

Clarborough & Welham Newsletter

Summer 2013

Produced and distributed by Clarborough & Welham IT Group
with generous support from Clarborough & Welham Parish Council

In this issue:

- **Clarborough Post Office returns**
- **Chesterfield Canal in Clarborough?**
- **Neighbourhood Plan**
- **2014 Clarborough Pantomime**
- **Helicopter emergency!**
- **European Driving (Part 1)**
- **Credit/Debit card security advice**
- **News from Clarborough School**
- **Bassetlaw Community Minibus**
- **Bassetlaw Over 50s Forum latest**
- **IT Group update**
- **Bassetlaw Action Centre**
- **Community website highlights**
- **Crossword returns**
- **Royal Mail's Keepsafe service**
- **Stop telephone cold-calls**
- **New Disclosure & Barring Service**
- **Report from Europe**
- **Notts C.C. TITAN consultation**
- **First Responders' event**
- **Phone 111 to replace NHS Direct**
- **Retford Library's Family History**
- **Parish Council Pointers**

Contacts:

Editor: Greg Herdman

(01777) 700 918

clarboroughwelham@gmail.com

Advertising: Val Waring

(01777) 708 181

Material published in this Newsletter does not necessarily represent opinions of the editors. Material submitted without a full postal address will not be published. Publication of material submitted remains responsibility of the Editors alone.

Clarborough & Welham Newsletter is distributed free to every household in our community as well as a number of outlets in Retford. Back issues are also available on our community website.

Contents subject to Copyright.

From the Editor

OK – so what's your Editor been up to? This isn't the result of all that cold weather we experienced for the first three months of 2013 – but read on to find the answer!

On a more serious note (well, slightly) we have had such a flood of contributions to this issue that it has expanded to 20 pages from its usual 16. Unfortunately we have also found our print costs climbing significantly. This leads me to repeat our grateful thanks to our Parish Council who support these costs substantially but also to our IT Group who provide an almost equal share of these costs through the advertising revenues. It would also be remiss of me not to record yet again our collective thanks to our tireless (well maybe!) band of volunteer distributors who get these newsletters through your letterboxes.

As these pages show, a lot is happening in Clarborough & Welham – new Post Office, plans for a Village Shop, extension to our Primary School and work starting on a Neighbourhood Plan. With our arrival on the entertainment map (our Pantomime was a cracker – and the next is already about to roll – see page 8) and our fourth Festival on the horizon, 'community' is high on the agenda – are you getting involved? Have a look on the back page for some key local events and dates. Add to that our community website receiving thousands (yes!) of 'hits' each month (and remember, our Newsletters are posted there too – *with colour photos*) and you can see we are even getting onto the world stage. Just the week before going to press, your editor had contacts with a lady in the U.S.A. seeking family history information about great-grandparents who lived in the Retford area. So, if you've got news to spread or a business to promote, do get in touch to exploit these opportunities; our advertising rates are very competitive as a glance at the back page of this issue will reveal.

It also seems timely to mention the raft of activities planned by Retford Library – particularly those that provide engaging activities during school holidays – and also those at the Idle Valley Nature Reserve. In both cases the details are far too extensive to carry in these few pages but full details are provided on our community website:

www.clarborough-welham.org.uk

which also carries a vast array of other useful information in its more than 100 pages. Add to that updates that usually take place almost daily and you have a resource that really needs to be checked very regularly.

And finally, what about the voice of young people themselves? We are really keen to have some content generated by you – so why not try your hand at a bit of journalism – maybe a career calling?

◀ Contact details are just to the left.





Post Office Returns

Clarborough's long-awaited Outreach Post Office is now open every Monday, Tuesday, Thursday and Friday from 09:00-12:30 in our Village Hall.

All usual Post Office services are available including bill payments, cash withdrawals, foreign currency – if you can get it at a main Post Office you can get it in Clarborough! The only obvious exception is motor vehicle paperwork which is only available at Main P.O.s. For some photos of Michael Carnall's smiles (he's our new postmaster) see our community website!

Royal Mail's Keepsafe service

Going on holiday and don't want your mail advertising your absence? For a small fee, Royal Mail will hold your post until you return.

For more details go to:

<http://www.royalmail.com/personal/receiving-mail/keepsafe>

or pick up a form at your local Post Office and mail it to:

Royal Mail Keepsafe™ Team
PO Box 944
STOKE ON TRENT
ST1 5DB

Ground & Tree Specialists Forestry and Grounds Maintenance Contractors

- Tree Care/Surgery from felling to pruning.
- Grass Cutting either large or small areas.
- Hedge Cutting from trimming to reductions.
- Weed Spraying either on land or water.
- Logs for sale Hardwood: £45 per bag (1m³)
- Free local delivery on log orders.

All clippings, cuttings and brash removed after work is completed

Fully Qualified & Insured for all areas of work undertaken.

Retford Office

Tel : (01777) 707 530 or Mob: 07875 418 048

Worksop Office

Tel : (01909) 486 560 or Mob: 07918 187 374



Community Website Highlights

Here we draw attention to just a few of the many recent additions to our community website that you might want to explore (www.clarborough-welham.org.uk):

- School holiday dates (Notts) through to summer 2016 – useful if you have children – and also if you don't (avoid peak holiday prices!)
- contact details for Notts Highways department to report potholes and other road issues.
- Local support and events for those in business.
- Domestic Abuse support from Notts. Women's Aid.
- Notts Police are recruiting – interested?
- Local Job opportunities.
- Car boot – some interesting technology items offered.
- Some interesting facts of law that might surprise.
- Emergency contacts for your utility suppliers – don't get caught out in a water/gas/electricity emergency!
- Security tips for motorists and home owners from your local police.
- Family History meetings at Retford Library including dates and times.
- Contact details for all of your elected representatives from Parish, District and County Councillors to MP and Member of the European Parliament (MEP).
- Local GP surgery contact details.
- Local police contacts.
- Local voluntary groups contacts.

Do remember that even if you've not got a computer, Retford Library has plenty – and provided you have a library card, you can book a machine – and some initial help from staff – by just phoning ahead. Bookings usually cover a one hour 'slot' although this may be restricted to 30mins at very busy times. Alternatively, why not get involved with **Clarborough & Welham IT Group** who will 'hand-hold' you through all of the skills need to get online.

Editor

What's on at The Kings Arms?

An extensive programme of events – that's what! From Card Bingo and Play Your Cards Right, Horse Race Night to Celebration of V.E. Day (8th May) and traditional pub quizzes - it's all here! Add to that a range of food themes and you can't go wrong.

For much more detail together with dates and times, visit our community website's *Out and About* pages.

It's one of those moments when everything goes wrong!

Cycling across the path between Broad Gores and the skate park on Saturday 29th September, 2012, my bike's front wheel suddenly twisted; involuntarily I put my foot down – crack! Both my tib(ia) and fib(ula) snapped!

Fortunately, I was travelling 'in convoy' with Mum and sister Emily behind me. Immediately the mobile phone calls started; Dad arrived and soon afterwards Dean, the paramedic. It didn't take Dean long to realise that my transport would have to be by air, so calls went to *Helly Med 29* of Lincolnshire-Nottinghamshire Air Ambulance Service.

I was wrapped in a coat, sitting with my back against Dad's legs when suddenly a big yellow helicopter appeared. Luckily, Emily was sitting in the paramedic's car so was sheltered from the noise and flying straw that heralded the chopper's landing.



Once I was in the helicopter, there wasn't a lot of room. We went to 500 feet. All I could see were the crop patterns, vapour clouds from the power stations and a little later, roofs and spires of Lincoln Cathedral. Within eight minutes of leaving Clarborough, we landed at Lincoln Hospital which was the start of a painful process leading from x-ray to plastering. This was followed by a Monday afternoon trip down to the operating theatre

before starting the long process of getting back onto my feet.

