

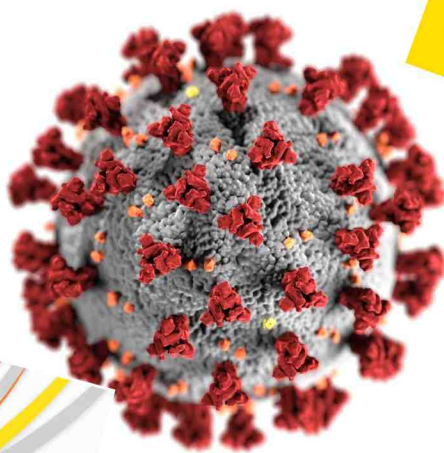
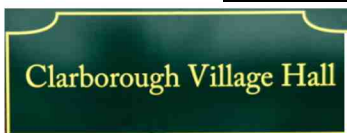
Clarborough & Welham

Newsletter

Winter 2020

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updates
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Produced by Clarborough & Welham IT Group with generous support from Clarborough & Welham Parish Council and distributed by our tireless team of volunteers.

Material published in this Newsletter does not necessarily represent opinions of the Editor. Material submitted without full contact details will not be published. All publication decisions remain the responsibility of the Editor alone.

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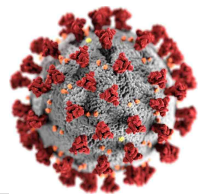
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Editor's note: Because of Covid-19, do check any events in the following articles with organisers before setting out!

Clarborough & District Community Association

Clarborough & District Community Association (CDCA – registered charity 502076) manage Clarborough Village Hall. We have been checking it, inside and out, on a very regular basis throughout the current crisis.

We have also been looking to improve its facilities. A key element of this has been replacement of its central heating boiler in late September, a process that was helped significantly by a Bassetlaw District Council grant. Recent checks and reviews have included those of safety equipment such as fire extinguishers, security alarms and entrances, etc. We have also sought new hall insurances, all of these costs – along with ongoing utilities such as lighting and heating – are bills that keep coming in.

With the constant changes of advice from central government aimed at village halls and similar organisations, CDCA Committee members have drawn on guidance from ACRE (Association with Communities in Rural England) which currently suggests that our hall is unlikely to reopen before the New Year. Having said that, we must remind readers that our Post Office opens each Monday morning in the hall (see page 18).

Having said that, even when reopening becomes possible, the current committee, which only numbers 4 individuals, will be stretched to cover all demands. We urgently need some new volunteers specifically to address hall provision when it reopens – cleanliness and links with regular and occasional bookings to ensure compliance.

For this reason CDCA is asking anyone who would like to get involved with our hall to get in touch soon – phone (01777) 700 918.

While all of this has been going on, CDCA has also enrolled with *Amazon Smile* – for more on this see our article on page 5.

Greg Herdman
Chairman (acting), CDCA

Letter from a reader

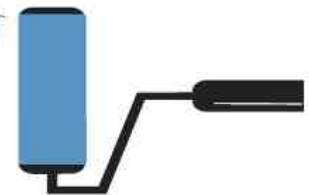
Today I've struggled a bit, I've felt so angry that the government have voted to end free school meals during holidays for those hungry children living on the poverty line. As a teacher I have, along with colleagues, fed hungry children without for a moment questioning the reason they are hungry – whatever the reason it is NOT the child at fault! Seeing this has reminded that people still care and we can still pull together and overcome this and do the right thing by our children. What a wonderful place, I would gladly give them my money!

I'll add the link for the just giving page to Bassetlaw Food Bank – if you are in a position to donate food or money to them then I urge you to. Sorry for the rant but this is a really important matter to me, we need to protect our children – and let's not forget, we are ALL just one payday away from hard times.

<https://www.justgiving.com/bassetlawfoodbank>

Louise Floyd

ANDI GRAY
PAINTER & DECORATOR



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The Queen's Birthday Honours

We are very, very proud and excited to be able to announce that Catherine Burn our CEO has been awarded the British Empire Medal (BEM) in recognition of her services to the community during Covid-19 in the Queens Birthday Honours list.



As colleagues, we absolutely could not be more proud of her and her inspiring leadership through these challenging times.

Fran Walker (Chair BCVS Trustees) added, 'On behalf of all BCVS Trustees, we are so delighted and proud that our CEO has been recognised for all her work during these challenging times, so richly deserved now, and always.'

Clarbrough & Welham Community website

Our community website has become a major focus for visitors through the current pandemic. Even before March of this year, the website had been servicing some 3,500 visitors per month who accessed more than 8500 pages.

Through the pandemic this has progressively increased such that September's figures show 6,953 visits accessing 11,034 pages.

Our site is updated daily with currently 219 pages covering almost every aspect of life – both 'local' and national. Take a look if you aren't already familiar with our community website at: (www.clarbrough-welham.org.uk)

If you think anything is missing, do get back to us.

Greg Herdman

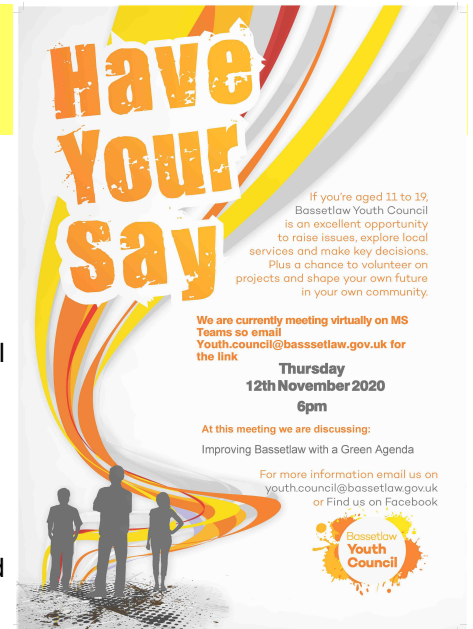
Bassetlaw Youth Council

Forthcoming Bassetlaw Youth Council meeting on 12th November will provide students with a valuable experience in virtual meetings using Microsoft Teams..

We are always looking for new members so any young people would be welcome. Just drop us a message on Facebook or email youth.council@bassetlaw.gov.uk to get the joining details.

We are discussing climate change and how we can make a difference. We will also be hearing about *Make your Mark* which provides young people the opportunity to set the agenda for the Youth Parliament.

If you have any questions, please contact Vanessa Cookson on 01909 533 160.



Notts C.C. Waste & Recycling Centres opening times from 1st November: 08:00-16:00 except for Christmas & Boxing Day and New Year's Day

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**Bassetlaw
District
Councillor
Ben Sofflet**

Should you need to reach me at any time, my contact details are on the BDC website, and below:

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



Keep a lookout for latex

With the increased use of personal protective equipment (PPE) in the current climate, there is the potential for workers to develop allergic reactions to items containing latex.

Latex allergy most commonly manifests itself as localised urticaria, however other symptoms include allergic rhinoconjunctivitis, asthma and, rarely, anaphylaxis.

An allergic reaction can occur when skin comes into contact with the proteins contained in the natural rubber that the latex is produced from and that haven't been removed as part of the production process.

In order to verify whether products could be causing latex allergies, HSE offers immunoassay standard testing for four of the most common latex allergens.

We can also provide occupational hygiene testing for workers environmentally exposed to latex e.g. in the course of spraying latex as a specialist application.

Natural rubber latex proteins are substances hazardous to health under COSHH (Control of Substances Hazardous to Health Regulations). Therefore, COSHH and the COSHH ACOP (Approved Code of Practice) apply, including the specific requirements for the control of substances that cause occupational asthma.

HSE's website contains free information and guidance about managing the health risks posed by exposure to latex.

HSE website : <https://www.hse.gov.uk/>

"People say nothing is impossible, but I do nothing every day."

A.A.Milne (1882-1956)

Do you require any landbased training?

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Tel: 07855751689

vwilson1@yahoo.co.uk



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Clarlborough and District Community Association (CDCA) managers of Clarlborough Village Hall is eligible to receive donations from the AmazonSmile programme because it is a charity registered with the Charity Commission.

