



Clarborough & Welham

Bassetlaw Community Newsletter

Quarterly: Autumn 2026

Local Government Reorganisation (LGR) Decision announced	Clarborough Fair 2026
BDC Know Your Place	Doomsday Glacier
Retford's Party in the Square	Sloswicke's Trust
Retford Heritage Open Day	RMTC Awards
Clarborough's 'Hub' website	Open Source FREE
Retford's Panto in the Park	Clarborough School
BMI – good or bad?	
Notts School Holidays – for years to come!	
and much, much more!	

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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 Material submitted without full contact details will not be published.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.

Visit our community website: www.clarborough-welham.org.uk for much, much more!

Extreme heat events are on the increase!

You may have noticed that our English weather is getting hotter – hence the image on the front of this Newsletter!

The vast amount of evidence and research has been pointing to human pollution of the atmosphere by so-called anthropogenic (human) greenhouse gas emissions.

Stepping back from the statistics, it is now clear that human activities have been pushing these effects since the start of the 'industrial revolution' which in data-collection terms is roughly 1850.

We have already seen average global land temperatures increase over 1 °C since the Industrial Revolution. As a result of this baseline increase in temperature, we are seeing extreme heat events, such as heatwaves and record-breaking high temperatures, become more frequent, longer-lasting, and intense.

Whilst a 1 °C background temperature increase may not seem significant, recent UK heatwaves in May, June and July recording maximums above 35°C certainly confirmed this. Government had to issue red warnings we need to take many precautions to remain healthy.

Extreme heat events do occur within natural climate variation due to changes in global weather patterns. However, the increase in the frequency, duration, and intensity of these events over recent decades is clearly linked to the observed warming of the planet and can be attributed to human activity.

Major Greenhouse Gases

Human-induced climate change is driven primarily by the following gases:

- **Carbon Dioxide (CO₂):** Primarily through the burning of fossil fuels (coal, natural gas, oil) and deforestation. It accounts for the vast majority of human-caused warming.
- **Methane (CH₄):** A highly potent gas emitted during the production and transport of fossil fuels, from livestock and agricultural practices, and via the decay of organic waste in landfills.
- **Nitrous Oxide (N₂O):** Emitted heavily by agricultural activities (like the use of synthetic fertilizers) and fossil fuel combustion. It has a significantly higher heat-trapping capacity per molecule than CO₂.
- **Fluorinated Gases (F-gases):** Synthetic, powerful gases such as hydrofluorocarbons (HFCs) and sulphur hexafluoride (SF₆) which are used in industrial processes, refrigeration, and air conditioning. Though emitted in smaller quantities, some have thousands of times the warming potential of CO₂.

How They Work and Why It Matters

Earth receives energy from the Sun in the form of sunlight, which passes through the atmosphere. The Earth's surface absorbs this energy and radiates some of it back outward as heat (infrared radiation). Greenhouse gases in the atmosphere absorb much of this outgoing heat and re-radiate it in all directions, including back towards the Earth's surface, acting much like the glass panels of a greenhouse.

Editor



Retford chiropractic wellness centre

**Serving Retford and surrounding areas
for over 30 years**

At Retford Chiropractic Wellness Centre, we believe everyone deserves the opportunity to achieve their full health potential. Our mission is to support you and your family on your journey to optimal wellness with expert care and a compassionate approach.

As a fully GCD-registered practice, we adhere to the highest professional standards ensuring you receive safe and effective care tailored to your individual needs. Let us help you take the next step toward a healthier, happier life.

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- Neuro-Rehabilitation
- Acupuncture
- Photobiomodulation
- Massage
- Hydrotherapy
- Food Sensitivity Testing
- Beauty Treatments
- Endoscopic Microsuction (Ear Wax Removal)



Choosing the right treatment can feel overwhelming, which is why we offer a FREE chat with any of our practitioners to help you find the best option for you. This session helps you explore your options and receive expert guidance tailored to your needs.

Contact Info:

01777 710 720

www.retfordchiro.co.uk

67, Grove St. Retford DN22 6LA



The Great Gatsby by This Is My Theatre

Join us in Bassetlaw Museum's green garden for a beautiful evening under the stars, where you'll be transported back to the glamour and intrigue of the Jazz Age. Expect an unforgettable atmosphere, timeless storytelling, and a truly stunning production.

Featuring live music and a dynamic ensemble, This Is My Theatre's adaptation invites audiences to experience one of literature's best-loved stories like never before.



Friday 11th September 2026 19:00 until 21:00

Bookable event, see link to book online:

<https://www.tickettailor.com/events/cuemarketing/2240005>

Bassetlaw Museum
Amcott House, 40 Grove St, Retford DN22 6LD
01777 713 749

Step into the roaring 1920s, where the champagne flows, the jazz trumpet blows, and the American Dream gleams with irresistible allure. This electrifying stage adaptation of F. Scott Fitzgerald's timeless novel brings Jay Gatsby's glittering world to life — a place of opulence, obsession, and heartbreak.

"Success is not final, failure is not fatal: It is the courage to continue that counts."

Winston Churchill (1874-1965)

Retford Musical Theatre Company's Latest Awards

Retford Musical Theatre Company is a multi-award winning group, channeling the enormous talent of local people and entertaining audiences at both the Majestic Theatre and Retford Little Theatre. At this year's annual awards by the National Operatic and Dramatic Association in the East Midlands region 4, RMTC was nominated for two awards for its productions and individual nominations for cast members.



RMTC are delighted to have been given the award for *best pantomime* with the production of '*Rapunzel*' at the Little Theatre, and individual nominations for cast members, Jamie Savage, Oliver Ward and Sam Taylor – with Jamie scooping the award for his portrayal of the dame.

Members Sean Johnson and Emma Wighton were also nominated for their performances in '*Made in Dagenham*' at the Majestic Theatre, with Emma being the well-deserved winner.

The accolades don't stop there as the RMTC youth group were also nominated for best production with '*Charlie and the Chocolate Factory*' with Matthew Heard winning the individual category, *Outstanding Youth performance* for his portrayal of Willy Wonka.

RMTC is a non-profit making organisation, creating live musical theatre for local people to be a part of or to watch. Any profits are re-invested into the company for the next production. RMTC is a welcoming, friendly and inclusive company, and takes pride in encouraging members to build their skills in performance and all other stage craft including directing, choreography, stage management and technical. The Mob spend time developing the performance skills of young people from 8-18 years.

The adult section have recently enjoyed a highly successful run of '*We Will Rock You*', whilst the MOB, youth section have just enjoyed a wonderful production of '*Chitty, Chitty, Bang Bang*'. Both sections are feeling very lucky to have such talent within their membership and are looking forward to getting started on their next project.



Need Help with Forms and Paperwork? Introducing Paperwork Partners

Bassetlaw

ACTION



A new paid-for paperwork support service from Bassetlaw Action Centre

Completing forms can often feel confusing, time-consuming, and overwhelming. Paperwork Partners provides friendly, professional support to help you complete important paperwork accurately and with confidence.

We can help with:

- ✓ Benefits applications
- ✓ Housing forms
- ✓ Medical paperwork
- ✓ General official documents

Why choose Paperwork Partners?

- ✓ Personalised one-to-one support
- ✓ Friendly and confidential service
- ✓ Reduced risk of mistakes and delays
- ✓ Faster completion of important paperwork
- ✓ No lengthy waiting lists
- ✓ Home visits available where required



Professional support when you need it

Paperwork Partners is a **paid-for service** designed for people who would like dedicated assistance with forms and applications. Our experienced team can guide you through the process, helping you understand what information is needed and ensuring paperwork is completed as fully and accurately as possible.

"We've seen first-hand how confusing and time-consuming paperwork can be for many people. By offering a dedicated support service, we're helping people move forward more quickly while filling a

clear gap in provision."

Victoria Mangnall, Service Advisor

The introduction of this paid-for service will help Bassetlaw Action Centre continue to develop and sustain valuable support services, while ensuring people can access timely assistance when they need it most.

Call today for a no-obligation quote

Our team will be happy to discuss your requirements, explain our fees, and provide a no-obligation quote before you book.

