

Clarbrough & Welham Community Newsletter

Quarterly: Summer 2023

Volunteering can improve your career
Next STEP for low-carbon energy
Social Media influencing body images
IT Group Linux classes

Royal Cyphers
Google images
Air Fryers
Heritage Open Day

and much, much more!

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



Spring is in the air at Muddy Fork

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

Valley Nature Reserve, is anticipating the onset of spring with even more excitement than usual. This year sees not just the start of the growing season, but also the arrival of a new General Manager.

Harri Phillips, who filled the role with such energy and enthusiasm, moved on at the end of last year. Muddy Fork's loss was Notts Wildlife Trust's gain – Harri has moved through the gate and into the centre into a fulltime role, and there can be no doubt that she will be an asset to the trust.

Muddy Fork trustees however are delighted to announce the appointment of Rose Thorpe to the General Manager role and are currently looking forward to introducing her to the Garden Co-ordinator, Pete Atkins, and the team of participants and volunteers. There will be more news on Rose once she has started work and 'bedded in' (surely the perfect term for settling into a job in a garden?).

Meanwhile the daffodils are now cheering everyone up and the stream through the garden definitely thinks spring is on the way...



The project would love to hear from anyone who would like to get involved or to make a referral. More details including how to make a referral can be found on the Muddy Fork website www.muddyfork.org and you can make contact via the website, or by emailing enquiries@muddyfork.org

Creativity Unwrapped in Retford!

On Saturday 9th September, Retford will, once again, celebrate its heritage with this year's theme

"Creativity Unwrapped" !

The Town Hall will host local artists, designers and makers in the Ballroom and the Buttermarket to display and demonstrate their work. This is your chance to come and see the creative talent we have in the Retford area. There will also be talks by poet, Paul Cookson, and author, Stephen Booth, in the Council Chamber.



[Above] Marsh marigolds and [top right] frog spawn.



All the usual buildings will be freely open to the public, the Heritage coach and the Seth Ellis canal boat will be running, and there will be events in the streets.

Retford Heritage Day is always a great family day, and this year's will be even more

CREATIVE !

Put this date in your diary and look out for more details in our next edition.

Joan Turner


Identifying animals (and almost anything else) with Google Images

Recently your editor came across this image and wondered what this strange-looking animal could be.



Various books and online researches failed to answer this question until I suddenly remembered something about Google's solution. Regular readers of our Newsletter will recall an earlier article (2018 Winter issue, page 18) that explored Google's *Translate* facility and this

thought reminded me that Google also has an Images facility to seek the identity of an image.

To access **Google Images** just enter this in your web browser and when the Google Images home page appears, look for the **Search by image** button at the right of the usual search bar. 

Clicking on this opens two options for giving Google Images an image to work on:



Either drag-and-drop your image into this window as indicated, or use the blue **upload a file** to search your system for the required image.

The result will be a long list (hopefully!) of website 'hits' of similar images. You will need to search through these by clicking on each in turn until you've explored enough to pinpoint your image.

In this case it seems that my picture is of a **Golden-handed Tamarin** (*saguinus midas*). Finding this then led to more research using Google's general search facilities for this name!

Editor

End of Amazon Smile

Apologies to readers who tried to open an Amazon Smile account to support Clarborough Village Hall following our article on page 3 of our Spring 2023 issue. We received notice that Amazon had decided to close their Smile facility just after our Spring issue went to our printers.

Editor

Let China sleep, for when she wakes, she will shake the world.

Napoleon Bonaparte (1769-1821)

Bassetlaw District Council's 2023 Achievers Award

Your Editor was stunned in early March when he was informed that Retford Business Forum had nominated him to be commended for Bassetlaw District Council's Achievers Award!

The presentation of this award by Councillor Madelaine Richardson, Chairman of Bassetlaw District Council, took place at Worksop Town Hall on the evening of Thursday, 16th March.

Each recipient, or small group of recipients, were introduced by Councillor Richardson by a brief resume of each's contribution to Bassetlaw's community followed by an on-stage photograph with our Council Chairman...



At the end of the formal part of the Awards ceremony, all receivers of awards gathered together for a final photographic session...



At Retford Business Forum's April 3rd monthly meeting Greg thanked Rick Brand, Chairman of RBF, and fellow members for nominating him for BDC's 2023 Achievers Award.

Editor



**Your Parish Council
(Part 2 – Planning)**

There is a Myth that the Parish Council

plays a large part in Planning issues. It does not!

Local Planning Authority

Bassetlaw District Council is the Local Planning Authority (LPA) and is responsible for most planning decisions in the Parish. Things like new houses or businesses, house extensions, building developments of a few or many houses all come under the control of the LPA.

Local Plan

The first point of reference for the LPA is their own Local Plan. Currently Bassetlaw District Council does not have a Local Plan but in mid 2022 submitted one to the government for approval. It is currently in the Examination stage and there were public meetings held in December. This process is lengthy and complex. If the Local Plan is approved then it will apply to the whole of Bassetlaw, probably from around the beginning of 2024.

All planning applications must abide by the detailed Local Plan.

Planning Process

If the LPA accepts a Planning Application then that is the end of the matter. The development, no matter how large or small can go ahead.

If the LPA rejects a Planning Application the applicant can Appeal against that decision. The proposals are then examined by the Planning Inspectorate who, after a lengthy process sometimes involving a public meeting, either agree with the LPA decision or support the applicant. If the Inspectorate agree with the applicant there is no further appeal by the LPA or members of the public.

Some major projects – eg any new power station – which can have a national effect on infrastructure are subject to direct involvement by the Government.

Parish Council

The Parish Council has no planning powers and, therefore, makes no planning decisions. For all planning applications in the Parish the Parish Council is notified by Bassetlaw District Council.

The Parish Council *always* responds to these notices after a careful consideration by Councillors. The PC always considers the Neighbourhood Plan before responding to notifications. The response submitted by the PC is only advisory and carries no more weight with the LPA than a response submitted by a member of the public.

Neighbourhood Plan

The 2017 Neighbourhood Plan (NP) set out some directions for the development of our Parish. It is part of Planning Law for the Parish and cannot be ignored by anyone wishing to build or change buildings within the Parish. The Parish Council has successfully invoked the NP on a number of occasions since 2017, including one early in 2023.

