

Clarborough & Welham Community Newsletter

Quarterly: Spring 2023

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Beaver kits

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 Material submitted without full contact details will not be published.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

Clarborough & District Community Association

Clarborough & District Community Association (CDCA) is manager of Clarborough Village Hall and is registered with The Charity Commission as Registered Charity No.502076.

Clarborough Village Hall is a popular venue for a range of regular, weekly, activities ranging from physical exercise and dancing groups to table tennis and indoor bowls. Local scouts, cubs and beavers also meet, during school term-times and a weekly CCC (Coffee, Cake and Chats) social morning welcomes folks from all around our area each Thursday morning from 10:30-11:45.

Add to all of this weekend provision for bookings of parties plus evening slots for meetings that include Parish Council, W.I. and other local group's PLUS our Outreach Post Office on Monday, Tuesdays, Thursdays and Friday mornings.

Add to all of this our monthly Table Top Sale event on the first Saturday morning of each month and you will appreciate how much of a focus Clarborough Village Hall provides just north of Retford.

Clarborough Village Hall is a single story, easy access building that has undergone regular updates in recent years as can be seen from this view of the main hall:



When not in use, the stage curtains are usually drawn...



...but this picture shows the LED outer stage lighting recently installed to enhance the on-stage technical facilities.



Tables for use in various events are stored in the room to the right of the stage shown above and come in two convenient sizes – four four or six seats. The hall has a maximum capacity of 120-150 depending on the event.

Clarborough Village Hall lies well back from the main A620 through Clarborough – the above photo was taken from part way down the driveway that opens directly opposite the Kings Arms pub on Clarborough's Main Street (DN22 9LN)

The arrow shown above points to the main car park behind the hall.

Our hall has several spaces that can be available to hirers:

- The main hall which is shown in the images to the left.
- The main hall's stage and control area.
- The Halford Room shown at the front-right of the above photo. This is also the venue used by our Outreach Post Office as well as many evening meetings.
- A well-equipped kitchen with a 'serving hatch' into the main hall.
- A separate bar area also opening into the main hall.

Toilet facilities lead from the entrance hallway and include disabled and baby changing facilities.

Access from the rear car park is essentially level (unlike the sloping front of the building) and uses the double doorway shown at the left of the top photo to the left – making wheel chair access easy from the car park.

Hall bookings

Hiring rates are very reasonable at just £10 per hour for regular hirers and £14.50 per hour for casual hire and with 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.

Please feel free to contact us on **07442 105 268** or email us on **clarboroughvillagehall@gmail.com** for booking enquiries or to make booking(s).

Parish Council Support

CDCA is, once again, very grateful to Clarborough & Welham Parish Council for their generous grant of £1,400 towards our management of Clarborough Village Hall.

CDCA is looking for new members of our charity's Trustee team.

Our comparatively small current team of Trustees is sometime quite stretched by the likes of health issue or holidays but we also need extra skills and experiences to widen our teams ability. We might also add that the whole business of volunteering has well known benefits to the volunteers themselves in a range of ways. Typically, these can include:

- Improved mental health from engaging with others in working or social situations. This can be particularly important for senior, retired individuals.
- Development of an individual's skills base. Not only can this have the mental health benefits already mentioned but can also provide a platform for the individual to upgrade their employment opportunities. This can benefit both individuals seeking work as well as those looking to move up the promotion ladder. Adding volunteering details, particularly at a Registered Charity, to a CV can be a very positive step forward.

If becoming a CDCA Trustee sounds interesting, please contact Greg on either:

01777 700 918 or clarboroughwelham@gmail.com

Also, join Amazon Smile to support CDCA

Regular readers of our Community Newsletter will remember previous issues in which we asked regular Amazon purchasers to register with **Amazon Smile** which could provide Clarborough Village Hall with some useful support. Those of you who have already done this will have contributed to the **£47.86** that CDCA (Clarborough & District Community Association) has already received from Amazon since 2021. We are keen to see this figure grow substantially!

If you do use Amazon then registering with Amazon Smile will contribute a small fraction of your purchase price to your chosen charity. All products in the Amazon store that you could purchase in this way cost just the same as the usual Amazon price list, so you as purchaser pay nothing for the service.

Clarborough Village Hall is seeking your support with Amazon Smile; our CDCA charity is registered with Amazon Smile and with the Charity Commission as Charity Number 502076 – this is all you need to know to register with Amazon Smile, so why not go online right away to:

<https://smile.amazon.co.uk/>

Alternatively, go to our community website's homepage (www.clarborough-welham.org.uk) and click on the Amazon Smile heart to find out more...

New in the Amazon app

Your app purchases can generate donations for us, at no extra cost to you!

amazon smile



With rising fuel costs looming over the horizon, you could give Clarborough Village Hall a really useful boost by registering with Amazon Smile now!

Greg Herdman
Chairman, CDCA

Clarborough & District W.I.



Clarborough & District Womens' Institute meets regularly at Clarborough Village Hall and has a regular pattern of meetings and events on second Monday evenings of each month. Our current programme for 2023 is as follows:

9 th January	Kurling
13 th February	The building of the Berlin Wall by Ralf Schweinem
13 th March	The next best thing to a Faberge egg by Elizabeth Banks
17 th April	Highways England by Amada Harrison
15 th May	Annual Meeting and Resolutions
12 th June	Birthday Meeting - Dine out
10 th July	Card making by Caroline Heslam
11 th September	Rummikub - a numbers game
9 th October	Hedgehog Rescue by Sue Smith
13 th November	Just Gems by Hilary Chapman
11 th December	Senior Citizens' Christmas Party

Please note a change of date in May which is due to the King's Coronation Bank Holiday on 8th May.

Visitors are welcome to each meeting (£5 includes refreshments) and annual membership is currently £42.

Clarborough Village Hall is on Main Street, Clarborough, Retford DN22 9LN with driveway directly opposite the Kings Arms Pub.

Lucy Richardson



Retford Badminton Club

We are a group of 'senior' men and women who like to play badminton for exercise and fun. We are looking for a few like-minded people to join us for, invariably, doubles games.

Our group plays from 19:00 to 21:00 on Wednesday evenings between September and May inclusive.

We play at Barnby Memorial Hall, High Street, Blyth, S81 8EW.

If you are interested in joining us, please contact...

Alan on 01777 703 991 or aghist@googlemail.com
Greg on 01777 700 918 or greg2know@gmail.com



Your Parish Council (Part 2 – Parish Councillors)

In order to form a Council there have to be Councillors who want to take on the responsibility of taking decisions as part of the Parish Council.

Political Affiliation

There is no politics in a Parish Council. Nobody stands for Parish Council elections on the basis of whether they are Conservative, Labour, Liberal Democrat or any other party. Each person is elected on individual merit and what they can offer to their local community.

There were on-line comments about Councillors some months ago, which stated that Councillors were only using the Parish Council to try to get onto Bassetlaw District Council (BDC). *This is one of those Myths!* In the last 50 years only one local Parish Councillor has actually tried to be elected to BDC. He did get elected.

Who Qualifies?

Anyone 18 years of age or older and who is registered to vote with Bassetlaw District Council can put themselves forward for election on the condition that they live or work in the Parish. This means that they must have a personal interest in what happens in the Parish. There are some further details on qualification which need to be considered.

Forms for registering to stand for election are available from BDC a few weeks before the date of the election. An election is due in early May 2023.

The Parish Council is made up of a maximum of 9 Parish Councillors.

The Election

Parish Councillors are elected every 4 years, in line with elections to BDC. All election processes are handled by BDC.

If more candidates stand than the maximum number of 9 Parish Council seats available, then the 9 candidates with the most votes at the election are elected.

If 9 or fewer people register to stand in the election then there is no election and all 9 candidates, or fewer, are appointed to be Parish Councillors.

There is a process where any vacant seats on the Parish Council can be filled between elections. There are currently 3 vacant seats on our Parish Council.

Meetings

The Parish Council meets at approximately 6 weekly intervals. Councillors are expected to attend all meetings but can offer apologies for their absence if unavoidable. If a Councillor is absent for several consecutive meetings they can be disqualified from being a Councillor.

More in the next issue of this Newsletter!

Paul Willcock
Parish Councillor
Clarborough & Welham Parish Council

Retford Arts Hub



Here at Retford Arts Hub on Cannon Square, we have a lot of amazing opportunities for the local community, whether you are artistic or just like being around beautiful locally handmade items.

We are a Community Interest

Company and we are looking for new volunteers to join our team to support local artisans.

There are lots of opportunities to get involved..... maybe to help out in our retail shop, exhibition areas or help with advertising or Administration etc.

For more information about volunteering opportunities, call into the shop and chat to one of our friendly volunteers, or, e-mail me at; info@retfordartshub.com

We also run classes every week, so, please advertise them to people you know and if you, or they, are interested in attending, we'd be really pleased to meet you.

If anyone is interested in running a class themselves, please get in touch and we can support you to do this. We are always looking for new classes to add to our programme.

We have knitting and crochet classes for beginners with Chris throughout the year, a 4 week course costs just £40.00

If you may be interested, please call Chris for more details on **07925 489 070**.

Sewing machine classes to make all things bright and beautiful for your home, or a gift, with Angela Morris.

Weekly sessions on Fridays at 10:30 to 12:30.