I owe a massive thank you to Dean, the paramedic, the *Helly Med 29* crew, nurses and surgical staff at Lincoln Hospital and my friends and family for their support over the past weeks.

Hannah Beswarick



Lincolnshire
& Nottinghamshire
Air Ambulance

Lincolnshire & Nottinghamshire Air Ambulance are keen to get more involved in their local communities so why not follow Hannah's lead and find out more.

You could pick up a leaflet from their Retford shop on Exchange Street or, alternatively, contact either their Head Office:

LNAACT House
Bentley Drive
Bracebridge Heath
Lincoln LN4 2QW

Tel.: 01522 548 469

or their Nottinghamshire office:

LNAACT
Unit 2
Chase Park
Daleside Road
Nottingham NG2 4GT

Tel.: 0115 941 2255

For both centres e-mail

enquiries@ambucopter.org.uk

www.ambucopter.org.uk

Law & Order

Want to keep up-to-date with what's going on around our 'patch', get insights into wider issues, or even tap into the thinking of the Home Office?

Visit your community website (www.clarborough-welham.org.uk) and follow the *Law & Order* page links.

To get hot news, information and warnings from local police forces as well as Nottinghamshire's Trading Standards department please enrol with Neighbourhood Alert – the e-mail & mobile information service. Again, details on our community website.

Finally – you will also find our local PCSO, Dave Airey's, monthly reports as well as *Crimebeat* articles from Inspector Neil Bellamy on the same community website – they make comforting reading in many ways and an antidote to the alarmist sort of coverage so favoured by the mainstream media.

Editor

2 MEN WITH A VAN FOR HIRE

Single items to Full Houses

**All jobs
considered**

LOW
PRICES

**Mob: 0755 000 2242
or Tel: 01777 702779**





Integrating passenger transport across Nottinghamshire and redesigning transport services is our county's TITAN project now coming towards conclusion. A series of consultation road shows are planned through May – so make use of them to find out more and to express your opinions.

TITAN Roadshow Routes (May 2013)

Thursday 16 May	Retford (Bus Station) 09:45-15:30
Friday 17 May	North Leverton 10:00-11:00 Rampton 11:30-12:30 Dunham on Trent 13:00-14:00 East Markham 14:15-15:15
Monday 20 May	Gringley on the Hill 10:00-11:00 Misterton 11:15-12:15 Beckingham 12:30-13:30 North Wheatley 13:45-14:45
Tuesday 21 May	Bircotes (Library) 09:45-12:45 Ranskill 13:00-14:00 Ranby 14:15-15:15
Wednesday 22 May	Worksop (Library) 09:45-15:00
Thursday 23 May	Everton 10:00-11:00 Sutton-cum-Lound 11:15-12:15 Retford (Bus Station) 12:30-15:30

Liz Yates, County Councillor



At the time of writing County Councillor Liz Yates was restricted due to the forthcoming County Council elections on 2nd May. She is still available for business, therefore, and if any resident wishes to contact her about an issue, her details are telephone (01777) 860 219 or email cllr.liz.yates@nottsc.gov.uk.

Notts broadband plan is still on target

Rural communities in Nottinghamshire with little or no internet access are on course to get access to superfast broadband in the next three years. Your County Council is reassuring residents and businesses that it remains on target to roll out its broadband plan, which will guarantee access to superfast broadband speeds for 90% of premises and at least 2Mbps for the rest. The County Council is currently in the middle of the procurement phase, which means that it will soon be selecting a partner to help it deliver superfast broadband across the area. Two telecoms companies are competing for this.

An announcement on the successful bidder is scheduled for the beginning of July when the Council will also be in a position to give individual communities and businesses a better idea of the phasing of the project.

Work on the ground is expected to start by the end of 2013, with first communities expected to get access to next generation broadband from early 2014. The County Council has complied with all the Government's requirements through development of the project and is working towards completion of the project by the end of 2015, in line with the Government's expectations.

Jayne Francis-Ward, the Council's Corporate Director for Policy, Planning and Corporate Services and lead on the broadband project, said: "The economic benefits of having a better connected county are potentially huge and the County Council is doing everything it can to bring superfast broadband to Nottinghamshire as soon as possible. The days of a digital divide between different areas of the county are numbered. We've had to jump through a lot of hoops to secure the final go-ahead from Government, but we're on track for the contract to be signed off by the end of June this year. We'll then be able to be much clearer about the roll-out timetable. In the meantime, we're continuing to pursue further European funding to top up the money already available for the project, which may well enable us to roll out next generation broadband access even further and faster."

An estimated 66,702 homes and businesses in Nottinghamshire will benefit from the roll out of the plan. The number of properties covered in each district is:

LAWNMOWERS

Tony Halford



Plant & Grass Machinery Specialist

36 Albert Road, Retford, Notts. DN22 6JB

Tel.: (01777) 860 704

Mob.: 07976 941 407

Newark & Sherwood:	26,210	Bassetlaw:	15,626
Rushcliffe	13,157	Mansfield:	3,538
Ashfield:	3,072	Gedling:	2,905
Broxtowe:	2,194		

None of the properties to benefit from the roll out of the broadband plan have been identified for future upgrades by the telecoms companies in the next three years, which means that without this significant public infrastructure investment, homes and businesses face the risk of being left behind. It is hoped that the plan will particularly make enterprises in rural and urban areas more equal and will be a powerful driver of business productivity, investment and economic growth.

Nottinghamshire County Council estimates that the upgrade of the broadband network will cost £17m, with £8.5m being provided by the Government, the County Council and District and Borough Councils. The remaining £8.5m would be met by whichever telecoms provider is selected to implement the upgrade.

Further information on the Nottinghamshire Broadband plan, including the timetable for its implementation, is available at www.nottinghamshire.gov.uk/broadband

Issue Date: 10 April 2013



At the beginning of March, Clarborough Primary School held a *Readathon Week* to raise the profile of reading and also raise funds for two charities, namely: CLIC

Sargent & the Roald Dahl Marvellous Children's Charity.

Activities during the week included an 'Extreme Reading' photography competition, which was won by Florence P. Florence won 2 tickets to see James & The Giant Peach at the Theatre Royal in Nottingham, which were very kindly donated by Friends of Clarborough School. There was also a 'Revolting recipes' day, where Class 3, 4, 5 & 6 cooked recipes of their choice with Mrs Herdman & Mrs Brown. Food cooked included: Wonka's Whipple Scrumptious Fudge-Mell. A 'revolting dinner' was served for lunch by Mrs Smith and Class 4 performed their

version of Roald Dahl's Three Little Pigs (from Roald Dahl's *Revolting Rhymes*) to the rest of the School. On the Tuesday, children & staff came to School dressed as book characters and lastly throughout the week there was a Readathon, which raised £650 for the two charities; thanks go out to everyone who helped or contributed.



School Extension

We are pleased to report that work is going according to plan on the Extension. We are hoping that the build will be finished early in the Summer term.

The children are taking a keen interest in the build and we will of course be using the opportunity as a learning experience. Over the Easter break Interserve made the 'break through' from the extension into the existing building. We will be allowing the children from some of the classes to visit the site and have a look at what is happening (wearing suitable protective clothing of course). They will also be able to ask the contractors questions about the work that is being done.

We would like to thank you all for your patience during the build, we are sure that the end result will be worth it.

Totalcare Childminding Services

Julie Quanbrough, Ofsted Registered Childminder

Caring for ages 0-16 years

Experience with autism using Makaton signing and PECS symbols on a daily basis
Available early mornings, evenings, weekends and bank holidays – flexibility for shifts
School drop off/collections Clarborough and North Wheatley

Tel: 07795 116 731

Email: totalcarechildminding@live.co.uk

Business page: www.facebook.com/totalcarechildminding



**Picked or PYO strawberries, raspberries,
cherries, plums, apples & pears, etc.**

Available fresh in season

Frozen throughout the year



**GOACHER'S FARM
SHOP**

**Preserves, chutneys, honey, eggs, home baking,
juices, vegetables - even stamps**

Fruit pies made from our own fruit

GO FOR GOACHER'S

**Wood Lane, North Wheatley
01427 880 341
www.goforgoachers.co.uk**

Open:

May-Sep : 9am – 6:30pm (June to end July, 8pm)

Oct-April : 10am – 5:30pm (closed Wednesdays)

Sundays closed 6:30pm

DPS

**Remedial & Restoration
Contractors**



L.J.HAYTON F.I.S.M.