The role of Individuals

Individuals can have a large effect on planning decisions. It always requires a reasoned and thoughtful response to planning applications but 5 / 10 / 20 + individual responses from residents always carries more influence than the one response which the Parish Council can submit! If you have a point of view on a planning application then you should submit it to Bassetlaw District Council before the closing date for that application. This can be done on the BDC Planning Public Access website or via a letter to BDC Planning in Worksop.

More in the next issue of this community Newsletter!

**Paul Willcock
Parish Councillor**

Clarborough & Welham Parish Council

Covid-19 Spring Booster for vulnerable people

A spring booster dose of the Covid vaccine will be offered to people at highest risk of severe illness including:

- adults aged 75 years and over,
- residents in a care home for older adults,
- individuals aged 5 years and over who are immunosuppressed.

This follows new advice from the Joint Committee on Vaccination and Immunisation (JCVI).

Please wait for the NHS to contact you if you think you're eligible for a spring booster.

Arrangements for older adults in care homes to be vaccinated came into effect from 3rd April.



Virus *variants* are described as follows by the World Health Organisation:

It is normal for viruses to change and evolve as they spread between people over time. When these changes become significantly different from the original virus, they are known as “variants.” To identify variants, scientists map the genetic material of viruses (known as sequencing) and then look for differences between them to see if they have changed.

Since the SARS-CoV-2 virus, the virus that causes COVID-19, has been spreading globally, variants have emerged and been identified in many countries around the world.

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

Mark Twain (1835-1910)



Clarborough & District W.I.

February saw us with a couple of changes in that our meetings are now taking place in the Halford Room which is much cosier and more suited to our needs. We also had a last minute change of speaker due to illness and Mr Oliver Hill stepped forward at short notice and spoke to us about "Tax, Care and Toy boys", a very thought provoking subject.

On 13th March we again welcomed Mrs Elizabeth Banks who demonstrated her collection of handmade Easter eggs. Having seen this collection it is truly amazing. For our April meeting on the 17th we look forward to meeting Amanda Harrison from Highways England. Also on 24th April we have our Group Meeting which this year will be held in Clarborough Village Hall when we will have the pleasure of meeting Mr Neil Hanson, biographer and one time landlord at Tan Hill, the highest pub in England. Visitors are welcome at a charge of £7, tickets available by contacting the telephone numbers below.

Saturday 13th May sees us hosting Afternoon Tea for Senior Citizens in commemoration of the coronation of King Charles III. This will be held in Clarborough village hall from 15:30 for 16:00 and names can be given to Mrs L Baines (07967 191007) or Mrs G Bennett (07946 344870) .

In addition to changing our meeting place, the WI are also looking to change our meeting times from evening to afternoon. This will finally be decided when we have had the opportunity to consult all our members at our Annual Meeting in May and we ask members to please let us have their views on this as soon as possible by attending the meeting or contacting a committee member.

Lucy Richardson



Your Health Your Way are offering FREE wellbeing services for the residents of Nottinghamshire. With the help of highly qualified nutritionists and exercise

specialists, we can help you to lose weight and get more active! We take a realistic approach to weight management, with no strict diets or exhausting exercise routines, you will start to see the benefits in as little as 4 weeks. The program lasts 12 weeks, followed by up to one year of follow up support, to help you stay on track and motivated.

If you are looking to stop smoking, our experienced smoking practitioners deliver a range of 1-1 telephone support and drop in sessions, alongside FREE nicotine replacement therapy. They will support you to understand why you smoke, how to manage your cravings and deal with relapses. You are 4 times more likely to quit for good with our help!

To sign up today or enquire about when the sessions are held, call 0115 772 2515 or visit <https://yourhealthnotts.co.uk/referrals/> and we will be in touch within 2-3 days.

Retford Falls Prevention Course Spring 2023

Aside from weight management, Your Health Your Way now also offer a free falls prevention course in Retford. The course is there to help anybody who has a history of falls, feels unstable or has problems with strength and balance, or are worried about having a fall. It is a rolling 12-week program delivered by a fully trained Otago or Postural Stability Instructor.

The sessions are once a week, involving 45 minutes of strength and balanced based exercises followed by a 30 minute social element with tea and coffee to support with mental health.

At the moment we currently have one session at The Well, Retford every Friday 11:00 – 12:30. It's only a small group, and it would be fantastic to spread the word and build the numbers up!

Eleanor Mills
Operations Team Lead – Bassetlaw
Nottinghamshire Integrated Wellbeing Service
Mobile: 07553 614 447

Your Health Your Way

Suite 1, The Willows
 Ransom Wood Business Park
 Mansfield
 Nottinghamshire, NG21 0HJ
 0115 772 2515
www.yourhealthnotts.co.uk

The weak can never forgive. Forgiveness is the attribute of the strong.
Mahatma Gandhi (1869-1948)

South Street Storage

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Various sized units available.
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Open: Mon – Fri 10:00-16:00
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01777 702 779 / 07550 002 242
southstreetstorage@gmx.com

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ACTION

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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

Bassetlaw residents need photo ID to vote on 4th May

Our Spring issue contained details of this requirement **but if you haven't yet got this sorted you are now out of time! Bassetlaw District Council's dates for all administrative aspects of this new process closed on 27th April.**

Visit: <https://www.bassetlaw.gov.uk/council-and-democracy/elections-in-bassetlaw/local-elections-4-may-2023/> for much more information and also the Government website at: <https://www.electoralcommission.org.uk/i-am-a/voter/voter-id/accepted-forms-photo-id>



A quick reminder: acceptable photo ID items include:

- Passports**
- Driving licences**
- Bus passes**
- Blue badges**

although this list is not exhaustive – check the above website links!

Reports are already coming in of scams offering Photo ID forms after the above dates. Contact ActionFraud!

Editor

What is an Air Fryer – and is it worth the money?

Just the question we asked when we realised that one of our daughters had purchased an air fryer.

Air fryers work by rapidly circulating hot air, which gives food a crispy outer layer without having to add much, if any, fat. Turning 1kg of potatoes into air-fried chips for four people can be done with one tablespoon of oil, which would make them low in fat – lower than most oven chips you can buy, and a lot lower than deep-fried chips. So if you often eat deep-fried foods, switching to an air fryer could be a healthy step.

