

# **Clarborough & Welham**

## ***Bassetlaw Community Newsletter***

Quarterly: Autumn 2024

**Clarborough Volunteers on Tuk Tuk Challenge in Kashmir  
Retford Heritage Open Day  
UK's Changing Population  
Screen time issues  
BDC Tenants Drop-ins  
LNAA Lancaster S-Sugar  
General Election MP change  
Help to Plan Holidays ?  
Don't be Ageist, live longer  
and much, much more!**

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**Visit our community website: [www.clarborough-welham.org.uk](http://www.clarborough-welham.org.uk) for much, much more!**





## Impact of Volunteering

Volunteering offers you the opportunity to help others in need, support worthy causes, improve your local community and offers rewarding benefits for personal and professional growth.

Here at BCVS we have designated volunteering sections on our website to make it easy for potential volunteers to view local opportunities within Bassetlaw.

If you are interested in volunteering you can create a volunteer account here: [Volunteer Account Registration | Bassetlaw CVS \(bcvs.org.uk\)](#) and you can view local opportunities here: [Search for Opportunities | Bassetlaw CVS \(bcvs.org.uk\)](#)



As well as the more structured roles you can get involved by volunteering in a one-off capacity at things such as Galas, Festivals or Fundraising events. Or you and your work colleagues might be able to engage with some corporate volunteering helping local charities with “wish list” projects such as painting, gardening or maintenance.

There are so many interesting possibilities around our district to get involved with and don't forget not only can you be a part of supporting massive impact to our local organisations and communities but the huge impact you can create to your own life too.

Volunteering can benefit you in various different ways:

- Advance your career by helping you create a positive impression by being more innovative and creative as well as giving you the opportunity to practice and develop your social skills
  - Real-life experience a great motivator for volunteers is the insightful, real-life experiences gained whilst performing their role
  - Gain a whole new perspective volunteering can change how you see the world as you will come into contact with people from different backgrounds and perspectives on a daily basis
  - Make a great impact volunteering gives you the chance to be a part of something bigger, where you can use your own skills and knowledge to assist in the empowerment of people all across your local community and beyond
  - Good for mind and body volunteering can help improve your mental health, increase your self-confidence, provide a sense of purpose and pride and help make you happier and healthier
  - Make new friends and contacts volunteering is a great way to meet new people. It strengthens your ties to your local community and can widen your support network. It can connect you to people with mutual interests
- Here in Bassetlaw we are fortunate enough to have some amazing volunteers that support our local communities to be the best that they can be and help to empower positive change.

It is a great privilege to be a part of a volunteer's journey, helping to find the right placement for them and to continue to support them along the way.

There are so many success stories but you can read a few here: [Volunteer Success Stories | Bassetlaw CVS \(bcvs.org.uk\)](#)

If you wish to find out more about volunteering in Bassetlaw or you are an organisation that is looking to recruit more volunteers please contact Annie via email: [involve@bcvs.org.uk](mailto:involve@bcvs.org.uk) or telephone: 07923 256976 and I will be happy to help

**tel: 01909 476118**



If you need support with the Cost of Living, there is a Bassetlaw support booklet available, full of information and guidance. The booklet has also been produced in braille. If you would like one, or would like some to have available in your venue, please email [bcvs@bcvs.org.uk](mailto:bcvs@bcvs.org.uk) You can also view the booklet and all the information online here:

[www.bcvs.org.uk/colbassetlaw](http://www.bcvs.org.uk/colbassetlaw)

Bassetlaw Community and Voluntary Service, Old Abbey School, Priorswell Road, Worksop, S80 2BU  
 web: [www.bcvs.org.uk](http://www.bcvs.org.uk) | email: [bcvs@bcvs.org.uk](mailto:bcvs@bcvs.org.uk) | Charity Number: 1140782



Retford Arts Hub is a Community Interest Company run by a Team of amazing volunteers. Located in a listed building on Retford's Churchgate, we are celebrating our beautiful Georgian building and it's history during Retford Heritage Day.

Heritage Day is on Saturday the 14<sup>th</sup> September this year and we will have information on the history of our building which used to be directly on the Great North Road, welcoming coach passengers to the town. The building served as a waiting area for these passengers.

A coach and horses will actually be passing nearby on the day too! A sight worth seeing, so, come into town to see the horses and pay us a visit too.

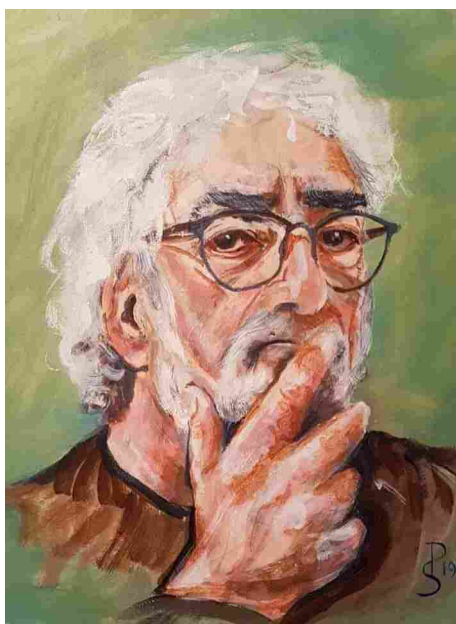
We have a retail shop with locally made food, arts and crafts as well as local Visitor Information.

During September and October, we have a new exhibition in our Gallery too. Members work is on show and the theme is Routes/Connections/Networks.

Come along and see how they have interpreted this National Heritage Open Days Theme.

Workshops we are running in the Autumn are very exciting again; Local artist Paul Straker (Right - self portrait in oils) will be teaching us how to paint using different Oil techniques.

We provide all the materials and paper you need so keep a lookout on our Social Media or in our shop window for details. Booking is essential for all our workshops as places are limited and they are very popular.



Chris will be starting some *Learn to Crochet* courses in September again and our two sewing machine classes on Fridays and Saturdays will continue.

October half term, we will have Halloween and other activities for the kids.(see photo at top of next column). Saturday morning kids art club is very popular and lots of fun. This club restarts the second Saturday - 14<sup>th</sup> September, so why not come along? Please book in for this session as numbers are limited.

Do you fancy being involved in our shop or in any of these workshops as a volunteer? well, we are always keen to enrol new Volunteers to our friendly team, so, if you think you may be interested, come and see us for a chat.

Further details of any of the above:

**Facebook/Instagram; @retfordartshub or Email; info@retfordartshub.com**



**Editor's footnote:** Do keep an eye on our community website's *Retford Arts Hub* page for latest news from the Hub. See front of this Newsletter for website and then go to **Out-and-About > Retford Arts Hub** from our website's home page's main menu.

**Editor**

## Tenant Drop-in Sessions

Bassetlaw District Council are holding regular drop in sessions at Hallcroft Children's Centre that give families in the area easy access to support with housing issues.

### Hallcroft Children's Centre

12<sup>th</sup> August @ 09:30 – 12:00

9<sup>th</sup> September @ 09:30 – 12:00

14<sup>th</sup> October @ 09:30 – 12:00

BDC are also holding similar sessions at Harworth and Bircotes Children's Centre and Manton Children's Centre.

For details of all of these, as well as the Retford-based ones, go to our community website (foot of this Newsletter's front page) where a poster on our homepage links to all of this information. Also, for more information, please contact:

**Anita Fairweather:** anita.fairweather@bassetlaw.gov.uk

**Joshua Booth:** joshua.booth@bassetlaw.gov.uk

**Tel: 01909 533 263**



## Clarborough 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**

**POST OFFICE**

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

**Halford Room, Clarborough Village Hall  
Main Street, Clarborough, Retford, DN22 9LN**

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





**CLARBOROUGH & DISTRICT W.I.**

Already half way through the year as I write this and by the time it is read we will be looking towards shorter days and cooler weather!

The WI have had a good year so far and whilst we have enjoyed our birthday meeting in June and our trip to Hook in East Yorkshire to meet up with our twin group, we have more summer activities to enjoy before the Autumn. August sees us meeting up for our belated birthday meal as well as our regular coffee mornings when we have an informal social gathering.

On 9<sup>th</sup> September our Speaker will be a return visit of Ralf Schweinem to talk about Tunnel 57, an echo of the Cold War. Then 14<sup>th</sup> October is our Harvest Supper with social evening and Bring and Buy. On November 11<sup>th</sup> we welcome Kevin Lennox who will talk about Western Canada including the Rockies National Park.