The Warehouse

Tel: (01777) 703 820

Chapelgate

Fax: (01777) 702 832

Retford, Notts

Mobile: 07860 276 555

DN22 6PJ

E-mail: dpsystems@btconnect.com

Parish Council Meetings (Summer 2013)

20th May

1st July*

5th August*

***Dates to be confirmed – check your community
website for up-to-date information.**

Meetings open 19:00 in Clarbrough Village Hall

Agendas are always posted at least a week in
advance on our community website as are approved
Minutes

Our Nottinghamshire

A COMMUNITY HISTORY WEBSITE

Our Nottinghamshire is a website that is all about Nottinghamshire and all about you! You can read about Nottinghamshire history AND upload and share your own local history photos or articles for FREE! *Our Nottinghamshire* is for anyone who has something to say about the history of Nottinghamshire.

You can upload text and photos on any aspect of Nottinghamshire history. It is very easy to use! Full instructions are on the website – on how to register and how to go about submitting an article that you think might be of interest to others.

Not only articles. Events can be promoted as well. So if your group is holding a meeting of historical interest, then advertise it – for free!

All articles are mediated before appearing on the site, and all email addresses are confidential, so there is no need to worry about being bombarded with spam!

Just take a look, and see what is there. You may see an article that you would like to comment on, or answer a question in the 'mystery photograph' section. This can be done quite easily. At the moment, with the 100th anniversary of the First World War coming up in 2014 there are a number of articles about Nottinghamshire chaps that served, and whose lives were sadly lost. Do you have such a story?

Have you published a book on any topic of history in your part of Nottinghamshire? Then advertise it here under 'Books to Buy'

Clarbrough is on-the-map so to speak with early examples of Clarbrough School's Log Books now **Our Nottinghamshire**. **Editor**

The more articles that are published, the more interesting the site becomes. So if you have a story to tell (preferably with a picture!) – have a go. Visit www.ournottinghamshire.org.uk

Jill Campbell
Community Member for the OurNottinghamshire
Community History Website

Inventors, please listen!

If you could ask top inventors for products to thrill you, what would you ask for? Write to your Editor with your ideas and we will publish the most interesting.

For starters, how about:

Non-tangling wires/cables

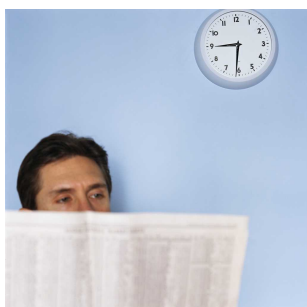
A reality app that makes us appear to others as we would wish to look !

Self-driving cars

Non-fattening food!

Want back-to-work skills or improved self confidence? Then volunteer!

Clarbrough & Welham IT Group is making a difference to people in our area! From early 2013 we have had to increase our classes from two to three per week as demand has soared. This is primarily due to our provision of **Absolute Beginners** classes that really do take a gently-gently approach for those who are either new to or frightened off computers. Add to that a band of dedicated volunteers supporting classes to an extent that we can often offer almost one-to-one attention, and our popularity becomes clear. Add to that an atmosphere that is certainly lively if a bit off-the-wall and you can see why we rate so highly.



We have welcomed onboard one young volunteer who is rapidly becoming a key member of our team. We are really keen to recruit others too, particularly locals who may be looking for into-work-skills or to improve their self confidence in a lively but supportive environment; IT skills are a secondary consideration! If you are

interested, please do get in touch (must be over 18).

Absolute Beginners usually need help with keyboard skills, e-mail practice and all of those little things that lead to independent self-confidence. Add to that a cost of just £10.00 for a full five-week course, and you can see why our Village Hall is often a buzz of activity!

Our next block of classes begins w/c 10th June but if you'd like to drop in to one of our current classes on either



Tuesday afternoons or Wednesday mornings to get a feel for our approach, please contact Greg – see Editor contacts on the front page of this Newsletter.

We are open 30 weeks per year – Autumn 2013 classes will resume w/c 16th September.

For more information – and to keep up-to-date – visit our IT Group website at www.cwitgroup.btck.co.uk

For advice and also a vast range of local volunteering opportunities, why not get in touch with Bassetlaw Action Centre and/or Bassetlaw Community & Voluntary Service (BCVS)?

Bassetlaw Action Centre, Canal Street, Retford DN22 6EZ Tel.: (01777) 709 650
www.bassetlawactioncentre.org.uk

BCVS, 17b, The Square, Retford DN22 6EU
Tel.: 01909 476 118

Their Head Office is at The Old Abbey School, Priorswell Road, Worksop, S80 2BU – visitors always welcome!

Greg Herdman

Disclosure and Barring Service

Government has launched a new organisation formed from the merger of the Criminal Records Bureau and the Independent Safeguarding Authority.

This service will provide a single 'passport-style' facility to replace what has become known as a 'CRB check' providing individuals with a transportable verification tool and organisations with a single checking process, something that will benefit organisation and charities in both efficiency and cost terms.

Editor

Do you require any land-based training?

Health & Safety, Pesticides, Chainsaws, Fork Lift, First Aid, Abrasive Wheels, Management, COSHH, Employment Law, Vermin control, Livestock courses

North Notts Training Group



"Cost effective professional training for a safe & efficient tomorrow"



Contact: Vicki Wilson

Mobile: 07855 751 689 Fax: 01427 884 294

vkwilson1@yahoo.co.uk

www.nntg.co.uk



Lantra Awards and City & Guilds



Our nut free chocolates are individually hand made from our own kitchen using only the finest of ingredients.

Please see my website for full details:-
www.nutfreechocolatepeople.com

Nut Free - from the chocolate right down to the packaging.

Barrie Codling Photography



- ◆ **Reliable & Stylish Wedding Photographs**
- ◆ **Coverage to most tastes & budgets**
- ◆ **Classic or latest Storybook style of Album**
- ◆ **Other photographic services available**
- ◆ **Clarbrough-based**

Tel.: (01777) 705 396 Mob.: 07949 833 911

www.barriecodling.co.uk

Clarborough Village Ventures

We hope many readers were lucky enough to get tickets for our sell-out performances of Cinderella; those of you that missed it certainly missed a treat. Who could have imagined that the owner of the Kings Arms would make such a lovely young lady!!!! Make a note to get your tickets early next time – when we say they're limited they really are! A few highlights are shown below – for a bigger selection visit our community website.

Planning is already underway for the next pantomime – which is it to be? Snow White – seems appropriate as I write this in late March!! The performers, back stage and



Original photos by
Charles Cave

support staff all had a terrific time practising and taking part *and* we raised much needed funds for distribution around our village. If you feel you would like to wear silly clothes and make a complete fool of yourself in public, come and join in next time – **an open meeting is scheduled for 19:00 on 1st May at the Kings Arms with cast auditions on May 12th in the village hall with Ann McCorkell in charge.**

This year's **Ceilidh will be held on Saturday 18th May, 19:30** (doors open at 19:00). We are having a change of band this year. Lys St.George are based in the Doncaster area and are a very experienced ceilidh band, guaranteed to get us all up and dancing. Come in comfy shoes!!!! Tickets (£7.50 under 16 £5) include pie and peas and a bar is being provided too, what more can you want? Tickets available from the Kings Arms, 705 877 and also 705 616 & 710 780. Numbers are strictly limited – be warned – once they're gone, they're gone.