Research shows that **air fryers are more energy efficient than using an oven and that means savings on energy bills.** They are healthier than deep frying or using an oil-soaked frying pan so there are those health benefits too.

If you're cooking a food that you wouldn't normally add fat to when you cook it, whether that's ready-made oven chips, bacon, sausages or breaded chicken, being cooked in an air fryer is unlikely to make it healthier. However, shorter cooking time can save energy and also provide a quick solution to an 'urgent' meal requirement such as unexpected visitors!



Are air fryers cheaper to run than ovens?

An air fryer is likely to save you money on your energy bill compared with an oven, especially if you are cooking for one or two people; typically we have found cooking a 'roast dinner for two' (see photo above) took about 25 minutes compared to 90 minutes in our gas oven. Some Air Fryers can be expensive to buy, but our model (Instant Vortex 3.8 Litres) cost about £100 plus some silicone liners (typically £11 for two).

Microwaves are also a healthy way of cooking, and energy costs can be even lower than an air fryer.

Editor

Did you know!

In New Delhi, the Sulabh International Museum of Toilets features a rare collection that explores the evolution of toilets from 2500 BC all the way up to the present day. You'll learn about the plumbing system of ancient societies, marvel at the elaborately decorated toilets of 18th and 19th-century Europe, and even get to sit upon one from Austria that is shaped like a lion!

Bassetlaw

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MAKING A DIFFERENCE THROUGHOUT BASSETLAW



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

HOME SUPPORT WORKERS REQUIRED

£10.56 per hour plus £1.27 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**

Volunteering – from both sides!

Recent articles in our Newsletter have encouraged readers to volunteer to local groups and organisations, but for many this is just not possible because of work hours and pressures. However, there are several groups of people for whom volunteering can be really useful and fulfilling. In this article we will consider two separate groups:

1. **Younger people** who are either not in employment or who are seeking to improve their CV as a stepping stone to promotion or getting a better paid job.
2. **Retired people** who could benefit from greater contacts with other people through membership of a volunteers team or their volunteering role benefits from previous employment skills.

In this article we will give a little thought to each of these opportunities.



Younger volunteers

Volunteering can be fun, widen your life-skills by meeting many new people and also increasing your skills to improve your employability. In summary:

- ➔ meeting new people
- ➔ having fun
- ➔ gaining new skills and enhancing those you already have
- ➔ boosting your CV, UCAS and employability

BCVS is one of the key volunteering co-ordinators locally and their website explores the advantages of volunteering in much more detail than we can cover in this short article. However, just summarising their guide to advantages of younger people volunteering could be useful, so here goes!

- a) It's **good for your mental health** when **meeting new people**.
- b) You can **gain self-confidence**.
- c) You can get **professional experience**.
- d) You may find **new interests**.
- e) You may join a community.
- f) You can make the most of **your skills**.
- g) You can find the **role(s) that suit you best**.
- h) You may **have fun!**

Many organisations, including the likes of NHS, are now seeking volunteers aged 16 and over. Keeping your CV updated by any volunteering experiences

can make a huge difference to how you are viewed when you either seek promotion within your current employment or make an application for a new job with another company. An up-to-date CV can be crucial if you are currently unemployed – having some recent, job-related, experience is important.

This latter situation doesn't just apply to anyone who is 'unemployed' as usually understood, but also to ladies who may have been out-of-work for quite a while with a young family. Getting back into work can be a bit of a challenge, so improving your application prospects is really valuable.

To find out what is available locally, we suggest you start by talking to either Bassetlaw Community & Voluntary Service (BCVS) or Bassetlaw Action Centre (BAC). Both of these organisations have adverts/contacts on pages 14 and 6 respectively in this Newsletter; Good Luck!

Mature volunteers

Many of the advantages of volunteering mentioned in the previous section also apply to individuals who are not in employment.

High on the advantage list for these folks are the twins of **meeting new people** and **having fun!** The first of these can be particularly important if, like your Editor, you have retired to a house that is empty most of the day (in my case, my wife worked for a number of years after I retired).

Advantages to organisations that recruit mature volunteers may also relate to such volunteer's previous careers. Although not an exhaustive list, the likes of finance, publicity, organisational and communication skills spring to mind.

If you follow the same links to BCVS and BAC noted above, these can give you some starting suggestions of local organisations seeking volunteers.

Local organisations needing volunteers

Although both BCVS and BAC can provide links to local organisations in need of volunteers, we are also aware of the needs of several very local organisations...

1. **Clarborough & District Community Association** who 'run' Clarborough Village Hall are in almost desperate need of volunteers to join our committee. This can be as little as being available to open and close our hall for weekend parties right through to taking on some handy-man duties around the building's interior. Contact your Editor (also Chair of CDCA) as per our *Newsletter Advertising* box on the bottom of page 24
2. **Clarborough & Welham Parish Council** are seeking several new Parish Councillors. The opportunities involved here are far too many to list, so best to contact Phil Gibson, Chairman of Clarborough & Welham Parish Council at: 01777 700 517 or email : philippilgibson@aol.com
3. **Friends of Bassetlaw Museum** are also crying out for committee members to help promote our Museum and also help organise and provide our programme of events for both members and public. Such help could range from serving tea and coffee (and usually cakes!) at events through to helping organise and run Museum events. Get in touch with the Museum at: 01777 713 749 or email: bassetlaw.museum@bassetlaw.gov.uk

Editor

citizens
advice

Bassetlaw

Bassetlaw Citizens Advice appeals for more volunteers

Bassetlaw Citizens Advice says it needs volunteers now more than ever to help make a difference to local people during the cost-of-living crisis.

The local charity, based on Bridge Street in Worksop and at Retford town hall, is launching an appeal for new recruits after last year supporting an unprecedented number of clients in the community with issues such as soaring energy prices, rising household bills, debt, employment and housing issues.

They welcome volunteers from all walks of life, and value diversity, promote equality and challenge discrimination. No experience is necessary as full training will be provided.

Volunteers are often looking to gain valuable experience or to use their existing skills in new ways. Many want to have an impact in their community and find a sense of purpose in helping others. For students, volunteering can help build confidence and support career development with different learning opportunities.