Since the launch of AmazonSmile in November 2017, UK charities have received more than £4.6 million in donations. Millions of customers support one of the more than 24,000 participating UK charities, ranging from PTAs and local pet shelters to major medical research and international relief organisations.

Anyone can register with Amazon Smile and shop on all sections of Amazon's vast website with prices that are exactly the same as those available to 'normal' users. When your shopping is done, Amazon Smile dips into its own pockets – not yours – to give 0.5% of your order value to your chosen charity; customers shop, Amazon donates.

AmazonSmile is a simple, automatic way for anyone shopping online to support your chosen charity - at no extra cost to you or them. When Amazon customers select a charity and shop at **smile.amazon.co.uk**, they will find exactly same prices, selection and shopping experience, but with the added bonus that AmazonSmile will donate 0.5% of the net purchase price of eligible purchases to your chosen charity.

To register with Amazon Smile on your PC or laptop, follow the simple steps below... and many thanks for your support in these difficult times – every penny that you generate for CDCA's account will be invaluable in keeping our currently closed village hall financially viable.

Steve, one of CDCA's committee, recently joined Amazon Smile and confirms that joining only takes a couple of minutes.

To join Amazon Smile on your PC or laptop

- From your web browser go to: **smile.amazon.co.uk**
- Log in to Amazon in your usual way.
- Click on the ☰ at top left of the screen.
- Scroll to the bottom of the menu that pops up at the left.
- Click on **Your AmazonSmile** – this includes an option to select or reselect your chosen charity.
- To select **Clarlborough & District Community Association**, just type 'clarlborough' or enter CDCA's Charity Commission number: **502076**.
- Return to the ☰ section to start shopping from Amazon's opening page which can be accessed from **Full Shop Directory**.

Muddy Fork digs on

Muddy Fork, Retford's 'Gardening for Wellbeing' project based at the Idle Valley Nature Reserve, has not only managed to keep going through months of lockdown, our Director's furlough, and ongoing restrictions, but has also seen some notable successes which will help it provide much-needed services again when groups can resume. With the reserve car park open again at last and some hint that the visitor centre may follow suit, hopes are rising that 'normal operations' may be a possibility before too long. During the past seven months the garden has been cared for by a willing band of Muddy Fork volunteers, who gave their time to watering, weeding, planting and harvesting through the growing season. Customers were found through family and friends, produce was sold, and the summer was a productive one despite the ongoing battle against onslaughts by slugs, rabbits, mice, geese and other representatives of the natural world! Trustees also remained active and fundraising efforts during this period bore fruit. There were successful applications to the Coronavirus Community Support Fund, a government initiative in partnership with the National Lottery, and to the Boots Charitable Trust. Whilst some of this funding is designated for structural improvements, some will cover core costs in the immediate future, when mental health needs exacerbated by the pandemic will almost certainly lead to increased demand. A particular boost to morale (and funds) has been the interest from many local businesses generated by the '25 press-ups challenge' set up by a Muddy Fork participant, who then made a video of people taking on the challenge. This has certainly helped to raise awareness in this area of mental health issues in general and Muddy Fork in particular.

Better still, the landlady of the White Lion pub in Retford took the matter further and hosted a World Mental Health Day event on 10th October. She provided a large room in which the video was playing while Muddy Fork volunteers sold produce and raffle tickets and talked to members of the public. She also provided free breakfasts and hot drinks – with donations to Muddy Fork, while generous raffle prizes had been donated by participating businesses. Social distancing was easily maintained throughout the event but it gave a wonderful opportunity to share experiences. Those present included past and present Muddy Fork volunteers and their family and friends, and a group from a mental health organisation. This has been really encouraging for Muddy Fork, at a time when the nights are drawing in, the garden is dying down, and the future remains uncertain. We can only hope that our next bulletin will report on groups reopening. Meanwhile do keep an eye on our progress by visiting our website www.muddyfork.org

Chris Locke

All quiet in Clarbrough? Not likely!

For the very latest on these and a multitude of other local – and wider – activities, go to Clarbrough & Welham community website at: www.clarbrough-welham.org.uk

Editor

Greek Myths Retold

Are you looking for a great read? Do the ancient, Olympian, myths draw you in? For a fabulous meeting of modern story telling with these ancient tales there is nothing better than **Stephen Fry's *Mythos*** – immerse yourself! So, if you want to find out how time began and the origins of the Olympian Gods get your copy soon!



Penguin ISBN 978-0-718-18872-6 £20

You may also find Stephen Fry's follow on ***Heroes*** calling you to find out more about the likes of Perseus, Heracles and his twelve labours as well as

Jason and the Argonauts to name but a few.

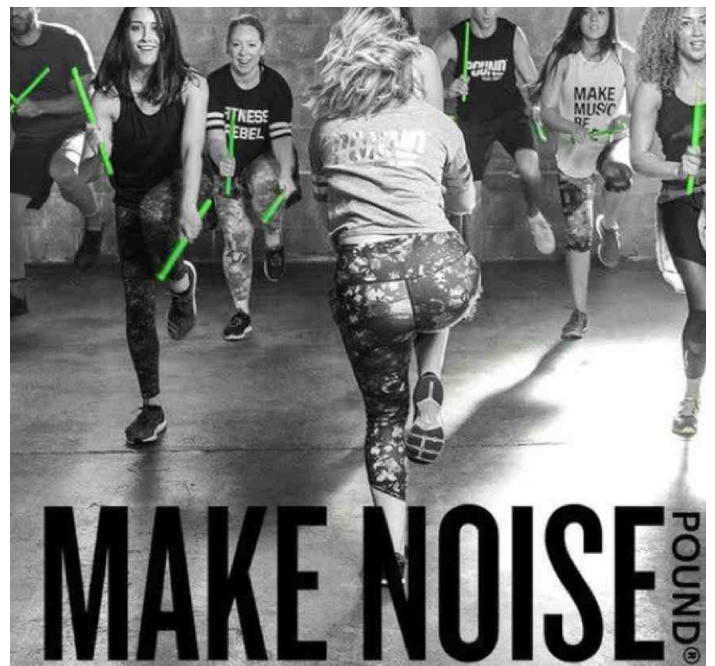
Penguin ISBN 978-1-405-94036-8 £8.99

Editor

Clays Group Churches

The Clays churches under Mark's care, are: Clarbrough, Bole, Wheatley (both the Anglican church and the Methodist), Sturton, and North and South Leverton with the Methodist church. Littleborough is also part of the group but only has one service a year in September.

Lesley Keating



Thursdays @ 9.30am at Clarbrough
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

Local Footpaths Update

Good news!

Market Hill (Byway No 22) has been repaired after years of neglect and once again resembles a pleasant green lane. It is unfortunate that byways are open to all traffic.

I am still pursuing Notts CC to carry out other repairs to footpaths, many of the repairs are safety issues.

Howard Oates

Community Footpath Warden

Tel: 01777 869 617 Mobile 07799 455 719

howardoates593@btinternet.com

Parish Councillors welcome Market Hill repairs.

The Clarborough and Welham Parish Council discussed the reopening of Market Hill and welcomed the repairs and improvements. The byway has been very difficult for walkers to use for many years and now offers a welcome extension to the attractive footpath network in the Parish. The Councillors are worried that the benefits will be lost if the track is used inappropriately especially by off-road vehicles. It has sought advice from the County Council to find ways of ensuring the significant costs of the improvements are not soon wasted.

Andrew Avery

Clarborough & Welham Parish Councillor

Walk to School

Nottinghamshire County Council has launched a countywide campaign to encourage parents to keep their distance when dropping off or picking up their children from schools. The campaign also encourages walking, cycling or scooting to school where possible, or 'park and stride', driving and making the last part of the journey on foot. This

is to reduce traffic congestion around school premises. The campaign is one way that the council is working to try and reduce coronavirus transmissions in the county, now that both the city and county have been put into the 'high' level of risk category.

Church News

Like all other groups during lockdown we have not been able to meet face to face. The phones have been busy and some have discovered the joys of What'sApp and similar technological solutions.

Our vicar, Revd Mark Cantrill has produced some celtic style services online. In each one there has been a reading from the Bible with a short reflection on it, as well as shots of whichever church in the group was used for recording and a potted history of that church. Mark sang lovely hymns and modern worship songs accompanied by James Fox who also provided the technological wizardry. The services can be seen on YouTube, just search for "The Church in the Clays".