Clarborough Festival is taking place on Sunday, 19th May with vintage vehicles and tractors, steam engines, stalls to browse, lots of games for children and a children's Fancy Dress Competition plus, of course, our Annual Dog show which is quickly gaining a reputation as the place to be with your canine exhibit! There's food and drink available, a barbecue and beer tent. Guest appearance from Dillon the donkey. If you are feeling adventurous organise a tug of war team for competition on the day – we can't let Hayton win again, surely?

Come along and join in, take part, and have fun! Looking forward to seeing you all, in the sunshine of course!

Plans are also afoot for our **Lamas Festival on 27-28th July.**

Sara Hardy

Clarborough Gardening Club
meets in Clarborough Village Hall on the
first Saturday of each month.
Meetings start at 14:00

Friends and non-members welcome



**THE
Drawing
BOARD**

— Small Business—Big Ideas! —

Design • Artwork • Print

- Stationery
- Newsletters
- Brochures
- Advertising
- and more!

All our work is produced locally, on time and to budget.

Call for a chat 0770 4196 153 or email me on drawingboard@sky.com

Bassetlaw Over 50s Forum

The Forum is currently re-inventing itself in these challenging times so that it can more accurately reflect the needs and aspirations of its members. The Forum is free to anyone who lives or works in Bassetlaw who want to keep themselves informed or represented. To that end we are planning a wide variety of presentations over the coming months.

Our 15th May meeting at Bassetlaw Museum will bring together Colin Handley, representatives of our County Police & Crime Commissioner (to expand on Paddy Tipping's role) and Gerald Ellis of Retford Health who will explore, among other things, the Chrysalis programme for weight management. These sessions provide opportunities for 'questions from the floor' and also 'surgery' sessions afterwards for more detailed 'quizzing'. Future meetings will host Disability Nottinghamshire (to explore recent changes to the benefits system), Hearing Dogs for the Deaf, HealthWatch (the new service), Bassetlaw Action Centre (particularly their transport services) to mention but a few. We are also have plans for the autumn to provide internet access tuition to those members who are increasingly feeling disenfranchised by the inexorable moves to online communication – you know, watch BBC News and you'll hear 'and for more details go to www.bbc.co.uk/news where...'. Plans are also brewing to explore *Our Nottinghamshire* website which is pulling together local memories and reminiscences.

Meetings start at 13:30 in Retford and Worksop on alternate months (August is our 'holiday') with forthcoming events on 15th May (Bassetlaw Museum, Retford) and 19th June (The Crossing, Worksop) so why not come along? We try to keep formalities to a minimum and refreshments are also available.

Fed up with telephone cold calls?

To cut this infestation down significantly, register with the **Telephone Preference Service**. The quickest way you can register is on TPS's website at www.tpsonline.org.uk and then clicking on the link to register.

Alternatively you can call the registration line 0845 070 0707 (local call rate). You will be asked which telephone number you wish to register and the system will then confirm the registration. It will take up to 28 days for your registration to take effect.

You will remain registered on file unless you change your telephone number.

Editor

'Clinically proven' means?

Well, actually, not a lot! *Clinically proven* may mean virtually anything... including nothing. A "clinically proven" statement in advertising is an effective sales pitch, usually a vague claim that requires no hard evidence and isn't easy to disprove.

Parish Council Pointers

***The voice of Clarborough & Welham Parish Council
'Your local Council working for our community'.***

Spring is a season of change at the Parish Council. We will be saying a fond farewell to long serving Parish Clerk John Salmon. John is retiring after almost 17 years in the job. Helpful & Knowledgeable, with a vast experience in local Government, he will be missed. We wish him well.

A warm welcome to our new Parish Council Clerk, Wendy Davies, who will take over the reins from John. Wendy has experience working with other Parish Councils in the district, and comes highly recommended. She will work with John during May to help with the changeover & take over officially at the end of May.

Good to hear the news that we are back on the Postal map. An outreach Postal service is now operating in the Village hall, - see details elsewhere in this issue. We hope everyone will support it.

Clarborough & Welham is on the up, with a new shop due to open adjacent to the Kings Arms, this summer. A wide range of activities available in the village hall, much better play facilities, and a livelier community....

Clarborough & District W.I.

At the AGM on 8th April, a new committee was elected with Mrs M.Cambell (President) and Mrs L.S.Baines (Secretary) – full details on our community website. Meetings are held regularly on the second Monday of each month, starting at 19:15 in our village hall; next meeting 13th May.

A New Age Kurling event also runs on alternate Wednesday evenings (19:00-21:00) in our village hall – just £1.50 including refreshments – not a bad evening out!

A special event on 14th May will be a presentation by Michael Massella entitled *The History of Family Ice Cream*.

For further details and tickets (£4.50 non-members), please contact Lesley Baines on (01777) 703 027



**BRIAN WEBB
(SOLID FUELS)**



**We offer a full range of coal &
smokeless fuels and deliver on a
regular basis in Your Area.**

Give me a call on:

01302 867 865

A Neighbourhood Plan for Clarborough and Welham?

Following a Village Meeting at the King's Arms on 7th March 2013, which 10 Clarborough residents attended, a decision was taken to try to implement a Neighbourhood Plan for the village. Procedures required agreement by our Parish Council, being the legal representative of the community; only they can legally sanction the establishment of a Neighbourhood Plan for the village. The Councillors can then ask others to carry out the process of developing the Plan.

What is a Neighbourhood Plan? It is a legal document which allows a community to establish a framework for how it sees their community developing for the following 15 years. It cannot reverse existing decisions within the community as it is required to be positive and, when completed, sits alongside the District Council's Core Strategy to ensure that the community develops as the community wishes.

How is it drawn up? There are 5 stages in the development of a Neighbourhood Plan, all of which have to be followed in order to establish the legality of the plan.

Stage 1: Agree a neighbourhood; a group to write the plan. This has to be approved by Bassetlaw District Council and is open to public view for a period of 6 weeks.

KNL Logistics Ltd

**SPECIALISING IN REPAIRS AND SERVICING
OF COMMERCIAL & PLANT**

PRIVATE VEHICLES & MOTS

**BODYWORK AND RESPRAYS
COMPETITIVE PRICES**

Contact details: (01777) 869 438 / 07980 598 005

e.mail: knlogistics@hotmail.co.uk

website: knlanecommercials.co.uk

Corner Farm, 2 Main Street, Hayton, Retford DN22 9LL

Unity Coaches

**Luxury Coaches for UK and
continental excursions & tours**

**Coaches up to 55 feet
Contract & private hire**

Experienced & courteous drivers

(01777) 817 556 Fax: (01777) 816 551

Stage 2: Preparing and writing the NP includes defining the issues through community involvement.

Stage 3: Examination of the plan by an independent inspector who can approve it as written, ask for changes or reject it.

Stage 4: Referendum of the local community to accept or reject the plan.

Stage 5: Adoption by BDC as part of their Core Strategy for the District; if approval is given by the majority of the community following the Referendum result.

The time scale for this is from 18-24 months i.e. 2 years! It is a marathon, not a sprint!

Finance There are a number of grants available via National Government and other sources to help the Group (via the Parish Council) pay for the various expenses involved in developing the Plan. There is also help to BDC so that the council can provide support to those developing the Plan.

Who can take part? Anyone in the community. At present 12 people have shown a direct interest. The BDC representative at the meeting stated that this was a very good number for a first meeting! Anyone else interested can get involved. All the community will be asked to give their views at Stage 2 of the process.

What are the advantages of a Plan? It allows a community to have any future development in the village done for them rather than to them! That is, development takes place according to how the community wishes it to take place not how an outside group may wish it to be.

Where are we now in the process? On 15th April the Parish Council approved an application to BDC to allow the group to start the process of developing a Neighbourhood Plan. Councillors Brian Grice and Phil Gibson were nominated as Parish Council representatives.