Catherine, a volunteer adviser at Bassetlaw Citizens Advice has volunteered for the past 8 years. She said: *“Without volunteers, Citizens Advice Bassetlaw would not be able to operate. I started to volunteer because when I*

retired I wanted to keep the brain active and to feel I was doing something useful. I chose CA because of its reputation for making a real practical difference to people’s lives. Knowing I have helped a client to resolve an issue is a great feeling. I learn something new each advice session and I have the benefit of continuous training and development of new skills. I also enjoy the company of my colleagues who come from all backgrounds and experiences of life. I would recommend anyone and everyone to consider volunteering with CA. The rewards are tremendous.”

Karen Whitlam, Chief Officer at Bassetlaw Citizens Advice said: *“Our volunteers are amazing! As a charity, Bassetlaw Citizens Advice are so grateful for the time that our volunteers give freely to work through our training programme so that they can accurately advise and support local people. We are needing to expand our volunteer workforce to meet the increasing number of people asking for our help. We offer a variety of different roles, such as reception and administration, adviser, Trustee, member of our Citizens Panel. If you’d like to join us, we’d love to hear from you.”*

For further details please contact Bassetlaw Citizens Advice on 01909 498 9888 or visit <https://bassetlawca.org.uk/volunteer>

If I have seen further than others, it is by standing upon the shoulders of giants.

Isaac Newton (1643-1727)

Retford Musical Theatre Company is an amateur musical theatre group that has been running for 103 years and is well known for its professional quality productions. Following on from the huge success of *Kinky Boots* in 2022, RMTC is excited to be bringing the musical comedy *The Addams Family* to the Majestic Theatre from April 27th – 29th 2023.

In the kooky, upside-down world of the Addams Family, to be sad is to be happy, to feel pain is to feel joy, and death and suffering are the stuff of their dreams.

THE ADDAMS FAMILY, a comical feast that embraces the wackiness in every family, features an original story and it is every father’s nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met.

If that wasn’t upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he’s never done before - keep a secret from his beloved wife, Morticia. In one fateful, hilarious night, secrets are disclosed, relationships are tested, and the Addams family must face up to the one horrible thing they’ve managed to avoid for generations: change.

Tickets are available from www.majesticretford.org or telephone 01777 706 866

RMTC
Retford Musical Theatre Company

noda
by *noisy opera*

The Addams Family
A NEW MUSICAL COMEDY

Book by **MARSHALL BRICKMAN** and **RICK ELICE**
Music and Lyrics by **ANDREW LIPPA**
Based on Characters Created by **Charles Addams**

THURSDAY 27TH APRIL 7:30PM
FRIDAY 28TH APRIL 7:30PM
SATURDAY 29TH APRIL 2:30PM & 7:30PM

THE MAJESTIC THEATRE, RETFORD

"The Addams Family" is presented through special arrangement with and all authorized performance materials are supplied by Theatrical Rights Worldwide (TRW), 122-124 Degen Street, 5th Floor, London W1B 5SA www.theatricalrights.co.uk

Image editing using Gimp

Firstly, let me introduce Wilbur...

Wilbur is the mascot of the open source image processing application more formally known as **GNU Image Manipulation Program**.



This is an open-source application – which means it is free, free to share, free to copy, copyright-protected – and suitable for use on Microsoft Windows, Apple macOS and Linux systems.

All of the images which have appeared in our Newsletters for many, many years have been either tweaked or prepared from scratch using Gimp.

Gimp can be downloaded from their website : www.gimp.org

The Social media article on the facing page gives us a chance to see how Gimp be used to 'adjust' an image. Take a look at the photo on page 3 of our editor at Bassetlaw District Council's recent Achievers Award ceremony. At just about 167cm tall he is quite 'concentrated' but a little editing with Gimp – just a couple of minute's work, turned him into a much taller chap – with a couple of other appearance tweaks.. - no standing on a box here!



Shapes can be changed too with just a couple of mouse click which can be used to change the shape of almost any object or part of it – including human bodies!

So, lets start by changing this red jungle fowl (*Gallus gallus*) – thought to be the origin of our chickens (*Gallus gallus domesticus*)...

that quickly changed to one that looks to have been living with humans for a while! Just a few clicks with Gimp's Warp Transform tool did this...



Just imagine what can be done to photos of human models using this sort of process – the *camera never lies*? You're kidding, it rarely tells the truth these days!

Editor

Happiness depends upon ourselves.
Aristotle (384 BC – 322 BC)

Goacher's Farm Shop

Wood Lane, North Wheatley



The only traditionally grown Wheatley fruit.

Picked and PYO
Strawberries, Raspberries, Cherries, Plums, Apples, Pears etc
Taste the difference!
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Now serving hot drinks

For opening times please
Phone; **01427 880 341**
or www.goforgoachers.co.uk

Social media influencing body images – particularly for females

Lots of recent research looking at users of social media shows that something like 88% of young women compare themselves to images they observe on social media, with over half of them emphasising that the comparison is unfavourable. Similar studies also show that 65% of young men compare themselves to images they observe on social media, with 37% of them indicating that the comparison is unfavourable.

It's human nature to compare. People have always compared the way they look to friends, to what they see in magazines, and what we see on TV. The difference now is, we now have the internet and social media stuffing images in our face all day long. There is no let-up and as a result, many, particularly young people, become trapped in a constant cycle of worrying that they don't look as good as the people we see online. Unsurprisingly this leaves many feeling worse about the way they look.

It is also worth noting that the whole advertising industry is a massive influencer – just look at any platform, be it printed magazines or newspapers through websites and on to social media and you will see that whenever a human is incorporated in these adverts, the vast majority are female and almost invariably young females at that!

All of this makes us forget what normal is. Anyone who uses social media knows, we tend to only post photos where we're looking good. The selection of 'good' in this sense is one of the key recursive aspects – we aim to look like those social media images that are already thought to be attractive, and so we 'follow the trend' which simply reinforces that 'standard'. Therefore we're bombarded on a daily basis by unrepresentative images of people who have been selected or even image-edited* to the maximum, skewing our perception of what normal is.

*See our article on facing page 10 which shows just how easy it is to modify an image.

Similarly, take a look, for instance, at almost any female face in adverts across printed magazines as well as online – many, if not most, will show signs of 'airbrushing'. This follows from the assumption that such appearances are more attractive than those showing the real texture – and personality - of someone's skin.

We have a massive pool of people to compare ourselves against. In the past – before FaceBook and other social media platforms, you would have had your friendship group and the odd magazine picture to compare yourself against. Now we're offered a pool of celebrities, models and social media influencers to oggle at.