Now, we are beginning to explore ways of getting together again. The Clays group (see page 6) are opening in turn for half an hour's private prayer and then finishing off with someone leading a quarter of an hour of readings, poems and prayers. This is all socially distanced and people are asked to wear face masks. On the 27th September, the videoed service was screened in church. There were three showings during the morning of this lovely little harvest festival.

To find out more about anything we are doing, please send a text to **07989 895 813** or look up our church facebook page.

Lesley Keating



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Footnote: School is now also recycling fizzy drink cans – drop them off at the office or ask a pupil to bring them in.

Bassetlaw Action Centre is a volunteer led organisation committed to offering volunteering opportunities throughout the organisation. There are volunteering opportunities available for car and minibus drivers in the Community Car Scheme, befriending for the befriending service, staying well tutors, shopping support volunteers, Get Out Get Active support volunteers, board membership and in administrative positions too. These roles can be set up to fit around the volunteer's availability and are particularly good for people who work part time, who are retired or semi-retired, or even for people between school hours and home life. All volunteers are DBS checked at no cost, and volunteers are reimbursed for their out of pocket expenses and 45p per mile when using their own car.

Heating and energy advice which can include:

- However, two completely new areas of work were introduced to respond to local demand. One of these was the safe and well check telephone calls, not only to establish that older and vulnerable clients were accessing all the help they need, but also to reduce social isolation amongst this vulnerable group. The second was an essential shopping service for anyone in the at risk group that was unable to access their weekly supplies. Both of these services proved to be a lifeline for many shielding clients in the local area.

Action Centre staff can be contacted for telephone enquiries from 09:00-13:00 Monday to Friday (answer machine available outside of these times) and the offices on Canal Street, Retford, are open from 09:00-13:00 for anyone one calling into the office for information. They will be asked to register using the Track and Trace application or provide their contact details. They will be required to wear a face covering and maintain social distancing. Meetings and advice sessions will need to be booked in advance.



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Central Retford Neighbourhood Planning

Retford Business Forum and **Bassetlaw District Council** are working together to lay the foundations for a new **business neighbourhood plan for Retford Town Centre**.

A neighbourhood plan is a way for residents and businesses to shape the way their local area develops, through the creation of locally-specific planning policies. If approved by the local community on completion, the plan becomes part of Bassetlaw's strategic planning framework, used to determine planning applications.

An essential first step is to set-up a **neighbourhood forum** to oversee the process, and expressions of interest to join this group are now actively being sought. For more information, including how to get involved, please see the details below – a map of the proposed boundaries of the plan area are available on the website below.

Before work to develop the neighbourhood plan can begin, a formal application needs to be made and approved, identifying the boundary of the area (as proposed on the map at the foot of the website page below), and confirming that a neighbourhood forum has been established to manage the process. The aim is to have the application ready to submit by **mid-November 2020**.

The neighbourhood forum is required to have at least 21 members from the identified area. To this effect, expressions of interest are actively being sought from people who:

- Live in the area.
- Run or represent a business or organisation in the area.

For more information, and to get involved, please get in touch; we look forward to hearing from you.

w: www.bassetlaw.gov.uk/retfordtowncentrepn

e: neighbourhoodplanning@bassetlaw.gov.uk

t: 01909 533 533

Memorial Copse Vandalised!

It is with great regret that I have to report that part of the Memorial Copse was attacked by vandals around 18/19th October 2020. I know how shocked you must all be that we have people in our community who would attack a Memorial to those who gave their lives to defend our Parish and our Country.

Many of you will remember that it was with great pride that the Parish was able to plant 5 Oak Trees on the Parish Pasture in commemoration of those who died in the Great War which lasted from 1914-1918. This planting was attended by over 80 residents and visitors on 11th November 2018 when we marked the centenary of the end of the Great War.

This shocking and disgraceful vandalism was not a random act but deliberately planned as the attack took place on one of the metal commemorative plaques. This had been bolted and glued onto the tree guard in order to secure it. The person or persons involved must have had a number of tools with them in order to remove it. The plaque was funded by public donations.

The incident has been reported to Nottinghamshire Police as a crime!

The Parish Council has been pleased that to this date there had been little or no vandalism in the Parish and this is all the more shocking as it is on a memorial to the War dead of our Parish.

Please report any suspicions you may have as to who may have carried out this or any other vandalism within our Parish.

Phil Gibson

Chairman, Clarbrough & Welham Parish Council

Clarbrough Parish Pasture

Work on the Pasture

Those many people using the Parish Pasture each day will have seen that the western side of the main Pasture area, which had been left uncut through the summer except for local strimming, has been cut, baled and the bales removed. Taking away the cut hay removes nutrients from the soil and improves the soil for the greater success of the wildflowers.

All of the remaining area of the Pasture, which has been cut a number of times during the growing season, has simply been cut. The shortness of the grass has made the use of baling to remove the hay not possible.

Both areas have been enhanced with the sowing of extra wildflower seed for flowering next year.

Volunteers

I have repeatedly asked for volunteers to come forward to help with work on the Parish Pasture. This has, to date, received no response from Parish residents. In the last year only two residents (plus a non-resident of the Parish) have been doing any physical work on the land. Those of us working on the land are also unpaid volunteers!

Footpath

The relaying of wood chippings on the footpath was carried out in mid-October and I would like to thank Andi Gray, Sue Willcock and David Hogg for their volunteer work in helping members of the FoPP group. With the County Council having refused to finance a hard-surfaced path even though it is a public right of way and their responsibility, the use of wood chippings keeps the path usable for all, even in times of rain. The chippings are donated by local tree surgeons free of charge as and when they have some spare.

With dozens of people using the footpath each week, surely some of you can offer to help when we next need to spread chippings! ***Users cannot expect others to keep the footpath open for them without offering help!***

Dog Fouling

We still have those extremely unsociable people using the footpath who are allowing their dog(s) to foul the Pasture and not picking up after them. It is the owner who has responsibility and they should bear in mind that a £1,000 fine is possible for this offense on a public open space which is what the Parish Pasture is!

If you can spare us some time occasionally to maintain and enhance our Parish Pasture, please contact friendsofpp2018@gmail.com or 01777 705 440

Paul Willcock

Parish Councillor

Chairman, Friends of Parish Pasture Group (FoPP)



We do hope that everyone managed to enjoy the summer. The brief easing of restrictions meant that we were able to enjoy two socially distanced outdoor meetings on the playing field. An evening picnic in August gave us a chance to meet and catch up with all the news and in September we welcomed James Davies who gave us an introduction to tai chi. This was a new activity for us, but one which we hope to repeat next year.

Normally at this time of year we are busy preparing for all the Christmas events, but unfortunately the 'rule of 6' means that we are unable to meet as a group at the moment. We are especially disappointed that the usual Christmas Party can not go ahead this year. Hopefully 2021 will bring good news and social events can begin again.

Of course the WI is not only about local groups and monthly meetings. Nottinghamshire Federation and 'Denman at Home' have been offering online activities such as quizzes and craft workshops. Members are also able to keep up to date with news via the Federation and national websites. There is also the UWI facebook group where members from all over the country exchange ideas and the members' area of the WI website 'My WI' has plenty of inspirational craft ideas and recipes. There is no need for any WI member to be short of things to do. Why not have a bit of a browse or contact a member of the WI and ask for a copy of our magazine to get a better idea of what we do?

2021 National Census

In less than 6 months from now, everyone in England and Wales will be asked to take part in Census 2021. Run by the Office for National Statistics, the census is a once-in-a-decade snapshot of people and communities in both nations. In this post Iain Bell, Deputy National Statistician, reveals how the ONS is planning the huge census operation – and adapting to the challenges brought by the coronavirus pandemic.

The census is for everyone. Once every 10 years, it helps build the most complete picture of England and Wales. It is also the largest statistical exercise that the Office for National Statistics (ONS) undertakes, producing statistics that inform all areas of public life and underpin social and economic policy. It is essential the entire population has the chance to provide the information which can help to ensure their communities are well served.

In light of the coronavirus pandemic, we need this up-to-date data of the population, to help shape services for society for the years to come.