£15.00 per session (Use of sewing machine and all fabrics and materials included)

To book; call in at the Arts hub or e-mail;

info@retfordartshub.com

Creative sewing and garment making skills with Jane Straker - weekly sessions, Fridays, 13:00 to 15:00. £10.00 per session. Bring your own materials (use of sewing machine and tuition included). Book by calling into the Arts Hub or e-mail; info@retfordartshub.com

Starting to Paint courses- various media, a 4 week course on Wednesdays 10:30 to 12:30. £48.00 (materials and cuppa included).

Places are limited, and we will be running various courses throughout the year, so please contact us for more information.

We also run a Children's Art Club on 2nd and 4th Saturdays in the month at 10:30 to 12 noon.

Only £2.00 per child. (due to our sponsorship from Retford Art Society) Book by calling into the Arts Hub or by e-mail; info@retfordartshub.com

Sounds an interesting programme for the new year, let's get creative together!

Margaret Harrod
Mike Rhodes
Directors

Attitude is a little thing that makes a big difference

Winston Churchill (1874-1965)

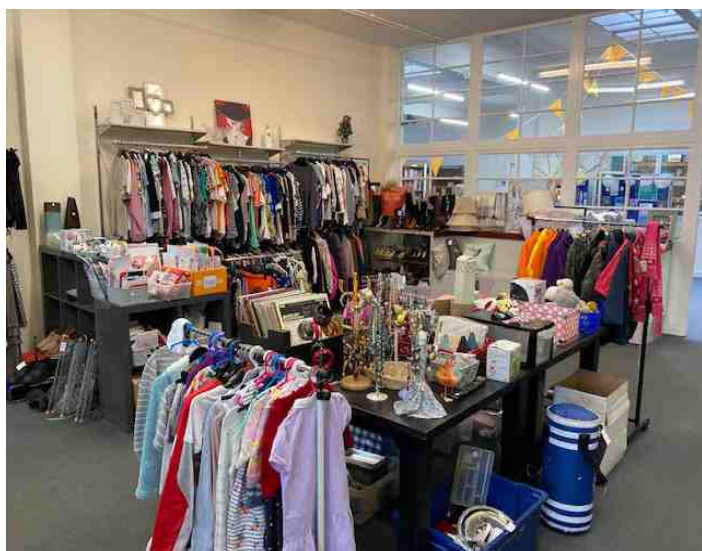


Aurora Wellbeing Centre

Aurora is a cancer charity providing support in the local area for people living with cancer or a long-term health condition. We provide a free package of support for people affected by cancer in the Doncaster, Mexborough and Bassetlaw area. This includes beauty treatments, holistic therapies, counselling, exercise, support groups and workshops. Please contact us on 01909 470 985 for more information about our services.

Spotlight on.... The Charity Shop

Did you know we stock a wide range of quality new and used clothes, shoes and homewares at affordable prices? Utilising the old library oak shelving, surely we have the most extensive selection of books in the area too!



The shop is entirely run by volunteers so all the money raised from sales help us to provide our services. Why not come along to the centre and while away an hour looking for a bargain and then enjoy a piece of homemade cake in Valerie's Tearooms? The shop is open Monday to Friday 09:30 to 16:00. We are very grateful for donations of good quality items but unfortunately cannot accept large items of furniture or electrical goods.

Programme of Activities

Here is just a small sample of what the Worksop Centre has to offer:

- Pilates, Tai Chi and Yoga - various days
- General fitness classes with a cancer exercise specialist – various days
- The Aurora Wellbeing Singers – Mondays 10:00 – 11:30
- Friendly Crafters - Wednesday 10:30 – 12:30
- Prostate & Partners Support – monthly
- Long Term Health Condition Support Group – first Monday of the month
- Bereavement Support Group – Fridays 09:30 – 12:30

Contact us!

So why not come along and see what we have to offer? Are you looking for ways to support us? Would you like to

be part of the Aurora Wellbeing family? Why not volunteer? Volunteers are at the heart of what we do and we would not be able to deliver our services without them.

- You can contact us by phone on 01909 470 985 or email on admin@aurorawellbeing.org.uk
- Twitter: @AuroraCentres
- Facebook @AuroraWellbeingCentreBassetlaw
- Instagram: aurorawellbeingcentre
- Website: www.aurorawellbeing.org.uk

Bassetlaw residents will need photo ID to vote at elections from May, 2023



For the first time, residents in Bassetlaw will need to show photographic ID to vote at this year's local elections. Residents are being urged to make sure they are ready to vote in May by checking they have an accepted form of ID.

Accepted forms of ID include a UK, European Economic Area (EEA) or Commonwealth passport; a UK, EEA or Commonwealth drivers' licence; and some concessionary travel passes, such as an older person's bus pass or an Oyster 60+ card. Voters will be able to use expired ID if they are still recognisable from the photo.

Anyone who does not have one of the accepted forms of ID will be able to apply for free ID.

The full list of accepted ID is available on the Electoral Commission's website www.electoralcommission.org.uk along with more information about the new requirement and details of how to apply for the free ID.

David Armiger, Returning Officer at Bassetlaw District Council said:

"With elections taking place in Bassetlaw on 4 May 2023, it is important that those who want to vote make sure they have an accepted form of ID. It may seem early but checking now means you will be ready to vote in May.

"Residents who do not have one of the accepted forms of ID can apply for free ID either online or by completing a paper application form and sending this to our electoral services team. If you need any help with applying for the free ID or want to request an application form, contact the electoral services team via elections@bassetlaw.gov.uk or 01909 533 252."

Anyone who wants to have their say in this May's elections must also be registered to vote. It only takes 5 minutes to register online.

The requirement to show photo ID at the polling station, is a new requirement, introduced by the UK Government's Elections Act which was passed last year and comes into effect for the first time this May.

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Former Eaton Hall College of Education Students visit Jamia Al-Karam at Eaton Hall

On Wednesday 23rd November 2022, a group of teachers who had completed their teacher training courses at the former Eaton Hall College of Education in the early 1970s visited Jamia Al-Karam. The visit was organised by Mrs Janet Landon, churchwarden at the Church of St Peters in Headon cum Upton, herself a former student of the College of Education, and the group also included Mr Tony Prosser and his wife, both former students of the College of Education.



The group were welcomed at Jamia Al-Karam by the Vice-Principal, Bakhtyar Pirzada al-Azhari [centre], and Maroof Pirzada, UK Director of Muslim Charity [left]. The visit included presentations on the current educational projects underway at this historic campus, the history and development of Jamia Al-Karam and the continued role of its founder, Shaykh Muhammad Imdad Hussain Pirzada, as well as refreshments, tea and a tour of the campus.

Discussions were informative for both previous and current occupants of Eaton Hall in understanding the wondrous journey this historic campus has undertaken from the 1970s to today. Touring the campus brought back many memories for the guests of their student years spent in this rural landscape. Indeed much has changed, but then much was still the same! Including the bedroom numbers in the student hostel and the 10pm rule for students to return to campus on a Sunday evening!

Hearing of the work and the role that the Eaton Hall College of Education of the 1970s played in training teachers in this country was quite intriguing, and there was appreciation by the guests – who have spent their lives as teachers – knowing that the campus is still being used for educational and charitable purposes. A mutual desire was expressed of discovering more and preserving the past and present history of the campus.

Guests left with rekindled memories, smiles and gifts relating to current projects underway at the Eaton Hall campus under the auspice of Jamia Al-Karam.

Bakhtyar Pirzada



Bassetlaw
DISTRICT COUNCIL
— North Nottinghamshire —

New Year's Resolution: a Brown Bin !

If one of your New Year's resolutions is to recycle more of your waste in 2023, Bassetlaw District Council's convenient and environmentally-friendly garden waste collections could help you to keep that promise.

Collections for 2023 will start from 27th February 2023, so now is the perfect time to sign up and ensure that you get all of your collections.

A subscription to the service costs £34 – that's just £1.70 per collection – and includes a 240 litre wheelie bin and fortnightly collections until 1st December 2023. You can use your brown bin for grass cuttings, hedge trimmings, leaves, small branches and twigs, dead plants, weeds and cut flowers. These materials are then recycled by being turned into compost, benefitting the environment.



Cllr Julie Leigh, Cabinet Member for Neighbourhoods at Bassetlaw District Council said: "Not only is having a brown bin environmentally-friendly, it also comes with the convenience of having your garden waste collected from the kerbside, saving you a trip to a Recycling Centre. We'd like to say a big thank you to the residents that have recycled their garden waste with us and disposed of it in an environmentally-friendly way last year. The 2023 season of the service will be here soon, and we hope to see new and returning customers making the most of garden waste collections this year."

Last year 13,740 garden waste collection subscriptions were issued, helping the Council to recycle an impressive 4,041 tonnes of garden waste – that's around the same weight as 12 Boeing 747 Jets!

Whether you have used the service before or are a will be a customer, those interested in using the service are encouraged to sign up or renew your subscription before 31st January 2023. This is to ensure that you receive your garden waste pack before collections begin and secure the maximum number of collections available for the season.

The quickest and easiest way to sign up or re-subscribe is online at:

www.bassetlaw.gov.uk/gardenwaste. Alternatively, you can call 01909 534 524 to speak to the Council's Environment Services team.

If you want something done, ask a busy person to do it.