☎ **01777 709650**

✉ paperworkpartners@actioncentre.org.uk

Important Information

Paperwork Partners provides support to complete forms and applications but cannot guarantee the outcome of any application or that benefits, grants, housing, or other support will be awarded. All decisions remain the responsibility of the assessing organisation.

Panto in the Park Returns to King's Park

The open-air stage in Kings' Park will come alive this August as Panto in the Park returns, bringing laughter, fun and family-friendly entertainment to the heart of Retford.

This year's line-up features The Wizard of Oz on Monday 10th August, Rapunzel on Tuesday 18th August and Sleeping Beauty on Wednesday 26th August, with each performance starting at 14:00 and lasting around 50 minutes.

Hundreds of families are expected to gather on the grassy hillside to enjoy award-winning performances from Tailgate Theatre Company. Known for their colourful productions and high-energy performances, the much-loved troupe will once again bring their unique brand of panto magic to the award-winning Kings' Park.

Bassetlaw District Council's Panto in the Park is free to attend, offering a perfect summer day out for people of all ages.



[Above] Cllr Darrell Pulk, Cabinet Member for Neighbourhoods; James Worthington, Director of TaleGate Theatre and Members of TaleGate Theatre

James Worthington, Director of TaleGate Theatre, said: "Bringing Panto in the Park back to Kings' Park in Retford is something we always look forward to. Over the years it's grown into a truly special event, with fantastic audiences who bring so much energy and fun to every performance. There's nothing quite like outdoor theatre in the summer, and we love seeing families come together to laugh, join in and be part of the show.

"We're incredibly proud of the success it's had year after year, and we can't wait to return, rock the park once again and wow the crowds with another trio of brilliant productions."

Cllr Darrell Pulk, Cabinet Member for Neighbourhoods, added: "Panto in the Park is always a highlight of the summer, and it's wonderful to see it returning to Kings' Park once again.

"It's a chance for families to spend quality time together, enjoy live entertainment and make lasting memories in one of our most beautiful outdoor spaces. The atmosphere

each year is fantastic, and we're looking forward to welcoming residents back for another series of fun-filled performances.

"I'd also like to thank Tailgate Theatre Company for their continued dedication and support. They've played a huge part in the success of this event over the years, and we're delighted to be working with them again."

Tickets are not required for any of the performances, so pack a picnic, bring a camping chair and get ready for an afternoon of songs, silliness and summer fun.

Article first published in Bassetlaw District Council's e-Newsletter on 10th July, 2026

Why pay for software when there is a whole world of free, OpenSource, apps out there?

I have been using my computers for years to publish there Clarborough & Welham Newsletters as well as keeping our community website (www.clarborough-welham.org.uk) up-to-date.

A quick scan through this Autumn 2026 issue of Clarborough & Welham Newsletter or exploring some of the 240 pages in our community website will show that I am dealing with material coming from the widest swathe of the public sector (NHS, Local Government, Law and Order.. the list goes on!) right down to local voluntary groups and the voluntary sector generally. These provide articles for our Newsletter which may come in a range of word processor files along with emails along with pointers to various parts of their own websites.

To access all of these items I clearly need not just a good word processing app but other supporting apps that can extract material from websites previously provided hardcopies.

Now, my primary PC is one based on Microsoft Windows 11 but it has been many years since I've used any of Microsoft's apps such as Word, Excel or Powerpoint since I have been working within the OpenSource movement. This article is much too brief to explore the whole opensource world but the 'copyleft' licence sums much of it up in that a "copyleft" license ensures the software remains free and that any modified versions are also distributed under the same open-source terms.

In practical terms, this means that I use both Apache OpenOffice or Documenta Foundation's LibreOffice as alternatives to Microsoft Office 365. Both of these apps can read files from any Microsoft source and can also write articles in Microsoft formats if necessary. This means that I can communicate 'seemlessly' with organisations that are still wedded to Microsoft.

Other important apps that you are reading the outputs from include Gimp (GNU Image Management Programme) which provides really powerful image handling tools.

So why go down the opensource route? Simple – all of the apps are, legally, completely FREE!

Editor



Heatwaves at Muddy Fork

What a difference a couple of months can make! Muddy Fork, Retford's Gardening for Wellbeing charity, was under water at the time of the last report to this newsletter, making for a very slow start to the year's gardening activity. Now, after the second heatwave of the summer, the challenge is to get enough watering done in the garden.

Wildlife challenges also continue. The crows had a good nibble at a whole batch of seedlings, only for the job to be finished off by a family of rabbits who had apparently moved in to one of the polytunnels. Two of the babies were actually caught in the act one morning, sadly not in time to salvage anything from their breakfast feast. One was sent packing over the fence, the other disappeared....

[Right] Pete our Garden Assistant was meanwhile heard muttering something about 'not big enough for a pie'. And now a molehill has appeared at the door of another polytunnel, no doubt the first of many.

In spite of all this, the garden is growing. The first vegetables of the year have been harvested, broad beans having done well, with much more on the way. The fruit trees are also looking well laden. Needless to say the weeds are doing brilliantly too.

Muddy Fork continues to be extremely grateful for all the support it receives locally. Retford Rotary have once more made donations in cash and in kind, with a new polytunnel to be skinned shortly thanks to them. Welbeck Abbey Brewery selected Muddy Fork as the beneficiary this year of the proceeds of their charity beer 'Raising the Dough' - look out for this in your local. Advice and guidance on funding possibilities from the Coalfields Regeneration Trust is invaluable. These inputs and so much more from local organisations and individuals all help Muddy Fork to keep going and to provide a much-needed service to local people.



For further information, if you might be interested in volunteering, or could make a donation, check out the website at www.muddyfork.org, while referrals, whether self-referrals or on behalf of someone else, should go to Rose, rose.muddyfork@outlook.com.

Visitors to the garden are always welcome and the honesty stand at the gate should be well stocked over the summer.

Retford Big Market Days

Combining Retford Farmers' Market (08:30 to 13:00), the Traditional Saturday Market and Craft Market (08:30 to 14:30), plus entertainment while you shop and great, free fun for everyone!

We look forward to welcoming you to Retford Town Centre and enjoy whilst you shop. Forthcoming Big Market Days include:

- 15th August Punch & Judy
- 19th September Mr Mouse Stilton-walker plus Hathersage Brass Band.
- 17th October Big Bird Stilt walker.
- 21st November Two stilt walking Elves
- 19th December The Frost Fairy plus Hathersage Brass Band plus even more t.b.a.

Add to the above a number of run-up-to-Christmas events:

- 29th November Christmas Market & Lights Switch-On.
- 9th December Illuminate Winter Festival of Light.

Goacher's Farm Shop

Wood Lane, North Wheatley



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 Plums, Apples, Pears etc**
 Taste the difference!
 Fresh and frozen

Also available;
**Asparagus, Honey, Jams,
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 Juices and Fruit pies**

Now serving hot drinks

For opening times please

Phone; **01427 880 341**
 or www.goforgoachers.co.uk



There's a lot on the horizon in the Trent Valley in the coming years, and we want to support local communities to contribute to this emerging picture. Know Your Place Trent Valley (KYPTV) is a means to set these conversations in motion, and aims to build a portrait of local communities as they are now, how they might be in the future, and to help define local and regional priorities.

KYPTV is an engagement approach looking to build an understanding of local communities either side of the River Trent across parts of four local authority areas - Bassetlaw, West Lindsey, Newark and Sherwood, and North Kesteven. The data collected from these conversations will be published and used to help create local profile reports that will help define local priorities and to inform decision makers regarding emerging projects such as the Trent Supercluster.

We've been out and about across the region throughout the summer and our first engagement phase ends on the 31st of August 2026. Hundreds of residents have already had their say - have you?

Let us know your thoughts by completing our community survey. Just scan the QR code and tell us what you like, and dislike, about living locally and what you see as the opportunities and challenges for our region looking ahead to 2040.

You can find more information, details of our in-person events, and our online response form by visiting www.bassetlaw.gov.uk/kyptv or by contacting ryan.cook@bassetlaw.gov.uk

We want to know your views, so join the big conversation about all things local and help to shape the future of your local community.



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —



"I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it."

William Henry (Bill) Gates (1955-)

Nottinghamshire School Holidays Plan your next holidays?