Who can take part? Anyone in the community. At present 12 people have shown a direct interest. The BDC representative at the meeting stated that this was a very good number for a first meeting! Anyone else interested can get involved. All the community will be asked to give their views at Stage 2 of the process." *Organisations/businesses within the community may also want to be directly involved as organisations.*

How can I get involved? For the time being contact can be made by e-mail via paul@paulwillcock.com. Please use this only to register your interest in participating in the planning group. If you do not use e-mail there will be an alternative method of contacting the group in the future – watch this space!

Are there any other villages doing this? Yes – Hayton is under way; N & S Wheatley, Sturton and Leverton Parish Councils have combined to develop one plan for all their villages. Two other plans started in Bassetlaw.

Paul Willcock

FOCUS ACCOUNTING

"Focusing on your needs"

FREE CONSULTATIONS AVAILABLE

Our aim is to provide an efficient and cost effective service tailored to suit your needs. Some of our services include:

Annual Accounts
Management Accounts
Corporation Tax
Payroll and Book Keeping
Self Assessment
VAT Returns

Claire Weingaertner

07525 867 684

Claire@focusaccounting.co.uk

www.focusaccounting.co.uk

aat



**Bassetlaw
District
Councillor,
Kath Sutton**



First of all what a lovely occasion it is on the first Saturday of the month when, as many of you know, there are many stalls in the village hall plus delicious refreshments. If you haven't been - do pop in - as it's a real social occasion.

I attended a talk on Rural Community Action Nottinghamshire (RCAN) recently who offer a selection of services to suit the individual needs of rural areas. One of the main focuses of the evening was discussing the problems of transport. A well used service is their **Wheels to Work** where they offer young people over the age of 16 a Moped loan service for up to 6 months if they are unable to access a job or training course due to a lack of transport. Or they could provide public transport tickets for the first few weeks of starting work if people are struggling with the costs of transport. Is there anyone in our area who could be helped in this way? If so contact: 01623 727 620 or www.wheelstowork.org If there are any difficulties do contact me on (01777) 709 034 Finally, I hope when you read this the sun is shining!

Credit/Debit card security advice

Recently your editor and his wife experienced one of those heart-stopping moments when making a payment in Retford; the cashier looked perplexed then asked us to take a seat while a phone call lasting several minutes took place. The end result was that our debit card was refused and we were referred to our bank's security department.

After quite a nervous 'phone call to the department, we were re-assured that those transactions that had been identified by us as being fraudulent would be refunded and that our card has been cancelled. We were pleased that our bank had been on-the-ball in identifying the fraud very quickly. However, later discussions did point up the advantages and disadvantages of credit vs debit card payments.

Put briefly, credit cards provide a sort of firewall between payment mechanisms and personal bank accounts whereas debit cards - if fraudulently accessed - provide a direct route into personal accounts, with obvious possibilities of emptying such accounts!

Many credit card transactions incur a surcharge, so wily consumers have often paid by debit card. The above experience suggests that in some circumstances it might be worth using a credit card to reduce the risk of card fraud - say at a filling station, particularly when away from home. Remember that direct debit arrangements to settle credit card balances at the end of each month can be set up with most bank accounts.

This might also be a reason to keep current account balances as low as practicable, again to reduce risks if security is breached.

Editor



LawnsCut

Lawn Cutting Service

Lawns Cut every 7-14 Days
& Cuttings Bagged For Your Disposal

Call for a free no obligation quote on:

Mob: **0755 000 2242** or

Tel: **01777 702779**

You'll be amazed at how low our prices are!

RBM Agricultural

Call In

Clarborough Hill, Retford

Tel.: (01777) 704 823

Your local supplier for:

Hand & Power Tools	Lawnmowers
Workwear & Boots	Garden Tools
Household Cleaning Products	Toys & Pedal
Dog/Cat/Bird Foods	Tractors
Batteries & Oil	Rat Poison

Retford Library Family History Group

The Group meets on the second and fourth Mondays of each month (except bank holidays) from 17:00-19:00.

Meetings are FREE (small contribution welcome towards refreshments).

The group makes use of the wide range of skills and experience of its members as well as the library's recently reorganised 'paper' records. New members, whether experienced or absolute beginners, are most welcome.

A key facility for many will be Nottinghamshire Library's provision of free access to Ancestry.com's worldwide services, currently costing some £150 p.a. to private subscribers. All you need is your library card!

Helen Fox, Team Librarian (Local Studies) will also be at Retford Library for drop-in sessions between 09:30 and 13:00 on 30th May, 20th June and 18th July (more dates to follow)

Further events at Retford Library include:

FREE Story Walks in Clumber Park (May-July)
Wednesday morning events for babies/toddlers
Friday morning stories for under-5s
For these -and much more – phone 708 724

Tuesday 11th June 19:00-20:30
Nottinghamshire Astronomers*

Did you know that Nottinghamshire has produced some first class astronomers over the centuries? Find out more in this fascinating talk by Madeline Cox, Chairman of the Society for the History of Astronomy and long-standing member of Bassetlaw Astronomical Society. **Cost: 50p (includes refreshments)**

Tuesday 30th July 2013 14:00-16:00
Family History Scrapbooking*

Bring children to this free Summer Holidays activity and help them make a personal scrapbook about their family and home. Scrapbooks may include family/baby photos (please bring these to the activity), local photos and maps from the library's collection, and even a Retford Times page from the week they were born! Suitable for the whole family. **Cost: Free**

***Booking essential: call the library on (01777) 708 724 or email retford.library@nottscc.gov.uk**

Driving in Europe

EUROPE

Part 1: Getting there

Having, in the summer of 2011, returned from a three-week holiday driving in Europe, I was then surprised at the number of friends and acquaintances who expressed doubts about their own ability to do the same. For most it is their fear of foreign rules of the road. If you have the same reaction to continental driving but are keen to go – read on. If not – turn the page and read the next article!

I have driven on the continent on many occasions since the early 1980's and have to admit to a serious case of nerves on the very first occasion, with knees actually knocking with fear! Not good for the driving, especially with a caravan in tow, which I had that first time! Since then both with and without a caravan.

Planning

Vital, especially for that first trip. For someone new to continental driving, route planning is a must. Know where you are going, work out the route, where rest areas are and the distances involved. It is important to remember that to drive from Calais (ferry or tunnel) to the south of France is about 800 miles. Germany, Switzerland, Italy are, of course, even further! Write out these details and plan plenty of rests. It is hotter as you drive south and the stress of driving on "the wrong side of the road" is always there. Have a good idea of where you are staying overnight – even book it.

Maps

Philips do a spiral bound Europe map which is good for planning. Michelin do a whole series of folding paper maps for Europe of different scales and detail. These are good for local journeys. Sat-navs are brilliant in towns and cities, especially for tracking down hotels. I much prefer to know where I am in relation to the rest of the countryside and so I do most of my planning using paper maps.



How to get there?

On the many previous occasions of driving abroad I had crossed the Channel by ferry. This was, back then, a somewhat protracted affair with a lot of queuing and a minimum crossing time of 75mins. Add to this the crowded nature of some crossings and, of course, crossings in high seas are not always that comfortable although it does give time to stretch your legs.

For my last crossing I tried Eurotunnel. What a difference! Check in and passport formalities take only seconds and if you arrive early, as we did, there is a very good chance of getting an earlier crossing, again as we

did both out and back. The terminal is very like a motorway service area. Queuing is, of course, always a problem when trying to get into a limited area like a ferry or a train but it was well organised and once on the move we did not stop. Driver and passengers remain in the car (exactly the opposite to a ferry) as the crossing is only 35 minutes. The carriage is well lit and there are a number of toilets (not well signed) on the train. On arrival at the other side, disembarkation is swift and well organised with no formalities as these were all carried out before boarding.

One word of warning here! I had been relaxed during the crossing as I was going to have breakfast and look at my pre-planned route once at the French terminal. A big mistake!! I had not realised that once off the train there is no breakfast, indeed there are no services of any kind. We were straight on to the French autoroute network without my route (still in the boot) and hungry. Fortunately long months of planning gave me a pretty good memory of the main routes. Breakfast? Well that appeared within 30 minutes at one of the very good (compared to Britain) autoroute service areas. Time to calm down and get the route out of the boot!