If you wish to join us, our meetings are held in the Halford Room at Clarborough Village Hall starting at 14:00. We love to see visitors and endeavour to make everyone welcome. A charge of £5 is levied which includes refreshments and a raffle. We look forward to seeing you.

**Lucy Richardson**  
(07966 452 249)



**Free Business Workshops from Bassetlaw District Council**

Whether you're a pre-start, a new start or an existing business, EVERYONE can learn something.

The Economic Development Department at Bassetlaw District Council work really hard to help our local businesses be the best that they can be.

The following workshops are available for you and your business this Summer and Autumn and they are all FREE but you do need to book – see opposite page.

**Modern SEO**

The Bridge Skills Hub, Worksop  
Thursday 22<sup>nd</sup> August 09:30 – 16:00

**Business Planning Workshop**

Middleton's Yard, Worksop  
Tuesday 10<sup>th</sup> September 10:00 – 16:00

You can also get support for your business at every stage with 1:1 business advice sessions. Business experts can assist you whether you are a pre-start and putting your ideas into action or looking to expand.

For more free forthcoming Workshops, see facing page...

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## Muddy Fork's Growing time?

Yes, it's officially summer, and at the time of writing the longest day has recently passed. For Muddy Fork, Retford's Gardening for Wellbeing charity based at the Idle Valley Nature Reserve, this feels hard to believe. Although the incessant rain has eased off, there has been little sunshine, much cool grey weather and a lot of high winds.

Much of what is growing in the garden seems to want to stay in bed under the duvet. Although potatoes and onions are growing well, and broad beans have been harvested, progress in other areas seems slow. To look on the bright side, peas, carrots, beetroot, leeks and others are doing OK and in the poly-tunnels the tomatoes are fine and the first cucumbers are appearing.

But the courgettes are languishing, the brassicas have all been attacked and the battle against predators is unrelenting. The birds are hungry, the slugs are already fat, and the rabbits are in training for the high-jump at the Paris Olympics. There are some wins though. The French beans completely eaten by slugs somehow came back again and are catching up with the runner beans (also taking their time). And the mouse-proof box has really earned its keep, providing the garden with a steady stream of unmolested seedlings to plant out, and still holding spares with which to replace anything which comes to grief.



Muddy Fork continues to be grateful for support from the community and maintains a wide network of contacts. Recent talks have been given to the Royal British Legion and Royal Airforce Association at the Babworth Social Club, and to the Fibromyalgia Group. A welcome donation from West Burton Power Station, in support of their

'charity of the year 2024', has been handed over, and will be well used.

*For further information, if you might be interested in volunteering, or could make a donation, check out our website at [www.muddyfork.org](http://www.muddyfork.org) while referrals, whether self-referrals or on behalf of someone else, can be made directly to :*

**[rose.muddyfork@outlook.com](mailto:rose.muddyfork@outlook.com)**

*Visitors to the garden are welcome and you might even find some produce to take home on our honesty stand outside the gate.*

## East Midlands Combined County Authority is live!



A devolution deal was signed by the four upper tier councils of Derbyshire County Council, Nottinghamshire County Council, Derby City Council and Nottingham City Council in November 2022.

The deal guaranteed a funding stream of £1.14billion, spread over a 30-year period, alongside devolved powers around transport, housing, skills and adult education, economic development and net zero.

As part of the deal, a new East Midlands Combined County Authority has been created and it will be led by our new East Midlands Mayor, Claire Ward (Labour) who was elected on 2<sup>nd</sup> May, 2024.

Although this election enabled our new Authority to get down to business, the process of bringing together the vast range of departments and interest groups will be a significant challenge. Having said that, your Editor's involvement in some aspects of local education and business – to name just two – is already showing how various parts of these 'scenes' are blending their knowledge and skills bases. Just one immediate example can be explored on our community website (see bottom of this newsletter's front cover for this) by looking at the D2N2 Growth Hub page within the Local Business menu item on our website's home page.

On 11<sup>th</sup> June the D2N2 LEP (Local Enterprise Partnership (one of 30 similar organisations across the country established in 2010) team joined EMCCA in Derby City to get onboard with EMCCA. Integration continues!

*Editor*

## More Free Business Workshops from Bassetlaw District Council



### Marketing Essentials Workshop

Retford Enterprise Centre  
Thursday 12<sup>th</sup> September 10:00 – 16:00

### Social Media Workshop

Retford Enterprise Centre  
Monday 23<sup>rd</sup> September 10:00 – 16:00

For more info and to book, email Fiona Humpage, Business Advice & Support Officer, at [fiona.humpage@bassetlaw.gov.uk](mailto:fiona.humpage@bassetlaw.gov.uk)

## ReNew

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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.... Cancer Services**

To access support, you can self refer by speaking to one of our specialist team, your GP or a healthcare professional. If you are struggling with feelings of anxiety, loneliness or depression, we are here to help. We can offer support face to face or over the phone and offer a friendly listening ear, emotional support and a chat about your concerns regarding your diagnosis.



**Programme of Activities**

We have a varied programme at the Worksop Centre for service users and the general public. Some of them are free or make a small charge. Why not pop into the Old Library Building and see what's on?

- Pilates, Tai Chi, Yoga , Fit-and-Fun and Chair-Based Exercise
- Cancer Rehabilitation Classes with a cancer exercise specialist
- The Aurora Wellbeing Singers – Mondays 10:30 – 12:00
- The Friendly Crafters - Wednesday 10:30 – 12:30
- Paper Craft Group – Mondays and Fridays 14:15 – 16:00
- Prostate & Partners Support Group – 3<sup>rd</sup> Friday of the month 12:30 – 14:00
- Long Term Health Condition Support Group – first Monday of the month 10:30 – 12:00
- Bereavement Support Group – Fridays 9:30 – 12:30

**Contact us!**

Are you looking for ways to support us? Would you like to be part of the Aurora Wellbeing family? If you have a couple of hours a week to spare and would like to

volunteer at the Centre then we would love to hear from you.

- You can contact us by phone on 01909 470 985 or email on [admin@aurorawellbeing.org.uk](mailto:admin@aurorawellbeing.org.uk)
- X @AuroraCentres
- Facebook @AuroraWellbeingCentreBassetlaw



**General waste myth busting**

Have you ever wondered what happens to your rubbish when you put it in your general waste bin? A recent survey has shown that many Nottinghamshire residents think that their general waste goes to landfill. The good news is that less than 5% of all the waste collected from your homes and through our recycling centres goes to landfill.

That's because in Nottinghamshire, the contents of your general waste bin are sent to an Energy Recovery Facility (ERF), where they are safely burned to generate electricity.



At the ERF the waste is burned at temperatures in excess of 850 degrees centigrade. Above the incinerator is a large boiler where the superheated steam is generated. The steam is used to drive the turbine, generating electricity for the National Grid.

So, whether it's a disposable nappy, polystyrene packaging or other household waste that you can't recycle, binning it correctly means that you will be helping to power homes and businesses!

**LAWNMOWERS**

**Tony Halford**



**Plant & Grass Machinery Specialist**

**36 Albert Road, Retford, Notts. DN22 6JB**

**Tel: (01777) 860 704**

**Mob: 07976 941 407**

**Don't be ageist – you'll live longer!**

Ageism is probably the last acceptable prejudice – most other forms of discrimination are now considered reprehensible.

The World Health Organization (WHO) defines ageism as a combination of stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) directed toward people on the basis of their age. Research has shown that ageism has serious implications for the health of older people, associating it with poorer physical and mental health, reduced quality of life, and even earlier death but what is not generally known is that ageist views held by young(er) people can also have very negative effects on their later life!



This is just starting to be recognized as an issue in wider society but what isn't well known is that people who develop negative ageist stereotypes of older people may be affecting their own futures too! Evidence strongly suggests that people with negative age beliefs live an average of seven-and-a-half years less than others with more positive beliefs. Evidence for this profound effect has been found in countries as widely separated as Australia, China and the USA.

Individuals who develop positive attitudes to age may be extending their life expectancy for a number of reasons although scientific evidence is still rather scarce. What is clear, however, is that positive age beliefs as we get older tend to engage with positive health behaviours such as taking prescribed medications and remaining physically active. Don't stop the latter because you think you are 'too old'!

Back in 2009 Becca Levy at Yale University, USA, showed that people who had, in their younger years, negative stereotypes about old age had much greater risk of having strokes or heart failures in later life.

