

Clarborough & Welham

Community Newsletter

Quarterly: Winter 2022

Charles III Coronation
coming over the horizon?



East Midlands Devolution proposals
Food Bank's Community Shop
'Flu & Covid Vaccinations
Cataract Ops are Painless!

Retford Christmas
Santa Canal Trips
Sleeping Beauty
West Burton Good News

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

Retford Christmas Market & Lights Switch-On

Sunday 27th November 2022, 10:00 – 18:00

There is a new improved grand finale planned for this year's biggest ever Retford Christmas Market & Lights Switch-On.

Retford Business Forum, in partnership with North Notts BID and Bassetlaw District Council, are planning more stalls than ever before, reaching further into the town – the biggest craft market ever – bigger even than last year. Santa will be there, courtesy of Retford Lions, so will the Blue Ice Cheerleaders. Local band, The Sods, are back, and so are Julie Coates and David Bean, Elizabethan Academy, The Performance Hub, Worksop Salvation Army Band, LCSD Dance Academy, Jo Jingles, Majestic Theatre School, the Panto Dame, Jessica Mary Brett and Santa's Little Helper.

At 17:00, when Santa's Little Helper presses the plunger to turn on the lights, hold onto your eardrums as top tribute band, Slyde, belt out *Merry Christmas, Everybody*. Who needs fireworks?! Following a number of requests from local residents about the effect on children and pets, Retford Business Forum has decided to stop using fireworks, and to spend the money saved to fund a 45 minute performance from Slyde and to put more stalls and entertainment along Carolgate.



Longer entertainment, more fun.... a better Christmas Market! Further updates will be available nearer the time on Facebook: Retford Business Forum, and the website www.retfordbusinessforum.org.uk

Sally Gillborn, chief executive of North Notts BID, said: "The annual Christmas market and lights switch-on is a spectacular event for the Retford community, so we are thrilled to sponsor this year's event and partner with Retford Business Forum and Bassetlaw District Council to deliver a packed Sunday of festive entertainment.

Now in our second term, we recognise the continuing importance to support local retailers through this period of trading and help to elevate the Christmas experience in our towns."

Cllr Madelaine Richardson, Chair of Bassetlaw District Council, said: "It's great to see that preparations are already in place to hold an even bigger and better Christmas Celebration in Retford. This event is certainly one to put in your diaries and I can't wait to see everyone there."

Rick Brand, Chair of Retford Business Forum said:

"We are delighted to be working with our partners and volunteers to plan yet another great Retford Christmas Market and Lights Switch-on event. There is already a massive interest in stall bookings, and we are looking forward to welcoming visitors to our wonderful town from near and far."

Please support your Christmas market – help keep Retford Town Centre alive!

Don't Throw it Away!

Did you know that the average UK family wastes eight meals every single week? Not only is this bad for the planet, it also puts a strain on the family finances. What's more, over two-thirds of the food we waste is perfectly edible.

Some disturbing facts about UK food waste: 50 million chickens are wasted each year; 100 million pints of milk go down the drain each year and 240,000 tonnes is wasted by UK supermarkets each year!



For much more on this topic see :

<https://friendsoftheearth.uk/food-waste> which also has a very useful **Love you leftovers section with some 40 suggestions of using leftover bread to create new meals.**

Use your freezer to store leftovers until a bit of recipe inspiration strikes!

Editor

Goacher's Farm Shop

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Great News! West Burton is now in STEP!

You may already have heard news of UK Atomic Energy Authority's decision to develop the world's first STEP fusion project at the West Burton power station. The West Burton project has massive economic benefits for our whole region – from research and development through construction and the whole raft of associated economies - £billions! Current plans aim to have the STEP project in action by 2040. That may already have raised concerns because of the *atomic energy* label.

So, let's take a look at the science of this with, hopefully, relief of these concerns.

Firstly, note the term *fusion* – this is a completely different process to *fission* which is the basis of all current nuclear power – and the majority of nuclear weapons. Fission – 'splitting' in English, as a nuclear process is the energy released when extremely heavy atoms such as Uranium and Plutonium are broken apart producing masses of energy and, along the way, highly radioactive fragments. It is these fragments that produce the highly dangerous nuclear waste. Nuclear fission is the process in all of our current nuclear power stations.

Fusion, again an English word meaning 'joining together' is, in nuclear terms the processes that powers stars such as our Sun. These produce no 'nasty' radioactive waste but form heavier atoms from the very lightest atoms Hydrogen and Helium in a continuous cycle that ultimately, in stars, make the atoms that we are made of!

So what is STEP? This is shorthand for Spherical Tokamak for Energy Production, so what is a Tokamak? A Tokamak is a device which uses a powerful magnetic field to confine *plasma* in the shape of a torus (doughnut shape). A plasma is an extremely high temperature fourth state of matter (after solids, liquids and gases) which we can see in lightning flashes or, very distantly, as our sun and stars.

This plasma is, then, the fuel that the STEP uses to force it to undergo nuclear fusion which liberates energy like our sun does but no radioactive waste.

Watch future issues for more on this topic.

Editor



This project was designed by Bassetlaw Food Bank with support from Bassetlaw District Council, the National Lottery Community Fund and Feeding Britain. The aim of Bassetlaw Community Shop is to support Bassetlaw's rural community in times of hardship and create better access to affordable food.

We will be visiting villages on a weekly basis with a range of items including food cupboard staples, fresh produce, toiletries, and cleaning products.

You can enquire about free membership by visiting the Community Shop or registering interest at https://bassetlawfoodbank.org/community_shop/ The service is launching week commencing 3rd October. Please see

https://bassetlawfoodbank.org/community_shop/ for the schedule.

To stay updated follow Bassetlaw Community Shop on Facebook: @BassetlawCommunityShop or Twitter: @BassetlawS

If you have any questions about Bassetlaw Community Shop please email us at:

Community.Shop@bassetlawfoodbank.org

The proposed trial schedule for the mobile shop is:

- Monday 10:30 Nether Langwith. The Jug and Glass car park
- Monday 12:30 Elkesley Village Hall car park
- Tuesday 10:45 Misson Village Hall car park
- Tuesday 12:30 Mathersey Thorpe recycling bay off Keyes Rise
- Wednesday 10:30 Rampton play area car park
- Wednesday 12:15 Tuxford Town Council car park
- Thursday 10:30 Misterton Pudge land in front of church
- Friday 10:30 Beckingham car park of the Village Hall.

Friday 12:30 Clarbrough Village Hall car park.

Further information:

We are starting the trial off with the following price structure
 Any 10 ambient items £4
 Any 15 ambient lines £6
 Any 20 ambient lines £8 (this is the max number per week per shop based on a subsidy level we can maintain)

We will also offer fresh items such as apples, eggs, bread, bananas, onions, carrots, potatoes etc at 50p a portion.

Robert Garland
Manager, Food Hub Distribution Centre
 c/o CSL Shrewsbury Road, Manton, Worksop S80 2TU
 07841 564 089

Never memorise something that you can look up
Albert Einstein (1879-1955)

Use Google for simple sums or conversions. For example '6 inches in cm' gives the immediate answer of 15.24 cm.

LAWNMOWERS
Tony Halford



Plant & Grass Machinery Specialist

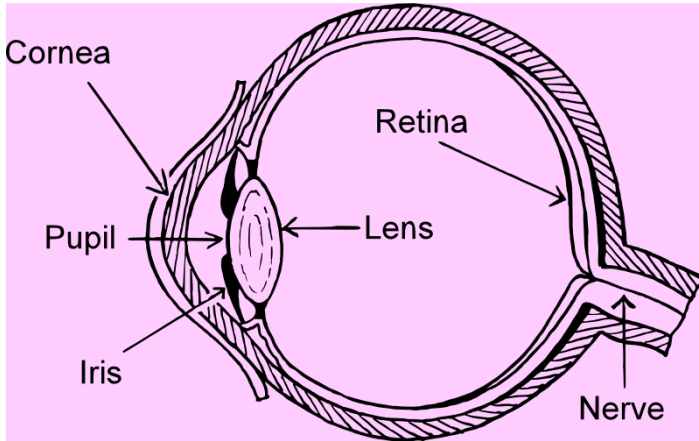
36 Albert Road, Retford, Notts. DN22 6JB

Tel: (01777) 860 704
Mob: 07976 941 407

Cataract Ops? Don't worry!

Not surprisingly, the idea of having your eyeball cut in surgery to swap the lens inside can be a really challenging idea! This was something that your Editor experienced in early August 2022 having had a series of optical consultation over previous months.

On the morning of my surgery I made my way to Newmedica's centre at Barlborough and started a series of eye-drop procedures that began with ones to open my pupil



as wide as possible. After about 30 minutes this was followed a local anesthetic drop which, I was told, would completely remove any feelings from my eye. I was more than a little doubtful about that given that even as I was guided into the surgical suite, I had full control over the movement of my eye!