Laura Ingalls Wilder (1867-1957)

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

Elbert Hubbard (1856-1915)



Get around for £2 in Notts

Nottinghamshire residents will be able to pay less to get around by bus

between January and March thanks to the Government's £2 bus fare cap.

From 1st Jan to 31st March, 2023 a single bus journey will cost no more than £2 on most routes across England, including in Nottinghamshire where operators will be adopting the scheme.

The fare cap is part of the Government's Help for Households scheme aimed at tackling the cost of living across the country.

Passengers travelling on services across Nottinghamshire, including those operated by Nottinghamshire County Council, will be able to benefit from the cap and get around for £2.

Nottsbus on Demand services in Ollerton, Newark and Mansfield will not need to adopt the scheme as single journey fares are already £2.

Councillor Neil Clarke MBE, Cabinet Member for Transport and Environment, said: "This is excellent news for bus passengers in Nottinghamshire and I welcome this Government initiative. Though this scheme is short-term, we hope that as many Nottinghamshire residents as possible will take advantage of it.

"Travelling by bus remains popular, but we have not yet seen the return to passenger numbers that we had before the pandemic.

"It is our hope that whether it is for commuting, travelling for leisure or anything in between, that Nottinghamshire people will see the benefits of this scheme in the New Year.

For more information about how this scheme is running with local bus operators, please visit operator websites.

More information about bus travel in Nottinghamshire can be found on our website:

<https://www.nottinghamshire.gov.uk/transport/travel-notts>

Citizens Advice Bassetlaw continue to help with the cost of living crisis

citizens advice

Bassetlaw

More than a third of UK adults will find it difficult or impossible to cope with an estimated £20 increase in their monthly outgoings, as the cost of living crisis continues to bite.

Polling for national Citizens Advice found that 37% of adults would struggle to find an extra £20, with 25% saying they would find it "somewhat difficult", while 7% said it would be very "very difficult," and 4% "impossible,"

Citizens Advice Bassetlaw supported a record number of clients in December, helping them access emergency grants and referring them to food banks. The local charity is continuing to provide a Cost of Living telephone helpline and advisor to support local people with the rising cost of living.



If you need help to see if you can get any additional financial support, such as welfare benefits, grants or schemes then they can assist you. Support is also available in dealing with energy or other debts.

Please leave your name and contact number on the Cost of Living helpline phone and one of the team will get back to you as soon as possible. Telephone **01909 498 888** or visit their website <https://bassetlawca.org.uk/>

You can also visit them at 100 - 102 Bridge Street, Worksop, S80 1HZ

Lara Routh

LAWNMOWERS

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Never memorise something that you can look up

Albert Einstein (1879-1955)



Saving our Planet

Recent deadly blizzards in USA and Canada together with exceptionally warm late autumns across Europe have, once again, raised climate change to the top of international agendas.

The UK's Met Office has already warned that 2023 is likely to be one of the warmest on record with all that means in terms of personal comfort, health and even life expectancy.

While much emphasis seems to look to the larger scale in terms of government investments and massive research and developments, in many ways we can all have our own impacts on the issues and with, potentially, huge impacts. Recent research has highlighted a number of steps that individuals can take.

Improve recycling remains a massive challenge both in terms of individual decisions as well as those put in place by local and national authorities. In the UK this could well be best started by agreement across all local authorities on facilities and policies for what-is-recycled-where.

Interestingly, recent research shows that less than 20% of electronic waste is recycled even though it is generally rich in silver, gold, copper and rare-earth elements as well as lithium.

Possibly one of the greatest short-term challenges is that of plastics – less than 10% is recycled in the UK.

Dietary deficiencies affect huge swathes of the global population with associated consequences, such as:

- 25% lacking sufficient iron (amaemia) – particularly common in sub-Saharan Africa.
- 2 billion people lacking sufficient iodine (increases infant mortality)
- 17% lacking enough zinc (hair loss and skin lesions)
- 250 million lack sufficient vitamin A (blindness and reduced immunity)

The costs associated with providing dietary supplements to oils and fats (vitamin A), flour (iron), salt (with iodine) would be minute compared with the costs associated with resulting medical conditions.

Finally, we move on to bigger outlays by property owners which starts with insulation. Currently UK Central Government has a number of initiatives that aim to upgrade domestic properties with loft insulation – a very cost-effective strategy.

After that comes double (or even triple) glazing for windows. Replacing single-glazed with double-glazed windows typically reduces heat loss through the window by around 50%. This isn't a cheap option but generally lasts for many decades.

We must note the benefits, again over the medium term, of installing solar power systems such as solar PV (photo-voltaic – electricity generation) and solar hot water systems. Currently these are both medium-term investments but in the light of rising energy bills, have a lot to offer.

Editor

Nottingham Festival of Science & Curiosity is coming very soon - 6th - 17th February, 2023.



Events are already planned for local schools but with

the latter half of the Festival taking place during Half-term it's worth noting that Retford Library is hosting *Fractal Fun* - part of Nottingham Festival of Science and Curiosity. This is for children aged 5 - 11 and their families on Thursday 16th February, 10:00-11:00.

Book places at www.inspireculture.org.uk/ or 01623 677 200

Also, see <https://nottsfosac.co.uk/2023-festival/> for much more on this Festival.

A free multi-language translator

Google Translate is a veritable treasure trove of free translation tools. To get a feel for what can be done you could find the worksheet **Google Translate – give it a try!**

That is part of the **Learning Resources** section of Clarborough & Welham IT Group's section of our community website (in the **Local Groups** section).

Ich versuche es!

Editor

Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.

Bernard M. Baruch (1870-1965)



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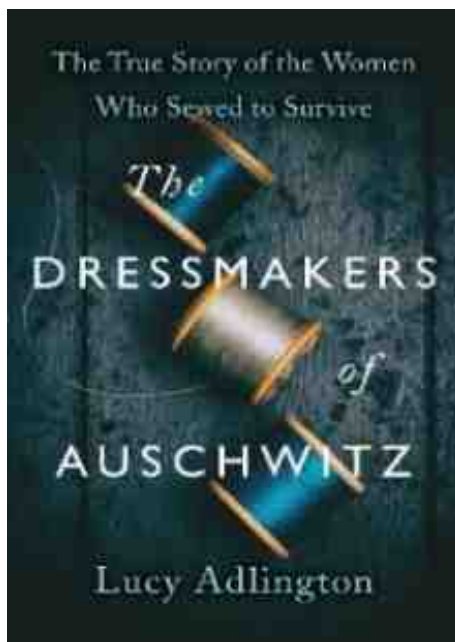
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"The bitterness of poor quality service lingers long after the sweetness of price is forgotten"

National Holocaust Centre and Museum plus Art Exhibition

The National Holocaust Centre and Museum offers a range of events throughout the year which are advertised on our 'What's On' page on our website. www.holocaust.org.uk Our 2023 programme includes Survivor Testimony, 'In Conversation' talks with Artists, Photography, Literature and the performance of a new musical.

To celebrate Womens' History Month in March, join us for a fascinating talk by author Lucy Adlington. Author, presenter and clothes historian. Her best selling book 'The Dressmakers of Auschwitz' is the extraordinary true story of Jewish prisoners who sewed for the camp commandant's wife in an elite fashion salon. Lucy will be talking about her book, her research and the ways in which friendship and resilience triumph even in the darkest of places.



Here at The National Holocaust Centre and Museum we are delighted to be an allocated stop for the new and innovative Nottsbus service. **Nottsbus On Demand** is a flexible way to travel by bus, simply book your journey within their area by using the Nottsbus On Demand App. **Nottsbus On Demand | Nottinghamshire County Council**

We are now accessible by public transport for the first time which increases our potential visitor reach within the immediate area. The museum is open Sunday to Friday from 10:00 until 16:30 with last entry in the exhibitions at 15:30. We also have a homely coffee shop serving hot and cold drinks along with delicious cake. We have events throughout the year so do check the 'What's On' page of our website for up to date information :

www.holocaust.org.uk

Jill Robinson : Jill.Robinson@holocaust.org.uk

Red Cabbage enjoyment

Red cabbage is one of those vegetables that goes really well with the likes of fruits and nuts as well as complementing almost every style of meal.

Choose a really firm example when purchasing, When cut open the white 'core' should be discarded along with the thick, white, veins down each leaf.



This recipe is one of your Editor's favourites – this recipe is good for two.

Ingredients

- Red cabbage leaves (300g/10oz)
- 1 small onion
- 2 tbs Orange juice
- 1 tbs Olive oil
- 2 tbs caramelised onion relish

Options: Dried fruit and/or seeds or nuts to taste.

Preparation

1. Finely chop the onion and then put into a suitable saucepan along with the olive oil. Simmer for a few minutes until the onion is soft.
2. Meanwhile, peel leaves from the red cabbage and cut away the thick white vein down the middle of the largest leaves and then finely chop into roughly inch-long strips.
3. When the onion is ready, add the chopped red cabbage together with orange juice and caramelised onion relish. At this point the dried fruit option should also be added.
4. Simmer the mixture for about 10 minutes until the cabbage is 'to taste'. Your Editor likes the cabbage to retain some of it's original 'crunch' but others may prefer it to be somewhat softer – experiment!
5. If addition of seeds or nuts is also planned, add these just before serving hot. We like sesame, pumpkin, pine nuts, walnuts – again, experiment!