Ageist beliefs developed in individuals' early years can result in them behaving in later years as if they are unable to do certain things such as continuing to work – or volunteer if paid work is unavailable now the calendar has passed a certain point. Such attitudes may also prevent them exercising regularly or taking up a new hobby. These beliefs can also lead to individuals adopting 'dependent behaviours' and not doing things for themselves – learned helplessness.

Key strategies for reducing Ageism lies in firstly recognising them and then dismantling them. A few ageist beliefs that are clearly not true include older people can't invent or use new technology – just watch mobile phone use when you are out-and-about!

Others include them avoiding exercise – this year's London Marathon had 540 'over 70' aged participants out of a total of 65,725 participants!

Add to this ageist beliefs that sex isn't for the elderly has been shown by numerous studies to be false. Although the frequency of sexual activity tends to decline with age, older adults are still sexually active. In a study in England, 86% of men and 60% of women aged 60–69 years reported being sexually active, as did 59% of men and 34% of women aged 70–79 years, and 31% of men and 14% of women aged 80 years or older.

Another route to avoiding ageism is to get involved with younger people, whether it's volunteering with local organisations such as schools or activity groups (leisure centres, guides/scouts – the list is endless!) The essentials of such involvement is reciprocity, not a younger person feeling they are doing some sort of charity for an older person.

Hopefully all of this will help our readers be aware of the language we use when talking about age.

On a separate topic, studies – and even early medical trials – are beginning to formulate vaccines against one of the most common diseases affecting older people; this is Alzheimer's.

Latest figures suggest some 982,000 people are living with dementia in the UK which is projected to rise to 1.4 million by 2040. Between 60% and 70% of these have Alzheimer's disease.

Another research target is senescent cells which are ordinary cells in our body which suffer some sort of irreparable damage and stop dividing but don't die. These cells are usually cleared from our bodies by our immune system but this process falters with age resulting in a build up of senescent cells in many tissues in our bodies. These cells emit many highly toxic, inflammatory, chemicals in attempts to attract our immune system but failure leads to a number of age-related diseases.

Research is now focusing on developing vaccines that target these toxic, inflammatory, chemicals but this is very much a 'work in progress'.

**Editor**

Not all those who wander are lost.

**J.R.R. Tolkien (1892 - 1973)**



**LINCS & NOTTS  
AIR AMBULANCE  
SAVING LIVES EVERYDAY**

**Lincs & Notts Air Ambulance paid tribute to a special Lancaster on D-Day 80<sup>th</sup> celebrations**

On 6<sup>th</sup> June 1944 a rather special Lancaster Bomber left its site at RAF Waddington to take part in the D-Day Operations. Eighty years later it is believed **LNAAs helicopter resides on that same site!**

When LNAA moved across the road from RAF Waddington to its new HQ, it needed a name for the helipad. LNAA pilot, Cpt Tim Taylor began to investigate the history of the old aircraft dispersal site which the new helipad had been built on and soon realised he had uncovered a fascinating story.

**The kookaburras**

No 467 Squadron was a Royal Australian Air Force bomber squadron based at RAF Waddington. Equipped with Avro Lancaster bombers, its crew flew operations in Occupied Europe until the end of the Second World War.

The squadron's insignia was of a kookaburra with a snake in its beak and its motto – *Recidite Adversarius Atque Ferociter*, loosely translated as: "Your opponents will retreat because of your courageous attack."

And the squadron, which was part of the No.5 Group, Bomber Command, certainly lived up to its motto as it gained a reputation for accurate raids on Germany, France and Italy between 1943 and 1945 and fourteen of the squadron's Lancasters took part in the D-Day operations.

Every Lancaster Bomber in the squadron had its own dispersal site, These were areas adjacent to the airfield runway used for parking the planes.

Today, LNAA's helipad is on one these dispersal sites, believed to be that of the famous Lancaster 'S-Sugar'.

**A very special aircraft**



On the night of 11<sup>th</sup>/12<sup>th</sup> May, 1944 S-Sugar completed its 100<sup>th</sup> mission, the first allied bomber to reach this

milestone. Martin Willoughby tells the story of his father's involvement on the night the Lancaster made history.

"My late father, Ted, a Bomber Command veteran, and Lancaster Engine Fitter served on the 467 Squadron's famous Lancaster S-Sugar R5868. The plane's nose art depicted rows of bombs, one for each operation completed. Over the course of the war, the rows grew as Sugar consistently returned from each mission.

"Flying with Bomber Command had the highest rate of attrition of any branch of the Armed Forces. If you survived, you were deemed incredibly lucky as 3,932 of the 7,377 Lancasters built were lost in action. Crews were superstitious and soon started to clamour to fly in Sugar, believing that she would bring them safely home.

"Even when stood on its dispersal site, Sugar seemed undefeatable. One day, when Ted was working in the cockpit, with the aircraft being loaded with bombs, he heard the sound of heavy metal hitting tarmac. Looking out, he saw airmen running in all directions. A 4000lb bomb had fallen from the bomb bay but miraculously had not gone off!

"On 11<sup>th</sup> May 1944, Sugar left its dispersal site to undertake its 100<sup>th</sup> mission. Prior to loading the bombs, Ted chalked '100 not out' on one of them.

"Sugar returned. It had sustained attacks from two German planes for 10 minutes but co-operation between crews in the skies enabled this veteran plane to escape.

"Sugar went on to complete an incredible 137 operations by the end of the war and, with fourteen other Lancasters from 467 squadron, it took part in a raid of German coastal batteries as part of the D-Day operations on 6<sup>th</sup> June.

"During the mid-1960s Ted embarked on his own mission to find his beloved plane. In 1969 he heard about a Lancaster stood at the entrance to RAF Scampton that may be Sugar. Turning into the gates, the familiar nose art with the bombs came into view. Ted could not believe it! His Lancaster had survived everything, even the scrap yard, where so many Lancasters went to after the War.

"Thanks to Ted, 'Sugar' was fully restored and today, this legend from WW2 proudly dominates the entrance to Bomber Command Hall, RAF Museum Hendon."

**Footnote from Linda Patrick, PR and Communications Manager for Lincs & Notts Air Ambulance:**

For me it is the dates that are so uncanny – the date S-Sugar flew its 100<sup>th</sup> mission was the same day that 80 years later, Lincs & Notts Air Ambulance flew its first mission. Who would have thought that!

**Evolution never stops!**



Honey Bee



US Bee

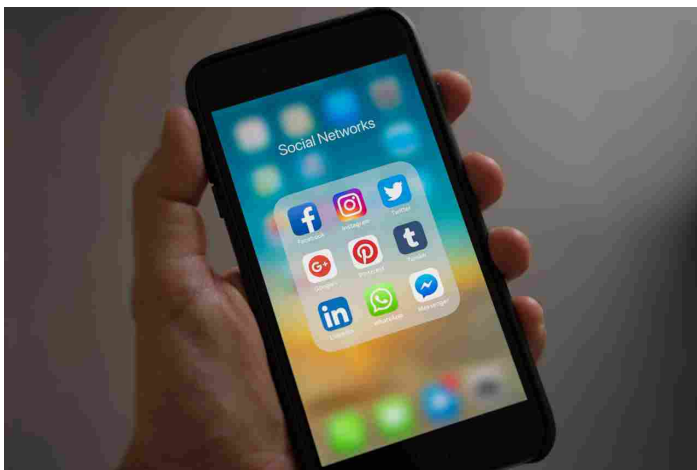


## Screen-time damage for youngsters

The topic of young (and not-so young) people's time spent 'on screen' – usually meaning 'on their phones' – is one of the most contentious issues of today.

A wide range of studies have reported many sorts of negatives of excess screen time including mental health issues leading to depression, eating disorders and even suicide. These studies, however, just look for 'associations' - in other words is more screen time associated with particular harm? This association does not, however, mean that screen time is actually *causing* that particular harm.

A more specific focus on the type of screen time that might be causing negative effects has also been rather lacking in older studies. Currently, the major focus of this sort of research has begun to focus on young people's screen time spent of social media such as Facebook, YouTube, X, Instagram, WhatsApp – the list keeps growing!



