Hayton or Welham
who died in World War 2.

As part of the VE75 Celebrations - see pages 5 & 9 - we wish to recognise the sacrifice of those men or women who died due to war service.

Please contact:
ve75.claweha@gmail.com or 07581 531 595.

Dates for your Diary

17th-21st February Notts Schools half-term break
24th February - 8th March Fairtrade Fortnight
6th - 17th April Notts Schools Easter break
8th-10th May Clarborough, Welham, Hayton VE75 events
17th May Clarborough Festival

Remember; early May bank holiday is moved from Monday 4th May to Friday 8th May to mark the 75th anniversary of VE Day in 1945.

Clarborough & Welham Parish Council Meetings

9th March
20th April
11th May

Meetings open 19:00 in Clarborough Village Hall

Agendas are always posted at least a week in advance on notice boards and on our community website where you will also find approved Minutes and meeting dates through to January, 2021.

Newsletter Advertising rates (for 4 consecutive issues)

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Newsletter 2020 deadlines

20th April (Summer issue)
20th July (Autumn issue)