Since the start of the pandemic, the ONS has carried out scenario planning and undertaken regular readiness assessments in light of the coronavirus pandemic. Through ongoing planning and assessment, we remain confident, but not complacent, of the successful delivery of the England and Wales Census on 21st March 2021. We are also working with National Records Scotland and the Northern Ireland Statistics and Research Agency to ensure we continue to produce the UK-wide population statistics necessary.

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Vesuvius – again?

Herculaneum is one of the Roman sites preserved by the eruption of Mount Vesuvius in AD.79 and provides a better impression of everyday Roman life than the severely destroyed but better known site of *Pompeii*. Both are close to modern Sorrento (Roman *Surrentum*). Although earthquakes had given warning of Vesuvius's impending waking since 62 AD (it had been dormant for many centuries) locals became accustomed to them so



were surprised in when Vesuvius began erupting*. The prevailing wind (see map above) blew south-east causing ejected material to fall mainly on Pompeii. Modern estimates make staggering predictions – ejected material at some 1.5 million tons per second rising to 30km in the stratosphere before crashing down again onto the



volcano's slopes. This first phase of eruption only mildly affected Herculaneum. While roofs collapsed in Pompeii under the falling debris only a few centimetres of ash fell on Herculaneum, causing little damage but nonetheless prompting many to flee.

However, once the vertical column of material had reached its highest, it started to fall back onto the volcano's slopes. These pyroclastic flows struck Herculaneum with temperatures as high as 300°C burying the city beneath some 20 metres of ash. This process helped preserve much organic material such as wood, fruit and vegetables and even clothing materials.

This phase of the eruption left many Herculaneum buildings standing to two or even three stories making for a

very interesting site exploration.

Excavations that began in 1981 found what is thought to be an old boat house on the original shore line; it is crammed with some 300 skeletons of people who had



taken refuge but were instantly killed when the first pyroclastic flow arrived at some 100 mph. - that is, if they had not already succumbed to poisonous gases or dust.

So much is left standing at Herculaneum that insights into everyday life of what must have been a fairly advantaged class of residents is clear at every turn. Some of these feel remarkably modern – such as the *thermopolium*. a public establishment serving hot food and drinks:



Herculaneum's houses are those of the wealthy and display their extravagant levels of interior decoration. The example below is from the House of Neptune and

Amphitrite and illustrates the beauty and complexity of murals:

*Traditional dating of Vesuvius's eruption has it starting on 24th August, AD 79 and reaching its climax the following day.



However, this is based on a 1508 printed version of a letter between Pliny the Younger and the Roman historian Tacitus, written some 25 years after the event. That printed copy, modern experts believe, was a copy of a copy of a copy... that had been hand copied over the centuries. That date has been accepted by most authors until recently. However, recent archaeological finds – such as remains of autumnal fruits and even some victims in preserved heavy clothing, now point to a date in October or even November.

Current research predicts that Vesuvius is likely to experience another cataclysmic eruption in the not-to-distant future!

Editor

Pilgrims Festival 2020 Online Babworth Arts Exhibition 21st to 28th November 2020

Our vision is to successfully deliver an exhibition of arts and craft works and performances inspired by the Separatists/Mayflower Pilgrims stories in Bassetlaw, North Nottinghamshire, as part of the Pilgrims Festival activities in November each year.

In 2016, the first event took place at Babworth Church and there has been an event each year since, with increasing numbers of exhibits from a wider range of artists and larger numbers of visitors. In 2020, Covid 19 has set us significant challenges. However, technology comes to the rescue – this year we are asking artists to record their work and give some background information to it. The exhibit may be the photograph of the work and/or the work within an environment – artist's choice!

There is no selection process or fee to enter. Artists may offer their work for sale or not as they wish – if they are selling, they will need their own means of doing so. No commission will be charged for work sold. There are no age limits.

All work should be inspired by the Separatist/Mayflower Pilgrims Stories – this does not mean they have to be pictures of Mayflower ships – they should be inspired by the stories; however they are interpreted. After the time of the exhibition, images and recordings may be retained for ongoing reference and communications.

Any medium may be used with due regard to its suitability in the environments and locations exhibiting the work and the health and safety of the public. The organiser reserves the right to take down any unsuitable materials.

Work should be sent to bchristianheritage@gmail.com by Friday 13th November; with each piece should be the artist's name and contact details, a title/short description (200 words max.) of how the work relates to the Separatist/Mayflower Pilgrims stories, the medium used, and a price (if offered for sale). All work supplied (photographs, films etc) will become the property of the organiser and will be used entirely at the organiser's discretion for publicity and communications purposes in line with the theme of the exhibition. The organiser of this virtual event is Bassetlaw Christian Heritage CIC.

Programmes will be created from the information supplied and these will be made available.

In 2020, we are inviting talks and performance recordings with some relevance to the story of the Separatists, however connected, and these may be included in the exhibition. Please contact rickbrand@hotmail.com or isabelle.richards@bassetlaw.gov.uk for further information.



MUSLIM CHARITY

A ceremony was held on 26th August 2020 in Cardiff to mark the coming together of Muslim Charity *Helping the Needy* (a UK-based charity with headquarters in Retford, Nottinghamshire) and BCB International Ltd (a manufacturer of life-saving specialist equipment based in

Cardiff) which saw 25,000 face masks and 10,000 full-face protective shields being shipped to Yemen to support key medical staff and health professionals in war-torn Yemen as part of COVID-19 relief efforts.



COVID-19 is just the latest challenge for families in Yemen. The danger to the old, children and their families is compounded by the general low immunity, high levels of malnutrition among children, a lack of regular access to basic health services and a devastated healthcare system where only half of the facilities are functional due to the ongoing conflict. As per a report by MedGlobal (a Chicago-based charity), 97 medical workers have died of coronavirus, the dead include infectious disease experts, medical directors, midwives and pharmacists.

In this uniquely dire context when one medical professional dies, the effect is exponential and extends to the entire community they would treat. Some of those who have died were senior members of the medical community who not only led their respective fields, but also taught younger generations of doctors and represented decades of institutional knowledge for which there is no substitution. Those who have passed include Dr Yassin Abdul Warith, one of Yemen's leading epidemiologists; Dr Salem Saleh Muhammad al-Omari, the head of the Department of Internal Medicine at the University of Aden.

For UK Director of Muslim Charity, Maroof Pirzada's summary of Muslim Charity's work and also that of BCB International, go to your community website: [www.clarborough-welham.org.uk/LocalFaiths/Muslim Charity/](http://www.clarborough-welham.org.uk/LocalFaiths/MuslimCharity/)

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



Clarborough's SPAR Store steps up again.

We have re-started offering car collection and home deliveries as I've had a few enquiries.

We are also setting up a raffle/collection box to raise money for Clarborough scout group. We need to get the children back to a routine. I know they are not looking to resume until the new year but if I can, as a Store, raise something to get them started again that would be great. Also, alongside the school we are going to do a poppy chain around the store. Pupils will colour a poppy provided then we will hang them in-store as a part of our thanks

Lucy Rose

NHS Test-and-Trace app.

The new NHS COVID-19 app, is now available to download for free in England and Wales. It is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community.

The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple's App Store and Google Play, and is designed to protect every user's privacy.

The app requires operating system 13.5 or above if you have an Apple iPhone. It requires Android 6.0 or above if you have an Android phone. If your smartphone is not compatible, you can still access full support from the NHS Test and Trace service.

For much more on this, go to <https://covid19.nhs.uk>

"You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself."

Sam Levenson (1911-1980) American humorist, writer, tv host & journalist.

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Aurora Wellbeing have relocated to *The Dukeries Tea Rooms* at the top of Bridge Street near the Lion Hotel in Worksop for a period of approximately six months whilst the work is carried out on the Grade II listed building. But it is business as usual during this exciting time for all of our services.



The *Dukeries Tea Rooms*' opening times will be 10:00-15:00 Monday-Friday and 10:00-14:00 on Saturdays.

(Opening times may be subject to change in line with Covid-19 government guidelines)

Our **Wellbeing Practitioners** will continue to work remotely across the locality supporting people and their families with a cancer diagnosis or a long term health condition. They understand and can support the individual needs of clients with signposting to suitable support, workshops, advice and information.