This 'scientific' approach to screen time and possible health effects is really only just getting into common research investigations. Some recent studies have:

a. concluded that heavy use of social media is consistently associated with negative mental health outcomes at non-trivial levels – especially for girls and also for any individuals who are already susceptible.

b. produced early evidence that *how* young people use social media can have dramatically different outcomes. Active posting may provide benefits such as new friendships whereas passive consumption can cause psychologically harmful effects.

c. shown that social media and smartphones can benefit young people sharing their interests, particularly if their home or local community doesn't allow them to join local groups – be it religious groups such as Muslim or Buddhist for example, LGBTQ+ or any other identity or beliefs group.

Further evidence highlights that young people, particularly those in their teenage years who are starting to become more independent, benefit from parents who keep the lines of communication open with their kids. This involves sharing of media, explaining cautions around use. Such an approach can give young people a sense that parents trust them and leads to them being less likely to disobey.

**Editor**

## Planning future Holidays

One of your Editor's first thoughts when planning future holidays is to explore how school holiday patterns relate to our proposed outings.

It's not because we feel a real need to avoid youngsters but rather to avoid excessive crowds and related costs.

Nottinghamshire County Council's published dates for their schools' terms and holidays for 2024-2025 are:

### Autumn term 2024

- Schools open: Monday, 2 September 2024
- Term time: Monday, 2<sup>nd</sup> September 2024 to Friday, 18<sup>th</sup> October 2024 (7 weeks)
- Half term: Monday, 21<sup>st</sup> October 2024 to Friday, 1<sup>st</sup> November 2024
- Term time: Monday, 4<sup>th</sup> November 2024 to Friday, 20<sup>th</sup> December 2024 (7 weeks)
- Schools close: Friday, 20<sup>th</sup> December 2024 (evening)

### Spring term 2025

- Schools open: Monday, 6<sup>th</sup> January 2025
- Term time: Monday, 6<sup>th</sup> January 2025 to Friday, 14<sup>th</sup> February 2025 (6 weeks)
- Half term: Monday, 17<sup>th</sup> February 2025 to Friday, 21<sup>st</sup> February 2025
- Term time: Monday, 24<sup>th</sup> February 2025 to Friday, 4<sup>th</sup> April 2025 (6 weeks)
- Schools close: Friday, 4<sup>th</sup> April 2025 (evening)

### Summer term 2025

- Schools open: Tuesday, 22<sup>nd</sup> April 2025
- Term time: Tuesday, 22<sup>nd</sup> April 2025 to Friday, 23<sup>rd</sup> May 2025 (4 weeks, 3 days)
- Half term - Monday 26<sup>th</sup> May 2025 to Friday 30<sup>th</sup> May 2025
- Term time: Monday, 2<sup>nd</sup> June 2025 to Tuesday, 29<sup>th</sup> July 2025 (8 weeks, 2 days)
- Schools close - Tuesday, 29<sup>th</sup> July 2025 (evening)

Readers who have become familiar with Clarbrough & Welham community website:

[www.clarbrough-welham.org.uk](http://www.clarbrough-welham.org.uk)

will know that our website's home page has a link to Nottinghamshire's school holidays all the way through to July 2027 – get your planning underway!

**Editor**

## Computer Sage

### Healing Computers

Need help or advice for your computer?  
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Hardware, software, virus, Windows, wireless, Internet, upgrades, training or just plain help and advice.

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## Government Top Tips for reducing your exposure to air pollution

There are small changes you can make today which will reduce your exposure to air pollution. These include:

- not using your car as often for short journeys
- reducing how much you burn in your home and garden
- if you choose to burn, switching to using cleaner fuels like Ready to Burn wood and to more efficient appliances
- opening your windows when you clean, do DIY, smoke or do other activities that release pollutants directly into your home
- staying away from traffic if you're walking or cycling (like walking on the side of the pavement furthest from the road, using the quieter roads and keeping back when waiting to cross the road)
- turning off your car engine when you park or are waiting in traffic.

Finally – and crucially – breathe through your nose, not your mouth! The impurities in the air you breathe get trapped into the sticky nasal mucus inside our noses, and the cilia (tiny hair-like structure on the inside of your nose) clears the particles away towards the back of the throat to be swallowed or coughed out. Breathing through your mouth misses these essential barriers letting air pollutants quickly directly into your lungs.

## Bassetlaw is a District on the move

In June 2022, Gamston Airport was announced as a future UK centre of excellence in vehicle technology research and safety testing. Since then, we have successfully received £18m for the redevelopment of Worksop town centre. We have received £3.4m from the UK Shared Prosperity Fund, the highest in Nottinghamshire. And most significantly, Bassetlaw has been announced as the future home of the UK's first prototype fusion energy plant, a multi-billion-pound project which will see the West Burton power station site turned into a high-end research, development and business centre in fusion and green technologies, creating thousands of high-skilled jobs and apprenticeships.

While these are all great stories in themselves, together, they represent a rare opportunity to do something special – to transform our district into a hub of new technologies, to regenerate our town centres in the process, and to genuinely improve the opportunities and life chances for Bassetlaw residents of all ages and backgrounds. This can be done at the same time as promoting greener and more sustainable ways of living and “doing business”. It was in this context, in December 2022, that the District Council unanimously approved the development of a new vision for Bassetlaw to 2040. As an ambitious Council, we not only want to maximise the return on these investments; we want to secure more funding and inward investment to ensure that the district as a whole benefits from the planned transformation. We are committed to making this happen and to taking Council employees, Bassetlaw residents and businesses, and future investors on this journey in a fair, transparent and consultative manner.

This is why we are publishing the first draft of our vision for 2040. To make the most of this unique opportunity, we need to have a clear set of priorities that will enable resources to be focused where they will have the biggest impact. As a District Council, we won't be able to do everything ourselves; and by publishing a clear statement of intent and our vision for the future, we hope that it will inspire partners from all walks of life to join us on this journey.

2023 to 2040 will be a defining period for Bassetlaw. Together, we can do something that will radically change lives, and I look forward to playing my part in making this happen.

**Cllr James Naish**  
**Leader of Bassetlaw District Council**

**Editor's footnote:** Read the whole 24 pages of Bassetlaw's Vision 2040 on our community website's home page. Look for the Bassetlaw map image with a link **BDC's 2040 Vision here...** to the 2040 plan just next to it.

## How things have changed – school class sizes

A recent search through some of your Editor's personal records reminded me of how pupils' experiences in Primary School have changed – besides how white chalk has been replaced by on-screen work!

A single paper report has remained in my files from 1956 which states that Class 4 of Aston Hall Primary School, Aston Hall Road, Aston, Birmingham comprised 45 pupils. This compares with today's Primary Schools having classes of around 30 pupils.

*Editor*

## South Street Storage

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**Local Church news**

This list will take us to the end of November and includes alternative services in the Clays group when there isn't one scheduled for Clarborough. We are getting to know the wider community and would love it if more people felt able to join in.

**For services we would like to be able to transport people to other villages. If you could volunteer to help with transport occasionally please ring 07989 895 813.**

Services with HC are Holy Communion

**August 25<sup>th</sup>** Hayton HC 10:30

**September 1<sup>st</sup>** Joint service in Littleborough at 15:00

September 8<sup>th</sup> Sturton HC at 10:30

Hayton Pet Service at 15:00

**September 14<sup>th</sup> Clarborough Notts Historic Churches Trust Ride'n'Stride with Afternoon Tea 14:00-16:00**



September 15<sup>th</sup> Wheatley HC at 10:30

Breakfast 09:00 -11:00 at Leverton

September 22<sup>nd</sup> **Harvest Tea Service at Clarborough 14:00-16:00**

Bole Harvest 18:00

September 29<sup>th</sup> Hayton HC 10:30

**Sturton Barn Harvest 16:00**

**October 6<sup>th</sup> Clarborough 10:30 HC**

Wheatley Anniversary Tea 15:00

October 11<sup>th</sup> **School harvest in Clarborough Church 09:30**

October 13<sup>th</sup> Bole 10:30 HC Leverton Chapel 10:30

October 19<sup>th</sup> **Clarborough Barn Dance 19:00 for 19:30**

October 20<sup>th</sup> Sturton 10:30 HC

Hayton Evening Prayer 18:00

October 27<sup>th</sup> Wheatley 10:30 HC

**Clarborough All Souls Service 18:00**

**Your chance to light a candle and remember a loved one. Names you wish to be read out can be texted to 07989 895 813.**

**November 3<sup>rd</sup>** Leverton Patronal Festival 10:30

Sturton Celtic Evening Prayer 18:00

November 10<sup>th</sup> **Remembrance Sunday services.**

Bole 12 Noon Sturton 10:45

Wheatley 10:45 and Clarborough joint service with Hayton is at Hayton this year at 10:45

November 17<sup>th</sup> Clarborough 10:30 HC

November 24<sup>th</sup> Bole 10:30 HC

Hayton 10:30 Wheatley Service 10:30

**November 30<sup>th</sup> Clarborough Christmas Fair 13:00-16:00**

Don't walk in front of me... I may not follow  
Don't walk behind me... I may not lead  
Walk beside me... just be my friend"

*Albert Camus (1913 - 1960)*

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**CCC : Coffee, Cakes and Chat to the Kings Arms !**

The Thursday coffee morning continues to thrive every Thursday from 10.45 to 11.45 in Clarbrough Village Hall. With unlimited tea, hot chocolate and coffee, plus a cake for £1.20, with a raffle if you feel so inclined, it is a fun morning .We enjoy lots of chat, catching up with each other and of course solving world problems ! We would love to see you there.