Surgery involved me laying on my back and then having a light plastic sheet placed over my face with a gap in it to

allow my surgeon's access. A bright light unit was then lowered over me and I was told to continue to look directly into this light for the duration of my operation.

Cataracts are caused by a build-up of protein that clouds the eye's lens, which leads to blurred vision and eventual blindness so my operation involved making a small slit in my cornea, removing the affected lens and replacing it with a plastic one. The procedure took about 15 minutes and although staring at the bright lights was 'interesting' I was barely aware of any visual movement in my eye – and no feelings at all!

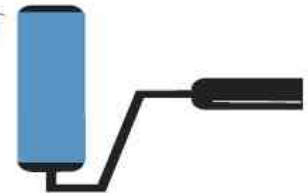
To remove the defective lens a procedure called *phacoemulsification* uses a needle-thin probe into the lens substance where the cataract has formed to transmit ultrasound waves, which break up (emulsify) the lens and suction out the fragments – this machine made an 'interesting' noise close to my head! The very back of the lens (the lens capsule) was left intact to serve as a place for the new artificial lens to rest when inserted. This new lens – an *intraocular lens* (IOL) – was flexible so was folded for insertion so that the incision in my eye could be small enough not to need any stitches afterwards. Job done!

My only discomfort associated with this surgery has been some 'grittiness' in my eye for some days after surgery. I was provided with two sorts of eye drops to be used three times each day for about three weeks after surgery. The initially very cloudy vision in that eye progressively improved such that by the end of the first week my sight was much better than before my op. Over the next couple of weeks my sight improved sufficiently to allow me to read without specs!

The final step was to get a new eye test and new spectacles to take my improved vision into account.

Editor

ANDI GRAY
PAINTER & DECORATOR



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Be the best you can be!

As Autumn begins, and the leaves and weather begin to change the fantastic teaching and learning continues at Clarborough Primary School. The Autumn term has brought a lot of change with children moving to new classes and new challenges which they have been eager to meet and overcome.

With the coming of Autumn came Harvest Festival and our chance, as a school, to reflect on what we have and how we might help those around us. We were fortunate enough to be invited to the local church, St Johns Baptist Church,



for a Harvest celebration. The whole school walked in convoy to partake in a morning of singing, harvest activities and reflection. It was a fabulous morning that ended with all of the children making links to form a huge paper chain. Each link with a message from one of the children where they had written about what they were thankful for this year.



Following on from our wonderful trip to the church, the school took part in the Macmillan Coffee Morning. This was a huge success! The morning was filled with parents and children enjoying an early morning slice of cake with a tea, coffee or juice and buying a ticket for the raffle. It was truly breathtaking to see so many of our parents and young

people take part in the morning and give so generously to such a worthy cause. In the end we raised a grand total of £525.82 all of which went to Macmillan.

This term we had a long awaited residential for Years 6 and 5. The children spent a few days and nights at Hathersage. Here the children partook on some adventurous activities whilst expanding their cerebral skills and understanding of the natural world. There were some woodland walking, swimming, River investigations and a stop off at Chatsworth for a jolly on their adventure playground. The coach was filled with happy but exhausted children and adults after such a fun filled and busy few days.

At the start of November, we took part in a number of remembrance activities across the school. This ranged from art work to poetry and other writing genres. With the Year 6 class delving deeper into the topic with their Autumn topic being WW2.

We are also excited to say that we have a few spaces available in Nursery for the January and Easter intake. If you would like to come and have a look around the school, please don't hesitate to get in touch and book a tour.

BBC's audio-visual archive opening!

The BBC's archive of masses of audio-visual recordings dating back to the 1940s is being released on its bbcrewind.co.uk website to celebrate its 100th birthday. Searching of this by UK Nation and region will help users home in on material of interest.

Editor

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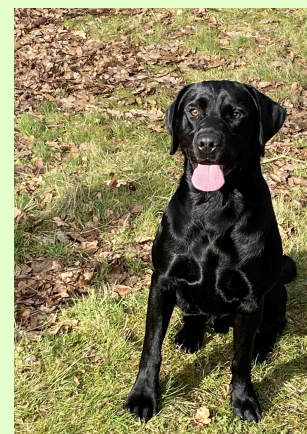
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Open-source no-costs apps world for computers – here!

Did you know that you don't need to spend anything on apps ('applications' to most of us!) to make your laptop or PC a 'working environment. This applies whether that's for home use or small business?

The open source world – applications or other products – has more computer products in it than those from Microsoft and Apple combined and is the main driver of the whole internet! For computer users normal commercial copyright agreements that forbid copying with severe punishments if infringed are replaced by 'copyleft' statements encouraging copying and sharing!

Would you like to get to grips with the likes of Libre Office which is completely compatible with Microsoft's Office 365 – it can both read and write the likes of Word, Excel and Powerpoint files. Or are you itching to get to grips with your camera or phone images but can't afford the astronomical costs of the likes of Adobe's Photoshop then open source GIMP (GNU Image Manipulation Program) is just for you! This is a very sophisticated tool but has some important image editing facilities that provide users with stepping stones to professional results.

If any of the above are of interest or if you'd like to explore whether moving from Windows 10 to Windows 11 is something to consider soon (it isn't!) then get in touch. Clarbrough & Welham IT Group has two separate sessions planned for January 2023 onwards:

1. Wednesday morning (10:00-11:30) starting 4th January for 5 weeks: Fees £30 total.
2. Saturday afternoons (14:00-15:30) starting 7th January for 5 weeks: Fees £40 total.

Wednesday sessions will explore the Windows 10 to Windows 11 issues and then explore uses of Libre Office in terms of Word processing, Spreadsheet uses for record keeping, calculations, etc. and even, if time allows, a bit of Powerpoint use for displays and presentations. None of these sessions will depend of group members being savvy with any of these applications or procedures – we will start very much with 'basics'.

Saturday mornings will be a GIMP group – we will explore the use of this application to edit, improve and manage users' own camera or phone images – including tranfering them from your own device(s) to laptops. If time allows we would also explore the use of our scanner to create images for editing from other media including copying old photos ready for upgrading.

We have a suite of Windows 10 laptops for user or folks are welcome to bring their own. If these are Apply laptops, GIMP is compatible with these – as it is with Linux distros too.

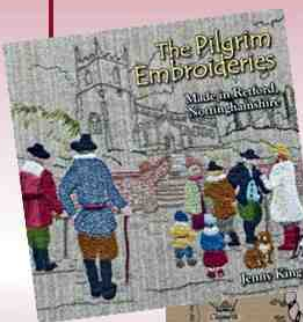
If any of the above is of interest or you'd like to book your place(s) get in touch with Greg on:

01777 700 918 or email clarbroughwelham@gmail.com

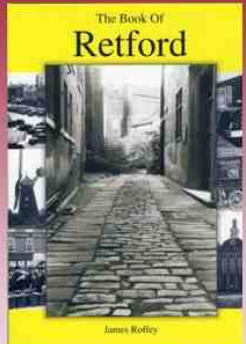
Your IT Group is up and running again!

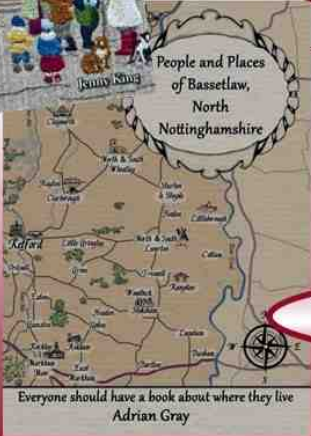
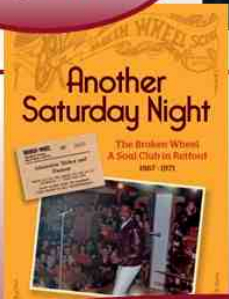
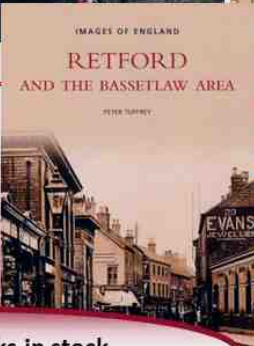
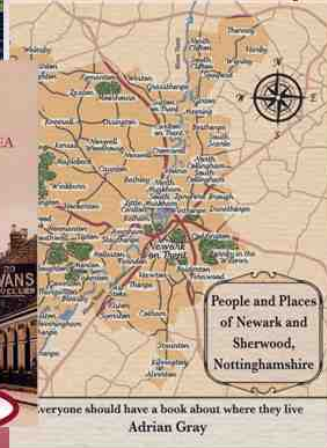
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Adrian Gray



Your Parish Council (Part 1 – What is a Parish Council?)

The workings of Local Government are strange and complex and a mystery to most of us. We are 'us' and they are 'they' – "Why don't 'they' sort that out?", "What are 'they' doing about that?" etc etc. We all saw the hilarious viral video of Handford Parish Council, which probably sealed in everybody's mind what a Parish Council is like. It does not represent our Parish Council meetings in any way!! This is the first of a short series of articles which hopes to sort some of the Local Government Myths from the reality of **Your Parish Council**.