Our **Exercise Instructors** will be working across the locality providing Yoga, Tai Chi and Pilates.

Our **Beauty Therapy Services** have relocated for the period to *Sparkles* on Kilton Road, Worksop. Appointments can be made by phoning **Alli on 07503 612 084**.

Aurora have a new service to offer the people of Bassetlaw living with a cancer diagnosis. Aurora's **Personalised Prescribed Activity Programme** offers a complimentary package of 4 one-to-one personal training sessions with a cancer exercise specialist who will offer support before, during and after treatment. For more information contact **Emma on 01909 470 985** or email **macmillanpw1@aurorawellbeing.org.uk**

We look forward to you visiting us at *The Dukeries Tea Rooms* or *Sparkles*. By visiting us at our tea rooms and charity shop or booking a treatment with our beauty therapists you help support cancer clients and their families, as the funds raised are re-invested in the many services we provide.

For further information:

Phone Aurora on **01909 470 985**

email **admin@aurorawellbeing.org.uk**

You can also follow us on **Twitter@AuroraCentre** or **facebook@AuroraWellbeing Centres/Worksop**

or our website: **www.aurorawellbeing.org.uk**

BRENDAN CLARKE-SMITH MP

A strong voice for Bassetlaw

Keep in touch!

Surgeries, telephone calls and virtual meetings are by appointment only. To make an appointment please email me or call my office.

CONTACT BRENDAN

01909 738956
www.brendanclarkesmith.com
brendan.clarkesmith.mp@parliament.uk
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Public fears over 'build, build, build' policy highlight failings of Government's proposed planning reforms.

Results of new survey highlight people's concern that roads and housing developments pose a real threat to nature.



Analysis of a survey undertaken by Nottinghamshire Wildlife Trust to understand people's fears and aspirations for environment after lockdown shows the greatest concern is the risk posed to wildlife and wildlife habitats from increased pressure from new development. 78% of respondents stated that their greatest concern for nature in Nottinghamshire came from construction work such as roads and housing. The survey also showed that 69% believed that high quality greenspace and wildlife habitats should be incorporated into new housing developments.

Nottinghamshire Wildlife Trust, the county's largest locally based environmental charity, believes that these findings illustrate just how badly the Government's White Paper, *Planning for the Future*, will increase the threat to nature in England and do little to create better homes and communities for wildlife and people. **To read the Trust's full press release, go to our community website's home page and then *Local Environment* ► *Idle Valley***

On a separate note – the Trust are delighted to confirm that the car park at Idle Valley Nature Reserve, off North Road, Retford, is once again open to visitors. We'd like to thank visitors and supporters for their patience in this matter and for their forbearance as we focus on getting the centre facilities reopened to visitors in the weeks ahead.

Our team are working extremely hard at Idle Valley and across the north of the county to keep our reserves in good order. We're also working with partners on a range of exciting initiatives to deliver real gains for wildlife from the heart of Sherwood Forest to the wider Idle Valley. This is all being achieved whilst dealing with the challenges of working during a pandemic and ensuring that we keep team members, volunteers and visitors safe. This work wouldn't be possible without our members and supporters. For further details about the Idle Valley Nature Reserve, the Wildlife Trust's other site's locally and its campaigns visit www.nottinghamshirewildlife.org

[Left] Idle Valley board-walk. Photo: Tim Sexton]



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Nottinghamshire County Councillor Tracey Taylor



It is difficult to know where to begin this month, as we continue to live under the shadow of COVID. As I write, we're living with Tier 2 restrictions here in Bassetlaw, in a diminishing island space between neighbours in Tiers 1 (Lincs) and 3 (South Yorkshire) and with hospital admissions growing daily. The difference in restrictions can seem confusing and frustrating

and raises questions and challenge when we all want safety and certainty for ourselves and our families and friends. You'll see lots of information online, particularly opinion pieces, and much of that doesn't help us have confidence in those we want to trust to take care of us; so I'll stick to practical information.

The Local Resilience Forum (LRF) is a partnership of County, District and Borough Councils in Nottinghamshire, along with Police, NHS and voluntary sector organisations. They have been working together since this pandemic was recognised in the Spring. The key word here is TOGETHER.

The websites for the County and District Councils both carry vital updated information to help residents stay safe. NCC's page is at :

<https://www.nottinghamshire.gov.uk/care/coronavirus> and includes links to further information and support, including The Notts Community Hub for access to local support, like the Clarbrough village scheme.

We're lucky to have the village store, whose staff are so well known and in touch with the residents, the parish council who have continued with their responsibilities despite being unable to meet in person and the school that's kept going from Day1.

I wish I could write with good news for an end date to this. I can't. But I do say thank you to each and every one of you who is following the guidance, adjusting their lives, shouldering the uncertainty, and helping us inch towards that time. Thank you for your perseverance and resilience and your care for your neighbours. For those who are not feeling so strong or able or sure, please, please ask for the help that you need.

We'll be heading for Christmas when you read this and we'll certainly be doing things differently this year. How we do it and how we sustain each other through it, is on all of us together. I wish you peace, good health and happiness into the New Year.

Please remember my contact details if you have queries or need help:

Email cllr.tracey.taylor@nottscc.gov.uk

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Support Fairtrade



Whether you need a way to retreat from Covid19 or you are just a nice treat for you and your family, its worth thinking about making your chocolate or coffee, tea, sugar or other choices - Fairtrade. When doing your regular shopping check that where you shop stocks Fairtrade tea, coffee sugar chocolate or other Fairtrade items. If you can't find Fairtrade products be sure to remind that shop that supporting Fairtrade gives producers and much Fairer price.

"It's a win-win deal." A cocoa farmer explains how Fairtrade gives his community the power to create a more sustainable future. This link and brief video gives you a good idea of what Fairtrade does.

<http://e-activist.com/page/email/click/1904/4953804?email=cvPK1uDCM3ca%2Bw2cvmvUzuTu%2BXSAl6a6g0%2BNtx6TmEc=&campid=GEJUCRktlhezZkArzVWMSmA==>

Kathy Cowbrough

Editor's note: When we post links such as that shown above in our printed Newsletters all that readers need to do is **copy** the text shown in bold and then **paste** it into the address bar at the top of their web browser followed by tapping the **Enter** key.



Since we reopened libraries in July we have been working hard to ensure your visit is safe while providing a great service and a warm welcome. We have followed and implemented Government guidelines, for example requesting you wear face coverings and check-in using the NHS Test and Trace app.

Recently Nottinghamshire was placed in the Local Covid alert: High category.

This means that **we remain open**, however you may only visit us alone, with members of your own household or support bubble. We will continue to monitor and implement government guidance, so please do check our website, Facebook and Twitter to stay up to date.

We now offer Click & Collect and Home Delivery services! As we resume our services, we want to provide access to our libraries for those who may not feel ready to come into our buildings or may not be able to visit us due to health concerns.

Our **Click & Collect** and **Home Delivery** services are available online or via **Ask Inspire**. The service is available in the libraries that have reopened and mobile libraries.

Our friendly and helpful Ask Inspire team are on hand to help, contact them on:

01623 677 200 or ask@inspireculture.org.uk

"Do one thing every day that scares you."

Eleanor Roosevelt US First Lady (1884-1962)

The Workop Giant

The Aurora Wellbeing Centre in Workop supports people diagnosed with cancer and other life changing illnesses and their families and friends. It serves Bassetlaw but is based in the Old Library Building on Memorial Avenue, Workop. Aurora have secured a National Lottery Heritage Fund grant to refurbish this beautiful and rare Art Deco listed building. The project will also enhance facilities inside including the creation of a Heritage Hub. This will contain a "Virtual Museum" using objects that used to be on display at the Old Library (which was combined with a museum) but are now housed at Bassetlaw Museum in Retford. The centre piece for this will be a piece of Greek sculpture known as the **Arundel Marble**. This comes from the Great Altar at Pergamum and was brought to England by the Earl of Arundel in the early 17th century. The sculpture represents a giant and in its original setting was one of many fighting the Greek gods.