Dan, our new Kings Arms village pub owner invited us to enjoy our morning at the pub on polling day (4<sup>th</sup> July) when our Village Hall was unavailable because it was our Polling Station.



This photo shows us showing our appreciation for such a generous gesture and for such a warm welcome. Thank you Dan !

*Kath Sutton*

**Dan's reply...**

Hosting the Thursday Coffee Morning was a great privilege and very important to me. When I got approached about this I was very much looking forward to this happening. I am fully aware of the previous opinions people have of our pub with everything that has happened over the years.

Having this opportunity to host this group was a great chance to chat to the guys and open our public house up to people who don't normally use it or have chosen not too. I had great conversations with the group on the day they visited with their opinions on the past and questions about the future.

As I explained to all I conversed with on the coffee morning, this pub has been here longer than all of us and I believe it belongs to the village, it is there to be used and enjoyed by everyone in the village regardless of what the purpose.... Coffee mornings, mother & toddler or just for whatever anyone needs to use the village for. Hopefully we get to host these guys again or anyone else who requires a space to hold any function.

The village as a whole have been extremely supportive since we have reopened and it's been greatly appreciated

**Our Kings Arms opening times currently are:**

Mon to Thurs 15:00 until Close

Friday to Sunday 12:00 until close.



I am licensed until 1am every day to sell alcohol. So we just play it by ear for closing time depending on the day.

When we do food in the next 2 months we will be open 12:00 every day, 7 days a week

*Dan Rees*

**Retford Community Singers Singing for the joy of it!**

Starting our 13<sup>th</sup> year on Tuesday 3<sup>rd</sup> September 2024 and then every Tuesday in term time, 19:00 - 20:30 at Grove Street Methodist church hall Retford DN22 6LA.

We are a choir for everyone who loves the sound of good



harmony. New members are always welcome at this friendly and enthusiastic group, singing a wide range of songs mainly just for our own enjoyment. No auditions, no sheet music, just a great sound. £5 a session.

Full information at [www.retfordcommunitysingers.co.uk](http://www.retfordcommunitysingers.co.uk) or find us on Facebook or phone either 01777 704 154 or 01777 704 038.

*Judith Jones*

**A Brief History of Ale**

Archaeological evidence shows that beer-like drinks were made at least 5,000 years ago and written history of Ancient Egypt and Mesopotamia (part of modern-day Iraq) record recipes for barley-beer. Around the same time similar archaeological evidence points to beer production from barley and other grains in China and Europe.

Before the Industrial Revolution beer-making was an essentially domestic business although during the 7<sup>th</sup> century, monasteries were selling beer.

Today, annual, global, industrial production is worth more than £150 billion.

*Editor*





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### COMPANIONSHIP

Companionship Care can:

- Help you or your loved one to keep active
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- Help to build confidence in going outside the home
- Encourage participation in activities inside and outside the home
- Help families take a rest from caring with peace of mind



### PERSONAL CARE

We understand that it can be an unsettling time when daily living activities such as personal hygiene, dressing and personal grooming become a struggle. Our personal care is:

- Is dignified and respectful
- Maintains your preferred routine and lifestyle
- Takes place in your own home in familiar surroundings
- Gives peace of mind that your loved one is being cared for
- Helps families take a rest from caring
- Enables your loved one to remain living at home.



### HOME HELP

Home care means:

- You don't have to worry about the housework
- Helps to keep your home clean and tidy
- Means you can socialise with your loved one rather than doing their housework
- Gives you companionship
- Gives peace of mind that someone is checking in with your loved one when you are not there.



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**Our changing population is there for all to see**

From finishing studies to entering the workforce, from getting married to earning the most money - everyone's journey through adulthood is different. However, we can use a range of data to explore when key events in life are most likely to happen. Rich Pereira, the ONS Deputy Director for Demography looks at how these milestones of adulthood have changed over the past decade and how society is shifting.



In England and Wales, people are doing many things later in life; like leaving their parent's home, getting married, and retiring. But not everything has changed. Most people still enter the workforce at 23-24 years old and make the most money in their 30s to 50s.

It's more surprising, perhaps, given rising property prices, that in 2022 half of adults in the UK were on the property ladder by the age of 36, around the same as in 2012. However, financing a first purchase has changed. In 2021, 80% more first-time buyers in England had help from friends and relatives compared with 20 years ago.

By bringing together all this data in our recent work, we've been able to provide a timeline of our journey through adulthood and how it is changing in the 2020s.

This is important to inform decision makers who are concerned with social mobility, individual and social financial situations, housing and social care requirements in the future – all of which are particularly relevant in the current political context.

**Doing things later in life**

Not so long ago, young people finished school at 18 (often 16), got a job and moved out of their parent's home in fairly quick order. Times really have changed. Young adults today are moving out of home later. Half of young people in England and Wales had moved out of their parent's home by age 24 in 2021, up from age 21 in 2011.

If times are changing, then so are traditions. Long gone are the days of most people living apart before marriage. The number of couples in England and Wales aged 25 to 29

who were living together but not married or in a civil partnership rose from 56% in 2011 to 72% in 2021.

The average age at which women in England and Wales have their first babies has been steadily increasing since the 1970s. In 1970 the average age that women had their first baby was 23. In 2020, it was 29.

**A female, male divide**

The trends might be the same, but interestingly the age and extent to which we're doing things is different depending on whether you're male or female.

For instance, more men live with their parents than women; 61% of adults living with their parents at the time of Census 2021 were men.

More women than men have gone to university since the late 1990s, and this gender gap has generally been getting wider over time. This may explain why women tend to enter full-time work later. In 2022, 130 women were accepted to study at UK universities for every 100 men. Despite this, women's hourly wage is lower than men's at all ages over 20 years in the UK.

It's not all bad news, however. The gender pay gap is decreasing. Women earned 85.7p for every £1 men made in 2023 (average for all UK employees) up from 80.2p in 2013.

But there are some areas where the pressure on women is far greater. More women than men provide unpaid care in England and Wales, with 12% of women aged 16 and over providing unpaid care compared with 8% of men. Women across the UK also spend more time doing unpaid housework whilst men spend more time doing paid work.

**Why is all this important?**

Nothing is certain in life – except, as the saying goes, you'll pay taxes and one day you'll die. But how you get there, the life you lead, when you reach certain milestones not only shapes who you are as a person, but shapes how we live as a society.

Our role in ONS Demography, and across the Office for National Statistics as a whole, is to provide data and insights on what matters most as we journey through life from the cradle to the grave.

Providing a timeline of when these life events typically happen gives decision-makers the opportunity to put in place policies to make changes if they are needed or deemed necessary.

In the coming months we're planning more work looking at the impact of fertility rates on the population, the role migrants play in society and projecting what the future size and structure of the population might look like. All important areas we need to understand to best plan for the future.

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**Amazing fact:**

Tyrannosaurus.rex likely had feathers. Scientists in China discovered Early Cretaceous period tyrannosaur skeletons that were covered in feathers. If the ancestors of the T. rex had feathers, then T. rex probably did, too.

Add to that recent interpretation of their teeth remains suggesting they had lips!



## Retford Heritage Open Day

“Routes-Networks-Connections” is the national theme for Heritage Open Days this year and Retford is all set to take full advantage of it on Retford Heritage Day, Saturday 14<sup>th</sup> September.