What is a Parish Council?

Rural areas of England are divided into Parishes. Urban areas – like Retford do not have Parish Councils. The first *Myth* to sort out is Church Parishes and Parish Councils. They are not the same!

A Church Parish is linked to Church of England Churches (or other denominations) and where the congregation is drawn from. They have areas eg St John the Baptist Church in Clarborough has a different Parish to St Peter's Church in Hayton. A Parish Council is a Civil, not religious, organization.

Clarborough and Welham Parish

The Clarborough and Welham Parish Council (C&WPC) covers Clarborough and Welham villages – but not Hayton, which has its own Parish Council. C&WPC has a northern boundary which runs from Blue Stocking Lane, down Clarborough Hill and Smeath Lane to Gypsy Corner. The western side, from Gypsy Corner, is a bit of a wiggle to the Hop Pole (the Hop Pole is not in the Parish) and then to Leverton Road. The southern boundary is along Leverton Road and up Leverton Hill as far as Cadow Lane, (there is a 'kink' here which is too vague to describe!). After following Cadow Lane and crossing Whinley's Lane the eastern boundary runs back to the start along Blue Stocking Lane. Boundaries always run down the middle of the road so on Smeath Lane, one side is in Clarborough and Welham Parish – the other in Hayton Parish! Until about 1934 the Parish stretched right into Moorgate in Retford.

Relationship to other Local Authorities

A Parish Council is the most local and so smallest of Local Councils. All legal decisions are based on what the Law of England allows. The next level of Government is the District Council, followed by Nottinghamshire County Council and then the National Government. Each higher level has, generally speaking, higher levels of responsibility.

There is now a plan to insert another tier of Local Government between the County Council and National Government based on co-operation between Derbyshire and Nottinghamshire County Councils and the City Councils of Nottingham and Derby! This would be called The East Midlands Mayoral Combined Authority and be the third largest council in England. **Editor's note : See page 17 for much more on this proposal.**

Each of these higher level Councils have different, but often overlapping, areas of responsibility – hence the constant confusion over who does what!

Parish Councils have to work 'under' the responsibilities of the higher tiers.

More in the next issue!

**Paul Willcock
Parish Councillor
Clarborough & Welham Parish Council**

Editor's note: Visit our community website's **Local History > Clarborough History** for much more on our Parish's history.



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BCVS NEWS

Bassetlaw Community and Voluntary Service

A Social Prescribing Success Story



Following an accident that left them paralysed, a patient was referred into one of our Social Prescribing Link Workers. The patient had previously been a keen angler and in the conversation with the Social Prescriber they talked about their dream of being able to fish again. They had been confined to 4 walls a lot of the time, and were not able to find anyone that could help them make their dream become a reality.

A joint home visit with the Social Prescriber and the patients Physiotherapist took place and there was a productive discussion about adapted techniques and the types of fishing tackle that could be used from a wheelchair. The Social Prescriber visited fishing lakes until a suitable site with vehicle accessible concrete fishing platforms was found. A very helpful lake owner confirmed that they would be able to come and assist the patient if any help was ever needed.

The Social Prescriber attended the fishing lake with the patient on their first visit and since then the patient has regained their passion for this hobby and spent time sorting their fishing tackle out to find the equipment that works best.

They now go fishing regularly with family.

They feel like they have their old self back again, and that they are feeling much happier.

As a result of this work, the patient has reduced their level of loneliness, been supported with progression towards improved self-care and the overall result has also improved their mood and physical activity.

If you feel like you would benefit from the Social Prescribing service, you can self-refer here - www.bcv.org.uk/nnspreferal or telephone BCVS on 01909 476118 for more information.

Cost of Living Support Volunteers Required CommuniTea comes to Retford The Power of Social Prescribing

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www.bcv.org.uk/costofliving

Could you volunteer at the winter vaccination clinics?



The upcoming vaccination clinics taking place throughout the winter months across Bassetlaw are on the look out for volunteers. If you think you might be able to spare a few hours a week to help, please email Annie Parry - involve@bcvs.org.uk

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ON TOUR



Mon 5th Dec - Hallcroft Methodist Church
Tues 6th Dec - Grove Street Methodist Church
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web: www.bcv.org.uk | email: bcvs@bcvs.org.uk | Charity Number: 1140782

tel: 01909 476118

Retford Arts Hub continues to go from strength to strength

We will be offering some amazing clubs and activities for the local community during November and December.

Our new **Kids Club** is held fortnightly on the 2nd and 4th Saturday of each month. (12th and 26th November. 10th December.) It is for ages 7 to 11 years, great fun and rather messy! We are very grateful that the kids club is being sponsored by Retford Arts Society.



Have you seen Grayson Perry? Well, our new look **Thursday Art Club** resembles his sessions apparently! Fun, relaxed and can be rather messy too! This

adults art club is weekly on Thursdays from 10:30 to 12:30. Come along and meet other artists or would-be artists... and be inspired to have a go.

On **Fridays**, we have an **Adults sewing machine club**. We have machines for you to use and you can learn from others in a friendly, sociable atmosphere.

We are having our annual **Xmas Fayre** in the gallery at the Arts Hub from **17th November to 17th December**. It will be full of exciting, handmade, beautiful gifts.

There will be; locally made arts and crafts, cards and some surprises too, so do come along, support the artisans and have a browse.

Finally, in January, we will be having our annual Sale; look out for details on our social media or in the shop on Cannon Square.

If you are interested in any of the above clubs, please contact us on; info@retfordartshub.com or call into the Arts Hub on Cannon Square, Retford.



@RetfordArtsHub



Retford Arts Hub

Clarbrough Church News

We are continuing to share services each month with the Clays Group.

Please contact 07989 895 813 to arrange for transport if you need it.

- Nov. 6th 18:00 Clarbrough. All Souls service (Please ring or text names you would like to include to 07989 895 813 up to one week before.)
- Nov. 13th 10:45 Hayton Remembrance Service – we are at Hayton this year.
- Nov. 20th 18:00 Clarbrough Celtic Reflection with Revd Mark
- Nov. 27th 16:00 Clarbrough Advent Sunday Special Service

Plans for Christmas: The Christmas Fair will be on November 26th, with an Advent Sunday service at 18:00 on 27th November. A carol service, led by Mrs Keating and the choir, will be at 16:00 on 18th December. Our Christmas Concert this year is on Thursday, 1st December and will feature The Salvation Army band and Village Harmony.

We were delighted that our village school is once again able to come to church for some of their activities. We were able to welcome them at the end of September for a fun and informal harvest service taken by Revd. Mark.

At the end of October we hope year six will join in the planting of trees to help create a church nature reserve.

Later in the term, one performance of the school nativity was in church.

A letter has been received from Allegra Voices thanking us for allowing the use of the church for practice when they could not afford to hire anywhere. They are to continue the use of the church and hope to be able to pay for hire soon.



The Bassetlaw Youth Council met on 14th September at the Bridge Skills Hub in Worksop where members had a tour of the facility, followed by a discussion on the positives and negatives for Young People of the D2N2 devolution deal. This was followed by a vote where the BYC were in favour of the deal 5-3.



The next BYC meeting will take place on 17th November at Retford Town Hall from 18:00-19:30 where there will be a 'Cake and Debate' on the current voting age.

If you would like more information on the BYC please contact : youth.council@bassetlaw.gov.uk

The way to get started is to quit talking and begin doing.
Walt Disney (1901-1966)

You must be the change you wish to see in the world.
Mahatma Gandhi (1869-1948)

National Holocaust Centre and Museum plus Art Exhibition

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

From November 5th, Newark's elegant 18th Century Buttermarket building will become to an unmissable event,



which showcases the work of over 40 professional artists and sculptors, brought together to create a breathtaking display of raw emotion. 'Six Million White Roses' is a unique exhibition dedicated to the six million Jews murdered in the Holocaust, victims of war worldwide, and those who stand up to hatred. This Charity event, organised and curated by Susi Wright of Meander and Mooch Gallery, artist Lynne Whitfield, and Jill Robinson of The National Holocaust Centre, aims to hit the observer squarely between the eyes, taking them on a roller coaster of emotion, all at once uplifting, though provoking, emotional and humbling.

This exhibition, which intends to pull no punches, includes work by Ruth Schweining glass artist and Holocaust survivor, Tom Voyce winner of Sky Landscape Artist of the Year 2017, internationally acclaimed artist Harry Charles Tim, East Midlands sculptors Nita Rao and Jennie McCall, ceramicists Jillian Riley and Soo Durham and many more. The public can immerse themselves in this event daily, except Sundays, from 10am- 3,30om from November 5th to 26th. Admission Free. Children Under 15 must be accompanied. The Buttermarket, Town Square, Newark on Trent, NG24 1BY.