For parents (and grandparents) of pupils currently in Nottinghamshire schools, knowing the forthcoming school holidays can be pretty important!

However, these dates can also form a very useful framework for those of us not looking after school children, particularly when looking for holiday dates outside the published holiday dates since, usually, such dates are blessed by lower costs.

For anyone with internet access, Nottinghamshire school holiday calendars can be access at :

<https://www.nottinghamshire.gov.uk/education/school-holidays-and-closures/school-holiday-and-term-dates>

Probably the quickest route accessing this is via a Google (or other search engine) and enter :

'**Nottinghamshire school holidays**' This usually yields a number of 'hits' , the first (and most useful) is simply headed '**School holiday & term dates**'.

This yields a list of Nottinghamshire school holidays from the current calendar right through to 2029-2030 !

Since you will almost certainly be reading this Newsletter with the Autumn term 2026 as your current interest, we include those term dates through to Spring 2027 :

Tuesday 1st September Start of Autumn Term
Monday 19th October October Half-term Holiday begins
Monday 2nd November Autumn Term resumes
Monday 21st December Christmas/New Year holiday starts

2027

Monday 4th January Start of Spring Term

Be aware that unexpected situations can make changes to these dates, so do keep checking as appropriate!

Similar information can be found for Lincolnshire and, in fact, every other local authority – just search!

Editor

Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.

Bill Keane (1922-2011)

LAWNMOWERS

Tony Halford



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Email: thlawnmowers@hotmail.co.uk

Retford & District Historical & Archaeological Society

The Society holds monthly talks on the second Wednesday of each month, September to May, at 19.30 in the Sanctuary of Grove St Methodist Church, Retford.

Lecture Programme 2026 - 2027

- September 9th Janine Buckley, Nottinghamshire Pit Ponies
 October 14th Derek Taylor, The Last Projectionist.
 November 11th Celia Lord, In an English Country Garden and Fashion.
 December 9th Bob Massey, How Christmas Traditions Came About.



- January 13th Benedict Jephcote, Hayton Castle and the de Hayton Family.
 February 10th Sharon Bennett Connolly, Women of the Anarchy.
 March 10th Milan Petrovic, R.A.F. Ossington.
 April 14th Horace Liberty, Libertys: Family, Firm and Fashion.
 May 12th Chris Hewis, Torksey on the Trent (AGM).

Our Society's FaceBook page can be accessed :

<https://www.facebook.com/RetfordHistoricalSociety/>

Doncaster-Sheffield Airport

Doncaster Sheffield Airport (DSA) is on track to recommence operations, with freight services expected to start in summer 2026 and commercial passenger flights targeted for Easter 2028.

The City of Doncaster Council has finalized funding agreements and resumed lease negotiations with landowner Peel to deliver the £160m project.

The airport's operator, *Fly Doncaster*, anticipates that holiday tickets and flights will go on sale in late 2026, ahead of the winter 2027/28 season.

All of the above dates are currently projected and will depend on the ongoing negotiations.

According to The Vulcan to the Sky Trust (your editor is a Founding Guardian) who own Vulcan XH558 based at Doncaster Airport reflect this 'looking forward' news about our local airport.

Editor

The Allegra Voice Choir

The Allegra Voice Choir were delighted to perform their final free concert of the season at All Saints Church, South Leverton on 3rd July 2026. It was a varied collection of songs loved by the audience who also enjoyed refreshments served by the choir. It is our pleasure to perform and thank you to a great audience and for the standing ovation!



We have a number of concerts coming up in the Autumn and you can find details of these on our Facebook Page - **The Allegra Voice Choir**

We are a mixed voice, 3-part harmony choir who rehearse every Tuesday 19:00 till 20:30 in term time at St John the Baptist Church in Clarlborough, DN22 9NA. Everyone is invited to come along and have a taster session with us. You will be made very welcome.

If you are interested or would like further information please contact Fran, our secretary, on 07747 488 454 who can answer your questions.

We look forward to seeing you soon.

To be or not to be, that is the question.

William Shakespeare (1564 –1616)



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Honouring local Heroes: BCVS Volunteer Awards

Volunteers from across Bassetlaw and Bolsover were recognised for their outstanding contributions at a special joint awards ceremony held on 5 June, as part of national Volunteers' Week.

Hosted by BCVS, the event brought together more than 100 guests at the Lady Margaret Hall in Welbeck for an afternoon tea and awards presentation that highlighted the vital role volunteers play in supporting local communities.

The ceremony celebrated individuals and organisations whose dedication and compassion have made a measurable difference across a wide range of causes, from tackling food insecurity and promoting wellbeing to preserving heritage and supporting environmental initiatives.

A distinguished group of guest presenters helped honour the award winners, including Jo White MP for Bassetlaw. Each paid tribute to the extraordinary commitment shown by volunteers and the positive impact their efforts have on local lives.

The winners

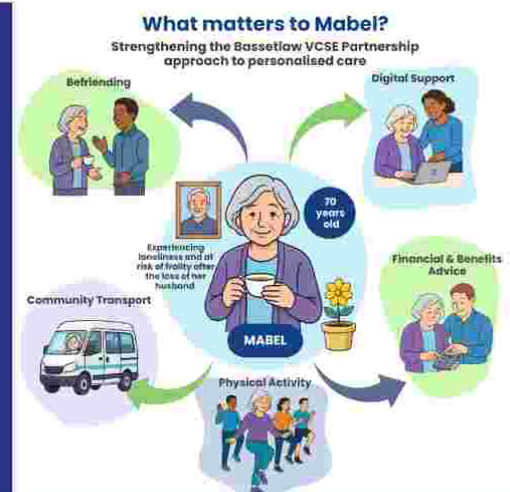
Environment – Bassetlaw: Paul Satchell / Bolsover: Jenifer Toon
 Food Insecurity – Bassetlaw: Joy Regan / Bolsover: Ebony Schofield
 Fundraising – Bassetlaw: Chloe Hailwood / Bolsover: Jean Slater
 Health & Wellbeing – Bassetlaw: Adrian Argent Cook / Bolsover: Neil Morton
 Heritage – Bassetlaw: James Barlow / Bolsover: Linda Johnson
 Outdoor – Bassetlaw: Wendy Smith / Bolsover: Kevan Wakefield
 Young Volunteer – Bassetlaw: Lexi Crooks / Bolsover: Alex Cheung
 Older Volunteer – Bassetlaw: Liz Illger / Bolsover: Jon Jarvis
 Community Grants – Bassetlaw: Joanne (Jo) Butler
 Supportive Volunteer – Bassetlaw: Hewa Abuzaid / Bolsover: Barry Hawkins
 Overall Volunteer of the Year – Bassetlaw: Liz Illger / Bolsover: Jenifer Toon
 Organisation of the Year – Bassetlaw: From the Heart Charity / Bolsover: Bolsover Woodlands Enterprise

New Ageing Better Communities Programme

A new community-led programme aimed at improving the health, independence and wellbeing of older people has officially launched across Bassetlaw.

The Ageing Better Communities (ABC) programme has been funded by the Nottingham & Nottinghamshire Integrated Care Board (NNICB) and is led by BCVS in partnership with local voluntary sector organisations and NHS partners. The programme brings together a wide range of support into a joined-up approach centred on what matters most to local residents.

Find out more at: bit.ly/bcvsABC





Clarborough & District W.I.

The WI has had a successful year so far with rising numbers in our membership, our change to afternoon meeting time has

been very popular. Our monthly coffee mornings are well attended by members and gives them a chance to meet informally and catch up with friends. We have enjoyed a varied and entertaining programme of Speakers and look forward to the Autumn after a break in August.

In September we welcome Janet and Paul Barrass with a talk entitled "My Mum had one of those!" In October we have "Harvest Treats" demonstration by two of our members and for November's meeting we explore the north island of New Zealand. The year finishes in December with an insight into Modern Hot Air Ballooning.

Meetings are held at Hayton Village Hall and start at 14:00 on the second Monday in the month. Visitors are welcome for a fee of £5 which includes refreshments and a raffle ticket.

You are most welcome to join us and if you have any queries, please contact the Secretary - details below.

We look forward to seeing you.