A Stagecoach pulled by four horses will be outside Bassetlaw Museum and then touring the town, just as they would have been seen in these streets numerous times a day, 200 years ago. Retford was a major coaching stop on the Great North Road and evidence of coaching inn buildings can be seen around the Market Square and Cannon Square.

The Chesterfield Canal, completed in 1777, was another important transport link, carrying goods and bringing prosperity to the town. The *Seth Ellis* boat will be cruising on the day and *The Dawn Rose*, a cuckoo boat, will be moored for all to see. There will also be a talk on the Chesterfield Canal in Retford Town Hall, booking by Eventbrite, as well as tours of the building itself.

The Denman Library will display and explain rarely-seen heritage maps from the archives, giving people a chance to see the growth of the town over the years.

Interesting buildings, not normally open to the public, will freely open their doors for tours, with Sloswicke’s Almshouses, Trinity Hospital, the Masonic Hall and the Majestic Theatre among them. All the churches will welcome people in with information, activities and performances by local groups, such as the Community Choir.



On the day, St Swithun’s Church bells will ring out at 10am.

Outside the Town Hall the new Town Crier will ring his bell to commence proceedings and make announcements and the Community Choir will sing.

Inside, local voluntary

groups will lay out their stalls to show what they do in the community.

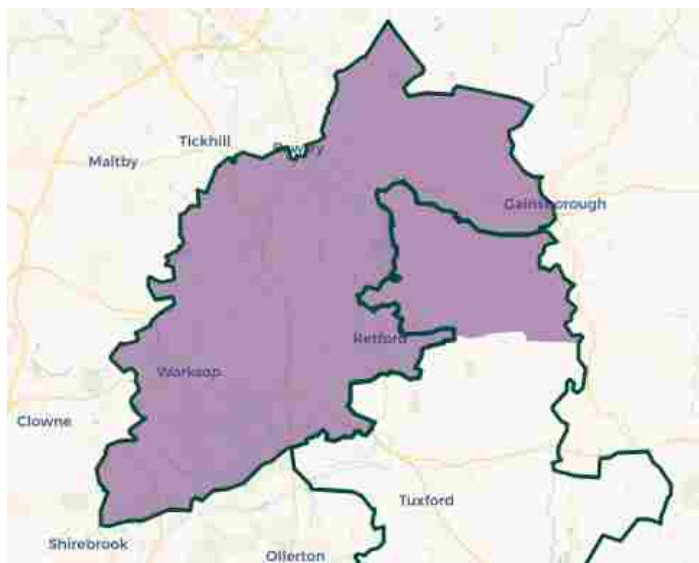
Retford Heritage Day will appeal to everyone with an interest in our shared past.

Put the date, Saturday 14<sup>th</sup> September, in your diary and in August look out for more information from Retford Denman Library and Bassetlaw Museum, the local press and social media, as well as on-line on the Heritage Open Days website <https://www.heritageopendays.org.uk/>

**Editor’s note: see page 22 for Retford Library’s events on Heritage Open Day.**

## UK Parliamentary Election 2024 A bit of explanation

Local readers who live in the Clarbrough/Welham area may have been initially perplexed as to why, in the run-up to the recent General Election, they were receiving fliers



and other publications from the Newark constituency. The map shown above shows the Bassetlaw Parliamentary Constituency (**NOT** Bassetlaw District of Nottinghamshire) in purple as it was prior to publication of the Boundary Commission’s final recommendations in late June 2023 following three rounds of public consultation.

The green boundary outline overwriting the purple area between (roughly) Gainsborough and Retford shows the part of the Bassetlaw Parliamentary Constituency that was transferred to the Newark Constituency for the 2024 General Election. (Note: both Bassetlaw and Newark Constituencies lie within the county of Nottinghamshire).

The 2023 boundary review was stricter than previous ones when looking at how much electorates can vary in each constituency. Constituencies must now have populations within 5% of the ‘electoral quota’ of 73,393.

The House of Commons is now fixed at 650 seats. There had been steady increase in the number of Parliamentary constituencies from 625 in 1950, to 659 from 1997. It remained at 659 until 2005. In 2005 the number dropped to 646. This followed the re-establishment of the Scottish Parliament and the associated reduction in the number of Scottish seats in Westminster. In 2010 the number of seats increased to 650, the current number.

The 2024 General Election for the Bassetlaw Parliamentary Constituency saw a Labour Gain, with Jo White elected as MP.

The Newark Parliamentary Constituency, which now includes the Bassetlaw District Council wards of Clayworth, Sturton, Rampton, East Markham and Tuxford & Trent saw a Conservative Hold, with Robert Jenrick re-elected as MP. Clarbrough & Welham are part of the Clayworth ward.

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## Clarborough and Welham Parish News

Paul Willcock got involved with the parish council when he along with other volunteers developed our Neighbour Hood Plan (NHP). To represent the group Paul became a parish councillor however, he did say it was only to deal with the NHP. After the group successfully developed the NHP Paul, decided to stop on as a councillor. Part of the NHP was the gifting of some land by Bassetlaw District Council to Clarborough and Welham Parish Council. This land became known as the Parish Pastures and is located in Clarborough south side of the canal.

A group of volunteers got together to form an Allotment Association.(AA). Part of the parish pasture land has been leased to the association, with the support of the Parish Council they have worked hard to turn the field into what are now well established allotments. The association have their own constitution, they hold regular meetings and continue managing the allotments making sure plot holders abide by rules that have been set out.

Councillor Andrew Avery, with volunteers have developed another part of the pastures to form a community orchard. The area has been planted with variety of fruit trees, there is a picnic area adjacent to the canal. Work continues to develop this area.

The main part of the pastures is a wild flower meadow. Paul Willcock took on the lead role to develop this area. Paul with volunteers from the public became known as Friends of Parish Pastures (FoPP). In the early years the FoPP put a lot of hard work in to establish the area. Three scrapes were prepared and seeded with wild flowers, numerous variety of trees planted a memorial copse is just some of the work carried out by them. A path has been installed across the pasture. However, the Parish Council are aware that this needs to be improved for wheel chair and push chair users, a resident is helping the parish council to come up with a solution. Although the area looks well established there is still a lot of work to be done, for example it is planned to open up the canal side which, currently is fenced off and well over grown. Over the recent years the FoPP numbers have dwindled, we are desperate for volunteers to carry on with the work. If you have some spare time and would like to get involved please contact me or any other parish councillor.

Earlier this year Paul resigned from the parish council. He has worked tirelessly developing the meadow also, his input to other parish council business has been invaluable, getting involved in almost all aspects of the councils responsibilities. His dedication and loyalty to the parish will be sorely missed not just by the Parish Council but also by the whole community of Clarborough and Welham. On behalf of the residents of Clarborough and Welham Parish I would like to thank him for all his hard work over the years.

I would like to welcome Nic Smith to the Parish Council. Nic was co-opted on to the parish council earlier in this year. He immediately took on the responsibility for building and developing a Parish Council web site. I am sure he

going to be a big asset to the council and will make a good addition to the team.

The Parish Council have vacancies. We can easily co-opt people on, if you would like to become a parish councillor and have a say on how your parish is managed please contact me.

*Phil Gibson*

*Clarborough & Welham Parish Council chairman*

## Clarborough Village Hall venue

One of the key venues in our area, Clarborough Village Hall is a modern, accessible, venue that has a programme of regular, weekly, activities plus a four-days-a-week outreach Post Office (Monday, Tuesday, Thursday, Friday 09:30-12:30). We also have mainly weekend slots for family events such as parties, celebrations, etc. as well as a few slots for similar events in a few week days.



Our hall's main space has been recently refurbished:



and has a large suite of tables and chairs. The kitchen opens into the side of the main hall to provide light refreshments. A bar area is also attached as is a smaller bookable room.

Toilets include one for people with mobility issues and also for baby-changing.

Behind the hall we have a large car park (top image shows arrow pointing to this).

Regular, weekly, hiring rates are very reasonable at £10 per hour or part thereof while casual hiring cost just £14.50 per hour with a special party rate of just £45.00 for four hours (comprising 1 hour to set up, 2 hours for party and 1 hour to clean/tidy up).