Contact Susi Wright meander: mooch@icloud.com or Jill Robinson : Jill.Robinson@holocaust.org.uk

Six Million White Roses

"I paint flowers so they will not die"
Fiona Kurland

An exceptional art exhibition dedicated to the six million Jews murdered in the Holocaust, victims of war worldwide, and to those who stand up to hatred. All artwork is for sale and supports the National Holocaust Centre and Museum, Leamington Spa, Nottinghamshire.



The Buttermarket, Market Square, Newark on Trent NG24 1BY
From Saturday 5th to Saturday 26th November 2022
10am-3.30pm daily except Sundays
Admission FREE

Meander and Mooch | National Holocaust Centre | Whitfield Art



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Retford & District Historical & Archaeological Society

Programme for 2022-2023

- 9th November **Essential Skills for an Ice Age Journey**
Daryl Garton
- 14th December **'Tis the Season to be Jolly**
Celia Lord
Lecture followed by refreshments
- 11th January **Historical Highlights from Bassetlaw**
Adrian Gray
- 8th February **A History of the St Leger: The First Classic Horse Race.**
Tony Barber
- 8th March **Trench Art of The Great War**
Richard Pullen
- 12th April **Grace's Diary: The Journal of Grace Jane Dexter 1884 - 1893**
Rowena Edlin-White
- 10th May **AGM followed by The Drainage of the Isle of Axholme**
Angus Townley

Meetings are held in Chapelgate Hall, behind Grove Street Methodist Church, Retford, and commence at 19:30.

The annual subscription to cover all the above meetings is only £10.00. There is no monthly meeting fee. **If you want further information or wish to join please ring Colin Whitham on 01777 702 475 for an application form, or just turn up and join at your first visit.**

You are welcome to come as a visitor for £2.00 per lecture.

We also organise 1 day trip and at least 2 evening trips during the summer.

New members are always welcome.

Summer is over!



Well, what an incredible summer season we've had at Muddy Fork. It's not only our plants that are growing and thriving but also our community. We are so fortunate to have wonderful

links within the local community helping and cheering us on. For this we are eternally grateful and humbled. We are also growing our community during our session with numbers rising, friendships developing, support increasing and a sense of community continuing and strengthening. Here is a photo of a few of our new members.

Harri has been with us nearly a year now (it may feel longer to some) and is still loving the Muddy Fork life. We are



extremely happy to announce that we have a new member of staff, Pete. Harri and Pete are a great team with different skills and knowledge but a shared belief in the project and what Muddy Fork does. Pete brings with him a wealth of gardening experience and much to Harri's delight he loves digging, building and the cold weather in contrast to Harri who like seed sowing, planting and the sun. You will often find them laughing and chatting down the garden.

This year our newly cut flower patch has been a great success. We have had dahlias, sunflowers, cornflower, straw flower, rudbeckia, cosmos and sweet peas aplenty. The bees have almost been as delighted with the cosmos as Harri.



Thinking of others as you prepare for Christmas with family and friends - try to include Fairtrade products in your choices. Contact Kathy Cowbrough- a local seller of Fairtrade products from Traidcraft: Kathy.Cowbrough@gmail.com or visit www.Traidcraftshop.co.uk for Christmas ideas.

Local Library Events



Family History Workshop:
"Exploring Ancestry"
At Retford Library

Saturday 12th November, 10:00 – 11:30

Join one of our Librarians for a small group session, where they will demonstrate some of the lesser-known aspects of this valuable Family History research tool. Ancestry.com is FREE to use in Inspire Libraries, and at Nottinghamshire Archives.

The session is free to attend but places are limited so booking is essential – book at inspireculture.org.uk, in person at the library or phone 01623 677 200.

To explore many more events at local libraries over the coming months, go to your community website (www.clarbrough-welham.org.uk) and then the **Out and About > Retford Library** link from the home page's main (left-hand) menu.

Editor

Do you require any landbased training?

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Bowling Club supports Canal Trust

The Captains of Retford Bowling Green, Carol Norman and Chris Bromley, decided to support the Chesterfield Canal Trust as their chosen charity this year, to aid its important work in restoring this historic canal. The sum of £300 has been raised from various events throughout the bowling season with raffles, bowling "spiders" and social events. Bowling, Associate and Social members have enjoyed these events being pleased to take part and support the chosen charity as they always do.

Rod Auton, Secretary of the Chesterfield Canal Trust, received the cheque and said "We were very honoured to be chosen as the Retford Bowling Club's charity this year. We are absolutely delighted to receive this wonderful donation which will go towards the future restoration of our beautiful canal."

Retford Bowling Club is celebrating its 125th anniversary this year and has held various events highlighting the club and its merits. The club has a combined membership of around 140 people but welcomes and encourages new members of any age and ability. It not only offers bowling in the summer season but also a varied winter programme including social activities, events and fortnightly Coffee Mornings (Fridays) an ideal opportunity to come and meet us.

Anyone who may be interested in joining or coming along to meet us would be very welcome, or for more information please contact rbgpublicity@gmail.com or visit our Facebook page <https://facebook.com/RBGLTD1897/>



Photo: Carol Norman, Rod Auton and Chris Bromley

Canal boat trips with Santa

The Chesterfield Canal Trust has started taking bookings for its hugely popular Santa Special cruises.

Publicity Officer, Rod Auton, said: "This might seem a bit early to be thinking about Christmas, but well over 100 seats were booked in the first 24 hours. If you want to be sure of a place on the date and time of your choice, it is a good idea to book soon."



The Trust is offering cruises on four different boats from four different venues.

John Varley II will be running from Tpton Lock in Chesterfield, *Madeline* will be operating from Hollingwood Hub in Staveley, *Hugh Henshall* will be in action from Shireoaks near Worksop and *Seth Ellis* will be cruising from the Chequers Inn at Ranby.

On all these Santa Special cruises, there will be a present for every child, and a mince pie and a drink for every adult. The fare is £9 per person.

Booking is essential. There are links to the booking sites for each boat on the Trust's website – just search for Chesterfield Canal Trust.

Last year, the four boats carried over 2,300 passengers. The Trust is expecting a similar number this year, so presents are being wrapped, mulled wine and mince pies are being ordered, the elves are smartening up their uniforms and Santa himself is practising his steering skills.

Don't miss out – book now!

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Our Parish Pasture

In 2017 our Parish Pasture came into being as a result of the successful Referendum for the Neighbourhood Plan (NP). The legal process for transfer of the land from Bassetlaw District Council to Clarborough & Welham Parish Council is still ongoing!

The Vision

The Vision in the NP was of a field being converted into three sections, Allotments (achieved by 2018), Community Orchard (started by December 2021 with continued development taking place), Open Green Space (work started in 2017 and on-going ever since!).

Open Green Space

This takes just over 4 ¼ acres, about 80% of the total land of the Parish Pasture. The Vision for this land was for it all to be converted into a Wildflower Meadow and with new native British trees being planted.

Unfortunately, detailed soil analysis showed that the soil had too much fertilizer in it to be successful in growing wildflowers. As it had previously been used by a farmer to grow crops this was not surprising! Following expert advice we removed the topsoil – and thus the nutrients - from 1,000 m² to form 3 ‘scrapes’ where we could grow wildflowers. We killed off all the existing grass, weeds and mainly thistles with weedkiller across the whole Pasture. We then reseeded with an 80% grass to 20% wildflower seed mix. We also planted some 150 new trees, mostly as whips (300 mm tall tree plants).

Work in 2022

The trees are growing well, many being up to 1.5 – 2 m tall. About 95% of trees planted over 3 years have survived. Each of the three ‘scrapes’ has been sown with a different wildflower mix to produce differing displays through the spring and summer. Around 1,000 bulbs and plants have been put into the Birch and Ash Woodland areas – mainly Snowdrops, Cowslips, Primroses which gave a good display this Spring. Bluebells were also planted but with considerably less success.

But . . . ‘Why does this look such a mess? Why don’t they cut it?’

There have been comments relayed to the Group about ‘Why does this look such a mess?’.

The Open Green Space was never intended to become like King’s Park in Retford. It was always intended to become a full wildflower meadow. These are grown and managed for the good of the wildflowers and this is what we are aiming for. The western side (ie between the footpath and the hedge) is dedicated and managed solely for the wildflowers. It is a process which will take many years – maybe 20 years! Only one cut is made on this part of the Pasture each year. This allows the flowers to grow, seed and then drop their seed. Following mowing, which takes place in early September, the plants dry and shed their seeds. The hay is then gathered and taken away.

The taking away of the hay is slowly removing nutrients from that area and the whole area is very, very slowly

becoming more suitable for more wildflowers to grow and spread. Hay removal is vital for this.

Cutting more frequently would not allow the seeds to develop and would not allow the cut plants to be baled and removed. We would see no progress on increasing the number of wildflowers. It would look neater – **but would never become a wildflower meadow.**

We cannot treat the eastern side of the Open Green Space in the same way as the machinery needed to cut and bale is too large to move between the trees. It is, therefore, treated by more regular cutting at 3 to 5 times through the summer – although not this year! It is a question of ‘needs must’.

Talk to us!