It's constant. Because we're often signed up to several social media platforms and it's the way we communicate and socialise, we never get a break from looking at photos of hotties.

So what? You might ask. Unfortunately, a mass of recent research shows that people – and particularly young ones and even more particularly, females, can eventually, in extreme cases, lead to life-threatening conditions like anorexia, body dysmorphia and bulimia. It might also lead

to unhealthy behaviours like crash dieting and over exercising.

Some Medical definitions

Body dysmorphic disorder, or body dysmorphia, is a mental health condition where you spend a lot of time worrying about your appearance or appearance of parts of your body.

When you have body dysmorphic disorder, you intensely focus on your appearance and body image, repeatedly checking the mirror, grooming or seeking reassurance, sometimes for many hours each day. Your perceived flaw and the repetitive behaviors cause you significant distress and impact your ability to function in your daily life

People who have anorexia are very anxious about their weight and body shape which leads to many unhealthy or even dangerous ways to keep their weight low.

People with bulimia are very anxious about their weight and focused on having the 'right' body shape. They also spend a lot of time thinking about food. They overeat in a pattern known as 'binge eating', meaning they eat a lot of food (or what feels to them like a lot of food) in a short space of time. They then try to avoid digesting the food and gaining weight from it by 'purging'. There are a number of ways people purge, including making themselves vomit or using laxatives (medication that causes you to poo).

Doncaster-Sheffield airport latest!

At the time of writing (first week in April) news has started to break of a possible agreement between Doncaster Council and Peel L&P Group, current owners of the airport site.

Discussions and council decisions on funding for these possibilities were planned for mid-April with views of either purchasing the airport site or entering into a long-term lease, both of these have the intention of re-opening the airport.

At the same time, Vulcan-to-the-Sky Trust, the charity which looks after the former bomber Vulcan XH558 said its lease to keep the aircraft at the airport had been extended until the end of 2023. Watch this space!

Editor

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Spring forward - Fall back

Remember this phrase? Although we don't use the term 'fall' to represent 'autumn' – that's a common term used in the US – at least the *spring forward* part reminds us that we should have moved our clocks one hour forward in the early hours of the morning of 26th March and a similar backwards move in the autumn (29th October, 2023). Technically, this is called Daylight Saving Time (DST) and is a common, but not universal, procedure around the world. In the UK this period is commonly called 'British Summer Time' – BST.



The concept of DST is to create more daylight in the evenings, particularly in the earliest and latest parts of the DST period. This has been an important consideration, for example, to allow school pupils less 'going home' travel in darker afternoons/evenings or farmers longer 'outdoor' tending their fields.

Although various individuals had proposed the notion of pushing clocks forward and back to save energy – making 'working hours' more daylight hours and so saving coal which at the time was 'energy king'. The idea really became common in the latter part of World War I after Germany introduced the idea in 1916 to save fuel. One set of consequences for DST is the fact that generally individuals lose one hour of sleep on the 'clocks forward' day and gain an hour's sleep at the autumn's clock adjustment.

But what about all these other technical terms used when talking about 'time'? The most common (for UK readers!) of these are probably GMT and UTC. So what are these?

GMT is **Greenwich Mean Time**. Greenwich Mean Time is the yearly average (or 'mean') of the time each day when the Sun crosses the Prime Meridian at the Royal Observatory Greenwich. The Meridian is the north-south lines that maps divide the Earth into sections. The *Prime Meridian* (0°) was defined at the 1884 International Meridian Conference as that passing through Greenwich Observatory in London.

Coordinated Universal Time (UTC) is a 24-hour time standard that is used to synchronize world clocks, and is effectively, a successor to GMT, which was introduced in the early 1960s.

Time zones can be thought of as, roughly, 15° longitude steps around the world although this is a very rough approximation since these zones often follow country or subdivisions to allow areas with significant intercommunications to keep the same local time. It is usually indicated by adding integers to UTC times to represent time zones. These increase going east and decrease going west, so UTC+01:00 (often UTC+1) is Central European Time, while New York's time is UTC-05:00 (or, currently UTC-04:00 with their DST).

Another very interesting 'time-related' topic is that regarding the start of each day on our calendars – did you know that this changed from noon to midnight relatively recently?

Now we are out of space, so watch our next issue for more on this fascinating topic!

Editor

Wilky's Walkies

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

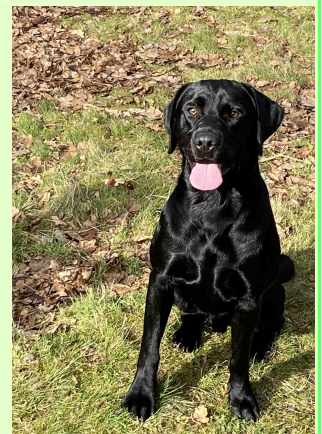
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Clarborough's Allegra Voice Choir

We had such a good time entertaining our amazing audience at our concert in March!



Do you also have music in your soul and would like to share the pure joy of it? We sing for that joy and would welcome those who wish to have a go. There are no auditions and our wide range of songs, selected by our inspiring Musical Director, James Fox, has something for us all. We sing in 3 part harmony at St John the Baptist Church, Clarborough. Rehearsing every Tuesday between 19.15 and 20:30 during term time.

Get in touch by email to : theallegravoicchoir@outlook.com or ring Fran, our

secretary, on 07747 488 454 or just turn up and see what you think of us.

Judith Smith

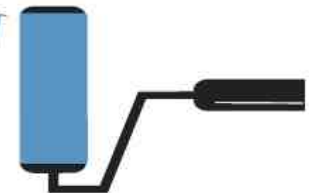
Bassetlaw invests in its future bin collections

Bassetlaw District Council has invested in new technology to help drive improvements to its future household waste, recycling and litter collections.



The Council has partnered with Webaspx to deliver a new waste and environmental management system, which will support its ongoing digital transformation strategy. Just some of the ways that this new approach could drive improvements is by capturing data and evidence of missed, contaminated and overloaded bins to help improve recycling rates and customer service; reduce complaints and costs by simplifying and modernising traditional collection routes across the district; and access live information to notify residents of service issues. Residents could start to see improvements and changes to bin collections from this summer as the Council also prepares itself for the introduction of the Government's Environment Act. Bassetlaw is the 11th UK authority to select Webaspx in the last 12 months and joins a UK customer community of over 100 councils.