An early stop after, say, 30 minutes is a good idea to let the nerves calm down and to relax. That is my excuse – and the breakfasts are good!

Paul Willcock

Editor's note: having also spent quite a bit of time driving on the continent – usually with caravan attached – I can not only endorse Paul's comments but also add that your front-seat partnership is very important, both a map and sign reader and also overtaking eyes; use of all rear-view mirrors can be crucial too. More on this whole topic area in our next issue.



Bassetlaw Community Minibus trips

A selection of forthcoming minibus trips include:

Monday 6 th May: Boundary Mill Retail Outlet	£10.50
Monday 20 th May: Bakewell Market	£11.50
Monday 3 rd June: Winthorpe Gardens	£9.50
Wednesday 12 th June: Harrogate	£12.50
Friday 21 st June: Scarborough	£15.50
Friday 19 th July: Mablethorpe	£12.00
Wednesday 24 th July: Whitby	£16.00
Wednesday 7 th August: Bridlington	£15.00
Wednesday 28 th August: Skegness	£12.50

For a full list through to November, visit our community website www.clarborough-welham.org.uk or contact **Bassetlaw Community Minibus: (01777) 709 650.**

Retford Motor Spares

Parts & Accessories for most makes of cars & vans

Open seven days

☎ (01777) 704 432

17 Lidget Lane, Retford, Notts. DN22 6QL

www.retfordmotorspars.co.uk

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



VICKIS ARK

Animal Nannyng Service

Member of the National Association of Registered Petsitters
Any animal, large or small, domestic or exotic, daily visits, housesitting, proficient horsewoman.

Contact: Vicki Wilson

Tel: 01427 881 162 Mobile: 07855 751 689

E-mail: vkwilson1@yahoo.co.uk

www.vickisark.co.uk



Est. since 1994 Refs available. Reasonable rates.



**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

Retford Chiropractic Wellness Centre
Grove Street, Retford DN22 6LA

Contact Andrea: (01777) 810 212 or 0781 556 1784
andrea@turnaroundtherapy.co.uk

European Parliament report

(received 19 Mar 2013)

Common Agricultural Policy - changes

The major event was voting the First Reading of the reforms to the Common Agricultural Policy which had been proposed by the Commission. A torrent of emails with advice arrived from voters - in the thousands - for which I am grateful because it shows the strength of feelings. For those who want to study the details of our voting, here is the official summary issued by the parliament afterwards:

<http://www.europarl.europa.eu/news/en/pressroom/content/20130308IPR06301/html/New-EU-farm-policy-greener-fairer-and-better-able-to-deliver-food-security>

But this is only our First Reading. Next come the proposals from the Council of 27 national Agriculture ministers. Then, if they do not agree with MEPs, comes our Second Reading. The CAP, almost everybody agrees, is in need of reform. The Lisbon Treaty gave MEPs, for the first time, equal powers with national ministers, to decide the future rules. With many interests represented from all corners of Europe, 8,000 amendments were tabled to the proposals in the parliament's Agriculture Committee. The committee reduced them down to five hundred and sent them to the full parliament - which meant a long voting session yesterday - and, horrifyingly, after two and a half hours,

the Greek vice-president MEP who was presiding in the Speaker's chair, had a massive stroke and is now under intensive care in hospital.

Long term financing of the EU

The other major decision was how to react to the Leaders' seven year plans for the EU Budget. Most MEPs, including me, are highly critical of the 27 national leaders' piece-meal attempts over thirty hours in Brussels two weeks ago to cobble together arbitrary cuts - whereas the EU budget should mean savings because it stops 27 national governments each doing things separately twenty-seven times over. This week we voted a mandate for a team of MEPs to negotiate with the Leaders with proposals how to improve their piece-meal ideas. The details are here :

<http://www.europarl.europa.eu/news/en/pressroom/content/20130312IPR06440/html/Long-term-EU-budget-negotiations-EP-sets-out-its-stance>

After the negotiations, our team will report back to the full parliament - and then we shall vote on whether to accept the changes accepted by the 27 Leaders or to reject their package and instead to allow the EU to work on a normal annual budget, as happens just about everywhere else in the world.

Election Dates in 2014

The date of the European elections in 2014 will probably be in late May and on the same day as the local elections.





WATSON

Fuelling your home, farm and business

Doncaster

01302 759798

- Home heating oil
- Agricultural fuels
- Auto top up facility
- Monthly payment scheme
- Gas oil & road diesel
- Lubricants

www.watsonfuels.co.uk

Bad situation in Hungary.

The right-wing government has made further restrictive changes to the country's Constitution - which is already causing unrest in the streets of Budapest. The definition of "family" has been narrowed, the independence of the judiciary is limited, election campaigning by opponents is made more difficult, students who have state grants can not leave the country for five years, and it becomes a crime to sleep in the street.

Chaotic political situation in Italy

There is deadlock following the recent general election. The first required step is agreement who will preside over their two chambers - by convention it is members from different parties (Senate, and Camera) but there is no agreement on either and Grillo the clown whose new party scored 25% says they were not elected to compromise with anybody. In one month the country's president stands down at the end of his seven-year term, and a new one has to be chosen by parliament but so far there is no operating parliament. Monti remains the caretaker prime minister. It already begins to look like another general election in the autumn.

My cyber-twin

On my website - www.newton-dunn.com - I continue to program new answers to questions from visitors into my "cyber-twin". Try asking it a question !

Bill Newton Dunn MEP

Editor's Note: Bill sends regular Reports to our community website, but I thought it useful to print this one, both as an example of the work of our MEP but also to tempt readers to visit our website to read Bill's reports which are often much lengthier than this, and so impractical to print in our Newsletter.

NHS Direct is being replaced by 111

The way you access health care information, advice and services on the telephone is changing. Over the next few months the 0845 4647 service is being replaced by NHS 111 in England.

You should call the NHS 111 service if you need medical help fast, but it's not a 999 emergency. You will be assessed, given advice and directed straight away to the local service that can help you best.

Calls to NHS 111 are free from landlines and mobile phones

Significant concerns about the quality and effectiveness of this new service have been voiced by bodies such as the BMA's GP Committee.

If you have used the service since its launch and have feedback – either positive or negative, then do get in touch – our readers would be interested.

Editor

Bassetlaw Museum's Farm & Country Festival

**Sat 29th-Sun 30th
June 10:00-16:00**

Free Admission

Attractions include...

Vintage vehicles, vintage tractors, gypsy caravan, butterfly conservation trust, textiles, pottery workshop, music & dancing, country crafts, watercolour artist, net making demonstration, wildlife photography, refreshments & ice cream and much more...

Bassetlaw Museum

40 Grove Street

Retford

Nottinghamshire

DN22 6LD (01777) 713 749

www.bassetlawmuseum.org.uk



Bassetlaw Cardiac Support Group

is a support group for anyone with a cardiac problem treated at Bassetlaw or Doncaster hospitals. Meeting on the first Friday of every month at 14:00 – 16:30 alternating between Bassetlaw Hospital (Post Grad Centre) and Retford Hospital (Collinson Room). A wide range of topics are arranged for the year. For further information call Pat 01909 562 361.

LWP
Liverpool Wood Pellets



The leading solid fuel supplier in the UK

LWP offer a wide range of solid fuel, including wood pellets, kiln dried logs (netted and crated) and low burning wood briquettes with the **highest calorific value**.

- Blown wood pellet deliveries 3 - 28 tonnes.
- Bagged pellet deliveries 10kg or 15kg bags.

Deliveries can be made within 24hrs from ordering.

Get in touch to find out what other fantastic fuels we have on offer - we will not be beaten on price!

0151 236 9181

sales@liverpoolwoodpellets.co.uk

The Health Benefits of Losing Weight...