This recipe also freezes well.

Editor

Clarbrough Post Office

Opening hours:

Monday: 09:00-12:30
Tuesdays: 09:00-12:30
Wednesdays: Closed
Thursdays: 09:00-12:30
Fridays: 09:00-12:30



**All usual
main P.O.
services**

Halford Room, Clarbrough Village Hall

Main Street, Clarbrough, Retford, DN22 9LN

If you have any queries, do not hesitate to contact:

Michael C.Carnall 07836 375 808 / 01427 884 469

michaeltcarnall@yahoo.co.uk

As more of us are struggling, neighbours are stepping up to help

Since our last issue of Clarborough & Welham Community Newsletter your editor has become acutely aware of the challenges that a number of local residents have experienced due to sad personal circumstances. As I was starting to think about how to share some very pleasing aspects of how our community was responding to these circumstances an article from Neighbourhood Watch dropped into my email's in-tray. This seemed to reflect just the sort of experience that I had become aware of, so here is a shortened summary of that press release...

- 80% of Neighbourhood Watch members think that their area is a place where local people look after each other
- 77% of Neighbourhood Watch members think that people who live in their area trust one another
- 73% of Neighbourhood Watch members are satisfied with their personal safety
- 71% of Neighbourhood Watch members think that their area has a close, tight-knit community
- Results are from Neighbourhood Watch's, public, Crime and Community Survey 2022* with 25,293 respondents across England and Wales

As more of us are struggling and need the support of our community, Neighbourhood Watch is stepping up as four-fifths (80%) of members think that local people look after each other in their area.

Neighbourhood Watch groups began in the UK 40 years ago in response to a spate of burglaries in areas across the country. They became the voice of their community's working with the police to make criminals' jobs harder. Today they continue to be instrumental in reducing crime and also in increasing the well-being of their communities by connecting people and supporting each other through tough times.

Neighbours looking out for each other is critical to helping people feel safer and happier in the area they live. This is a key strength of Neighbourhood Watch with almost three-quarters (73%) of Neighbourhood Watch members reporting being satisfied with their personal safety.

Figures are from an annual public Crime and Community Survey* of over 25,000 members and non-members across England and Wales. The report also shows that over three-quarters (77%) of Neighbourhood Watch members think that people who live in their area trust one another and nearly all (90%) of members think that if they needed help, their community would be there for them.

To read Neighbourhood Watch's full Press Release and also get involved yourself, go to our community website's home page and click on their logo



Editor's footnote: We can definitely say that members of our community made our family's choice to move to Clarborough many years ago one of the best decisions we ever made!

Also... See our community website's link too for the latest Neighbourhood Watch **Our News**. This edition covers articles on the new government emergency alerts system, how to prevent burglary and protect your friends from romance fraud, understanding 'secured by design' offers from Patlock and Avast, how to avoid Amazon scams, how to find a trusted locksmith and more.

Editor

Clarborough's Thursday mornings CCC

CCC stands for Coffee, Cake and Chat!

Clarborough Village Hall hosts a weekly CCC session from 10:30 – 11:45 for locals* for a friendly get together along with various useful community links, news as well as a raffle! A cup of coffee (or tea) together with a choice of piece of cake costs just £1.20.

*CCC isn't just for locals – anyone is welcome where ever they live!



Bassetlaw Youth Council's latest news

Youth Councillor Amelia Cropley has provided an update on the November meeting as follows:

The latest Bassetlaw Youth Council meeting on the 17th November, was a lively and enthusiastic discussion, accompanied by Councillors James Naish and Helen Tambllyn-Saville. Tim Gladman was happy to announce the last 'What Next' event, taking place at Retford Post-16 Centre, proved to be 'successful, yet again' by hosting over 1000 students and staff from 8 surrounding schools, including Selby Park Academy for the first time, along with 46 employer spaces. With the variety of different events, more visitors found something that interested them for their future, including representation from the District Council and West Burton Energy. The latter who have recently been chosen by the United Kingdom Atomic Energy Agency to host the next STEP project. These employers will be keen to talk to young people and their futures on the next meeting of the 29th March, accompanied by Deputy Youth Mayor, Bronagh, to hopefully top the success of the last!

The second half of the meeting was full of spirited discussion of what in the UK is controlled by Parliament and what is controlled by a community's local council, a consensus was formed about what the young people's thoughts were on who controlled what, whilst learning and thinking about important factors of most people's lives. The rest of the meeting was filled by debating if the voting age should remain at 18. Both affirmative and opposing sides debated strongly, upholding their side effectively until the end of an engaging meeting, as young members ourselves, the topic was something which captivated everyone!





East Bassetlaw Police Stakeholder update – January, 2023

These updates are provided to Retford Business Forum of which your Editor is a member. So, over to Sergeant Sam Pearson...

Firstly, my team and I hope you all had a great Christmas and New Year.

December was another eventful and busy month.

The whole team were proactively patrolling Retford Town Centre so we could prevent and deal with any shop thefts throughout the busy Christmas shopping periods. It certainly worked, and the team detained several shoplifters and recovered most of the property stolen, some being high value thefts from the stores.

The team just happened to be in the right place at the right time, many detained by officers covertly working within the town.

We also have several offenders now waiting for court appearances as a result and will look to put more restrictions on those who regularly commit theft from the Town.

We have had a spate of commercial burglaries within Retford, and I am hoping by the next stakeholder I can update you on all that we are doing, but rest assured we know who we are looking at and we will do everything to get the offender/s into custody.

The team were busy being involved in patrolling Worksop and Retford during the world cup during match times, for reassurance and to respond to any disorder. Luckily, we did not encounter many issues and it was relatively trouble free leading up to Christmas and throughout the world cup period.

Unfortunately, Harworth has seen an increase in dwelling burglaries throughout December, however due to some good proactive work, four individuals have now been arrested. All have bail conditions which are being robustly policed.

Enquiries are also underway after several stolen vehicles were recovered at a compound near to Cottam. This investigation is being led by Lincolnshire Police as the vehicles were stolen from their area.

My team are busy planning some dates for Op GALLIEO rural patrols, so please look out for further information on our social media.

We are also looking at planning warrants, premise closures, and several community engagements during our Neighbourhood Policing week of action towards the end of January, so will update you in the next Stakeholder.

Sergeant Sam Pearson
Sam.pearson@notts.police.uk

Every society gets the kind of criminal it deserves. What is equally true is that every community gets the kind of law enforcement it insists on.

Robert Kennedy (1925-1968)

Coronation Crowns

St Edward's Crown, the historic centrepiece of the Crown Jewels, has been removed from the Tower of London to allow for modification work to begin ahead of the Coronation on Saturday 6th May 2023.

St Edward's Crown is the crown historically used at the moment of

Coronation, and worn by Her Majesty Queen Elizabeth II at her Coronation in 1953. It was made for Charles II in 1661, as a replacement for the medieval crown which had been melted down in 1649. The original was thought to date back to the eleventh-century royal saint, Edward the Confessor – the last Anglo-Saxon king of England.

St. Edward's Crown currently weighs 2.23kg (4lbs 12oz) – hence the use of the lighter Imperial State Crown whenever possible!

The **Imperial State Crown** is a lighter at 1.06kg (2lbs 5oz) and is worn by the Monarch at the annual State Opening of Parliament as well as when walking about outside Westminster Abbey after his coronation.

At Charles III Coronation Ceremony, his wife, Camilla, will accompany him and will be, herself, crowned as Queen Consort. Her crowning will be a much shorter ceremony than that of her husband.



Editor

Bassetlaw

ACTION



Centre



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Bassetlaw Action Centre, Canal Street, Retford, Nottinghamshire, DN22 6EZ

HOME SUPPORT WORKERS REQUIRED

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If you feel that you have the drive, commitment and life experience to bring to this demanding but highly fulfilling role this is an exciting and rewarding opportunity, which offers the chance to make a difference within the community and to people's lives.

Application packs can be downloaded from our website www.bassetlawactioncentre.org.uk or are available from The Bassetlaw Action Centre, Canal Street, Retford, Notts, DN22 6EZ. Tel: 01777 709 650

Bassetlaw

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Centre



MAKING A DIFFERENCE THROUGHOUT BASSETLAW

Bassetlaw Action Centre, Canal Street, Retford, Nottinghamshire, DN22 6EZ

Investing in Volunteers is the UK Quality Standard for all organisations which involve volunteers in their work.

Bassetlaw Action Centre has recently been notified that it has successfully achieved the Investing in Volunteers UK quality standard for excellence in volunteer management.

Achieving this standard confirms how the Action Centre values the work and support of its volunteers to enhance their own experience and best serves to meet the need of its service users. This has been a year long process of rigorous assessment against the iV 46 quality standards.



Investing in Volunteers is unique in that it is the only standard that focuses on volunteers. It is based on the following six quality areas:

1. Vision for Volunteering
2. Planning for Volunteers
3. Volunteer inclusion
4. Recruiting and welcoming volunteers
5. Supporting volunteers
6. Valuing and developing volunteers

The comment from the iV assessor on the Action Centre was *'It is evident both from this self-assessment and our discussions in the (virtual) workshop that volunteers are at the heart of what you do. They are well looked after within BAC with great care and attention given to proper management of them.'*

The whole process has highlighted the great BAC team spirit of the staff, volunteers and trustees, with their commitment, hard work and support to achieve this prestigious recognition of excellence.