Lucy Richardson
(07966 452 249)

Retford Heritage Open Day Saturday 12th September

Several historic buildings in Retford not usually open to the public will once again be welcoming residents and visitors to the town to investigate their history and importance in the community. Trinity Hospital, Sloswicke's Almshouses on Churchgate and Retford Masonic Hall will all be freely open for tours. No need to book in advance – just turn up on the day from 10:00 onwards.

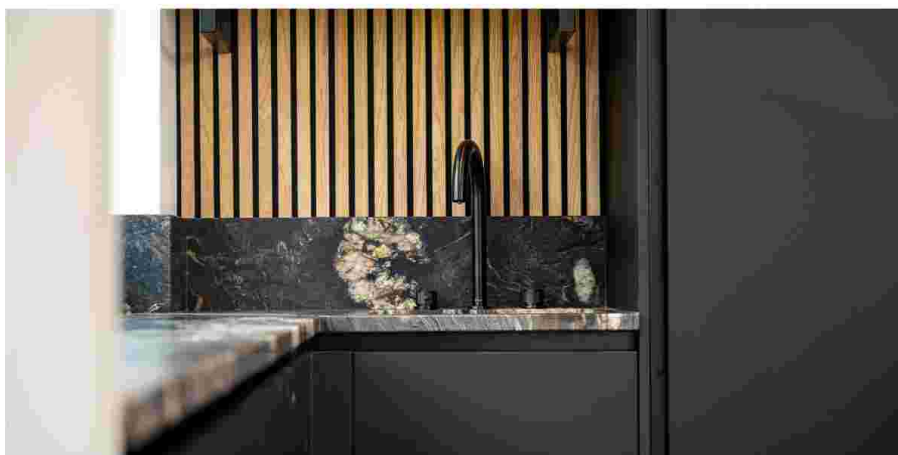
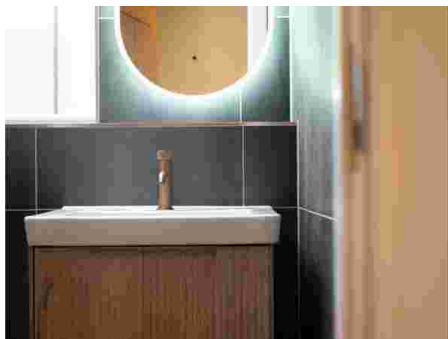
Other venues will also be taking part – the Majestic Theatre, Denman Library, Bassetlaw Museum and Retford Arts Hub, in addition to Grove Street Methodist Church, St Swithun's and St Michael's Churches and St Joseph's Catholic Church.

There are interesting talks planned and musical events in various venues. Details of these will be found on the Retford Heritage Open Day Facebook Page and will be listed in the leaflet available from the Retford Civic Society information stalls on Carolgate on 5th and 12th September. Trips on the Seth Ellis boat will be booked via the Chesterfield Canal Trust website. A War Graves tour in Retford Cemetery can be booked via the Commonwealth War Graves website.

Don't miss this special day, organised by Retford Civic Society!

The two most important days in your life are the day you are born and the day you find out why.

Mark Twain (1835-1910)



Kitchens - Bathrooms - Boilers - Heat Pumps and more...

Contact us for more information

 01777 702684





Sloswicke's Almshouse Charity

Have you heard of Sloswicke's Almshouses? If not, please read on!

Sloswicke's Almshouse Charity has been established for many years to provide safe, affordable homes for people in financial need who can live independently but value a supportive community in our 46 properties.

But many people in the area know nothing about Sloswicke's and what it has to offer – hence this article.

The Almshouses have a long and interesting history dating back to the late 1700s when Richard Sloswicke left money for the homes to be built. The site of the first building was in Churchgate and the Trust now offers 10 flats and 2 cottages close to the Denman Library in Cannon Square.



(A plaque commemorating Richard Sloswicke can be seen on the Churchgate property above, which is included in Retford's Heritage Walk). In addition, the Trust has created a gated complex of 11 properties in Protestant Place, 14 homes in Union Street and has built 9 flats at Hawksley House, opposite the Majestic Theatre.

Each of the properties provides self-contained accommodation - some suitable for single people and others for couples. We hope that by providing good quality housing at an affordable cost we can enable the residents to lead fulfilling, independent lives for as long as possible.

The Charity is governed by a board of trustees, all of whom support the Charity on a voluntary basis. As Trustees, we want to ensure that as many people as possible know about Sloswicke's Almshouses so that we can be confident that those who should be benefiting from the work of the Charity are doing so.

Sloswicke's Almshouses were established to be an asset to the town, and we don't want them to be Retford's 'best kept secret'.

We hope that anyone who would like to know more about the accommodation will not hesitate to contact our Managing Agent - Brown & Co Property & Business Consultants LLP.

Office: Brown & Co, 29 – 33 Grove St, Retford DN22 6JP

Telephone: 01777 709 112

Email: sloswickes@brown-co.com

Caroline Marsh
Chair of Trustees

Editor's footnote: For more information including recent photographs of the properties mentioned in this article, visit www.clarborough-welham.org.uk and follow the homepage's menu **Local History > Sloswicke's Charity** where the blue link like that at the top of this article takes you to the Charity's website.



Women's Fitness App, LoopLift, launches on the App Store

Developed locally, **LoopLift** is a new fitness app designed to help women better understand their bodies, track their fitness journey and make more informed training decisions.

Unlike many fitness apps that rely solely on workout tracking, LoopLift combines exercise data, energy levels, symptoms and personal trends to provide tailored daily insights that adapt to each user. Whether someone has a regular cycle, an irregular cycle, PCOS, uses hormonal contraception, or simply wants a better understanding of their training patterns, LoopLift is designed to support them.

For years, most fitness apps have taken a one-size-fits-all approach, providing the same workout recommendations regardless of how a woman's body may change throughout the month. However, factors such as energy, recovery, motivation and performance can vary over time and influence how someone feels and performs during training.

LoopLift helps **bridge the gap between fitness tracking and personal wellbeing**. The app allows users to log their cycle, daily energy levels, symptoms and workouts in one place, then uses that information to generate personalised insights based on their unique patterns and training history.

Over time, LoopLift builds a clearer picture of each user's individual trends, helping them make more informed decisions about training, recovery and long-term progress.

*LoopLift is available now on the Apple App Store. Play Store coming **SOON !!!***



The 2026 Clarborough Village Fair

The 2026 Clarborough Village Fair on Sunday 10th May will be a day I'll remember for a long time. The weather held off, the sun came out, smiles were seen in abundance, and a sense of togetherness filled the air. This year's fair didn't just meet expectations; it exceeded them, proving once again why Clarborough's annual celebration has its place in our calendars.

No fair happens by accident. Behind the scenes, a dedicated team of volunteers worked tirelessly – planning, organising, welcoming, cleaning, guiding and smiling throughout the entire day. Their commitment is the backbone of the Clarborough Village Fair, and this year they once again proved how vital they are. On behalf of myself and the entire community: thank you. Your hard work made the fair not just possible, but exceptional.

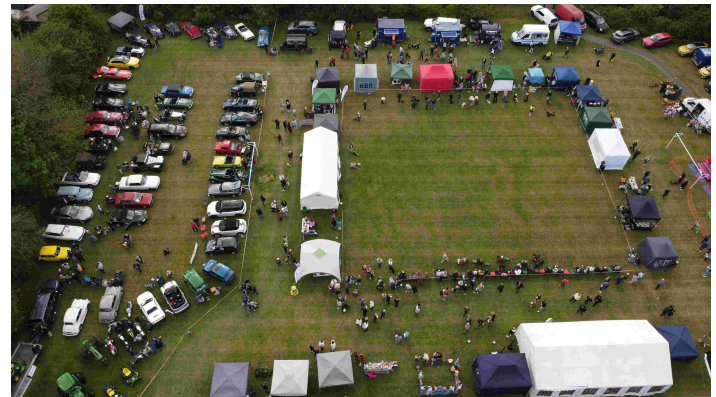
Our Village Hall's driveway hosted a mass of tractors, some vintage and some not so!



The dog show drew one of the biggest crowds of the afternoon, with wagging tails and proud owners.



Rosettes were handed out across 8 classes, with the best in show finally won by Gemma Baker and Grace, a black spaniel, with Rebecca Gillatt and Helga, a German Shepherd, as Reserve.