*To book, or enquire, please contact our booking secretary, Steve, on 07442 105 268 or email : [clarboroughvillagehall@gmail.com](mailto:clarboroughvillagehall@gmail.com)*





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Bassetlaw Action Centre

## Everyone knows that volunteers help their community but did you know it benefits the volunteer too?

In a recent survey a massive 84% of Bassetlaw Action Centre (BAC) volunteers felt volunteering had improved their mental health. LS, who is a volunteer Staying Well Tutor says **“It’s made me very happy to be helping people, which in turn also helps my long term health conditions.”** Driver DM can see the impact his volunteering makes; **“Judging by comments I've received ... it makes a great difference to those who use the service. All of which helps to make me feel valued.”** DM is one of a team of drivers who help Bassetlaw residents get to appointments, go shopping and enjoy social events. They receive full training, expenses are covered and the volunteering is designed to fit around their life with them committing as much time as suits them.

DT said that **“It has made a difference (to me) as I really like helping people using the skills that I have.”** As a befriender, DT has been matched to a Bassetlaw resident and calls or visits them once a week. Many of our befrienders find that the friendships go beyond the initial structure provided but know if they have any problems or concerns they have people at BAC ready to help.

BAC has a number of roles available and urgently needs more volunteers to fill them. Whether you like driving round the county, chatting to people, supporting patients when they come out of hospital or putting the BAC office in order, there is a volunteering job for you.

We’ll leave the last word to volunteer GM; **“I would recommend anybody to try this volunteer system. I’ve got to be honest I’m really enjoying it. You meet a lot of interesting people and a lot of characters.”**

**Welcome to Clarborough & Welham's new MP**

I would like to thank the thousands of people in Bassetlaw who voted for me in the General Election and gave me the incredible honour of being able to continue to represent the people of the Newark constituency and our part of Nottinghamshire. I am grateful and humbled by the trust and support you have placed in me.



Due to the call of the snap General Election, there wasn't as much time as I would have liked to introduce myself to you and get around all of the 140 villages across the constituency, but I was pleased to spend time in your area meeting and chatting with hundreds of local residents and setting out my priorities for our part of Bassetlaw. As the main representative for rural Nottinghamshire, village life matters to me. I'm looking forward to getting to know many more of you in the coming weeks and months. Please invite me to any events or gatherings in your area and I'll do my best to attend.

One issue that continuously arose while I was on the doorstep during the General Election campaign was concerns over giant solar farm proposals, like the Steeples Renewables Project, which threatens to swallow Sturton Le Steeple and blight our beautiful Nottinghamshire countryside. My views on this issue have always been clear. Solar farm proposals of this unprecedented magnitude and scale for our area simply are not reasonable and must be stopped. I will be writing to the new Labour Secretary of State to convey my objections to the giant solar farm proposals in our area, as I did with the

previous Government, and will be doing everything I can and working on a cross-party basis to halt these developments. I would encourage you to contact me via email at [Robert.jenrick.mp@parliament.uk](mailto:Robert.jenrick.mp@parliament.uk) and sign up for my solar campaign email updates to stay informed on this issue.

As well as tackling these proposals, some of my other priorities for our part of Bassetlaw include working closely with residents and the National Grid to ensure the best possible outcome from the Great Grid Upgrade plans that span from High Marnham to South Wheatley, campaigning for improvements to our roads, and addressing flooding and drainage concerns. Clearly, there is much more that needs to be done and I'm looking forward to working hard for you on these issues and many more.

Regardless of how you voted in the General Election, I'm here for you— to represent you, to help you. I pride myself on being an active and accessible MP. Please do not hesitate to reach out and contact me with any issues or queries that you may have.

**Right Honourable Robert Jenrick MP**

**Editor's footnote:** a link to Robert's own website is available from our community website :

[www.clarborough-welham.org.uk](http://www.clarborough-welham.org.uk)

Just follow **Public Sector > MP** from our home page's main menu. Robert's website contains, among many things, his various contact details.

Ask not what your country can do for you; ask what you can do for your country.

*John F.Kennedy (1917 - 1963)*

**Goacher's Farm Shop**

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The only traditionally grown Wheatley fruit.

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Here at Clarborough we have designed a creative curriculum that engages and challenges pupils of all ages and abilities. Children are challenged to attain high standards and we encourage this with a wide range of teaching styles that create an environment where children feel safe and valued. We work hard with our pupils to develop their skills of self-motivation, mutual respect, understanding and a love of learning. We are very fortunate to have an amazing school building at the heart of the village with large classrooms, a wonderful Foundation Stage Unit for children from the age of 3 years and plenty of outside space in which to play and participate in P.E. It is our mission to create happy, successful and globally aware individuals who have a love of learning and this is taught through our school Golden Rule of 'We look after ourselves, others, our school and our planet'.

**Looking forward to meeting you!**  
**Mrs Allison Cowell-Clark**

**LIFE AT CLARBOROUGH** There's always plenty going on!

- Dedicated staff who understand each child and are passionate about the provisions they provide.
- Considerately planned experiences across the curriculum, that inspire the children's imagination, whilst promoting their independence and developing their resilience.
- 30 hrs childcare for Nursery children (aged 3years+).
- Wraparound care, breakfast clubs and after school clubs for full-time pupils from 7.45am to 5.30pm.
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**Nottinghamshire Wildlife Trust launches new appeal to help protect, restore and sustain some of the county's most important remaining wildflower meadows.**

Despite traditionally being considered a 'green and pleasant land' the UK is one of the most nature depleted countries on the planet. Shocking figures about levels of species and habitat loss have become so commonplace to a point where they seem to lack impact - but the statistics relating to the loss of wildflower meadows are so shocking that they cannot simply be ignored.

Across the UK, it is estimated that we have lost 97% of wildflower meadows, sometimes called hay meadows, since the 1930s but here in Nottinghamshire the loss is believed to be as high as 99%.



Today, the Trust, which cares for nature reserves across Nottinghamshire has launched a funding appeal to raise at least £10,000 to support its work to protect the meadows in its care, support habitat restoration and top sustain the annual cycle of management which supports an array of species – including vital pollinators and ground nesting birds such as the skylark.

Speaking about the new appeal, Head of Communications Erin McDaid said: *“Meadows are havens for wildlife and home to some of our rarest and hardest working species. They provide a feast for the senses as well as being fundamental to protecting our increasingly fragile natural environment.”*

A healthy meadow surrounded by a traditional hedgerow can host a vast array of species, from wildflowers including great burnet, pyramidal orchid, red clover and ox-eye daisies. These flowers are not just important for their beauty, they also support a multitude of invertebrates ranging from vital pollinators such as industrious bumblebees to marvellous butterflies such as the eye-catching marbled white butterflies.

They are also home to small mammals, including protected pipistrelle bats and harvest mice as well as birds ranging from beautiful yet threatened skylark, turtle dove and yellowhammer to larger birds of prey like barn owls and kestrels.

Nottinghamshire Wildlife Trust has approximately 28 hectares of meadows in its care including jewels like Ashtons Meadow near Retford, Glebe Field at Attenborough, Besthorpe Meadows alongside the Trent north of Newark and at Skylarks Nature Reserve at Holme Pierrepont, which its team of staff, volunteers and nature-grazers are dedicated to keeping in top condition.

Erin continued: *“Meadows not only help the wildlife that thrive within them, but they are also a value part of our cultural heritage, inspiring artists and poets and lifting our spirits. They also provide natural services such as acting as natural flood defences and locking away carbon which helps limit the impact of climate change – the biggest*

*driver of nature loss. As well as being worth protecting for their inherent value to people and nature, as we face up to the combined climate and nature crises – the value of these functions should not be understated.”*

The Trust, which last year celebrated its 60<sup>th</sup> Anniversary, is dedicated to restoring and keeping its meadows in top condition and its team of staff, volunteers and nature-grazers work year-round to sustain the important annual cycle which helped create these magical habitats. Meadows need to be cut once a year, usually in mid-late summer after the wildflowers have set seed (Nottinghamshire Wildlife Trust leaves 10-20% uncut to continue to provide food and shelter for wildlife). Cutting helps remove excess nutrients from the soil and limits the growth of more robust species that would otherwise outcompete delicate grasses and wildflowers.

This work is completed with a mix of traditional tools such as scythes or on larger sites, using specialist machinery. Once cut, meadow and grassland areas are grazed by traditional breeds of sheep and cattle, helping prevent the encroachment of scrub like brambles and to tread in wildflower seeds that have dropped to the ground.