A grassroots community initiative that aims to support Men's Mental Health by encouraging men to open up, feel able to talk to other men and reduce social isolation whilst enjoying a nice walk in beautiful surroundings.



To book a place please email goga@actioncentre.org.uk or visit www.menwalktalk.co.uk/bassetlaw

We have many different volunteering roles at Bassetlaw Action Centre including:

- Driver
- Administrator
- GOGA Activity Supporter
- Befriender
- Minibus driver

For more information, please call:
01777 709 650

VOLUNTEER



GOGA aims to provide support to encourage greater activity in a genuinely inclusive environment, helping to build friendships, maintain health, increase independence, reduce stress and boost self-esteem.



If you would like some support to become more active, please call our team on:

01777 709 650 or email
goga@actioncentre.org.uk

**For any enquiries or bookings
phone 01777 709 650**

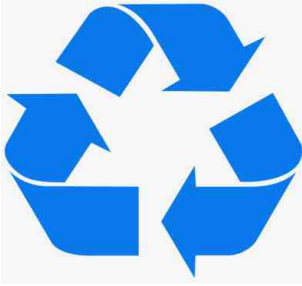
The Staying Well Programme is a Long Term Health Condition self-management course to help people living with long-term conditions maintain their health and improve their quality of life. The course led by a tutor who is living with a long-term health condition.



It is a FREE 6-week course 2.5 hours a week either face-to-face or virtually via Zoom.

For more information or to find out when the next course is due, please phone:

01777 709 650



Know your recycling

Recycling Cooking Oil

Did you know that cooking oil from households can be returned to be recycled at Retford Recycling Centre, Hallcroft? It is collected from

there in bulk and turned into green electricity, all of which helps reduce the UK's reliance on fossil fuels.

Just one litre of used cooking oil can create enough 'green' energy to make 240 cups of tea whilst one full recycling centre tank provides enough electricity to power a home for an entire year !

Please note only cooking oil from households – no commercial or trade waste - is accepted.

Electrical Equipment Recycling

Never bin your old electrical equipment even in the blue recycle bin. Everything with a plug, battery or cable should be recycled separately at the Retford Recycle Facility. If you recycle your old electricals, almost all the materials including gold, copper, silver and rare metals get re-processed in the UK and are a valuable UK commodity for reuse.

Tetra Pak and Cartons

Tetra Pak containers, often used for juice, plant-based milks or sauces etc should not be put in your kerbside recycling bin.

The cartons are made from several different materials including cardboard, plastic and aluminium that have been bonded together which makes them very hard to separate for recycling.

There are collection points throughout the county where these can be deposited and sent to specialist recyclers. You can also take them to your local recycling centre where there will be a receptacle for them.

Compostable Food Wrappers

You may have spotted that some food items and even greetings cards or magazines now have compostable wrappers. These are often made from potato or corn starch. Unfortunately, there is confusion on what to actually do with the compostable wrapper - especially as this varies within councils across the UK and the messaging on the wrapper isn't clear. Here is our quick guide to help.

DO Mix it in with your home compost - potato / corn starch will compost nicely. If you don't have a compost heap, put it in your general waste bin

DON'T Put it into your garden waste bin or kerbside recycling bin - we cannot recycle this wrapper or compost it.

Finally, All recyclables should go into your blue bin loose and not inside a plastic bag or bin liner, because plastic bags and bin liners cannot be recycled at our Materials Recovery Facility. The machinery at our Materials Recovery Facility cannot sort your recyclables either if they are hidden in bags or boxes.

Please remember that from Tuesday 1st November, 2022, Nottinghamshire recycling centres switched to Winter operating times, which means they will be open daily from 08:00 until 16:00.



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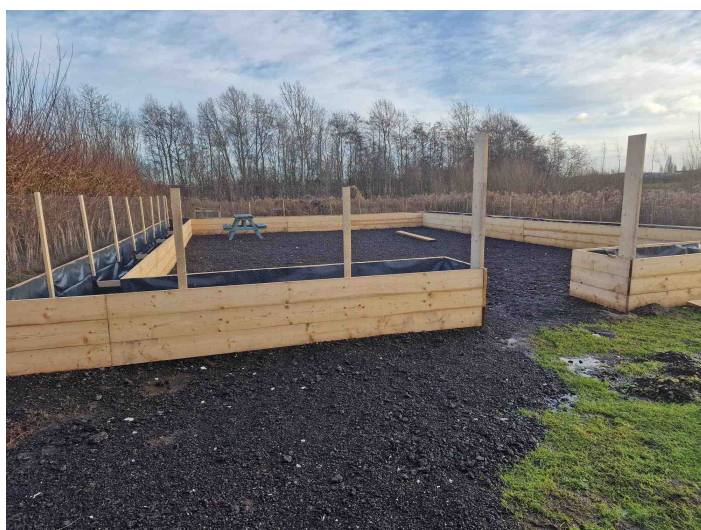


Muddy Fork keeps on growing!

Life at Muddy Fork, Retford's 'Gardening for Wellbeing' charity based at the Idle Valley Nature

Reserve, has continued to be busy over the winter. There might not be much growing in the beds, but there is plenty of other activity taking place.

This has focused on the new development in the field beyond the original garden, where the new polytunnel is also located. Notoriously a challenge, due to the ground usually being either saturated or as dry as a bone, this area now boasts a magnificent new set of raised beds.



These have been constructed after first covering the terrain with hardcore. The beds are much higher than the garden's original raised beds, making them more accessible, and will be filled shortly with donated topsoil.



This major development has been possible thanks to a substantial grant and the generosity of other donors. We will all be aware that inflation and cost of living increases are creating hardship for many. This grant was provided with a view to enabling higher yields, providing locally grown and sustainable produce at low cost (or none) for the benefit of local people. Muddy Fork has already been

involved in helping to meet needs of this kind, identifying routes through which surplus produce can be passed on by community groups to those in need. The new beds should significantly enlarge our ability to support this kind of effort.

As the garden continues to grow, so too have the numbers of participants and volunteers. However the recent expansion of the garden means that we can never have too many pairs of hands! We'd love to hear from anyone who would like to get involved or to make a referral. More details of the project and on how to make a referral can be found on the Muddy Fork website www.muddyfork.org and you can contact us via the website, or by emailing enquiries@muddyfork.org

Local Policing issues

Readers are probably already aware that local public services, such as Nottinghamshire Police, are under ever increasing financial pressures. A very recent news item landed on my desk that referred to a potentially very dangerous night-time incident on Chainbridge Lane (near Idle Valley Nature Reserve) that involved a fire arm!

Apparently this was reported to local police. The complainants were told by the police on the night that Bassetlaw had only one patrol car for the whole district and that was in Retford and not out and about adding that they are aware of some increased daytime patrols but absolutely no night-time due to lack of resources. The people involved are themselves following it up both with Nottinghamshire Police at a high level and with our MP !

The important message is that anyone spotting an incident should not make themselves known to the perpetrators but report it to the police immediately.

Editor

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Be the best you can be!

With the coming of Spring and the end of Winter everyone is given the chance to reflect on the past year and think about

how they might want to change things in and around themselves for the better, and mindset of ever present with the start of the Spring term at Clarborough Primary School as it matches perfectly with our 'Be the best that you can be' ethos.

Returning to school, the staff and the pupils have hit the ground running and are ready to dive into their new and exciting topics which cover everything from The Romans, The Stone Age and Iron Age, our local area and even studying some intrepid explorers.

Within the first week back Year 3 and Year 4 were lucky enough to be able to go and see Peter Pan at the Theatre which they all absolutely loved and were buzzing about when they returned.

Over the course of this first term, we tried to create some fantastic events for the children, in the third week of January, we had a special curriculum enhancement week with a focus on exploring the cold. In this week all classes looked at all things cold and polar and studied everything



from melting polar ice caps, animal adaptations to live in the cold, the native people and cultures of the Arctic circle and even studied some of the more famous people who dared cross

the desolate lands of snow and ice. All of which culminated in an exhibition for the parents to come and see at the end of the week.

Once the children had spent their time exploring the frozen wastelands of the planet they then had to prepare for the Young Voices concert where they would join thousands of other children in singing and dancing their hearts out. Though it has been an action and work packed few weeks there is plenty more exciting things happening in the future with more exciting curriculum enhancement weeks and discos.

Mrs Cowell-Clark and Mrs Dean together with Mr Herdman, Governor, welcomed Mr Bakhtyar Pirzada, Vice-Principle of Jamia Al-Jaram to school on Thursday 12th January. It gave the schools the opportunity to share their practice and to create a link between educational establishments. A follow-up meeting at Eaton Hall is scheduled for early February to push this co-operation forward.

More 'Cold' information – a bit of science!

Scientists and, increasingly, engineers working with low temperatures, define the lowest achievable temperature as 'absolute zero'. This can be thought of as the point at which vibrations of molecules and atoms, which is what we feel as *temperature*, becomes zero.

On the Celsius scale this is -273.15°C (or to Americans still using the Fahrenheit scale, this is -459.67°F). Working with such low temperatures, as currently are engineers designing new quantum computers, a further temperature scale is used called the Kelvin scale; this defines absolute zero as Zero Kelvin (0 K). Note this scale does not use the degree (°) symbol but uses units that are the same size as the Celsius scale.