[Above] All set up and ready to go!



[Above] The Mob entertained us with songs from their latest production, *Chitty Chitty Bang Bang*, alongside classic cars, classic tractors, games, and an abundance of tasty food — truly something for the whole family. The event also featured craft demonstrations for those looking to try something hands-on.

[Below & right] The scarecrow competition had a few entries, with the winner, "Bonnie and Clyde", receiving a goodie hamper donated by Clarborough SPAR.



Nic Smith
Clarborough Village Ventures



Clarborough Village Hall Bookings

Clarborough Village Hall is a modern, attractive and accessible venue for all sorts of activities and events with a substantial programme of regular, weekly, groups.

Our hall is managed by Clarborough & District Community Association (CDCA) who are a registered charity (No. 502076). **CDCA's committee is desperately in need of new members since our team has shrunk to just 5 individuals who are managing the hall under guidance from the Association of Communities in Rural England (ACRE).**

We are particularly keen to engage one or two 'locals' to carry out regular inspection of our village hall. This should be done by someone with knowledge of the building. It may well be that, within our local community, there is a builder, architect or surveyor, who can be asked to undertake a regular maintenance inspection of our hall. Inspections should take place in late spring or early summer, so that work can be planned and carried out before the following winter. This is particularly important where repairs to the roof, guttering and down pipes are likely to be necessary.

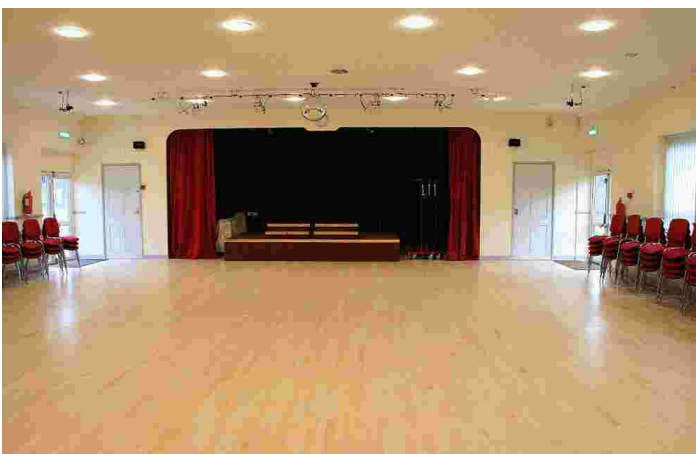
At the time of writing, bookings of events such as parties or celebrations are pretty popular.

Please keep an eye on our community website (www.clarborough-welham.org.uk) and particularly the **Village Hall** page for the latest situation.

Our rates are surprisingly reasonable - £14.50 per hour for casual hire and an amazing £45.00 for 4 hours for a children's party booking. This usually allows 1 hour setup, 2 hours for the party and 1 hour for tidying up.

If you are a group who would be interested in committing to a regular booking, our rates are even more reasonable at just £10 per hour.

To explore our meaning of 'regular booking' or to make a hall booking for your forthcoming event(s) *please contact us on 07442 105 268 or email us on clarboroughvillagehall@gmail.com*



[Above] Clarborough Village Hall's main hall showing our stage area – when not in use the curtains are drawn across the front of the stage to make a more 'comfortable' appearance.

Our hall has kitchen facilities linked to the main hall through 'serving hatches' to the left of the above picture and also a smaller room that is used, for instance, by Parish Council Meetings and other small groupings.

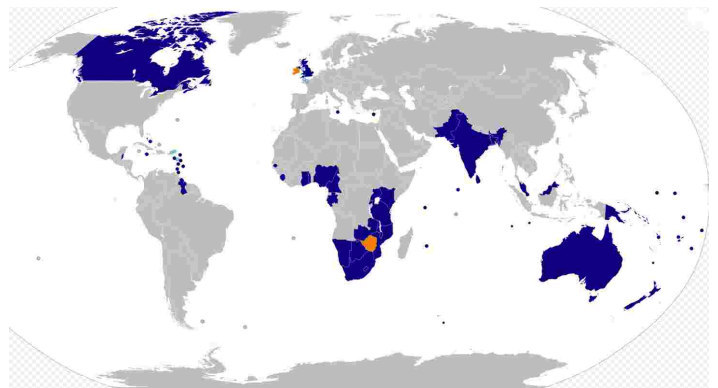
Our hall is single storey with easy access, toilet facilities including disabled toilet and a substantial car park to the rear.

Access is via quite a long driveway that has its entrance directly opposite the Kings Arms on Clarborough's Main Street (A620) from Retford towards Gainsborough. Our Hall's post code is DN22 9LN.

Editor

Commonwealth of Nations

The *Commonwealth of Nations* is a voluntary association of 56 sovereign states, referred to as **Commonwealth countries**. Most of them were British colonies or dependencies of those colonies.



The Commonwealth dates back to the first half of the 20th century, with the decolonisation of the British Empire through the increased self-governance of its territories.

It was created as the **British Commonwealth of Nations** through the Balfour Declaration at the 1926 Imperial Conference, and formalised by the United Kingdom through the Statute of Westminster in 1931.

In 1949, the London Declaration allowed India to remain in the Commonwealth as a republic, marking a significant evolution for the association which currently has a number of similar republic members.

Editor

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michaelcarnall@yahoo.co.uk

Some Latest Science - Doomsday Glacier?

At the time of writing we were getting our minds prepared for another scorching one with world temperature records about to be broken again!

A number of recent science research reports have provided more warnings that must propel us all – and particular those in political power – to accelerate our efforts to do what we can to control all of this.

Some very recent, thought provoking, research includes how climate change is affecting ice across the world. This is not just well-known locations such as our polar arctic and antarctic regions along with Greenland and parts of north America and northern Siberia. What will affect many, many, countries is what does this ice melting do to world-wide sea levels.

British Antarctic Survey have been exploring the changing situation around Antarctica's Thwaites glacier.



Multinational research has been exploring what has already been identified as one of Antarctica's fastest retreating ice structures. Thwaites glacier forms inland but when it crosses the so-called grounding line, it forms a floating ice sheet. With accelerating melting of the ice sheet coupled with the pumping action caused by tides forcing sea water under the glacier's lower sections at high tides and then out again as tides fall, melting is accelerating.

Depending on predictions of global warming factors, this ice melting of all globally, is predicted to drive global sea levels up by at least half a metre and with worst case predictions, as much as 3 metres!

With large parts of the UK's coastal areas likely, by c.2100 AD, to be below these predicted sea level and also large, tidal, river systems such as Thames, Severn, Trent and Mersey would experience inundation.

Editor

News from Clarborough Church

Over this past year there have been a couple of new ventures which have gone really well. The first is called the service station and involves an opportunity for people to explore faith very informally. These are unstructured discussions led by whatever people want to talk about and anything can be shared. A good number of people have found that this appeals to them. Why not come and join in on Wednesday nights at 19:00 everyone welcome.

Another new opportunity is a Bingo session for the village and the Clays group. There used to be one in the village hall which was appreciated by many, but it closed down. Now we've had two sessions in church and again these have been well attended and enjoyed by those who come. So, if you'd like to join in these fun evenings, you are very welcome. Look out for times and dates, usually about once a month. (07989 895 813 for details)

Sadly, the Friendship Club has folded. Speakers have not been easy to find and we have lost members. Perhaps someone would like to start up something with a fresh approach.

Some of you have noticed the graveyard is not being mowed anymore. There are two reasons for this. Mr Norman gave us a great deal of help before he moved from the area but now we cannot afford to cope with the graveyard out of the support we currently get. We have had a huge increase in the cost of oil. Other expenses such as insurance for the church have gone up and we are going to have to spend more money on the stonework around the porch which is crumbling. So, if we can get volunteers, we would be very grateful. Some of the graveyard is being rewilded anyway as part of our drive to be an eco-friendly church looking after the wildlife in our area.

A message from the Vicar.

They always say that time flies when you're enjoying yourself!

I have been your vicar for Clarborough and Welham for nineteen and a half years now. There have been some interesting times over the years, and some major developments in your church. We've had some great events, both social and faith based, for both young and old, and I really want to thank you for all your support over these years.