We try to keep the public informed about what we are doing - and why - with signs and posters. Please don’t just moan about it – come and ask what we are doing. There is always a good reason for our actions on the Pasture!

Better still – come and help us to develop **your** Parish Pasture! There are always lots of jobs to do!

Paul Willcock
Clarborough & Welham Parish Councillor

I cannot lead you into battle. I do not give you laws or administer justice but I can do something else - I can give my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations.

Her Majesty, Queen Elizabeth II

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A Success

As a result of the 2017 Neighbourhood Plan being 'Made' at the Referendum, it was agreed by Bassetlaw District Council to 'Gift' approximately 5.25 acres of land to Clarbrough & Welham Parish Council. The land, named by the Parish Council as the **Parish Pasture**, has been divided into three areas, Allotments and the Community Orchard together occupy just over 1 acre of the Parish Pasture.

Open Green Space

An Open Green Space makes up the remainder of the land. With help, advice and finance from a large number of local and national organisations the land has been established as an area of general grassland, trees, new hedges and wildflowers.

One of the concerns of residents when the 'Open Green Space' was suggested was the effect on existing wildlife. The added hedging was seen as providing 'wildlife corridors' for field mice, shrews and other small mammals. The added grass land encourages ground nesting birds, butterflies and moths as well as many other species of insects. This is why we ask that people and dogs stay on the paths which either circle or cross the **Pasture**.

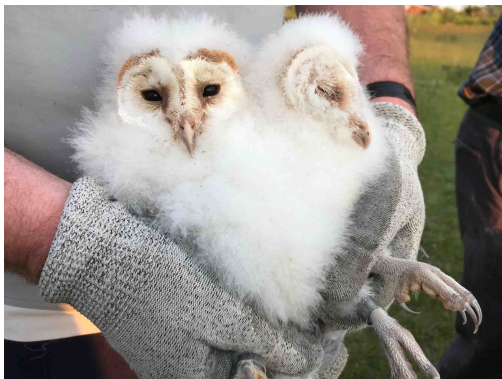
An 'Owling Success'!

Barn Owls, Tawny Owls (the 'hooting' type) and Little Owls were all known to hunt in the area and one of our greatest concerns was to encourage the continued use of the land by hunting owls. With the help of three local farmers a Retford based owl specialist was able to install an Owl Box on 14th February 2020.



Despite warnings that it could be years until it was made home by an owl of any species, in May 2022 an owl was seen near the box and a couple of weeks later two were seen there. They proved to be Barn Owls! By early June noises in the box suggested that there could be Owlets – or chicks – in the box. The adult owls were seen hunting and returning to the box regularly. This looked very promising!

On 15th June 2022 our owl expert returned with a ladder and a companion to investigate. The result was that two Owlets, about three weeks old, were



removed, weighed, measured, sexed, and ringed. They were replaced after only a few minutes out of the box. The adults immediately returned to the box.



On 8th July the two owlets, now almost fully fledged, were seen outside the box examining the world. On 23th July one of them was seen flying and by 6th August they were all gone! To make a life of their own in the world! Maybe they will return in 2023?

The group were very keen to allow the owl adults room to raise their chicks without interference and so knowledge of the whole process was restricted to just the few members of the group.

Paul Willcock
*Clarbrough & Welham Parish Council Councillor
Chairman, Friends of Parish Pasture Group*

Anglian Water notices of local water supply issues

Go to Anglian Water's website home page at: <https://www.anglianwater.co.uk/> and enter your post code in the **In Your Area** box at the bottom of the home page which opens a local map.

Once the map has been displayed click on **Keep Me Informed** at the top of this window which opens a window to the left of the map offering you an option to sign up for regular email notices of local service activities. This box also allows you to adjust the (initially 200 metres) radius of area for you to receive notifications – just slide the big 'blob' to increase the radius of interest. A very useful service regularly used by your Editor!

Editor

Bassetlaw ACTION Centre

MAKING A DIFFERENCE THROUGHOUT BASSETLAW

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

HOME SUPPORT WORKERS REQUIRED

£9.60 per hour plus £1.16 per hour holiday allowance.
Higher rates for weekends and bank holidays.
Own Transport Required as work is throughout Bassetlaw.

The Home Support service aims to enable individuals to remain independent in their own home and provides help and support covering a range of domestic services including general cleaning, shopping, correspondence, befriending and assisted visits.

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**

Chris's Banana Tea Bread



The following makes one large, loaf-tin sized, cake:

- 7 oz (200g) S.R. flour
- ¼ tsp bicarbonate of soda
- ½ tsp salt
- 3 oz (85g) butter
- 6 oz (175g) sugar (or reduce to taste)
- 2 eggs
- 1lb (450g) peeled bananas, mashed (riper and darker the better)
- (Optional) 6 oz (175g) chopped nuts - walnuts recommended.

Oven : gas mark 4 / 175°C / 350°F

Method

1. Place all dry ingredients in a large bowl. Mix well.
2. Rub-in butter – see ‘Sewell method’ below.
3. Mash and then add bananas (+ nuts) – stir well to mix.
4. Beat in eggs. Mixture should have a thick dropping consistency.
5. Spoon mixture into greased 10” (25cm) loaf tin.
6. Bake in the centre of oven for 60-75 mins (it may be necessary to cover in the latter part of this slow baking to prevent the top burning).
7. Turn out onto a rack to cool.

Notes

Over-ripe (grey skins) bananas make an excellent cake and also make the mixing-in of these so much easier.

This cake also freezes well.- plus a quick ‘blast’ in the

microwave (10-15 seconds) after thoroughly defrosting gives that ‘just-from-the-oven’ taste.



Sewell Method of rubbing-in

The process of ‘rubbing-in’ is both time consuming, messy and hard work, particularly if you have dexterity problems. Anna Sewell, late Head Teacher of Clarborough Primary School, developed this method which has proven universally applicable. All you need is a fork and a microwave!

- Put all dry ingredients in your bowl as per recipe.
- Weigh out the fat component (butter, margarine or alternatives) into a microwave-resistant bowl.
- ‘Blast’ in microwave for a few seconds until fat has all melted (experiment!)
- While mixing the dry ingredient with a large fork, drizzle the molten fat into the bowl, pausing every few seconds to ensure that no really large lumps develop. Ensure that all dry ingredients receive a drizzle by mixing thoroughly.

- If a particularly fine crumble texture is required, put bowl in fridge for 15mins and then re-work to break any remaining large lumps.
- Rubbing-in now done – carry on recipe above from point 3.

Editor

Street harassment is on the rise and is often not an isolated incident. We know the long-term impact can harm mental health and change people’s behaviour. Victims often feel guilty, ashamed, and blame themselves.

Witnessing street harassment and not safely intervening

sends the message to those experiencing it that it’s okay and society normalises it. Ongoing acceptance of street harassment contributes to a toxic culture. We want to change this, but we need your help.

Today we are launching a campaign that targets **bystanders** (those who witness street harassment), be those Neighbourhood Watch members or not.

The campaign encourages those who see someone being harassed in public to ask the victim if they are okay when they feel safe doing so. Those three little words let them know that they stand by them and that street harassment is never okay.

‘This simple action is a delay technique and part of the 5Ds of bystander intervention developed by Right to Be. By asking, ‘Are you okay?’ we become active bystanders and send the message that harassment is not okay. There are further actions that people can take, but our campaign focuses on the simplest step everyone can take.’ Deborah Waller, Head of Communications and Digital, Neighbourhood Watch Network. Learn more about what we mean by street harassment, what else can be done about it, and reporting and support for victims by visiting : ourwatch.org.uk/streetharassment.

Visit ourwatch.org.uk/areyouokay to download all the resources you might need to support our campaign and share this message far and wide.

If you see it, ask it!

Avoid 'Ghost Brokers' at all costs!

A "Ghost Broker" is term used to describe a fraudster who pretends to be a genuine Insurance Broker in order to sell fraudulent car insurance.

Recent research has particularly emphasised the risks of seeking cheap car insurance on key social media platforms. For instance, more than half of those investigated on Instagram were extremely suspect; 7 out of 50 pages reviewed on Facebook and two out of 50 TikTok profiles were equally suspect.

Ghost brokers either apply for a real policy but change some applicant details to reduce the cost or even forge the paperwork.

Make sure you trust your insurance broker!



Editor

£1.14 billion devolution deal for the East Midlands

The Government has confirmed that a £1.14 billion devolution deal is on offer for the East Midlands, covering Derbyshire, Nottinghamshire, Derby, and Nottingham.

The deal will provide the region with a guaranteed income stream of £38 million per year over a 30-year period. Covering



an area home to around 2.2 million people, an East Midlands combined authority would be one of the biggest in the country.

All four city and county council leaders in Nottinghamshire, Derbyshire, Nottingham and Derby have signed up to work on this devolution deal with the government.