Just by eating 50 calories more than you body needs a day can result in an increase in weight of 2 stone over a period of 5 years.



There are a whole host of reasons for losing weight to benefit your health and well-being. Particularly if you have a Body Mass Index over 30, associated health risks are significantly raised. And we often ask ourselves where did all of that weight come from? Well just having 1 biscuit (of 50 calories nutritional value) over and above your daily calorie requirements can result in a weight increase of over 5 lbs in a year. So if you have been doing that for 5 years, this amounts to an increase in weight of 2 stone.

But there is a lot you can do to lower these risks by adopting a healthier lifestyle, and it does not mean having to adopt a diet revolution or to starve yourself. Simple changes to diet and being a little more active, for example going for a 10 minute walk each day can have a dramatic effect over a relatively short period of time and need not be too painful to achieve. And small gradual changes are likely to be sustainable in the long run, and is a safe way of losing weight.

Consider the many benefits to Health that can be achieved by losing weight:

- A reduced risk of developing coronary heart disease and strokes by lowering blood pressure and improving circulation.
- Improvements in joints and bone strength and reducing the risk of developing osteoarthritis.
- Improvements in diet and increasing physical activity can have a major benefit in lowering the risk of developing type 2 diabetes.
- Reduced risk of developing many cancers such as bowel, kidney, oesophagus, womb and breast cancer in women after the menopause.
- Other benefits including improved sleeping, improved breathing, better skin and reduced risk of developing infections and sores, and improving fertility.
- Psychological benefits such as feeling better, having more energy and enthusiasm to tackle new challenges, but also feeling more positive about yourself and the way that you look.

Retford Health's Chrysalis programme, available to patients in Retford and surrounding villages, which recently won National recognition for Local Health Improvement, has now been recognised as an excellent example for implementation of the NICE Guidelines for dealing with Adult Obesity (CG43). The average weight loss for someone completing the 12 weeks programme is 11 lbs, and over 70% of patients keep the weight off 12 months after attending.



Are You Interested In Losing Weight ?

Our Award Winning Programme is FREE to those eligible & includes:

- Initial & Follow up health checks
- Structured 12 week programme
- Personal advice—highly trained Advisors
- Free step counter
- Sessions are held in Retford, with a choice of days/times
- Average weight loss of 11 lbs
- (for patients attending 6+ sessions)

**A proven track record,
with 2000+ patients attending
Highly commended by NICE**

What patients have said:

"Chrysalis is more personal than other weight groups I have tried & doesn't try to sell you products, the staff are more helpful. This is much better with more health information & less pressure, it was very helpful."

Want to know more ?

**Contact 01777 863 542
or email info@retfordhealth.co.uk**



Putting patients first and improving the health of the local community has always been a key objective for Retford Health. Now the Award Winning Chrysalis Adult Weight Management Programme has been highly commended as good practice in implementation of National Guidelines, and added to the NICE (National Institute for Health and Clinical Excellence) Shared Learning Database. As a consequence the Chrysalis team was invited to present its findings to the recent National NICE conference in Birmingham.

So, what does the Chrysalis programme actually focus on? Let's hear what one Clarborough person who lost 8kg (about 1¼ stone) during the 12 week course in Autumn 2012 (and who has not put anything back on either) thinks of Chrysalis.

'The two most important things that Nicola made me realise was that 'what you eat is what you are', so I became much more aware of what I was eating – started to look at the nutritional information on packets.

I set myself a few simple goals – don't nibble between meals was an important one; my second was to watch portion sizes. My plate had been getting fuller! And finally, I started to take up the optional fitness sessions that the programme offers at Retford Leisure Centre (charged at £3 per session) – well worth it and good fun too."

Gerald Ellis, Retford Health

New Parking rules in Retford

Keep your eyes peeled if you are a driver – disabled or able – new parking restrictions are currently before Bassetlaw District Council. Don't get caught out by rule changes. This particularly applies to the town centre.

Samoa Air, a Pacific regional airline, is introducing a fare structure based on the individual weight of its passengers and their baggage. Passengers will be weighed, with their luggage, at the airport prior to boarding to check against any information provided when booking! BA or Lufthansa next?

Bassetlaw



Centre

Bassetlaw Community Outreach is here for advice, help and information for people over 50, to help them remain safe and independent in their own home. For more information or to help someone else, contact: Louise Hallam on (01777) 709 650 or e-mail: lhallam@bassetlawactioncentre.org.uk

Louise can also be reached at the Retford Resource for Older People in the Buttermarket each Thursday.

YOU'LL REMEMBER DAYS LIKE THESE
NOTTINGHAMSHIRE COUNTY SHOW
11 & 12 MAY

CHILDREN GO FREE

ADVANCE Adult £12.00, Over 65's £8.00.
www.nottinghamshirecountyshow.com
 or call 01636 705796.
 GATE – Adult £16.00, Over 65's £11.00.

At Newark Showground NG24 2NY

Follow us Find us

Nottinghamshire County Show .com

ALL OFFERS SUBJECT TO AVAILABILITY AND WHILST STOCKS LAST. ALL CHILDREN MUST BE ACCOMPANIED BY A N ADULT.

Recipes with a difference!

Fancy something a little different? Try one of these for a bit of variety – the basic recipe can be found in almost any standard cookbook:

Scotch Pickled Eggs

Make your Scotch Eggs in the usual way – but use a pickled egg rather than the usual plain boiled species.

Apple Bread-n-Butter Pudding

Make bread-n-butter pudding in the usual way, but add a layer of sliced cooking apple between each layer and on top. If you've got a bit of a sweet tooth, try using sliced banana instead, but cut down the sugar substantially.

Mincemeat in fruit crumbles

For added flavour – and texture – add a few tablespoons of your favourite Christmas mincemeat to your favourite fruit crumble. Cut down the sugar in the recipe as well. Adding some mixed spice to the crumble mix also gives a bit of a twist to a well-loved recipe.

Bassetlaw Branch Parkinson's UK

meets on the first Tuesday of every month at 14:00 at Worksop Cricket Club to offer the hand of friendship and support to everyone with Parkinson's, their family and friends.
Call Chris for more info: 01909 730 629



Colin Tupling Joinery

No Job too small

Your local joinery and property repair service

Over 30 years experience

Quality tradesman

Approved Trader under Buy With Confidence Scheme

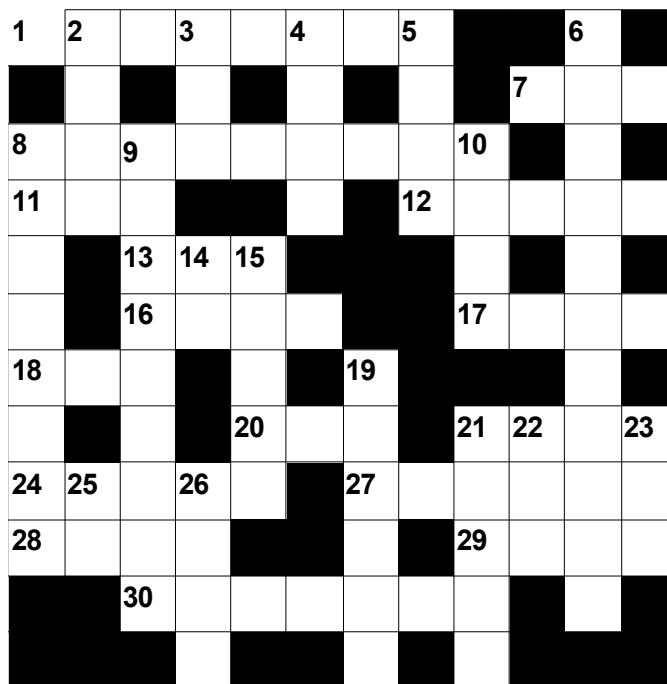
Contact: Colin Tupling

Tel: 07956 635 231

Email: colin@tuplingjoinery.co.uk

www.tuplingjoinery.co.uk

7 Wharf Road, Misterton, Doncaster. DN10 4EE



Crossword clues

Across

- 1 From ... to John o'Groats
- 7 Weather through April – June last year.
- 8 Proposed EU. Policy banning 'discards'
- 11 Adult acorn?
- 12 Argentinian dance.
- 13 Shakespearian fuss.
- 16 Muscles and instruments need this.
- 17 Garden entrance close to our canal.
- 18 Edgar Allen ...
- 20 Belonging to us.
- 21 Mine entrance.
- 24 Transport in file.
- 27 Best time of year?
- 28 German Mr.
- 29 Leave out.
- 30 Realm.