We are a small team at Clarborough Church, but you can all be relied upon to help out when we need you, so that a building which is the most historical building in our community remains here for both you, and future generations, meeting your social, and spiritual needs.

I also want to remind you once again, that the national Church of England does not help us with our day-to-day financial burdens.

This September we'll thinking about new ways that we can support our church, beginning with one of our renowned Afternoon Teas with music. You're invited to come along free of charge to see what plans we have to make it a better place for all. Look out for your invitation at the beginning of September!

Rev. Mark Cantrill

Save the dates: Retford Big Market Days in 2026

15th August 2026
Punch & Judy show

17th October 2026
Stilt-walking Big Bird

19th September 2026
Mr Mouse Stilton-Walker
& Hathersage Brass Band

21st November 2026
Not one, but TWO
stilt-walking elves

19th December 2026
The Frost Fairy, Hathersage Brass Band & much more!



To book a stall, call 01909 533 533
or email licensing@bassetlaw.gov.uk

Save the dates: Retford Christmas Market & Lights Switch-
On - Sunday 29th November 2026 & Illuminate - Winter
Festival of Light parade - Wednesday 9th December 2026



Website



Facebook

Logic will get you from A to B. Imagination will take you everywhere.

Albert Einstein (1879-1955)

Retford Community Singers

We start our new term in Chapelgate Hall, to the rear of Grove Street Methodist Church, DN22 6LA, from Tuesday 1st September, 19:00 - 20:30. Sessions usually coincide with local school terms and cost £5, payable at the door (half price for those on means-tested benefits)

The choir was established in 2012 and has been led ever since by inspirational singer/songwriter Janet Wood. We are open to all, regardless of experience and sing anything with a good harmony, such as gospel, world music, classic pop songs and some specially composed music for our choir. We mainly sing for the joy of it rather than polished performance but we do sing out in the community on occasions. Everyone is really welcome at our friendly enthusiastic group. Just turn up any Tuesday to give it a try. Singing is good for the body and mind and also uplifting and fun!

The hall makes an excellent weekly venue, being warm and modern and fully accessible to anyone with limited mobility.

Check our website for more details and to hear us in action:

www.retfordcommunitysingers.co.uk or find us on Facebook. Phone 01777 704 038 or 704 154

Also look out for us from on the morning of Heritage Day in Retford, Saturday 12th September 2026. We will be singing on the steps of the Town Hall for the opening ceremony at 10:00 and then at various locations around town.

Judith Jones

ANDI GRAY

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North Notts BID – Retford's Party In the Square

Exciting news! Party In The Square is BACK for 2026, taking place in Retford this August Bank Holiday on Sunday 30th August!



Enjoy an afternoon of live music from some fabulous acts from 14:00 – 19:30 !

Chic & Nile Rodgers Tribute 'Le Freak' is this year's headline act, performing alongside Benson Boone, Bruno Mars, Arctic Monkeys and K-Pop Demon Hunters tributes. Enjoy a pre-show DJ set with DJ Tim Asher from 13:00.

Check out the full running order below:

14:10-14:55 K-Pop Starz, K-Pop Demon Hunters Tribute

15:05-15:50 The Bruno Mars Experience, Bruno Mars Tribute

16:00-16:45 Mardy Bums, Arctic Monkeys Tribute

17:15pm-18:15 Benson Booned, Benson Boone Tribute

18:30-19:30 Le Freak, Chic & Nile Rodgers Tribute

There will also be lots of delicious food & drink available on the day at our local hospitality venues and food stalls, including the outdoor bar brought to you by The Bull & Lobster, Retford.

More Local good news just received!

Nottinghamshire Police has been independently graded by national inspectors as one of the best forces in the country.

Police and Crime Commissioner Gary Godden has spoken of his pride at today's announcement by His Majesty's Inspectorate of Constabulary and Fire and Rescue Services (HMICFRS) that Nottinghamshire Police is now rated at Level One – the highest possible rating in the Policing Performance System.

Local government reorganisation decision announcement

Central government has today (Thursday 16th July, 2026) announced its plans for the future of local government in Nottinghamshire.

Government officials today met with the Nottingham and Nottinghamshire Council Leaders and Chief Executives and verbally confirmed the decision. A formal, written decision is expected in due course. The Secretary of State has also announced this in Parliament.

It has been decided, as part of the local government reorganisation (LGR) process, to implement the proposal brought forward by Nottingham City Council which will replace the nine existing Nottingham and Nottinghamshire councils and create two, single-tier unitary councils.

This would create two new councils;

- One covering the current local government areas of Nottingham City and parts of Broxtowe, Gedling, and Rushcliffe.
- And one covering the current local government areas of Ashfield, Bassetlaw, Mansfield, Newark and Sherwood, and parts of Broxtowe, Gedling and Rushcliffe.

A map is available to find out which authority your postcode would be part of when they are created in 2028. *Check your postcode here:

<https://lgrnotts.org/nottingham-and-nottinghamshire>

In the short term, there will be no change to existing services. All services currently delivered by the nine affected councils will continue as normal.

A spokesperson for all nine councils said:

"The government has today announced its preferred option for local government reorganisation.

"All nine councils have worked hard to meet the deadlines set by central government and to provide submissions that we believe are best for the residents we serve.

"We will continue to work together to ensure services continue and that residents and businesses remain our priority.

"We know this decision will generate significant reaction, especially in the media. We want to reassure everyone that this will not affect the day-to-day running of your local council, our services will continue and we are working closely with the thousands of staff who are coming on this LGR journey with us. The work has only just begun, and we can now start the work of transitioning to be ready by April 2028."

*For a map of the two new single tier unitary councils can be explored by following the bold website link shown above with *Check your postcode here*.

One good thing about music, when it hits you, you feel no pain.

Bob Marley (1945-1981)

Raneem's Law to help victims in Notts

Domestic abuse specialists are to be embedded in Nottinghamshire Police's 999 control room to significantly enhance support to victims – thanks to a successful funding application by Notts OPCC.

The delivery of the service will be by local providers Nottinghamshire Women's Aid, Juno Women's Aid and Equation.

The force is one of 12 across England and Wales to be selected for the second phase of a national roll out of Raneem's Law, which was established in memory of Raneem Oudeh and her mother Khaola Saleem, who were murdered by Raneem's ex-husband in August 2018 after multiple 999 calls went unanswered.

Deputy PCC Angela Kandola, who leads on the prevention of Violence Against Women and Girls for the OPCC, said: "This is fantastic news and significantly enhances the service that Nottinghamshire Police can offer to victims of domestic abuse. It could literally save lives."



Scan QR to read full articles





Cinderella

10th -13th December 2026
Retford Little Theatre

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Mary's 100th birthday

Some 50 regular attendees at Clarborough Village Hall's Thursday coffee morning were delighted to celebrate on Thursday, April 16th in anticipation of her actual birthday the following Monday, April 20th.



In our Hall, filled with bunting and balloons, we enjoyed much cake, plus a piece of birthday cake from the 2 specially made by Barbara Bartle. Mary was toasted with Prosecco, supplied by her son, and we all enjoyed a lively festive morning, especially Mary who is a much loved and amazing lady as you can see.

Your Local Colour Show

Hop Yard Close is full of colour this summer. Take a walk and enjoy the variety and a riot of rainbow colours:

The field has been planted with a mixture of plants that encourage wildlife and particularly flocks of seed-eating birds. The plants are left over winter as food and to self seed for next year. English pheasant and partridge, plover and skylark are in the field and foxes, badger, roe and muntjack deer have also been spotted in or nearby.



Early July update: there are now many butterflies and bees which was an objective of the planting.



Nottinghamshire School Holidays Plan your holidays too?

For parents (and grandparents) of pupils currently in Nottinghamshire schools, knowing the forthcoming school holidays can be pretty important!

However, these dates can also form a very useful framework for those of us not looking after school children, particularly when looking for holiday dates outside the published holiday dates since, usually, such dates are blessed by lower costs.

For anyone with internet access, Nottinghamshire school holiday calendars can be access at :

<https://www.nottinghamshire.gov.uk/education/school-holidays-and-closures/school-holiday-and-term-dates>

Probably the quickest route accessing this is via a Google (or other search engine) and enter :

'Nottinghamshire school holidays' This usually yields a number of 'hits' , the first (and most useful) is simply headed **'School holiday & term dates'**.