Barry Lewis, Leader of Derbyshire County Council, Ben Bradley MP, Leader of

Nottinghamshire County Council, Chris Poulter, Leader of Derby City Council, and David Mellen, Leader of Nottingham City Council, met with Greg Clarke MP, the Secretary of State for Levelling Up, Housing and Communities, on Tuesday 30th August at Rolls Royce in Derby, where the leaders agreed to the devolution deal in principle.

The councils will work on the details of the deal and each council will take a report to approve a more detailed proposal for a consultation later this year, so that residents, businesses, and other organisations can have their say.

The deal is one of the first of a new type of combined authority, requiring new legislation from central government. As well as the £1.14 billion, it includes an extra £16 million for new homes on brownfield land, and control over a range of budgets like the Adult Education Budget, which could be better tailored to the needs of people in our communities.

The devolution deal is a level 3 deal, which offers the most local powers and funding. It would mean a new elected regional mayor, like those in other areas such as the West Midlands and Greater Manchester, who would represent both cities and counties. The role of the mayor would be to look at major issues affecting the whole region, give the area more of a voice, and take advantage of local knowledge and expertise.

The deal means that a future mayor and combined authority could:

- Work towards Net Zero and cleaner air with new low carbon homes, retrofit existing houses with external wall insulation, promote the use of renewable energy, and protect and enhance green spaces, such as areas for wildlife and green verges.
- Build on the region's existing knowledge and expertise in green technology and promote the growth of a future low carbon economy by investing in related skills training at colleges and other training facilities.
- Set up and coordinate smart integrated ticketing and enhanced concessionary fares schemes.
- Work with Homes England to build more affordable homes, by using new powers to buy land and housing (With district and borough council consent).
- Enhance the region's economy by developing new commercial space to maximise opportunities. Work with national government on initiatives to address homelessness, domestic abuse, community safety, social mobility, and support for young people.

- Take advantage of economies of scale by using combined and devolved budgets to deliver more value for taxpayers and more cost-efficient services.

In a joint statement, Ben Bradley MP, Leader of Nottinghamshire County Council, Barry Lewis, Leader of Derbyshire County Council, Chris Poulter, Leader of Derby City Council, and David Mellen, Leader of Nottingham City Council, said:

"We welcome the £1.14 billion devolution deal from the Government on offer for our region. It's fantastic news.

"We want to make the most of every penny so this can be used to make a real difference to people's lives.

"As Leaders, we have all fought for a fairer share for our cities and counties, and a bigger voice for our area, to give us the clout and the influence we deserve, and to help us live up to our full potential.

"This deal would help make that a reality, creating more and better jobs through greater investment in our area, with increased economic growth, better transport, housing, skills training, and an enhanced greener environment, as we move towards being carbon neutral. These are what we all want to see, and we will work together for the common good of the East Midlands.

"We haven't always had the same level of funding or influence as other areas, which has held us back. This is a golden opportunity to change that and put the power to do so in our own hands.

"There is a lot still to be agreed, and this is the beginning of the journey, not the end. We're determined to build on this deal over time, as other areas have done."

Greg Clarke MP, the Secretary of State for Levelling Up, Housing and Communities, said:

"Today is a momentous one for the people of Derby, Derbyshire, Nottingham, and Nottinghamshire as we sign our landmark devolution deal, placing power and funding it into the hands of the local leaders who know their areas the best.

"Devolving powers away from Whitehall and giving local leaders the resource to determine their own destiny is at the heart of our levelling up agenda and this devolution deal does exactly that."

The four councils sent initial proposals to negotiate a combined devolution deal back in March, after being named as pathfinder areas by the Government in February and then being invited to apply for a devolution deal. The councils have been working with the Government to develop details of the deal, alongside discussions with district and borough councils, businesses, and other stakeholders.

If the devolution deal is formally approved, the Government will pass legislation bringing a new combined authority for the East Midlands into existence. The first election for a regional mayor for Derby, Derbyshire, Nottingham, and Nottinghamshire, would then be in May 2024.

The regional mayor would lead the new combined authority, which would also include representatives from local councils, with decision making powers and resources moving from London to the East Midlands.

This would not mean scrapping or merging local councils, which would all continue to exist as they do now and would still be responsible for most public services in the area. The mayor and combined authority would instead focus on wider issues like transport, regeneration, and employment across both cities and counties.

Devolution is backed by the East Midlands Chamber of Commerce, the East Midlands D2N2 Local Enterprise Partnership, the University of Derby, Nottingham Trent University, and the University of Nottingham.

Above text from Notts County Council news email on 1st September, 2022



Join a host of wonderful characters, in a fully interactive choose-your-own-adventure style workshop with the theatre-making team from Nottingham Playhouse. This is available across our county but will be at Retford and Worksop libraries on Saturday, 19th November.

Children and adults alike will love this unique chance to explore stories, characters and landscapes led by expert storyteller performers.

Explore a magical world, create your own props and make your own story-choices, finding friends and surprises along the way.

Sessions are ideal for children aged 2 - 5, siblings always welcome and parents/carers are positively encouraged to join in!

Entrance is FREE but booking is strongly advised.

Sessions last about 1 hour.

For session times and bookings, go to:

<https://www.inspireculture.org.uk/arts-culture/choose-your-adventure/>



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To find out much more, go to your community website's homepage (www.clarborough-welham.org.uk) and click on the above image.

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If you have any queries, do not hesitate to contact:
Michael C.Carnall 07836 375 808 / 01427 884 469
michaelcarnall@yahoo.co.uk

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

Dolly Parton (1946-)

Food Hubs in Bassetlaw



A Food Hub is available at these settings in collaboration with Rhubarb Farm, FareShare and the BFIN (Bassetlaw Food Insecurity Network)

The food is provided by FareShare and costs £3 per bag

- Every Monday - Kingston Park Academy - 2.30pm- Families Only
- Every Monday - Ramsden Primary 2.30pm - Open to the Community
- Every Tuesday - Lime Tree Nursery -12.45pm - Open to the Community
- Every Tuesday - Rampton Primary - 2.30pm - Open to the Community
- Every Wednesday - Sparken Hill Acacemy - 2.30pm - Open to the Community
- Every Thursday - Ordsall Primary - 2.30pm - Open to the Community
- Every Friday - Langold Primary - 3.00pm - Open to the Community
- Every Friday - Hallcroft Infants - 2.30pm - Open to the Community

Would you like a food hub at your school or location? Please email stephanie.henry@bcvs.org.uk for more information.



RHUBARB FARM PRESENTS COMMUNITEA ON TOUR

Enjoy a 2-course community meal in Retford this December for just £1 per person.

£1 each

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Hallcroft Methodist Church
Hallcroft Road, Retford DN22 7LQ

Tuesday 6th December
Grove Street Methodist Church
Grove Street, Retford DN22 6LB

To book a place please use the booking link or call 01777 702573

Bookings: use the above telephone number.

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

Who can have the flu vaccine?

The flu vaccine is given free on the NHS to adults who:

- are 65 and over (including those who will be 65 by 31 March 2023)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis
- are frontline health workers
- are social care workers who cannot get the vaccine through an occupational health scheme at work.



Starting from mid-October, people aged 50 years old or over (including those who will be 50 years old by 31st March 2023) can have a free NHS flu vaccine.

This is so at-risk groups can be offered vaccination first.

Where to get the flu vaccine

You can have the NHS flu vaccine at:

- your GP surgery
- a pharmacy offering the service – if you're aged 18 or over
- some maternity services if you're pregnant

Sometimes, you might be offered the flu vaccine at a hospital appointment.

If you have a flu vaccine at any NHS service except your GP surgery, you do not have to tell the surgery to update your records. This will be done for you. If you've been given a flu vaccine privately, or through an occupational health scheme, you can tell your GP surgery if you would like it added to your NHS record.

Note: Flu vaccine and Covid Booster vaccines can be given at the same time.

Children/Young People should have the nasal spray flu vaccine. The nasal spray flu vaccine is free on the NHS for:

- children aged 2 or 3 years on 31st August 2022 (born between 1st September 2018 and 31st August 2020)
- all primary school children (Reception to Year 6)
- some secondary school aged children
- children aged 2 to 17 years with long-term health conditions

If your child is aged between 6 months and 2 years and has a long-term health condition that makes them at higher risk from flu, they'll be offered a flu vaccine injection instead of the nasal spray. This is because the nasal spray is not licensed for children under 2 years old.

The nasal spray vaccine offers the best protection for children aged 2 to 17 years. They'll be offered a flu vaccine injection if the nasal spray vaccine is not suitable for them. Injected flu vaccines are also safe and effective.

Aurora Wellbeing Centre

Aurora Wellbeing is a unique therapy service providing support in the Bassetlaw community for people living with cancer and long-term health conditions. Support embraces families and carers, promoting good health and quality of life for everyone.

Aurora delivers its services from the Old Library and Museum building in Worksop. The building is located on Memorial Avenue within the Worksop Town Conservation Area and for several years it served the people of Worksop as a civic library and museum. But, like many buildings of its era, it lost its usefulness and despite numerous alterations over the years to find a purpose, it fell in disrepair.