Down

- 2 Operatic solo.
- 3 First musical note Homer!
- 4 Currency in trouble.
- 5 Song for two.
- 6 Restriction over canal bridge.
- 9 New village play area.
- 10 Vocal music in the past.
- 14 A bit of a ...
- 15 Veg to cry over?
- 19 Visible courage.
- 21 Chemists' smallest parts.
- 22 Humming word.
- 23 Trinitrotoluene in short.
- 25 With reference to.
- 26 Flower, part of the eye.

If it's the *Chesterfield Canal*, what's it doing in *Clarborough*?

The recent announcement by the Government of the proposed route for the HS2 railway through the East Midlands made me think of the situation in days gone by.

Our local canal is The Chesterfield Canal, it flows through the parish from the area of The Hop Pole, on the outskirts of Retford via The Gate Inn and on through Hayton.

The canal was opened to traffic in 1777. As originally planned it would have come no where near Clarborough and Welham but would have gone from Chesterfield via Kiveton Park then almost straight to Bawtry. At that time, Bawtry was a thriving river port on the River Idle. Chesterfield was a growing town and exported coal, lead and manufactured goods but with only wagons or pack-horses, transport was slow, expensive and often, in winter, impossible.

The business-men of Chesterfield had seen the success of the Bridgewater Canal in Cheshire and wanted one of these new-fangled canals to transport their heavy goods. Initially they were of a mind that Bawtry, their traditional destination should be the terminus of their new canal and commissioned James Brindley to survey a route and prepare an estimate of the construction cost. The river Idle was navigable from Bawtry as far as West Stockwith, where cargoes of the river boats were transferred onto sea-going sailing ships on the Trent. This made the choice of Bawtry as the canal's terminus perfectly logical.

However the good citizens of Retford (both East and West in those days) wanted to expand their trade too; so, unlike modern protesters, who refuse to accept new transport routes "in their back yard" the Retford citizens actively campaigned to have the canal routed through Retford in anticipation of the additional trade that would follow.

Worksop also saw the potential of this new water highway and as a result of petitions and the promise of extra cash, as this was to be built by private funding, not the tax-payer, the promoters of the original route agreed to the change to bring the canal close (250 years ago both communities were much smaller) to both Worksop and Retford.

The new route raised a complication however, between Retford and the river Trent there runs a ridge of high ground (which we know as Clarborough Hill). To cross this would have required dozens of locks to raise the waterway from Retford then lower it to the level of the river Trent. The alternative and less expensive option was to follow the ridge north, the canal remaining in the valley of the River Idle, passing through Clarborough en route, as far as Drakeholes, where by the construction of a tunnel, only 159 yards in length, the canal could break

through into the Trent's flood plain and then progress, through Misterton to West Stockwith.

This was a major success. Not only would the canal now carry extra traffic; that from and to both Worksop and Retford; but the canal boats could remain loaded as far as West Stockwith where cargo would be transshipped only once, into the sea-going craft that traded from there.

Thus all the stone quarried in Anston for the construction of the Palace of Westminster passed through Clarborough and Welham on its way to London!

To learn more about the origins of our local waterway you could read the book "The Waterways Revolution" by Christine Richardson ISBN1 85421 161 7 published by S.P.A. Ltd. or log on to www.chesterfield-canal-trust.org.uk.

Readers will have noticed some hefty cranes and other machinery at work through March, just beyond the railway bridge approaching The Hop Pole. The Canal and River Trust has been re-furbishing the lock on the canal at that point. To do this the gates have been lifted out the "hinges" sorted then the gates re-hung. The bottom gates are about 4 tonnes each the top, smaller gates about half that.

This lock is interesting as, travelling toward the river Trent it is the first wide lock. At 14 feet it was designed to accommodate wide river boats from West Stockwith straight

through to Retford. The extra cost of the wide locks, one at the Hop Pole and two each in Gringley and Misterton was raised by the people of Retford in the hope of increased trade. It never happened, however, as the channel was never wide enough nor deep enough for the larger boats, and all trade was always in 20 tonne (approx.) boats, loaded at Gainsborough, Stockwith or Keadby and horse-drawn to various places including Retford, Worksop, Kiveton Park, Killamarsh and eventually Chesterfield.



on which it was built was Whitsunday "Pygle" an old name for an area of land, or field, the lease of which was renewed each Whitsunday, this being a "quarterday", so not quite as exciting as the legend, as always!!

David Dawson

Local Dates for your Diary

1 st May	Clarborough Panto 2014 meting (see
2 nd May	County Council Elections
8 th May	Retford Charter Day
11-12 th May	Nottinghamshire County Show
14 th May	Bassetlaw Means Business event
18 th May	Clarborough Ceilidh (evening)
19 th May	Clarborough Festival – all day
29 th June	Kings Park 75 th Anniversary events
29-30 th June	Bassetlaw Museum's Farm & Country Festival
20 th July	Bassetlaw Big Day Out – Idle Valley
20 th July	First Responders event (see below)
23 rd July	End of term for Nottinghamshire schools
31 st August	Clarborough Gardening Club's Annual Show
4 th September	Nottinghamshire schools re-open



From March 2013 The Kings Arms, Clarborough has been hosting a Wednesday luncheon club from 12:00 for older people in Clarborough, Hayton and the Retford area. Come along to meet new and old friends.

Starters £2.25, Mains £4.95, Desserts £3.25
Call 01777 708 845

Find more on Facebook at The Friends of the Kings Arms. **Supported by Nottinghamshire County Council.**

Clarborough Coffee Afternoon in support of Retford First Responders

Once again Ann Cobb, family and friends will be holding an afternoon event at Manor Barn (Main Street) in support of Retford First Responders – the volunteers who provide that all-important quick response to emergencies situations in your community.

So, mark your diaries! Saturday 20th July, 2013 starting at 14:00

Entrance (including light refreshments) is just £2.50 and the afternoon will include:

Big raffle, Tombola, Cake and Handicraft stalls plus a Village Ventures barbecue.

All proceeds to Retford First Responders. Last year we raised £1200 so help us to beat that this year! Please bring donations to Ann at Manor Barn or ring (01777) 704 123 for further details.

SEASONED HARDWOOD LOGS

£45 per cubic metre

FREE LOCAL DELIVERY

All types of tree work carried out

Felling/Pruning/Removal

Hedge cutting/Grass cutting

All chippings/cuttings/brash removed

Chainsaw/mower/trimmer repairs

Contact Dan:

**Mob: 07814 563 706 or
(01777) 701 777**

DPA CONTRACTORS

Volunteer drivers required

Bassetlaw Action Centre Volunteer Driving Opportunities

Full training (including MIDAS training) will be given to all volunteer drivers.

For more information see *Volunteer Opportunities* on our community website, Email carscheme@bassetlawactioncentre.org.uk or call us on (01777) 709 650.

Our Car Scheme Coordinator is Ruth Mc Kenna.

Advertising rates (4 issues)

Full page £90.00

Half page £50.00

Quarter page £25.00

This size £12.50

Contact Val (01777) 708 181

Yet again, our greatest thanks go to our tireless (!) team of volunteer distributors.

2013 Newsletter deadlines

22nd July (Autumn 2013 issue)

28th October (Winter 2013 issue)