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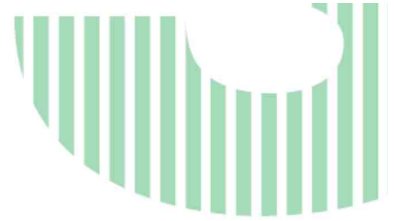
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www.bcvs.org.uk/volunteersweek



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Everyone Welcome!



Bassetlaw Volunteer Awards
Nominate Today!
Deadline: 14th May

www.bcvs.org.uk/bassetlaw-volunteer-awards-2023

Interested in volunteering?

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Some of the local charities needing volunteers:



Need Volunteers?

Book a stand at our event, or add your vacancies to our website.

Bassetlaw Community and Voluntary Service, Old Abbey School, Priorswell Road, Worksop, S80 2BU
web: www.bcvs.org.uk | email: bcvs@bcvs.org.uk
Charity Number: 1140782 tel: 01909 476118



Next STEP for low-carbon energy

The future of abundant low-carbon energy without the need for fossil fuels has taken a STEP forward. In January, UK Science Minister George Freeman visited West Burton Power Station to announce the creation of a new delivery body for the UK’s fusion programme, named **UK Industrial Fusion Solutions**, in addition to the creation of a new STEP Skills Centre that will be based at West Burton.

Fusion energy has the potential to transform our world, by delivering near limitless, safe and low-carbon energy across the globe for generations to come. For a brief overview of the meaning of *fusion*, see page 3 of our Spring 2023 Newsletter.

This development also represents a burgeoning industry in which the UK is already a world-leader, as demonstrated by the record-setting results from experiments conducted at the UK’s Joint European Torus (JET) facility last year, with the potential to not only power the world but deliver vast economic growth across the country.

Cllr James Naish, Leader of Bassetlaw District Council, welcomed the announcement and said; “The construction of a prototype fusion energy plant will require significant investment over the next two decades, and we are delighted that the initial steps - including the appointment of the first three local jobs - are happening quickly and efficiently.

“I am especially excited by the broader benefits of this project. In addition to billions of pounds being spent on the project itself, we envisage millions being pumped into towns and villages across Bassetlaw, through both direct and indirect investment. This is a once-in-a-lifetime opportunity for Retford, Tuxford and other nearby settlements to see improved infrastructure, better connectivity, and thousands of new skilled jobs - all of which will raise living standards and transform our area.

“The announcement about a new training hub on the West Burton site is also warmly welcomed. The creation of high-quality apprenticeships for people of all ages is a corporate priority for the Council, and we are looking forward to working with the UKAEA and its partners to create successful training programmes for current and future Bassetlaw residents.”

On the visit to Bassetlaw to see the future site of the UK’s first prototype fusion energy plant at West Burton, the Science Minister urged energy companies and investors to recognise the vast potential fusion energy could have for both the UK and the wider world.

Science and Innovation Minister George Freeman said: “Fusion energy now has the potential to transform our world for the better by harnessing the same process powering the sun to provide cheap, abundant, low-carbon energy across the world.

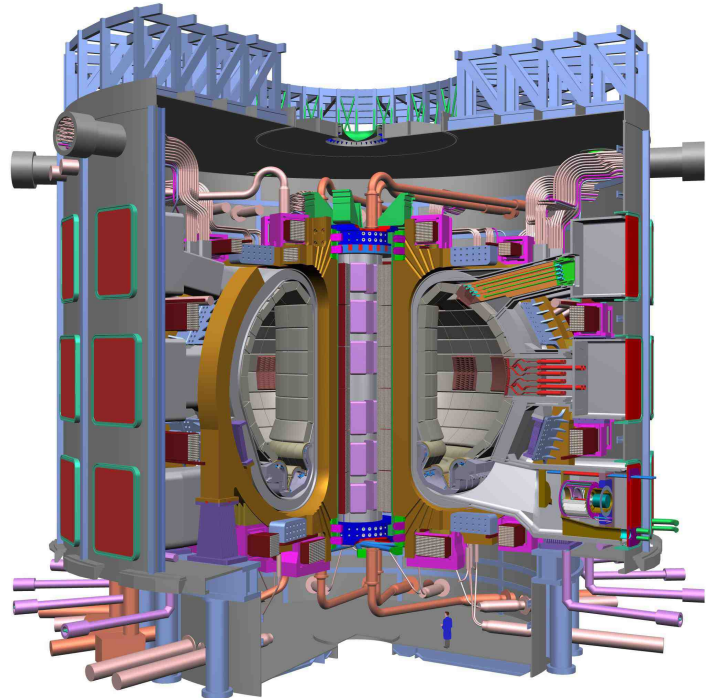
“The UK is the world-leader in fusion science and technology, and now we are moving to turn fusion from cutting edge science into a billion-pound clean energy industry to create thousands of UK jobs across the UK, grow exports and drive regeneration of this former coalfield site through a fusion innovation cluster in Nottinghamshire.

“That’s why I’m delighted to announce the creation of Industrial Fusion Solutions as the vehicle for industrial

development and deployment of this technology as a new clean energy source in the coming decades. The Spherical Tokamak for Energy Production (STEP) plant will be constructed by 2040 to demonstrate the ability to use fusion energy to generate electricity for the UK grid.

For all the latest news from Bassetlaw District Council, sign up to their newsletter at www.bassetlaw.gov.uk

Below: a cutaway diagram of the International Thermonuclear Experimental Reactor (ITER) the largest tokamak in the world, which began construction in 2013 and is projected to begin full operation in 2035. This project is taking place in southern France but is funded by most of the richest nations including the UK.



It is intended as a demonstration that a practical fusion reactor is possible, and will produce 500 megawatts of power. Blue human figure at bottom shows scale.

The ITER is considered by the UK as a precursor to its own project that will develop at West Burton.

Tokamaks use a powerful magnetic field to confine a plasma in a torus-shaped container to enable nuclear fusion.
A plasma (physics) is a state of matter in which most atoms are stripped free of their electrons and so usually occurs at extremely high temperatures such as lightning strikes or stars.