The building is Grade II listed, recognised as a 'Heritage Asset' and is a much-loved building, loaded with happy memories. When Aurora Wellbeing moved in, the charity realised the buildings potential as a 'Wellbeing Asset' and kick started a heritage-led regeneration that would create a fit for purpose space to deliver services and give a functional building back to the community.

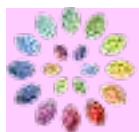


It also allows the charity to demonstrate that heritage is an effective route to improved wellbeing. Aurora Wellbeing secured funding from the National Lottery Heritage Fund to make it happen and their 'Heritage and Health project; returning the heritage to the old library and museum building, Worksop' began.

The regeneration has led to a therapy suite and 'Heritage Hub', which is open to visitors every day and shares the history of Worksop. There is also a programme of sociable, heritage-inspired activities, events and projects to boost our feelings of wellbeing.

Significantly, over 200 objects have returned to the building which are now on display in the newly created 'Heritage Hub'. Over 1000 more objects will be returned to Worksop digitally via the Virtual Museum and don't forget that Valerie's Tea Room now has a bright new home overlooking the park.

For heritage and culture, the investment has had a positive impact for Worksop and Bassetlaw and we hope this is just the beginning for the building and the people of Bassetlaw.



Inspire
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**Events at
Inspire
Libraries**

**Family History Workshop:
“Exploring Ancestry”**

At Retford Library

Saturday 12th November, 10:00 – 11:30

Join one of our Librarians for a small group session, where they will demonstrate some of the lesser-known aspects of this valuable Family History research tool. Ancestry.com is FREE to use in Inspire Libraries, and at Nottinghamshire Archives.

The session is free to attend but places are limited so booking is essential – book at inspireculture.org.uk, in person at the library or phone 01623 677 200.

Heritage Talk:

“Controversies in Coal Internment, impoundment, and intrigue at Harworth Colliery 1913-1924”

At Worksop Library

Wednesday 16th November, 14:00-15:00

Harworth Colliery had a chequered history during its eighty-two year working life. The controversy commenced right from its initial development by the Anglo-German firm, the Northern Union Mining Company, in 1913. The migrant sinkers were interned following the outbreak of World War One and the development of the colliery was stopped. Eventually, the Barber-Walker Co. from Eastwood restarted development of Harworth Colliery in 1919 with production starting in 1924.

David Amos will share the story of the near German colliery at Harworth, its demise and subsequent redevelopment after World War One.

Tickets are £3 and can be purchased in advance at inspireculture.org.uk, from Worksop Library or by phone on 01623 677 200.

Heritage Event:

“Worksop Town FC: Beloved and Betrayed”

At Worksop Library

Thursday 8th December, 19:30

(Doors open and licensed bar available from 19:00)

Join us in the library café for an evening of fascinating football and social history! In an illustrated presentation, local authors John Stocks and Dave Pickersgill will share milestones in the history of Worksop Town FC. This includes the FA Cup run of 1923 which culminated in matches against Spurs at White Hart Lane. A new, eagerly anticipated book called “Beloved and Betrayed” explores this remarkable chapter in the club’s history. Started by the late Lance Hardy in 2020 after years of research, and completed recently by John Stocks, with help and support from friends, the book will be on sale at the event.

Tickets are £3 and can be purchased in advance at inspireculture.org.uk, from Worksop Library or by phone on 01623 677 200.

For up-to-date news of what local libraries have on offer go to our community website’s *Out-and-About* > *Retford Library* page.

Get a Free Tree here!



Recent weeks have been dominated by the death of Her Majesty Queen Elizabeth II.

Along with Prince Charles – now, of course King Charles III (how strange that sounds) – she launched the Queen’s Green Canopy or as the then Prince Charles joked “a Jubil-tree” as part of her Platinum Jubilee celebrations. No, I don’t think it went down terribly well at the time either!

The Parish Council had requested a number of tree ‘whips’ from the Woodland Trust for planting in the Parish in order to mark the “Jubil-tree” and the Queen’s Green Canopy. With the recent death and funeral of the Queen it has been thought appropriate to offer some of these trees to Parish residents for planting in their own garden. If you like, a ‘Clarbrough & Welham Green Canopy’.

The trees on offer are all English native trees, they are ‘whips’ and come with a cane support and a plastic spiral protection. They are not garden decorative trees but include Oak, Hazel, Rowan, Birch and other common woodland and English forest species.

‘Whips’ are the smallest trees which can be obtained and are the type of trees you see planted in their thousands alongside new roads. They are between 300 – 600 mm (1 foot to 2 feet) tall. They are **very easy** to plant, taking only about 5 minutes, and only need weekly watering in dry spells. Surprisingly, they are also the most successful trees when planted. There have been over 700 tree ‘whips’ planted on the **Parish Pasture**, mostly in the new hedges, but also as individual trees. Those trees still in green tubes on the **Pasture** were ‘whips’ 4 years ago and some are now 2 metres (6 feet) tall. We calculate that the success rate for these trees has been about 95%!

*The Parish Council is offering 1 tree ‘whip’ per household in the Parish (including the cane support and tree protector spiral) – **free of charge** – for planting in your own garden. Your tree will come with planting instructions and will be available around mid-November, which is when we will receive them from the Woodland Trust. You will be allocated a type of tree at random.*

To request a tree ‘whip’ please leave your name, address, telephone number (mobile preferred) and an email address i(f you have one). Mobile and email allows us to get back to you most easily. Contact details are:

Phone: Text (preferred) or Voice Mail: 07581 531 595

email: paul@paulwillcock.com

If you have no electronic devices then please write the same information onto a piece of paper, pop it into an envelope, write ‘Tree Offer’ on the outside of the envelope and then take the envelope to the Spar Shop in Clarbrough and they will keep it safe for me to collect.

***Paul Willcock
Clarbrough & Welham Parish Councillor***

Science is a way of thinking much more than it is a body of knowledge.

Carl Sagan (1934-1996)

Hot on the heels of concerns over the Government decision to lift the moratorium on fracking, Nottinghamshire Wildlife Trust outlines anger at further Government measures it fears could scupper the prospects for nature's recovery and undermine people's quality of life.

Just days after highlighting the threat posed to the county's wildlife and landscape by the Government's decision to lift the moratorium on fracking, Nottinghamshire Wildlife Trust, the county's largest locally based environmental charity, has spoken of its anger at further measures it believes could scupper the prospects for nature's recovery and undermine people's quality of life.

The Retained EU Law Bill – introduced into the House of Commons by Business Secretary, Jacob Rees-Mogg on Thursday 22nd September – did not generate the same level of headlines as Friday's 'mini budget'. However, the Wildlife Trust believes that plans to reform and revoke hundreds of laws that have their origins in policies from the European Union could seriously undermine the Government's commitments to restoring nature and hamper, rather than encourage, economic growth.

Nottinghamshire Wildlife Trust fears that the ideological drive to unpick these laws threatens its ambitions to restore nature across the county and to secure wilder lives for communities.

It also believes that rather unleashing economic growth, the measures could unleash environmental impacts that stifle the transition to a successful green economy and damage people's quality of life.

Speaking about the threat Chief Executive Paul Wilkinson said:

"In the last few days, our Government has started on a path of potential environmental degradation and destruction in the name of economic growth. We're angry that the Government is preparing to unpick the legislation that protects our wildlife, wild places, water and air quality. It would seem that they're doing this for no other reason than the laws originated in Europe – ignoring the fact that the UK was a key player in drafting them. These laws were not forced upon us; we helped to shape them to protect the places and species we cherish."

Playing on people's genuine concerns over fuel prices the Government has used the war in Ukraine as something of a Trojan Horse to justify lifting the moratorium on fracking. But in the words of the Chancellor Kwasi Kwarteng – lifting it "would come at a high cost for communities and our precious countryside." and "No amount of shale gas from hundreds of wells dotted across rural England would be enough to lower the European price any time soon."

Now, we have the so called 'Bonfire of red tape' - largely affecting rules designed to protect our shared environment, precious places and threatened species - being presented as a means of unshackling growth.

A thriving economy, and society, is dependent on a healthy natural environment and the Wildlife Trust is concerned that this could backfire spectacularly with devastating consequences for the country and communities.

Paul explained: *"We face an urgent nature and climate crisis but instead of a plan for nature's recovery, the UK Government is pursuing a dangerous agenda of deregulation that puts the very laws protecting wildlife at risk. Deregulation is often characterised as "cutting red tape" but in reality, it means removing rules and protections that prevent polluters from getting away with poisoning our rivers and countryside; ripping up the rules that protect our most important wildlife sites and threatened species and removing funding that supports farmers to restore wildlife across our landscapes."*

The Trust fears that if retained EU legislation is replaced with weaker alternatives, our natural environment will be left unprotected from those who prioritise profit over protecting the planet.