This yields a list of Nottinghamshire school holidays from the current calendar right through to 2029-2030 !

Since you will almost certainly be reading this Newsletter with the Autumn term 2026 as your current interest, we include those term dates through to Spring 2027 :

Wednesday 2 nd September	Start of Autumn Term
Monday 19 th October	Start of Autumn Half-term Holiday
Monday 2 nd November	Start of Autumn Term
Monday 21 st December	Start of Christmas/New Year holiday.
Monday 4 th January 2027	Start of Spring Term

Editor

Watch This Space!

Experiences of armed conflicts in recent years – particularly those between Ukraine and Russia and also US and Iran – are making radical changes to military hardware requirements.

Central to all of these are the combination of artificial intelligence (AI) ability to made predictions about opposing forces' intentions coupled with the ability of drones to strike at ever increasing ranges. Drones offer abilities which come at far lower costs – in terms of finances as well as human lives - than use of manned aircraft systems.

At the outset of this 'war' in February 2022 it is highly probable that Putin and his military expected to eliminate any armed resistance by Ukraine in extremely short time. Here we are in 2026 !

Ukraine's now global leading edge in drone design and use has met the vastly more powerful (in conventional terms) Russian forces head on and essentially fought them to a standstill.

How will these results change the structure of our own armed forces?

Editor



Fairtrade Fortnight UK 2026

Monday September 21st to Sunday October 4th

There seem to be so many unfair things going on in the world today - both globally and in our own country and locality. It seems hard to see how we can make things better. It is so easy to feel quite helpless. The UK-wide Fairtrade Fortnight 2026 campaign centres around the theme "Do it Fair - for People, for Planet and for Fair Pay,"

However the principles of 'Fairtrade' have been developed to ensure that where products are produced and developed, more of the rewards and profits are paid to those people doing the hard and backbreaking work, rather than allowing everything to be passed on to multi-national corporations or billionaire 'middle men.' And the benefits go beyond individual workers - a proportion of the overall profits are fed back into communities to help improvements to education, health and community wellbeing!

Plans for 'Fairtrade Fortnight 2026 in the autumn in Clarborough and Retford area are still in planning stage but we recognize the importance of local ideas to showcase opportunities where individuals, schools, community groups, churches, shops and businesses plus anyone reading this article can personally take steps in your everyday life to make trade fairer, and make the world a better place. Fairtrade Fortnight Resources can be ordered at this link. <https://www.fairtrade.net/uk-en.html> If you have ideas to share and would like to be involved please contact Kathy.Cowbrough@gmail.com

'Fairtrade Fortnight' will give you the opportunity to make a difference - don't miss it!

Do not take life too seriously. You will not get out of it alive..

Elbert Hubbard (1856-1915)




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What a year we've had at Clarborough Primary School!

Poppy and Cole were elected as Head Girl and Boy.

Our man-about-school, Craig, has coached our boys and girls football teams with great success.



Year 6 have raised a total of £440 from their cake sales to help fund their School leavers activity week.

The PTA's Halloween disco raised an amazing £488 for the school and had lots of fun in the process. In December Years 5 & 6 went on a residential trip to Dearne Valley and had lots of fun. Mr & Mrs Herdman again donated £10 book vouchers to children who have made considerable progress in reading – Yr 1 Stanley, Yr 2 Emily, Yr 3 Kiki, Yr 4 Willow, Yr 5 Lorelei, Yr 6 Holly.



February saw Key Stage 2 children attend the 30th Anniversary of Young Voices at Sheffield Arena.

The reception Class enjoyed celebrating Chinese New Year with music, food and performing the Lion Dance.

March saw the PTA's Mothers' Day brunch along with an Easter egg hunt and colouring competition. World Book Day saw

children and staff dressing up in their favourite book character.

Year 6 also completed their DaaRT life skills programme. Whilst in May Year 5 completed their Bikeability training

Events in July included Year 6 activities week, leavers service and presentation.



Summer Fair and C-Fest also happened in July.

The School has taken part in several fundraising events: Macmillan Coffee Morning, British Legion Poppy Appeal, Children in Need and 60 Miles in June completed by Miss Mayhew.



SATs results have only just been received as we went to press (16th July). School staff said 'well done, you really worked hard and we wish you all the best for your next step into secondary education starting this coming September.

We would like to thank you for your time at Clarborough School and hope you may be able to drop in to see us in the future.

Last but not least we will be saying a fond farewell to Mrs Cowell-Clark who is retiring. Other staff who are sadly leaving us are Mrs Stocks, Mrs Myers, Ms Speller, Mrs McGoldrick, Mrs Beswarick and Miss MacNamara.

On a happier note Mrs Holmes has been appointed Head Teacher. Miss Green and Miss Mayhew have been appointed as Co-Acting Deputy Head Teachers. We will also be welcoming our new Year 6 teacher Mr Hodgson.

For a more comprehensive overview of the Schools activities and to keep up-to-date with everything, please visit our website:

www.clarborough.notts/sch.uk

Body Mass Index (BMI) is widely used for body weight monitoring but...

BMI is calculated from an over-18-year-old's body mass, measured in kilograms divided by their height, measured in metres squared :

$$\frac{\text{body mass}}{\text{Height}^2}$$

A considerable amount of discussion has taken place in recent years as to the value of BMI measurement. This article pulls together a range of pieces gleaned from organisations, both here and abroad, that give a flavour of this debate. Read on...

Body Mass Index (BMI) is widely used as a screening tool, but it is an imperfect measure of health that should be treated with caution, say experts, including the American Medical Association. In this little article we explore some of the differing views about the use of BMI in health management.

While useful for population-level studies, it has significant limitations for individual assessment, as it does not account for muscle mass, bone density, fat distribution, or racial and ethnic variations.

Fails to Distinguish Muscle from Fat: BMI measures weight relative to height, not body fat percentage. A very muscular person (e.g., an athlete) can have a high BMI and be categorized as "overweight" or "obese," despite having low body fat.

Ignores Fat Distribution: It does not account for where fat is stored. Visceral fat (deep belly fat) is much more dangerous to health than subcutaneous fat (fat just under the skin), yet BMI cannot differentiate between the two.

Not a "One-Size-Fits-All" Measure: BMI was developed based on white European populations in the 1830s and does not accurately reflect health risks across all races and ethnic groups today.

Is BMI the best measure of obesity?

Firstly, it is a quick and easy way of working out whether you are in the healthy category by using two simple measures - weight and height.

Most doctors say it is the best method they have, it's pretty accurate, can be measured simply in clinic and is acceptable to patients.

"It works in the vast majority of people, the vast majority of time," says Prof Naveed Sattar, from the University of Glasgow.

"If two people are the same height and one has a BMI of 25 and the other a BMI of 40, then excess body fat is the reason."

Measuring BMI is also much more accurate and potentially less embarrassing than measuring someone's waist circumference, external, which is also a good guide.

But does it work for everyone?

No, not all. This provoked a few comments along these lines: "Why, in this day and age, are you using BMI to tell people they are overweight? It is an outdated method that

does not take into consideration muscle and actual health! I am extremely fit and healthy with a low body fat percentage, yet your BMI tells me (and many more self-conscious girls) that I am overweight!"

There are some people who carry a lot of muscle and little fat, like bodybuilders, boxers and rugby players.

Muscle is much denser than fat so they may end up with a BMI that classes them as obese, despite the fact they may be fit and healthy.

How to measure your waist

- find the bottom of your ribs and the top of your hips
- wrap a tape measure around your waist midway between these points
- breathe out naturally before taking the measurement

Regardless of your height or BMI, you should try to lose weight if your waist is:

- men - 94cm (37ins) or more
- women - 80cm (31.5ins) or more

Does BMI actually measure fat?

It can't measure how much excess fat we have in our bodies - as opposed to muscle and bone - because that would require some pretty complicated and expensive medical procedures, which just aren't practical to carry out on the whole population.

What it does do is give a healthy weight range for a particular height, taking into account variations in body shape - and it provides a good starting point for the majority of people.

It also doesn't measure how fat is distributed throughout the body (some fat is ok; too much in the wrong place is a risk).