So what have been the lowest weather temperatures recorded?

For England the record is -26.1°C at Newport in Shropshire on 10th January, 1982 while Scotland experienced -27.2°C on 30th December, 1995.

The lowest recorded temperature anywhere on earth was -89.2°C set at Vostok Station, Antarctica, on 21st July 1983.

Tell me and I forget. Teach me and I remember. Involve me and I learn.

Benjamin Franklin (1706-1790)

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Returning beavers have been anything but Idle since their return to Nottinghamshire.

Just over a year ago, staff, volunteers and supporters of Nottinghamshire Wildlife Trust were eagerly awaiting the arrival of eight beavers from Scotland at the Idle Valley Nature Reserve near Retford. The anticipated arrival was part of an ambitious project to return them to the county for the first time in centuries.

12 months on, those connected with the project are reflecting on the animals' positive impact on the reserve, the largest site in the charity's care, and celebrating the news that the group has expanded more quickly than expected – with two previously single adult beavers having successfully paired and raised kits.



[Above] Two of the new beaver kits caught on trail cam.

The beavers were originally living on the River Tay in Scotland and after a period of quarantine at specialised facilities at Five Sisters Zoo, the Beaver Trust carefully transported them to their new home in Nottinghamshire. The Wildlife Trust has introduced beavers to the site as part of a long-term vision to make the site wilder by enhancing, protecting and connecting habitats and as part of wider, multi-partner efforts to ensure 30% of land across the UK can support nature's recovery by 2030.

The group, which lives in a carefully designed enclosure, settled in well and their positive impact within the 58-hectare enclosure was evident within days – from signs of coppicing by feeding on willows to evidence of gnawing on large tree trunks to trim their teeth, creating new habitat for invertebrates.

Whilst the charity is delighted that the beavers are now helping it deliver its long-term aspirations to enhance the reserve's habitats for other species, especially the wild fowl and wading birds that are central to the reserve's designation as a Site of Special Scientific Interest, the project has not been without its challenges, such as the targeted theft of fencing materials when the enclosure was being built.

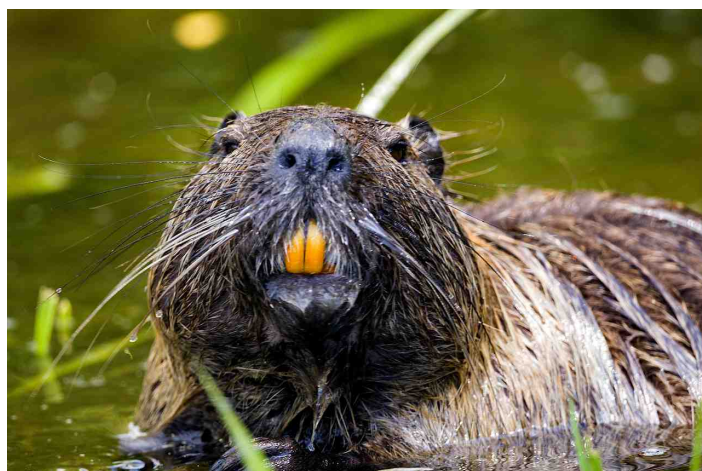
The Wildlife Trust believes that the Idle Valley Nature Reserve can be a vital part of the UK Nature Recovery

Network by acting as a catalyst for the restoration of nature across the wider Idle floodplain where it has been investing in and supporting other landowners for over 30 years.

Whilst the prospect of returning beavers to the Nottinghamshire landscape, where they previously thrived until hunted to extinction many centuries ago, provided motivation for the project, the real driver was the beavers' capacity to enhance habitats not just for themselves, but also for other species. Their return represents the Trust's commitment to utilising natural processes to enhance the wildlife habitats at the huge reserve, which sits alongside the River Idle, to make it wilder and more resilient to the impacts of climate change.

With over 375 hectares of diverse habitat to manage across the Idle Valley Nature Reserve's vast site, the Wildlife Trust has long been searching for the right balance between direct intervention by man and machines and natural processes. The Trust's Nature Recovery Team firmly believed that beavers would make a significant impact through their feeding and by felling trees to build their underwater lodges – thereby helping control willow and other tree species currently forming dense scrub at the expense of reedbed and marshland habitats.

A comprehensive monitoring programme, run in partnership with Nottingham Trent University, will assess the longer-term impact of the beavers as they enhance habitats to the benefit of other species, such as wildfowl, amphibians and dragonflies. The research will also identify opportunities to improve habitats further for vulnerable species such as otter, water vole, and bittern.



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Retford Library's Poetry Café

Join us at Retford Library for the first Poetry Café of 2023 on Monday 6th February at 14:00 when the theme is *Love and Kindness*. Bring along a poem on the theme and a favourite of your choice to share or just join us to listen and enjoy a relaxing afternoon of poetry.

Booking is advised and tickets are £1 to include refreshments.

We hope you can join us.

Kind regards,
Joanne and Lesley

Also coming up at Retford Library

Little Creatives. Free workshops at Retford Library February - 13th and 20th

Calling all tiny artists! Join us for creative art sessions specifically designed by artists for you. Designed with funding from Arts Council England, 'Little Creatives' Family Arts Workshops have been developed especially for children aged 2-5 and their families.

Visit the website www.inspireculture.org.uk or phone 01623 677 200 for booking details. Booking essential.

Retford Library - Fractal Fun- part of Nottingham Festival of Science and Curiosity. For children aged 5 - 11 and their families.

Thursday 16th February, 10:00-11:00. Book places at www.inspireculture.org.uk/ 01623 677 200

Nikki Charlesworth presents: What Happened to You? Friday 17th February 15:30.

Little Red, Noodles and Bo, three raggedy puppets are trying to enjoy their day...but there are so many busy bodies getting in their way! A semi-autobiographical puppetry show by artist Nikki Charlesworth, who throws away the rulebook with these award-winning puppets that reflect her own physicality and move as she moves. For children ages 7+ and their families. Booking advised.

Library members: £3 | Non-library members: £6

Running Time: 40 minutes plus the chance to meet the puppets after the show. Features creative Audio Description and British Sign Language ensuring the show is accessible and inclusive.

Keep Calm and Carry Yarn - Thursday 9th and 23rd February. 13:30-15:00.

Fortnightly sessions. Bring along your own craft project to work on and have a chat with others over coffee and biscuits. £1 to include refreshments.

Retford Library Writers' Group- Thursday 2nd and 16th February 14:00-16:00. Fortnightly sessions. Come along, listen and share. An informal friendly group with members

at different stages of the writing process, including beginners.

Catching a Killer with Stuart Gibbon – Thursday 9th March 14:00-15:00

Join Stuart Gibbon, co-author of the Straightforward Crime Reference Series, as he discusses his latest book, *Catching a Killer*, a fascinating insight into murder investigation. The talk will include reference to true crime case studies and how criminal investigations, particularly murder, have evolved throughout the years.

Tickets £2. Booking essential.

www.inspireculture.org.uk/ or 01623 677 200.

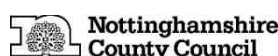
Visit Retford Library's Gallery in February to see an exciting exhibition from local photographer - Huw ap Conwy Evans.

Rattle Rhyme and Roll –Wednesdays and Fridays from 10:00 to 10:20. Stories and rhymes for the under 5s in the lovely Children's library. Just turn up and join in the fun.

Retford Library has a selection of new and exciting board games for a range of ages for you to enjoy throughout the library. Come along and try something new.

For courses at Retford Library and other Inspire venues, please visit the Inspire website – www.inspireculture.org.uk

Retford Library has a FaceBook page. Please follow us to keep up to date with all our activities. For further information please contact Retford Library 01777 708 724 retford.library@inspireculture.org.uk



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BCVS NEWS

Bassetlaw Community and Voluntary Service

Food hubs lending a 'big hand' to struggling parents at Retford schools

Our Community-led 'food hubs' in and around Retford have been having a 'big impact' in helping local residents and struggling parents combat the rising cost of living. Members of the Bassetlaw Food Insecurity Network (BFIN) project, led by BCVS, pitch up at schools in Retford and the surrounding villages and let families buy a bag of food for just £3. The food hub at Ordsall Primary School, which has been running since September 8, has made a "huge difference" to nearby residents and the pupils at the school. Karen Hepworth, the school's enrichment coordinator, said: "Some of our parents have expressed their concerns about buying food and paying fuel bills so we are determined to keep providing this additional support for as long as it is needed"



Community Food Hubs in the Retford area (open to everyone):

Every Tuesday - 2.30pm - Rampton Primary
Every Wednesday - 2.30pm - Misterton Primary
Every Thursday - 2.30pm - Tuxford Primary
Every Thursday - 2.45pm - Mattersey Primary
Every Friday - 3.00pm - Ordsall Primary
Every Friday - 2.45pm - Carr Hill Primary

£3 per bag of food



Warm Spaces Volunteer in the New Year Retford Food Hubs



To view all current Warm Spaces please visit:
www.bcv.org.uk/warmspaces

To submit a Warm Space please visit:
www.bcv.org.uk/warmspacesform

Bassetlaw Warm Spaces is a
Bassetlaw Financial Inclusion Forum Initiative.