As part of the refurbishment, it needs to be moved (within the building, twice), remounted, cleaned and conserved. As well as money from the National Lottery Heritage Fund, the Friends of Bassetlaw Museum are helping to finance this part of the project. The end result will be an internationally important, ancient artefact on our doorstep for all to see. If you would like to join the Friends of Bassetlaw Museum, please email on Bassetlaw.museum@bassetlaw.gov.uk.

Sam Glasswell
Curator, Bassetlaw Museum



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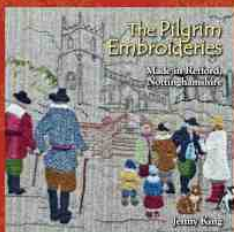
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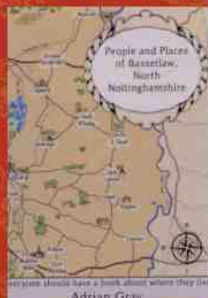
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Although our local area is comparatively quiet from a law-and-order perspective this is at least partly because of the vigilance of local residents who report suspicious activities. Over recent months a number of burglaries and thefts have taken place which emphasise the importance of ensuring homes and vehicles are locked. This is particularly the case during daytimes when many house burglaries take place – don't leave doors and windows open while hanging the washing out in the back garden!

A particularly pleasing aspect of Dave Airey's monthly reports (which can be read on your community website's **Law and Order ► Local Police Reports** page is the very low incidence of anti-social behaviour. The actual statistics have recently been simplified in that until early 2020 'anti-social behaviour included such things as hoax calls to the emergency services, found/abandoned vehicles and wildlife/animal issues.

With this Newsletter going out as Guy Fawkes once again seeks a cure for his virus, reminding ourselves about the Fireworks Act 2003 maybe a bit late, but since this also applies to Chinese New Year, Diwali and also our own New Year, it is worth revising the Act – see Dave Airey's September 2020 Report detailing firework regulations in our Local Police Reports above.

Paddy Tipping, Nottinghamshire Police & Crime Commissioner, will now be up for re-election in May 2021 since Government postponed this from May 2020. Paddy's website can be accessed from your community website **Law and Order ► Police & Crime Commissioner**. His site includes much new information including:



- **Covid-19 Advice & Support**
- **The Police & Crime Plan 2019-2021**
- **Violence Reduction Unit** which aims to bring together specialists from health, police, local government, probation and community organisations to tackle violent crime and the underlying causes of violent crime.
- **Victim Care** website for information and support you will need if you have been a victim of any type of crime.

as well as Paddy's regular Newsletters.

In conclusion, we must repeat that residents who see anything suspicious – or actual crimes – should report them immediately by phoning 101.

Please note that our Post Office will only be open on Monday mornings until the Covid crisis allows otherwise.

Greg's Bread-n-Butter Pudding

Ingredients

- Basic recipe (for 20cm / 8" dish) :
- 3 slices of brown bread – may be frozen.
- 100g mixed dried fruit
- 25g olive-oil 'margarine'
- Mixed spice
- 500ml milk (approx. – see method*)
- 1 egg
- 3 tsp sugar

Variations :

- a) Slice one peeled cooking apple between each layer of bread and on top – my favourite !.
- b) Slice one banana between each bread layer – this produces a much sweeter pudding than a. above so reduce sugar to taste – try 1 tsp to start with.
- c) 200g of fresh rhubarb. Microwave it until soft (2+ minutes) then mix into it one tbs mincemeat. Spread between layers as in b. above.
- d) Add broken walnuts to the fruit layers.

Method

1. Spread bread with margarine.
2. Place first bread slice in base of ovenproof dish.
3. Sprinkle bread liberally with mixed spice and top with a handful of dried fruit.
4. If following any 'variations' – add extras to layer.
5. Place next slice of bread on top of fruit. Repeat step 3 for this and the third layer.
6. Blend milk, sugar and egg together.
7. Pour liquid into dish taking care not to disturb layers. Leave in a cool place for about 30mins for liquid to thoroughly soak bread.
8. Place dish in centre of pre-heated oven, 175°C, 350°F, Gas mark 4 for approx.60mins.
9. Check after 30 mins and push down any parts of the topping that are rising and might overcook, then check at 15min intervals – covering with foil may help.
10. Remove from oven when all fluid has set – easiest to judge by pressing a spoon down onto centre of pudding.

Serve immediately.

Notes :

Pudding is moist enough not to need any additions but it may be served with custard, ice cream or plain yoghurt (Greek-style is best). Best served hot.

I usually scale-up this recipe for a large dish and then freeze the majority – it freezes well.

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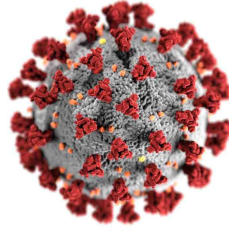
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michaeltcarnall@yahoo.co.uk

How does Covid-19 infect me?

What makes the new coronavirus so dangerous to humans is simply that it's "novel," meaning it's new to humans, so we don't have any built-in ways to fight it.

So, the virus isn't more powerful, *per se*, than other viruses. But when it enters the human body, we have limited pre-existing defences since our bodies don't immediately recognize it as a dangerous intruder.

Then the virus starts to spread. It gets in and hijacks the human cell's machinery. Instead of the cell doing what it's supposed to do, the virus overrides the cell's normal programming and turns it into a machine to make more of the virus. It goes and goes and goes until the immune system stops it. The virus is simply a blueprint or a code to turn cells into machines to make more virus.



Is there a cure for this new coronavirus?

No. Since this is an entirely new kind of coronavirus that humans have never seen, there is no cure. Experts are now testing both anti-viral medications and vaccines, but it's unlikely that we will have a vaccine to prevent COVID-19 until next year. This would be almost a world record for vaccine development since new vaccines usually go through three phases of testing in progressively larger and more diverse groups of volunteers. These *phases* as they are known are each usually assessed for risks before the next begins. In the present crisis phases and assessment are often overlapping to speed development. Currently there are some 170+ vaccines in various stages of development and testing across the world!

Vaccines mimic the virus – or part of the virus – they protect against, stimulating the immune system to develop antibodies.

Having said that, our bodies do have a second line of defence, T-cells. See the **Forgotten T-cells?** Section for more on this.

Vaccines have been a tremendous asset in eliminating many once-deadly viral infections; small pox was totally eradicated through vaccine campaigns and polio is almost gone too. Another extremely contagious illness that vaccines can prevent is measles. Unfortunately, if people fail to get their children vaccinated the overall level of *herd immunity* drops and the virus can surge again as we have seen, particularly in the US, recently.

What's the difference between a viral infection and a bacterial infection? Why don't we have any medications to fight this new coronavirus?

Bacteria are living organisms. Antibiotics work to fight bacterial infections. And, there are broad-spectrum antibiotics that can fight numerous different types of bacteria - they serve as a magic bullet of sorts. Unfortunately, anti-viral medications don't work that way. Each virus is different. And anti-viral medications work by targeting specific viruses.

Is it possible to get this coronavirus twice?

While medical experts don't know for sure, they think that once you've got this new coronavirus, you probably won't get it again – at least, in the short term. If your immune system has seen this infection and cleared it, you are probably protected from getting it again. Once your body

has fought this type of virus, you are at least partially protected because your immune system will recognize it the next time. How long this protection will last, however, is still very much a hot topic of research now.

Forgotten T-cells?

With all of the debate around vaccines for covid-19 it sometimes seems as though the second part of human defence against invading viruses has slipped off the radar. Human (and other animal) immune systems have two main arms to fight off the likes of coronaviruses. The one that has been top of the news for months now consists of antibodies that form the basis of vaccines.

The second component of our immune systems are T-cells. These can kill infected cells that have become established in our bodies. T-cells are activated by most coronaviruses, including those that cause the common cold. There is some evidence that individuals who have suffered earlier coronavirus infections may have enhanced T-cells activity so that their bodies are more prepared for any invasion of covid viruses, and hence, do not suffer such severe consequences.

The COVID-19 vaccines in development mainly focus on antibodies. These proteins are made by B cells and ideally latch onto covid-19 viruses and prevent them from entering cells. T-cells, in contrast, thwart infections in two different ways. Helper T-cells spur B cells and other immune defenders into action, whereas killer T-cells target and destroy infected cells. The severity of disease can depend on the strength of these T-cell responses.