Erin added: *“Given the rarity and importance of the meadows in our care it is vital that we have the resources to ensure that we can continue the vital cycle of annual management that helped shape them. By supporting our appeal people can ensure that we have the tools and equipment our staff and volunteers need to manage the sites we protect and that we have the resources to maintain our nature grazing programme which is so vital to restoring and sustaining these cherished habitats.”*

Further details about the Trust's Meadows Appeal, including ways to donate and where to see remaining meadow habitats can be found at:

[www.nottinghamshirewildlife.org/meadows-appeal](http://www.nottinghamshirewildlife.org/meadows-appeal)

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 Mobile: 07519 633 236  
[www.nottinghamshirewildlife.org](http://www.nottinghamshirewildlife.org)

Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.  
**Martin Luther King (1929 - 1968)**

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**Love Your Leftovers**

**Nottinghamshire sustainable cook book created from residents recipes**

Over the years, Veolia and Nottinghamshire County Council have worked together to help encourage people to avoid food waste at home. Through conversations with hundreds of Nottinghamshire residents it became clear that many had recipes, tips and ideas that would be great to share.

So, in 2012 the first 'Love your Leftovers' cookbook was created and this 2016 edition features recipes from around the country.

According to the UK's Waste and Resources Action Programme (WRAP) household food waste has dropped significantly over the past four of five years. However, 2023 statistics still show UK food waste amounting to some 10 million tonnes annually of which some 69% is household waste which is equivalent to 15 billion meals!

And the story doesn't end there – we don't have space in this article to explore how much this waste contributes to environmental damage.

However, back to the book!

**To download a free PDF copy of the book:**

<https://www.nottinghamshire.veolia.co.uk/sites/g/files/dvc1716/files/document/2019/09/Love%20your%20Leftovers%20cookbook%20-one%20per%20page.pdf>

or, more simply, go to our community website (**see the foot of this Newsletter's front page**) and follow the link on our website's homepage – just below our weather forecasting sun.

**Cruising with mobility issues!**

Recent discussions with several 'regulars' who have significant mobility issues at Clarbrough's CCC (Coffee, Cakes and Chat) Thursday morning sessions gave your Editor opportunities to share recommend cruise holidays for such individuals.

For many years, Editor and wife have been holidaying with Marella (the TUI cruise line brand name) and have noted how many fellow cruisers have significant mobility issues. These have ranged from walking with a stick right through to fully wheelchair based.

Having chatted to many of these over dinner, when waiting to go into evening shows or just out-and-about on Pool Decks or in Coffee Ports we have been impressed with how well these folks enjoy cruising.

A quick online check at

<https://www.tui.co.uk/destinations/faq/marella-cruises/assisted-travel>

will provide much-needed information for anyone with mobility issues – or sensory one such as poor hearing or sight issues.

*Editor*

**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. Our membership fees are very reasonable!

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

Alan on 01777 703 991 or [aghist@googlemail.com](mailto:aghist@googlemail.com)

Greg on 01777 700 918 or [greg2know@gmail.com](mailto:greg2know@gmail.com)

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# Inspire

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## Heritage Open Day at Retford Library

“Routes-Networks-Connections”

Saturday 14<sup>th</sup> September 2024



**View hidden treasures from the library’s heritage collection (Drop-in)  
10am – 3pm in the Heritage Area**

Free. No booking required.

**Exploring Local Maps (Bookable Event)**

**10am – 11.30am in the Meeting Room**

Join one of our librarians for a small group session where they will demonstrate the range and variety of local maps available in Inspire Libraries, with hints and tips on how to find and interpret them.

Free. Booking essential (limited places). Call 01623 677200, book at the library or online at [www.inspireculture.org.uk/heritage](http://www.inspireculture.org.uk/heritage)

**Old Retford Maps (Drop-in)**

**11.30am – 3pm in the Meeting Room**

Drop in and explore historical maps of Retford to discover how the town has changed and developed over time.

Free. No booking required.



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# MUSLIM CHARITY

Muslim Charity envisions a world of harmony where people of all backgrounds can enjoy good health, education and livelihoods. Our mission is twofold: to save lives during emergencies and to help eradicate poverty through practical means such as providing education, safe drinking water and livelihood opportunities.

In the UK, we actively support homeless and vulnerable individuals in Manchester's City Centre by providing meals, food and clothing. This project started in January 2018 and since then each month (and during the winter twice or even thrice a month) our volunteers have consistently gone out in Manchester's City Centre to provide this ongoing support. During the COVID-19 pandemic, we extended our efforts to deliver essential food and non-food items to hundreds of vulnerable families and elderly persons. Our community hub in Whitechapel, London, fosters youth development through sports clubs like cycling, running and martial arts and at the same time learn useful life skills and thereby help reduce the rates of delinquency and violent crime in the area. More locally, within Bassetlaw, the attached PDF explains some of our local projects in recent years.

On the international stage, Muslim Charity collaborates with over 150 non-governmental organisations to aid

vulnerable communities in accessing clean water, education, income generation opportunities and health services. We have partnered with major United Nations agencies, including UNICEF, UNRWA, and UNHCR, to respond effectively to crises such as civil wars, conflicts and natural disasters. These partnerships have been instrumental in providing temporary shelters, water and sanitation facilities, child-friendly spaces, education, and health services, ultimately saving thousands of lives.

In summary, Muslim Charity's work is deeply integrated with both local and international organisations, ensuring a comprehensive approach to humanitarian aid and development. Our collaborations with communities, governments and UN organisations are crucial for emergency response, capacity building, resource mobilisation, and sustainable development, contributing to a safer and more prosperous future for all.

**Maroof Pirzada**  
UK Director, Muslim Charity

## Kashmir in September!

A reminder that your Editor and wife will, once again, be supporting Muslim Charity's *Helping the Needy* programme in Pakistan's Kashmir region. A full outline appeared in our Summer 2024 issue, so if you've not got that issue to hand, go to our community website's **C&W Newsletter** page to read it.

This also has links to our appeal for donations, so many thanks for anyone giving!

**Editor**





**Forthcoming Retford events**

The following are best information to date about forthcoming Retford events – watch our next Newsletter issue(s) for confirmations/updates.

- 21<sup>st</sup> September Cheese Festival 10:00 – 14:00.
- 24<sup>th</sup> November Retford Christmas Market 2024, Sunday 10:00 – 18:00
- 8<sup>th</sup> December Retford Rotary Club's Santa Fun Run
- 12<sup>th</sup> December Winter Festival of Light/Late night shopping event – 16:30-19:00

**New Clarbrough & Welham Parish Council contact phone number**

with immediate effect, this is 0739 855 4439

RETFORD HERITAGE DAY Saturday 14<sup>th</sup> September 10:00 to 16:00, organised by Retford Civic Society. – see pages 15 & 22.

**Home Secretary Yvette Cooper has today (8<sup>th</sup> July, 2024) set out the first steps to establishing a new UK Border Security Command (BSC).**

**Doncaster Airport re-opening?**

At the end of June your Editor (a Founding Guardian of the Vulcan to the Sky Trust) learned from their monthly newsletter that the City of Doncaster Council continue to make positive steps to open the airport. The Council is currently engaged in a Public Procurement Process to identify an operator with the ability and experience to take the steps necessary to reopen the airport, return it to profitability and to take forward the South Yorkshire Airport City concept which is a wider programme of economic growth and regeneration.

**Do you know a child or young person with SEND?**

'SEND' refers to Special Educational Needs and Disabilities and applies to anyone ages 0-25 years.

Nottinghamshire County Council's latest offer can be found on their website by following this link on our community website's homepage; just click on ►



**New group ticket launched on Nottinghamshire County Council buses**

Families across Nottinghamshire can travel by bus for less thanks to the launch of a new group bus ticket.

Nottinghamshire County Council has launched the new 'Five for £5' ticket on selected Nottsbus Connect services, which gives up to two adults and up to three young people (aged up to 19-years-old) unlimited travel all day on the services for just five pounds.

The ticket is valid at weekends as well as during the summer and October half terms and will give families and groups a chance to explore Nottinghamshire, including green spaces.

Read much more here:

<https://www.nottinghamshire.gov.uk/newsroom/news/new-group-ticket-launched-on-county-council-buses>

**Clarbrough & Welham Parish Council Meetings**

- 2<sup>nd</sup> September
- 14<sup>th</sup> October
- 25<sup>th</sup> November
- 6<sup>th</sup> January, 2025

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, 2025.

**Newsletter editorial deadlines**

- 14<sup>th</sup> October (Winter issue)
- 13<sup>th</sup> January (Spring 2025 issue)

**Newsletter Advertising rates for a whole year of four consecutive issues**

Full page	£125.00
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