Bassetlaw
DISTRICT COUNCIL
North Nottinghamshire



Bassetlaw
Places Partnership

There are a number of 'Warm Spaces' now in place around Bassetlaw which will allow residents to keep warm, make new friends, and access affordable food. The full list of these can be found at www.bcv.org.uk/warmspaces



VOLUNTEER IN THE NEW YEAR!

To volunteer in Bassetlaw this year please email involve@bcvs.org.uk

Bassetlaw Community and Voluntary Service, Old Abbey School, Priorswell Road, Worksop, S80 2BU
web: www.bcv.org.uk | email: bcvs@bcvs.org.uk | Charity Number: 1140782

tel: 01909 476118

Household Plastics – a short introduction and recycling

All plastics – or polymers – are made from single molecules (monomers) which are chemically joined together to form huge chains or nets of linked units – the polymer (mono = one, poly = many!)

High-density polyethylene (HDPE) is a thermoplastic made from ethylene (called ethene in modern chemistry! - with a simple formula C_2H_4) which means it can be softened and moulded by heating. This allows thermoplastics to be formed into the likes of milk bottles. In the UK non-coloured HDPE is generally well recycled.

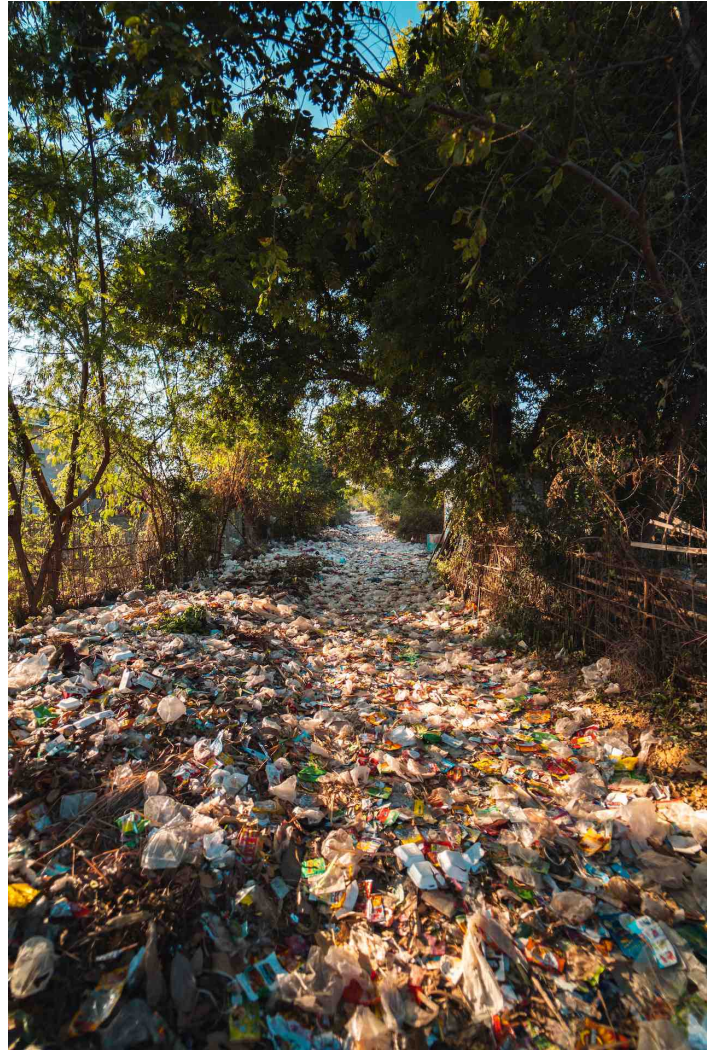
Low density polyethene (LDPE) is used for the likes of plastic bags and general wrapping. It has probably the lowest rate of recycling of any polymer.

Most soft drinks and water bottles are made from another thermoplastic, polyethylene terephthalate (PET) which is a very transparent polymer. Again, UK recycling of PET is pretty effective. You may also come across PET used for other industries with trade names such as Terylene and Dacron.

Finally, we have polypropylene (PP – polypropene to modern chemists) made from propene C_3H_6 and used for the likes of yoghurt pots and other food containers.

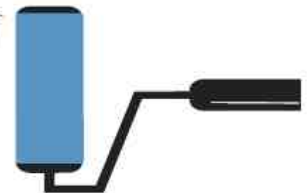
Use of plastics is generally thought of as a modern development but 'natural' products such as rubber and shellac have been used for thousands of years! However, the modern development of plastics such as those listed above really only got under way after World War I.

Editor



ANDI GRAY

PAINTER & DECORATOR



- INTERIOR & EXTERIOR
- QUALITY PAPER HANGING
- DOMESTIC & COMMERCIAL
- QUICK & QUALITY TURNAROUND ON RENTAL PROPERTIES

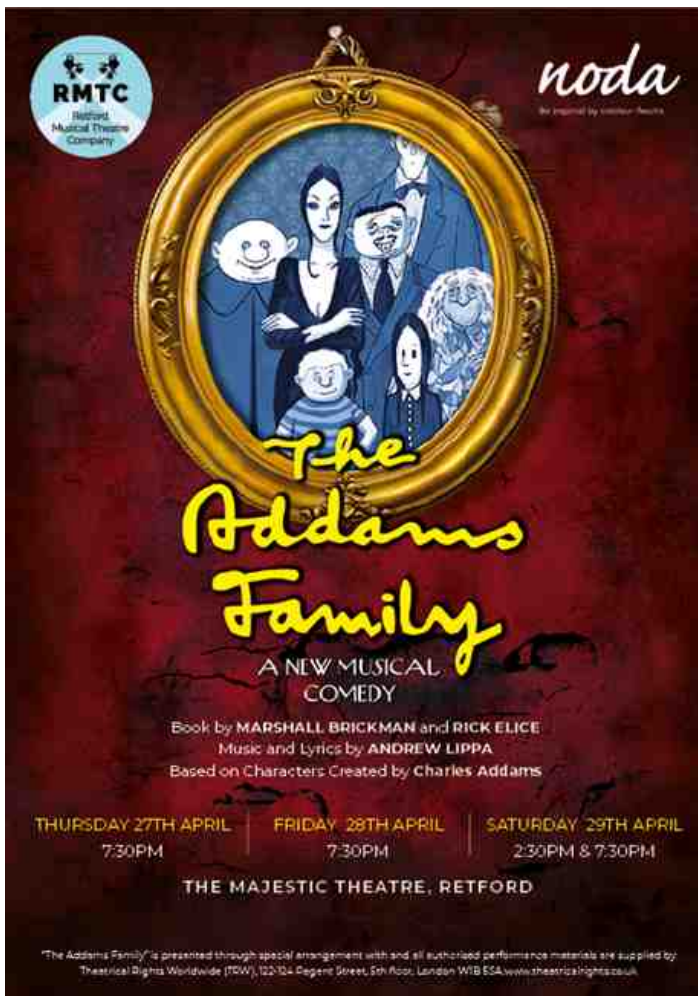
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A LOCAL TRADESMAN ON YOUR DOORSTEP

A professional service to a high standard





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)

Last year, Retford Musical Theatre Company was delighted to hold a hugely successful charity fundraiser at the Retford Town Hall and in total raised £1,550 for Bassetlaw Hospice. The 'Night of Queens' was a highly entertaining evening and something not seen before in Retford.

On Saturday March 18th, 2023, RMTC will once again be holding a fundraiser at Retford Town Hall. RMTC's chosen charity this year is Bassetlaw Food Insecurity Network, which offers food hubs, warm spaces, free cookery courses and support to all in Bassetlaw.

This year's event is 'A FRIGHT Night of Queens' and will tie in to RMTC's production of 'The Addams Family' at the Majestic Theatre in April. Once again, there will be a fabulous drag host and drag queens with a variety of acts from singing, lip synching and comedy. So come along and get into the spirit, dare to enjoy yourself and raise funds for a great cause.

Fancy dress optional !

Saturday 18th March 2023 19:30 for 20:00

**Tickets only £12.50 available from
www.retfordmusicaltheatrecompany.org**

or call 07845 116698

The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.

Helen Keller (1880-1968)





Your community website has, at the time of writing, some 250 pages covering just about every aspect of public, business and voluntary sector inputs and links imaginable. In this short article we will dip into just a few of these to give a flavour of what you can find by exploring this website. **Remember that Retford Library has computers for members to use, so even if you don't have internet use at home, library staff will help you next time to go to the library.**

To start with, you could enter the site's URL (Uniform Resource Locator – posh technical term for its web address) into your web browser but our site is so popular that just typing *clarbrough* into a Google search pops up our URL (<https://www.clarbrough-welham.org.uk>) in the first few 'hits'. Click on this blue underlined link then opens our website's home page.



For your editor, the first thing I do each morning is visit our website and click on this sunny symbol which brings up our Met Office's weather forecast for the Retford area.

What isn't immediately obvious, although our home page hints at this, is that if you delete *Retford (Nottinghamshire)* at the top of the forecast and enter the name of almost anywhere else you get the Met Office's forecast for that place – try it! I've used it for Delhi (India), Rome (Italy) and Calgary (Canada) as examples. This has proven extremely useful when about to leave on holidays. Speaking of which, lower down our site's home page is a link to **local school holidays all the way through to July, 2027**. Again, very useful when looking to book holidays for young families or for we seniors trying to avoid school holidays!