Research shows that people who carry a lot of fat around their waists are at higher risk of health problems than those with more fat around their thighs and buttocks.

They are more likely to have fat stored in their abdomen around key organs, which could increase the risk of heart disease, stroke and type 2 diabetes.

So waist size may be a better way to monitor your health than BMI. That's why our calculator included an option for giving your waist size too.

"If people think they have lots of muscle mass, their waists should be lower for a given BMI - so they can easily check," says Prof Sattar.

Editor

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth.

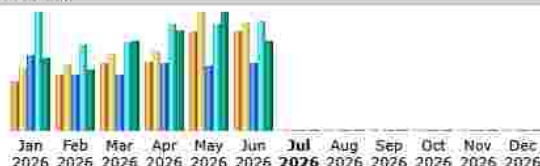
Love bears all things, believes all things, hopes all things, endures all things.

Corinthians 13:4-7 Bible, English Standard Version

Clarborough & Welham Community website is becoming a hub!

Over recent months it has become apparent that our community website (www.clarborough-welham.org.uk) has become quite a popular information hub. With, at the time of writing, 240 pages linking to the vast majority of public services along with local charities, and much of the area's voluntary sector it provides a springboard to answer many of your questions or interests. Your Editor usually goes to the website first thing each morning since it's homepage has the sunshine link to the Met Office's local weather forecast.

Monthly history



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan 2026	3,576	4,521	78,019	123,055	6.85 GB
Feb 2026	4,046	4,826	57,833	89,260	5.67 GB
Mar 2026	4,924	5,573	57,986	92,017	8.36 GB
Apr 2026	5,008	5,801	70,289	111,583	9.37 GB
May 2026	7,212	8,647	67,906	111,041	11.05 GB
Jun 2026	7,278	7,890	71,040	114,683	8.46 GB
Jul 2026	47	47	196	283	15.55 MB
Aug 2026	0	0	0	0	0
Sep 2026	0	0	0	0	0
Oct 2026	0	0	0	0	0
Nov 2026	0	0	0	0	0
Dec 2026	0	0	0	0	0
Total	32,091	37,305	403,269	641,922	49.77 GB

The basic website statistics shown above were updated for these figures before 09:00 on Wednesday, 1st July, 2026. These figures show that our website is hosting an average of around 250 unique visitors per day! Visit our community website's **Version details > Website Stats** for a most recent update of these statistics.

For the 'interested'...

A website "hit" is a technical term representing a single request made to a web server. Every time a browser downloads an image, text file, script, or stylesheet, it counts as one hit. Because a single web page contains many files, one visitor viewing a page can easily generate dozens of hits.

Hit vs. Other Web Traffic Metrics

Because of how modern websites are built, "hits" are an unreliable metric for measuring website popularity. The metrics you should track instead include:

Pageviews: The number of times an actual webpage is loaded by a user. One pageview might consist of 50 hits if the page has 49 images and 1 HTML file.

Visits / Sessions: A collection of actions a user takes on your website from the time they arrive until they leave (or are inactive for 30 minutes).

Unique Visitors: The number of individual people who visit your site. If one person visits your site five times in a week, they count as one unique visitor but five visits.

Editor

Why do we use so much of sexagesimal number system?

Your Editor was trained as a physical scientist and so is quite familiar with our decimal system (*decimus* was the Roman word for 'tenth'). However, growing up with Britain's previous (legacy) currency in which 12 pence = 1 shilling and 20 shillings = one pound made the transition in 1971 to our current decimal money system was quite easy. Decimal seems to relate to the number of fingers on our hands!

However, I have long wondered where some of the other non-decimal systems came from. I'll leave our still common weights system that starts with ounces, then pounds before climbing in fascinating steps to our ton for a later Newsletter! Another 'numbers' term is our dozen*.

If we step back to the earliest recorded history of humans in what has been long-called *mesopotamia* (literally means "between rivers" in ancient Greek) is the historical region of Western Asia situated within the Tigris-Euphrates river system. Widely recognized as the "cradle of civilization," it corresponds mostly to modern-day Iraq, eastern Syria, and southeastern Turkey and has yielded masses of evidence dating back to some 5,000 years BC !

Mesopotamian mathematics and science was based on a sexagesimal (base 60) numeral system. This is the source of the 60-second Minute, 60-minute Hour, the 24-hour day, and also the 360-degree circle.

Wikimedia's

Mesopotamia: Science & Technology: Mathematics.

* The word **dozen** traces back to the Old French term *dozaine* (a collection of twelve). This evolved from the early French *doze* ("twelve"), which itself derives from the Latin *duodecim*. The Latin word is a compound of *duo* ("two") and *decem* ("ten").

Copying a computer screen into your computer's clipboard so it can then be pasted into any suitable application only requires a single tap on your Print Screen key which tends to be abbreviated to the likes of *PrtSc* or similar on more portable devices.

This works for both Windows PCs and also Linux desktops. Apple Macs do it differently by tapping Command ( + Shift + 3 to accomplish the same thing.

Computer Sage

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The massively important local government reorganisation (LGR) has just received central Government's decision! Read the information just received as this Newsletter was about to be uploaded to our printers – see page 16.

Nottinghamshire Police have been rated as 'Level one' in the latest Policing and Performance System by His Majesty's Inspectorate of Constabulary and Fire and Rescue Services (HMICFRS).

Want weather forecast today, tomorrow – even next 5 days?

Go to your community website (www.clarborough-welham.org.uk) and click on the homepage's sun symbol:



Want your local weather forecast? Click the Sun!
with almost any destination on earth to get their forecast

The small lower text instructs that if you delete 'Retford' in the resulting forecast page you can replace it with almost anywhere on earth to get their forecasts. Ideal for holidays or any other trips!

Kings' Park Antiques opened their new store on 4th July 2026 offers multi-trader antique spaces alongside two professional meeting rooms and a courtyard tearoom, fostering a thriving community hub in one of Nottinghamshire's market towns, Retford.

Newsletter Advertising rates for a whole year of four consecutive issues

Full page	£125.00
Half page	£75.00
Quarter page	£45.00
Business card size	£25.00

Contact Greg (01777) 700 918
clarboroughwelham@gmail.com

Special rates for 'one off' insertions
Yet again, our greatest thanks go to our
tireless (!) team of volunteer distributors.

Looking forward: Retford Business Forum

At their 6th July, 2026 meeting, Chairman Rick Brand strongly advised that businesses should register on the STEP* supply chain: caterers; builders; security; stationers etc. etc.

*Spherical Tokamak for Energy Production at West Burton

Retford **Christmas Market and Light Switch On** on Sunday, 29th November, 2026.

Illuminate-Winter Festival of Light on Wednesday 9th December, 2026.

Which side of the walkway do you use? An interesting recent observation by Thomas Woldbye, Boss of Heathrow Airport, is that congestion in the airport is not helped by 'travelers from the UK stick to the left, while those from Europe and North America keep right' when both leaving and arriving.

US-Iran War costs. A recent (May 2026) report from James Hurst, Comptroller and chief finance officer, US Department of Defense stated that 'We're spending about \$25 billion on Operation Epic Fury. Most of that is in munitions'.

Salt Batteries are poised to shake up EV grid storage
Almost all rechargeable batteries currently use lithium-based electrolytes. Lithium minerals are expensive since they are quite uncommon.

Recent reports, however, are now pointing towards sodium based electrolyte for rechargeable batteries. Sodium is a much more common electrolyte – remember sodium is commonly found as salt.

The main downside of sodium based batteries is their weight – sodium itself is around three times heavier than lithium so sodium batteries would not be suitable for all applications – not phones or personal cars, for example. However, heavier sodium-ion batteries are vastly less susceptible to fire risks and also continue to work efficiently at lower temperatures than lithium-ion batteries.

Those people who think they know everything are a great annoyance to those of us who do.

Isaac Asimov (1920 - 1992)

Newsletter editorial deadlines

12th October (Winter 2026 issue)
11th January 2027 (Spring issue)

Clarborough & Welham Parish Council Meetings

14th September
26th October
7th December

Meetings open 19:00 in Clarborough Village Hall
Agendas are always posted at least a week in advance on notice boards and on our Parish Council's website.