Paul continued: "Whatever our views on Brexit, many of these laws provide vital environmental protections for our air, rivers, wildlife and food standards. They helped remove the UK's 1970's reputation of being the 'dirty man of Europe' by cleaning up our waters. Far from being a 'bonfire of red tape', changing these laws will require extensive procedural change with little benefit for nature and could lead to more litigation and greater costs for both developers and conservationists."



Nottinghamshire Wildlife Trust CEO, Paul Wilkinson holding the Strategy for Natures Recovery

Rather than pursuing its deregulation agenda, The Wildlife Trusts believes the UK Government must :

1. Strengthen the rules that protect our most important wildlife and habitats – don't just remove them.

Defra has more EU retained law than any other Government department, with 570 retained laws on environmental issues. Key laws include the Conservation of Habitats and Species Regulations, the cornerstone protection for our most treasured sites, and the Water Framework Directives that set strict standards for pollution of rivers. The Air Quality Standards Regulations impose limits for toxic air pollution, whilst the Marine Strategy Regulations ensures the government protects our seas.

The removal of the Habitats Regulations is a particular concern. They defend 18.8 million hectares of our most precious wildlife across the UK from inappropriate and

Continued on page 22 ...

damaging development – from the New Forest and Norfolk Broads, to hazel dormice and harbour porpoises. Without them, nature will struggle to secure us against the impacts of climate change, prevent flooding, and provide people with wellbeing benefits.

Protections like the Habitats Regulations must be strengthened, not removed, if we are to have any hope of delivering on the UK Government’s own promises for nature’s restoration.

2. Increase support for nature friendly farming to secure a sustainable future for British farming and nature.

The Government’s Food Security Report 2021 is clear: “The biggest medium to long term risk to the UK’s domestic production comes from climate change and other environmental pressures like soil degradation, water quality and biodiversity”. The estimated cost to UK farmers of soil degradation alone is £1.2 billion each year. To secure a sustainable future for British food and farming, we need more nature.

Delays to schemes to reward farmers to restore nature would be bad value for money, providing billions of taxpayer funding to the wealthiest farms in England, hold back the recovery of nature, and hinder the UK’s progress to Net Zero. The UK Government must urgently announce details of its long-awaited proposals for a local nature recovery scheme for farmers and reverse the cut in funding for large-scale landscape and river restoration.

Paul added: *“This drive for economic growth at all costs ignores the fact that a thriving economy, and society, is dependent on a healthy natural environment. We are facing a huge battle to, at the very least, hold on to the environmental protections we have secured over the last few decades, let alone move into a period of nature recovery. Here at Nottinghamshire Wildlife Trust, we are preparing for the battles ahead, and will speak out loudly on behalf of our wildlife and wild places. It’s time to mount the barricades and turn our passion and love of nature into the fuel for the fight ahead.”*

Wheatley Local History Group

The Wheatley Local History group meets bi- monthly on the second Monday of the month at the Village Hall in South Wheatley with meetings starting at 10:00. We welcome new members and visitors at all our meetings. There is a small £4 fee for one off visits. The meetings planned for the first 3 months of 2023 are:

16th January Tony Perkins Clothing in the Medieval Period

In medieval times clothes not only showed your wealth but also your job and even how pious you were, especially the women. The fabric, colour and style showed your status.

The poor had a limited wardrobe, so their clothes had to be multi-purpose and fit for all weathers.

Plus, we find out how Lucy Locket lost her pocket.

20th March Robert Mee Bradshaw’s - the First Railway Timetable

The story of George Bradshaw and the first national railway timetable of 1922, with a mystery train trip to follow.

Michael Portillo has made several series of television programmes which document railway journeys using his copy of Bradshaw’s Guide.

Please see the website, www.Wheatleyhistory.co.uk for more details – or call Alan on 01427 884 147 (email: alan@longhythe.co.uk).

Clarborough Christmas Tree Lighting

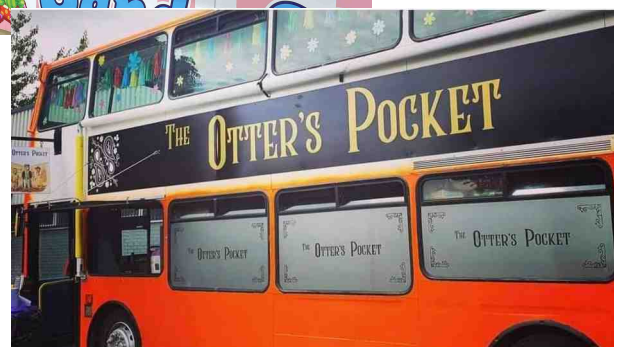
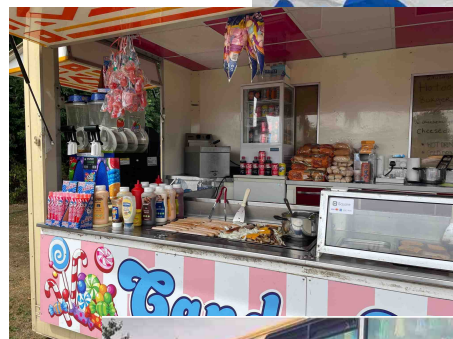
Exciting times! Anyone who came to Clarborough's Christmas Tree Lighting event last year will know that we put on quite a show!

Plans are still developing but at the time of writing we already know that the event will run from roughly 17:00 to 19:00 on Thursday, 8th December at Clarborough Village Hall.

Once our Christmas Tree has been lit up, we will have a hall full of stalls with the usual range of Christmas-focused produce as well as several 'outside' events and services:

- Hook a Duck
- Fish and Chip Van
- The Otters Pocket (outdoor drinks)
- Face Painter
- Burger and Hot Dog Van
- Snow Globe

Many thanks also to our team of volunteers, to Clarborough & District Community Association for free use of Clarborough village hall and to Clarborough & Welham Parish Council for their support.



Bassetlaw

ACTION

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 yearlong 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



Cancer Vaccines on the horizon!

Rapid progress is being reported in scientific research papers about developments in producing personalised vaccines to treat or even prevent cancers.

Vaccines to stop viruses such as human papillomavirus, which causes cervical cancer, from infecting us. Vaccines against hepatitis B virus reduces the risk of liver cancer.

Preventing or treating non-virus induced cancers is quite another challenge but results are starting to look very positive if challenging. These are based on identifying key proteins in tumour cells and then instructing our body's T-cells (our 'fighting army') to attack just these cells. In this way the chance of side effects is almost eliminate since the T-cells won't attack 'normal' cells in the patient's body.

The approach to these personalised vaccines is that they are designed separately for each individual. This has become much more achievable because of recent speeding of genetic sequencing of individual's DNA.

Currently BioNTech in Germany and Moderna in the US are working on personalised anti-cancer vaccines. They are individually created for each patient by collecting and genetically sequencing cancer and normal cells from a patient and then creating a vaccine that will instruct T-cells in the patient's body to attack those cells in the tumour.

Results from early clinical trials have been very encouraging but to get a reliable result trials will have to be on a much bigger scale. Two of the most challenging aspect of this work is the current costs associated with creating individual vaccines and the long time to actually make each vaccine. Progress with both issues is ongoing.

Another exciting aspect of this research is that which looks to prevent cancers even developing. If genetic sequencing could identify an individual's risk of developing certain cancers it may be possible to custom-make a vaccine that prevents those cancers forming in that individual. Research around the world is working on this idea.

Editor

Hybrid cars better than all-Electric?

I have had a hybrid Honda Jazz for a couple of years and found it to be remarkably fuel efficient – overall my average fuel consumption has worked out at roughly 70 miles per gallon of fuel and I don't need to recharge it – ever! Watching the national move towards electric power and also, alongside this, the extremely slow roll out of electric charging facilities, I feel it may be a better move for government to put its emphasis on hybrid vehicles while it focuses on getting sufficient charging facilities for the longer-term move to all-electric vehicles.

Just one practical example of this issue is the question of how are those folks who have to park their cars overnight in Retford's Moorgate going to be able to recharge electric vehicles?

Editor

Dates for your diary:

18-25th November Little Theatre *Breezeblock Park Play*.

27th November: Retford Christmas Market and Lights Switch-on (see page 2)

3rd December: Retford Small Business Saturday.

8th December: Clarbrough Christmas Tree Lights Switch on and Festival (see page 22)

17th December: Retford Super Saturday, Santa's Grotto plus Stilt-Walking Elf.

2023

4th January: Nottinghamshire schools re-open.

13th-17th February: Nottinghamshire schools half-term.

Clarbrough & District W.I.



For a number of practical reasons, our W.I. will be unable to host our usual Christmas Party for local mature residents this year. This is a great pity but we are already looking forward to notice of the date for King Charles III's Coronation and plan to hold a party to celebrate that event – watch this space for details!

Clarbrough & Welham Parish Council Meetings

28th November

9th January, 2023

20th February, 2023

Meetings open 19:00 in Clarbrough 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 editorial deadlines

9th January 2023 (Spring issue)

24th April, 2023 (Summer issue)

Newsletter Advertising rates for a whole year of four consecutive issues

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

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

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