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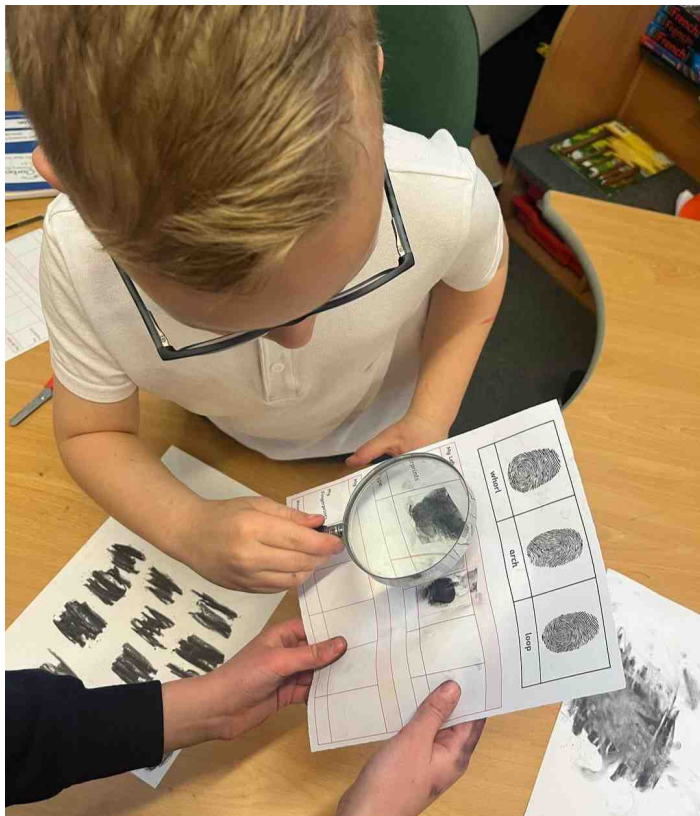
As we enter the summer term, and the spring term ends it's a fantastic time to reflect on all of the amazing things that have happened here at Clarbrough over the past few weeks.

Not only have we continued to fill the days with fantastic and creative lessons, but we've also had a few special events happen that have made the days at school even more special.

We held a special Rainbow Grammar event for all parents who have children from Year 1 all the way to Year 6 come in and learn how we use the unique colour system of Rainbow Grammar to teach the children how to build up and improve their sentence construction and understanding of grammar.

We had the Allsorts confident parenting back again where parents could come and have a cup of tea and share advice and have a catch up.

During British Science Week all classes took part in some wonderful investigations following this year's theme of 'connections'. We had some classes doing experiments on conductors and insulators in order to connect circuits and even some looking at finger print analysis and connecting people to their finger prints.



Year 5 completed their Bikeability course and now we have some more confident and safe cyclists on the street.

Our fantastic clubs have continued with football club for KS2 and STEM club which has been making gravity powered cars, and geodesic domes. And as we head into

summer we are pleased to say we still have some nursery spots available.

Bring on the sunshine!



Tweaks to make liqueurs taste better

As I've got older I have found my 'taste' sliding slowly away from the 'very sweet'. This has exhibited itself by my general selection of food but also of sweets. I've always liked chocolate, but my preference is now for the very darkest varieties with strong tastes.

One thing that I realised quite a few years ago was that this taste-shift had left a number of liqueur bottles in our drinks cabinet untouched for ages! I happened to comment about this to a friend who asked, 'How about diluting them?' My response was incredulous because 'diluting' gave me the impression that he was suggesting 'add water' but he just laughed and added, 'No! Dilute with the base alcoholic drink – if you like Drambuie, dilute it with your favourite whisky.'

'Let experiments begin!' First stop was Drambuie which I now blend with 1 part Drambuie and approximately 3 parts Laphroaig Islay Scotch Whisky. Benedictine's blend is roughly the same proportions (1:3) using Metaxa Greek brandy.

The bottom line is experiment, probably starting with your favourite liqueur's base spirit. Enjoy, in small glasses!

Editor

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King Charles III's Royal Cypher

This is the *Royal cypher*, a design selected by Charles III from several that were created by the College of Arms.



The large 'C' obviously represents *Charles* and the 'III' in Roman numerals indicating his *regnal number* but the 'R' might be difficult; it stands for *Rex*, latin for *King*.

The crown represents what has become known as a *Tudor Crown*, different to that in Queen Elizabeth II's cypher which was much closer to the St. Edward's crown – see below.



Royal cyphers are used by the Royal Household, central Government and also decorate government buildings as well as aspects of national uniforms plus post boxes as this latter becomes necessary when renewing them..

Editor

Coronation Big Lunch

Neighbours and communities across the United Kingdom are invited to share food and fun together at Coronation Big Lunches on Sunday 7th May 2023, in a nationwide act of celebration and friendship. From a cup of tea with a neighbour to a street party, a Coronation Big Lunch brings the celebrations to your neighbourhood and is a great way to get to know your community a little better.

Time to get walking again!

With Spring on its way we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Nottinghamshire

<https://www.walkinginengland.co.uk/notts> has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.



John Harris (who maintains the website) said *'There is so much walking information on the web but it is difficult to find. Walking in Nottinghamshire (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'*.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk
john@walkinginengland.co.uk

Man is still the most extraordinary computer of all.
John F.Kennedy (1917-1963)

Clarbrough Post Office



Opening hours:

Monday: 09:00-12:30
Tuesdays: 09:00-12:30
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Inspire Libraries April – July, 2023 programmes can be accessed from either:

https://www.inspireculture.org.uk/whats-on/whats-on-from-apr-jul/?mc_cid=b481f59878

or, probably more easily, by accessing the following image key from your community website's homepage:

www.clarbrough-welham.org.uk

To access the following image, go to our community



website (above) then **Out-and-About** from the main menu and then the **Retford Library** sub-page and click on this image.

A useful little tip: to access our community website from your web browser, just enter *clarbrough* in a search – our website is pretty popular so usually appears in the first page of blue 'hits'. Check it has the URL (**U**niversal **R**esource **L**ocator – the web address) shown above before you click on it.

Our library has a regular ongoing selection of events which get posted on this same page of our community website, so it's well worth visiting this page on a regular basis.

While we are talking about your community website, it's worth noting two important **news feeds** that are available from our website's home page from both Bassetlaw District Council (BDC) and Nottinghamshire County Council

Just a short way down the homepage you will find a link to BDC's latest news [here...](#)



Then just scroll a bit further down the home page to find Nottinghamshire County Council's **Newsroom** contact...