The following are just a few clips from our website's home page to give a bit of a flavour for what it hosts:

Inspire Libraries has a mass of events and courses available in Retford and their other centres across Nottinghamshire – just clicking on these links on our site's home page opens up all of their offerings.



Click here to view our What's On guide



Courses and Opportunities

Futures for Business are just one of many providers within our site's **Employment**

menu section - their opportunities are updated monthly including opportunities and training. Our site's Employment section has 5 sub-pages of information!



Nottinghamshire Wildlife Trust

Notts Wildlife Trust keeps us up-to-date with events and activities at Idle Valley Reserve with latest news about their

new Beaver kits – see page 17 of this issue as well as their worries over the Government's controversial so-called *Bulldozer Bill*.

Chesterfield Canal Trust's E-Newsletters plus wildlife photos together with various other up-to-date news items.



Key local Voluntary sector information sites including...



Bassetlaw Community and Voluntary Service



both of which have vast links to local voluntary providers, services and information – just get in touch!

This little article just can't even scratch the surface of our community website's links, just a few more mentioned here will, hopefully, give you a feeling for it and encourage you to explore it more thoroughly...

Pilgrim Trail launched last November has a link at the top of our website's home page.

Nottinghamshire County Council's **Cost of Living Support** page and also their **Support for Carers** link together with their up-to-date **Newsroom**.

Flooding Help and Advice provides a link to UK Central Government website while **St. Saviour's Grief Cafe** is advertised for first Tuesday afternoons each month at their Community Centre on Lidget Lane, Retford DN22 6QW. Phone 07768 159 844.

Finally, but not least, we have the recently launched website for **local mental health advice and help for young people** in Nottingham and Nottinghamshire.



So, in conclusion; this page gives just a very brief introduction to your community website's coverage – with 250 pages it's information is vast. See this Newsletter's front page for our site's address.

Chesterfield Canal Walks Book

The Chesterfield Canal Trust has just published a book of walks along and around the canal.

Entitled ***Walking along the Chesterfield Canal***, it has 76 pages with lots of maps, photographs and illustrations. It costs £10 and is available from the Trust's shop at Hollingwood Hub and online from its website – search for Chesterfield Canal Trust.

The book was written by David Blackburn who is a leading light in the Ramblers and who has been the Walks Officer for the Trust for about 25 years.

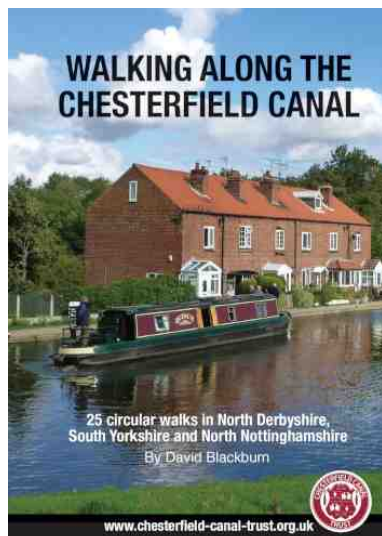
David said: "I have been walking along the Chesterfield Canal for many years and it has given me a great deal of pleasure. It a privilege to be able to share some of the walks I enjoy, and I hope they will give lots of pleasure to other walkers too. They vary in length, cover the whole canal towpath and also use footpaths in the surrounding countryside; most are easy, with just a few offering a little more of a challenge in areas where footpaths are less well used.

I hope users will find the walks in the book both interesting and enjoyable and tempt them to explore parts of the canal they have not visited before."

The 25 walks are circular and cover the full 46 mile length from Chesterfield to the River Trent. There are two particular features to the book. If you complete all the walks, you will have covered every inch of the towpath. Also, each walk can be combined with the next one in the book, giving longer walk options if you wish.

The walks are very varied. They give the opportunity to enjoy a variety of canal scenery and features and also to explore the paths and tracks, some used relatively infrequently, in the surrounding countryside. You can visit the villages and towns close by. Some walks, especially on the Derbyshire section, are in a more urban setting and pass through areas once devoted to the industries that made considerable use of the canal. That's all been swept away, and the canal follows a peaceful green corridor, with only a few scars from past industry remaining. In South Yorkshire there's a big flight of locks – more in a mile than any other canal in the country. It's surrounded by woodland and green fields and is amongst the most attractive lengths of canal in Britain. Some areas, especially beyond Worksop and Retford, have a quite remote feel as the canal passes through miles of agricultural land with several attractive villages close by.

There's a great deal for lovers of wildlife too, with lots of flowers and trees and many birds – on and out of the water. Kingfishers can be seen regularly, even in the more urban parts beyond Chesterfield. The graceful heron can



often be seen looking out for fish for its next meal, whilst in some of the clear water sections, mainly in Nottinghamshire, an abundance of fish can be spotted. The canal is also home to the water vole, an increasingly threatened species. Do allow yourself time to stand and stare - the walks are best enjoyed if you are not rushed.

Calendars old-style and new-style

Old Style (O.S.) and **New Style (N.S.)** indicate dating systems before and after a calendar change, respectively. Usually, this is the change from the Julian calendar to the Gregorian calendar as enacted in various European countries between 1582 and 1923.

In England, Wales, Ireland and Britain's American colonies, there were two calendar changes, both in 1752. The first adjusted the start of a new year from Lady Day (25th March) to 1st January (which Scotland had done from 1600), while the second discarded the Julian calendar in favour of the Gregorian calendar, removing 11 days from the September 1752 calendar to do so

Remnants of the first of these changes, the start of a New Year, has still left its mark on our financial years starting in early April. The actual changes introduced in the Gregorian calendar essentially tweaked establishments of 'leap years' by defining which years that are evenly divisible by 100 are not leap years. Moreover, centurial years are leap years if they are evenly divisible by 400.

These adjustments change the length of a Julian Calendar year of 365.25 days to a Gregorian Calendar year of 365.2425 days which is much closer to the actual time it takes the Earth to orbit the Sun.

Editor

Wilky's Walkies

Dog walking & pet services in Retford & surrounding villages.

Over 40 years experience, owning, training and working dogs.

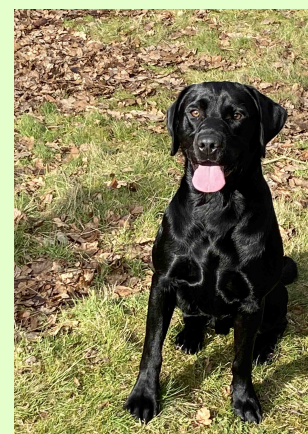
Dog walking – ½ hour or 1 hour solo or group walks. (access to private fields & woodland).

Home visits – ½ hour to feed and check on small pets.

Pet sitting – to your requirements.

Pet taxi – visit to vets, any other pet transport.

Fully insured and DBS cleared.



Call Andy on 07980 680 231 to discuss your bespoke needs.

Email andrewwilkinson9999@gmail.com

Editor's BREAKING NEWS



See page 5 for more from Bassetlaw District Council on the above topic.

Food Hubs and Community Shops

Diligent readers may have been a little confused by the **Bassetlaw Community Shop** article in our Winter 2022 issue (page 3) and this issue's BCVS advert about **Community Food Hubs in Retford**.

Briefly, they are both active. Food Hubs are £3 per bag of food, at the locations listed, and anyone can go to these. This is funded by NCC and coordinated by BFIN, a BCVS project and the food is surplus from supermarkets.

Community Shop is a set amount for so many items, run by the bank, and you need to be a "member" of the community shop to purchase and the food is from their donations. All clear now?

Parish Council's Newsletter Support

Once again we must thank Clarborough & Welham Parish Council for their generous, £600 grant to support production of this Community Newsletter for another year through 2023-2024.

Editor

Newsletter editorial deadlines

3rd April, 2023 (Summer issue)
24th July (Autumn issue)

The government will introduce new passport fees for all applications on 2nd February 2023, the first time in 5 years that the cost of applying for a passport has increased.

The proposals, which are subject to Parliamentary scrutiny, will include the following:

- the fee for a standard online application made from within the UK will rise from £75.50 to £82.50 for adults and £49 to £53.50 for children
- postal applications will increase from £85 to £93 for adults and £58.50 to £64 for children
- priority service fees are being aligned so all customers will pay the same.

Local Coronation Events

At the time of writing, local events to celebrate Charles III's Coronation are being planned so do look out for our Summer 2023 issue – which should be hitting doormats the week before the Coronation.

You can get a somewhat earlier warning of these planned events by keeping an eye on your community website and also local posters and Village Hall notices.

Finally, a bit of local information

Bassetlaw is a non-metropolitan district consisting of four towns; Worksop, Retford, Tuxford and Harworth Bircotes. There are 66 parishes servicing a population of over 117,000. Bassetlaw consists of rural areas and market towns.

Clarborough & Welham Parish Council Meetings

20th February, 2023

3rd April

15th May

Meetings open 19:00 in Clarborough Village Hall

Agendas are always posted at least a week in advance on notice boards and on our community website where you will also find approved Minutes and meeting dates through to January, 2024.

Newsletter Advertising rates for a whole year of four consecutive issues

Full page £125.00

Half page £75.00

Quarter page £45.00

As above (yellow) £25.00

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

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