One of the practical issues that has tended to make antibodies a key element of health services planning is that current antibody test can yield results in as little as 90 minutes while T-cell activity takes a few days.

Another aspect of this T-cell enhancement from previous viral infections is the challenge of predicting how much of a population may already have significant immunity to covid-19. We've almost all had a common cold – and maybe other viral infections – which could well have upped our T-cell armoury. Without massive testing programmes, this factor is impossible to judge although research in both UK and US centres has shown it to be a significant factor.

Finally, the jury is still out as far as how long both antibody (vaccine) protection and T-cell defences last – we still have huge amounts of research pending but this is a global research scene unlike anything that has gone before.

The bottom line, however, remains – stick to the keep safe routines – its much better to avoid the virus than worry about cures!

Editor

Source: <https://www.uhealth.org/today/viruses-101-why-the-new-coronavirus-is-so-contagious-how-to-fight-it/>

A risks footnote

Data collected to the end of June show one third of deaths due to Covid-19 had pre-existing respiratory or cardiovascular disease.

Editor

Keeping your digital records for the future

Have you got some valuable old photos from your family's past – your parents' wedding photos, your own school photos or letters written in war time? All of these items can be passed down to your descendants provided you keep them safe and secure (and that's another Newsletter article!)

But what about all of those photos and documents that you've got saved on your computer or phone? How can you make sure that those can be passed on when the time comes?

This is a complex issue in that technology advances and storage devices drop out of use and availability. For instance, how much of your video library is stored on VHS tapes? Devices to play these have almost completely disappeared from shops, so playing these tapes and even transferring their content to newer technology such as DVDs is almost impossible. If the content of such tapes are of a personal nature – such as weddings or other personal events – then they could be lost forever.

Fortunately there are currently high street providers of VHS tape-to-DVD transfers so getting your valuable records transferred is still possible – but how long will this facility remain? This is the sort of issue that the likes of the National Archives are constantly struggling with – as one technology starts to 'evaporate' their whole database has to be transferred to a new one. What is true for the National Archives is also true for our own records – keep an eye on developments and be prepared to transfer material to keep it accessible.

One example of this conundrum is that of floppy discs. Those readers who have used computers to store information since the 1990s and earlier will remember these, and may have boxes of old discs stored in the loft. Finding a modern computer with a floppy disc reader is now impossible but at the time of writing, external floppy disc drives (for 3½ or 5¼ inch discs) can still be found online- but for how long? Also, these discs will have been written by computer systems that are no longer available – even if they could be transferred, could they still be read? As older technology slowly fades from use it is vital that we transfer important material to newer formats. Just as the National Archives, this is an ongoing process.

Some users may have opted for online ('Cloud') storage which might seem to be a simpler option. This is probably true for the moment but what happens if (or when) a Cloud provider ceases to exist? They are all commercial businesses after all and very few businesses continue for ever – what happens to your stored information if the cloud provider pulls the plug? Something similar applies to music from online sources such as iTunes or Spotify.

Back to current hardware – external hard drives are now really affordable – the one shown (above, right) is one of your editors 1TB (one terabyte or 1000 Megabyte) versions that cost less than £50 (try Argos and Rymans in Retford). These attach to laptops or PCs through their attached USB cable that links to those 'ports' provided on the PC or laptop. Copying all of your important files – or all of them if you use the drive as a backup – is simplicity itself. We make use of several of these drives to backup material and

given their portability they can also be used to take drives elsewhere – to son's or daughter's - a good security tactic if your material is vitally important such as business data or important personal data such as wills.



When current restrictions ease and Clarborough Village Hall reopens, why not join one of Clarborough & Welham IT Group's classes to get hands-on experience of all of these backup and security topics?

Editor

Why use an inkjet printer?

Regular readers – and those who have attended our Clarborough & Welham IT Group classes – will be familiar with my exhortation to ditch inkjet printers for their laser stablemates. This was once again emphasised when reading the August 2020 edition of Which? Magazine. This opened with the observation that anyone using an Epson printer will have spent something like £480 after replacing ink cartridges just five times!

That article went on to explore the range of third party providers that could save such users a huge amount. However, having been down that path myself I can strongly urge anyone looking to either replace their printer(s) or save vast amounts of money to seriously consider laser printers.

Until comparatively recently, laser printers were much more expensive than their inkjet competitors, but that is no longer the case. Generally speaking, toner cartridges (the equivalent of inkjet cartridges) are much more economical both in purchase price and also numbers of pages printed per cartridge – they last a lot longer!

One criticism of laser printers used to be that they didn't produce such good photo prints, but in my experience this is no longer the case but in reality I'd never print a photo at home when online services (such as AldiPhotos) produce super professional quality at a fraction of the cost of printing at home. Again, a recent Which? Study showed that inkjet printing at home of a 6x4 inch photo on photo-quality paper would cost some 45-50p each. AldiPhotos will charge 5p for the same (they do charge a flat rate £1.99 for postage, so ordering a number of photos in a batch makes sense).

A further advantage of laser prints is that they are waterproof – useful for posters and, as your editor discovered when carrying school inkjet-printed worksheets between sites in the rain!

Editor

Towards Work initiative



Readers of our Autumn 2020 issue will have seen the article about **Workingwin** (on page 8) which has now evolved into their **Good Work** initiative. **Good Work** targets individuals across Bassetlaw and South Yorkshire whereas another provider, **Towards Work**, is a Nottinghamshire-wide organisation. Both of these valuable organisations have pages on our community website – just follow the **Job Opportunities** link from the home page.

Towards Work explain that they will help you get closer to work, education or training in the following ways:

- Our Work Coaches will work with you and agree the support you need to get you closer to your goals.
- We will help you to remain in work or training once you have secured a placement, by working on some of the barriers you face.
- We will support you to feel more confident and ready to look for the right opportunities for you.
- We will provide you with a Personal Budget to help you access work. It can be used for things like child care, work equipment, training, bus passes, clothing and much more!

The Groundwork Greater Nottingham's **Towards Work** project is part of the national Building Better Opportunities Programme. Jointly funded by the National Lottery Community Fund & the European Social Fund, the programme is delivered throughout Nottingham, Nottinghamshire, Derby and Derbyshire by a partnership of local organisations who specialise in supporting people

into work.

We aim to support with those first vital steps towards gaining employment through a personalised service and support to overcome barriers an individual may face.

To read some personal experiences of this project from local individuals, go to the **Job Opportunities ► Towards Work** page on our community website and read the **Towards Work Participants' Leaflet**. Go to the www.towardswork.org.uk website and then the **Get into Work** page on the website to make initial contacts.

Latest News - WorkingWin has been extended to 31st March 2021

The Work and Health Unit have now committed an additional £500K funding to extend delivery of the employment support service until 31st March 2021. This will enable us to provide employment support to those affected by Covid-19.

So far 1500 Working Win participants have found employment, returned to work or retained a job in which they were struggling.

Referrals will be open for 3 months, beginning on November 1st and ending on January 31st, 2021. Refer via www.workingwinreferrals.co.uk, call **0114 290 0218**, email workingwin@syha.co.uk or share our e-leaflet with your patients/clients.

You can also register your interest prior to 1st November by calling **0114 290 0218** or emailing workingwin@syha.co.uk

Laura Bennett
Work & Wellbeing Manager
Live Well - WorkingWin

Honey & Fig

Breakfast - Lunch - Afternoon Tea

Great Food - Strong Coffee

41 Carolgate Retford
DN22 6BZ

@honeyandfigretford



01777 948610

Retford Ramblers

Retford Ramblers organise walks on a regular basis throughout the year. We are affiliated to National Ramblers.

We provide a variety of walks locally, and further afield in the Summer months. We also plan our own walking holidays in popular walking locations.

We have a regular weekly walking programme, which departs every Sunday at 09:30 from Chapelgate Car Park in Retford (See Programme below).



All of our walks are risk assessed and are in accord with Covid safety guidelines. All walkers should have suitable footwear and clothing for walking. All walks are 'moderate' and have a Walk Leader and Backmarker.

Retford Ramblers Walk Programme November & December 2020

November

1 st Firbeck	10 miles
8 th Sherwood Forest	8 miles
15 th Worksop + Osberton	9 miles
22 nd North Wheatley Explorer	9 miles
29 th Two Trent Crossings	8 miles

December

6 th North Wheatley + Sturton	8 miles
13 th Langold + Letwell	8 miles
20 th Babworth + The Mortons	6.5 miles
27 th Vicar Water	7.5 miles

The best way to find out if Ramblers is for you would be to come along and join us for one or two trial walks. These are becoming very popular and spaces are limited due to Covid limitations so please contact me beforehand.

My contact number is **01427 880 984**.

Email address: retford.ramblers@gmail.com

Website: www.retfordramblers.wixsite.com/retford

Mike Ogley
Membership Secretary, Retford Ramblers

Editor's note: Keep an eye on your community website for Ramblers' Spring 2021 Walks.

"The way I see it, if you want the rainbow, you gotta put up with the rain."

Dolly Parton (born 1946)

Clarbrough & Welham IT Group



With classes shut down since March, our IT Group has spent time keeping our laptops up-to-date. Something that is strongly advised for all computer users. For windows 10 users this is simply a case of going to the **Settings** menu that can be accessed from the **Start** button at bottom left of the screen:



Once in the **Settings** window, click on the **Update & Security** section.

This usually opens with the **Windows Update** page – if not, click on this from the left-hand menu.

Your computer will usually check for updates in-the-background or when starting up so this page will show whether you need to restart your computer to enable the latest updates.

If this has not happened, the page will have a **Check for updates** button at the top – click on this and then follow the instructions. If there are a number of updates to download and install, the process can take quite some time!

As mentioned on page 6, our IT Group website www.cwitgroup.btck.co.uk has some worksheets that you might find useful to keep you busy at home! Currently some of the most popular ones include:

- **Google Translate** – become an instant expert in dozens of languages!
- **Family History Research** – birth, marriage and death certificates.
- **E-mails** including Cc and Bcc
- **Apache Open Office** the free alternative to Microsoft Office.
- **Gimp** the free, powerful, image editor

Open Office is the application we use to create this Newsletter and **Gimp** is used to manage all aspects of images that you see here.

Both of these applications are completely free – they belong to what is known as the **open source** movement which is the alternative to proprietary products that are protected by registered trade names and cost money!

Our IT Group's website has a **Download Links** page which provides direct access to each application's home page for downloading these free applications which include some essential security items such as **Avast** antivirus (and more) and **Malwarebytes Free** anti-malware apps as well as **CCleaner** which efficiently keeps the rubbish on your computer to a minimum – all helping with speed!

Greg Herdman
Chairman, Clarbrough & Welham IT Group

"Many of life's failures are people who do not realise how close they were to success when they gave up."

Thomas A. Edison American inventor (1847-1931)

Workshop Dolphins

Workshop Dolphins recruited a new head coach (Dr. Giannis Valkoumas PhD) in October 2019 and since this time has seen the club progress from strength to strength. It's no secret that before Giannis' arrival, Dolphins had hit a slump. But, we would not be beaten! With thanks to Giannis, who has worked relentlessly with passion and determination with swimmers, parents and committee members, he has turned the club around, built up new interest for the club and has injected a new lease of life into our swimmers.

It has not been an easy ride for Giannis since arriving in Workshop - what with the Pandemic and having to leave his family behind for just short of a whole year before they could safely be reunited with him in July 2020. However, these challenges did not deter him from striving towards fulfilling his vision for the club. Giannis typically took the approach to the challenges faced by not playing into the hands of the problems encountered but rather in identifying and implementing realistic, safe and practical solutions that kept all swimmers engaged and motivated during this crisis.

Throughout lockdown, Giannis introduced and led regular online Zoom land training sessions where squads were able to train and motivate one another virtually, speak with invited special guests (top swimming athletes from America) about their experiences of training, competing, the pandemic crisis and work/life balance and instil in them



a strong, healthy and determined mindset to keep going despite the odds, producing a tough mental strength reflected in our swimmers training and performance today.

Whilst few swimming clubs have been able to return to the pool we are fortunate enough to be working with BPL and Workshop College to enable safe social distancing guidelines and proactive Covid preventative measures to be put effectively in place as outlined by UK Government and Swim England. We owe a debt of gratitude to Giannis and his team for remaining optimistic and enthusiastic with our swimmers throughout these unusual times as well as our parents, swimmers, committee members and sponsors (MechFS and Leec Ltd) for continuing to support us in more ways than one.

We are still offering club trials to aspiring swimmers wanting to join Workshop Dolphins (from the age of 6) and currently have availability in our Swim School (Learn to Swim) and Academy programmes. Please visit our website for more details: <https://www.worksopdolphins.co.uk/> We are currently at full capacity for our main squad programmes but are still offering trials, where once successful, will place the swimmer on our waiting list and when there is availability, will be contacted with a start date and time.

Should anyone be interested in becoming one of our club Sponsors we would be happy to hear from you. To make enquiries, please contact Alex McLauchlan at admin@worksopdolphins.co.uk

Amy Pyott

Retford Auto Centre Vehicle Maintenance & Repair.

Martyn Gregory

Retford Mechanic with 20 years experience

enquiries.retfordautocentre@outlook.com

01777 800261

Opening Times:

Monday-Friday:

08:30 - 17:30

Saturday:

08:30 - 12:30

121-123 Grove Lane, Retford, Notts, DN22 6ND



Servicing Brakes Air conditioning Diagnostics Clutches Exhausts Suspension Tyres & Balancing
Wheel Alignment MOTs can be arranged.
I look forward to welcoming you!

Santa will be coming to Clarborough this year!

In December Retford Lions normally bring Santa in his sleigh to Clarborough and Hayton. It is very much a local tradition. Many parents bringing their children to meet him remember being brought out themselves by their parents when they were young. Because of covid, things will be different this year but Lions are determined to do what they can to bring cheer to the Christmas season.



Santa will be coming on **Thursday 10th December** but his helpers will not be calling at individual houses. His sleigh will stop at Smeath Lane/Broad Gores from 6.15pm to 6.45pm and at St John's Drive/South View from 6.50pm to 7.30pm.

Parents are asked to bring their children to him at these places. Santa will be behind a perspex screen to avoid any risk of infection and, with the help of a speaker system, children will be able to have a chat to him in safety. Lions make no charge for this but donations will be welcome and this year these can be made by card contactlessly.

Santa

On behalf of Retford Lions, I would be grateful if you could arrange for this to be publicised as widely as possible in the village. We will be putting information on facebook and in Retford Life, but the more people know about it the better. This Christmas is going to be very strange for everyone and Lions want to do what they can to provide a bit of normality and Christmas cheer, particularly for the children. Of course all arrangements at present are dependent on the present covid related restrictions not being tightened.



Bruce Barnett
Retford Lions Club
01777 704 154

For all editorial matters including advertising, contact Greg on:
(01777) 700 918 or
clarboroughwelham@gmail.com

The word Exponential

This word has cropped up almost every day throughout the current Covid crisis, but what does it actually mean?

The growth of a bacterial colony is often used to illustrate it. One bacterium splits itself into two, each of which splits itself resulting in four, then eight, 16, 32, and so on. The rate of increase keeps increasing because it is proportional to the ever-increasing number of bacteria. In real cases, initially exponential growth often does not last forever, instead slowing down eventually due to upper limits caused by external factors.

Exponential growth produces a graph shaped like this where whatever the quantity – say Covid cases – vertically against time (horizontally) looks – the growth gets quicker and quicker as time passes; it accelerates.

Dates for your Diary

31st October: Closing date for applications for September 2021 Nottinghamshire secondary school places
8th November: Remembrance Sunday
14-27th November: Retford Pilgrim Festival
29th November: Retford Christmas Lights Switch-on.
10th December: Santa's coming!
21st December: Winter Solstice

Clarborough & Welham Parish Council Meetings

30th November
4th January, 2021

Virtual meetings currently open 19:00

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)

Full page	£125.00
Half page	£75.00
Quarter page	£45.00
This size	£25.00

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

Newsletter deadlines 2021

18th January (Spring issue)
26th April (Summer issue)