Following these links not only presents the latest news items from both Councils but also gives you links to get the same regular online news items that your Editor gets – go for it to keep up-to-date with the very latest!

Editor

How things have changed!

Exclusion of women from many jobs was made illegal by the Sex Disqualification Removal Act (1919) which made it illegal for women to be excluded from most jobs, and allowed them to hold judicial office and enter the professions. Women could now become magistrates, solicitors and barristers. Although only four pages long, this Act was a major stepping stone towards gender equality.

Women at Oxford University were allowed to receive Degrees. Academic halls for women were first established at Oxford in the 19th century, but although women had been able to attend degree level courses, they could not receive a degree until 1920.

Through this period it was quite common for 'marriage bars' to be in place. This meant that any woman could be sacked from her workplace upon marrying. In education this was common meaning that only single women – or those who kept their marriage secret – could be school teachers. The practice of marriage bars in schools only came to an end with the 1944 Education Act. The BBC introduced (but ignored it when convenient) such a bar in 1932.

The UK Government didn't employ any women – except housekeepers or other *necessary women* – until 1869 when it started employing telephonists in what would become the General Post Office (GPO). A little later, in 1875, we find young ladies being employed in the Savings Bank, part of the GPO. The Controller later recalled his surprise that the pretty girls were taking the work seriously and adding up figures without making mistakes!

Editor

Discover Art and Craft in your Community - Open Studios

Retford Arts Hub will be showcasing our resident artists by opening their studios to the public on three Saturdays on May 13th, 20th and 27th from 10:00 to 16:00.

Studios are on our 2nd floor so wheelchair access is to ground floor shop only. Artists will, however, be available to demonstrate on our ground floor & speak to people unable to manage the stairs to studios.

We have eight resident artists/makers in the Arts Hub :
Christine Howard – Painter inspired by the natural world.
Annie Turner – bold paintings of animals, people. **Paul Straker** – oils, pastels, countryside, urban scenes. **Jayne Day** – illustrator of architecture, Graphic marker pen art. **Lesley Pearson** – illustrator, artist, watercolour, pen & ink. **Michelle Perkins** – crafting in paper, card, wood. **Charlie Love** – Colourful impressions in paint & stitches. **Sophie Hargreaves** – illustration, design, comics.

Retford Arts Hub, 11 Churchgate, Retford DN22 6PA
 07773 956 313 info@retfordartshub.com
 Facebook: [@retfordartshub](#) Instagram: [@retfordartshub](#)

Windows 10 is nearly dead – do I have to buy a new computer?

Many laptop owners (and desktop PCs too) have been greeted when trying to update their machines to Windows 11 by Microsoft's message: *This PC doesn't currently meet the minimum system requirements to run Windows 11.* It then goes on to point you to their Health Check app.

You don't need to get things sorted immediately since Microsoft has promised to keep Windows 10 'alive' with regular updates until 14th October, 2025. However, this is still fairly soon, so how do we avoid having to go out and spend money on a new laptop or PC? Read on...

This challenge has been just the one that Clarbrough & Welham IT Group has been struggling with since Covid-19 closed classes. With (currently) eight laptops and a desktop PC, costs to replace all of these promised to be considerable. However, there is an alternative to Windows 11 that has been working on one of my own home PCs – this is Ubuntu Linux!

The Linux Operating system (OS) is based on the Unix OS which powers most big business and government computer systems around the world. Linux was created by Linus Torvalds, a software expert from Finland who designed the *kernel* of what became known as the Linux Operating System. His key belief was that computers should be something that everyone was entitled to, so he made this software available as *open source* which means it is free, free to copy and free to modify – quite a contrast to the copyright-protected, proprietary, systems such as Microsoft's and Apple's.

Since it's original releases in the early 1990s, Linux OS has evolved into quite a range of distros (distributions) of which Ubuntu Linux is one of the most common. This is the distro that your editor uses. You may also not be aware that Linux is the base of the Android OS used on many mobile phones and is also the base for Google's Chromebooks. Linux is also by far the largest OS used by online web servers.

So, how does my Ubuntu Linux PC compare with my Windows 11 PC that sits alongside it? Well, the short answer is totally comparable! Both PCs have Libre Office installed, the open source equivalent of Microsoft Office365 which can both read and write Office365 files. Both PCs use Firefox web browsers and both use Gimp image processors to do all of my image editing tasks. Both can access the internet, play music and videos with their installed apps but the Linux PC has the advantage of ease of access to the vast range of open-source applications covering all of the possible uses of the PC. Interestingly, Microsoft's Store has started to host some of these open-source apps such as Gimp – maybe an indication that they see how competition is changing?

So, onto our title's question. **The short answer is No!** Linux can be installed *alongside* Windows 10 (or Windows 11 if that interests you) or as a completely new OS on Windows 10 hardware. The latter of these options is the route Clarbrough & Welham IT Group is following so that classes can resume using our laptops with the ability to introduce classes to the whole world of Ubuntu Linux.

Watch this space for details of Clarbrough & Welham IT Group's classes that are planned to resume in September,

2023. This will start with a **free session** on a Saturday afternoon in early September providing a hands-on introduction to Ubuntu Linux. These classes will also be able to advise Windows 10 laptop owners of local providers for Linux installations.

Editor

Sewell method of rubbing-in

'Rubbing in' is a technique where flour is rubbed into a fat to make dishes such as shortcrust pastry, crumbles and scones. The process is both time consuming, messy and hard work, particularly if you have dexterity problems.



The late Anna Sewell, formerly Head Teacher of Clarbrough Primary School, developed this method which has proven universally applicable. All you need is a fork and a microwave!

1. Put all dry ingredients in your bowl as per recipe.
2. Weigh out the fat component (butter, margarine or alternatives) into a microwave-resistant bowl.
3. 'Blast' in microwave for a few seconds (we use 10-15 secs) until fat has all melted (experiment!)
4. 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.
5. If a particularly fine crumble texture is required, put bowl in fridge for a while to chill and then re-work with your fork to break any remaining large lumps.

Job done!

Editor

LAWNMOWERS

Tony Halford



Plant & Grass Machinery Specialist

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Be alert to cold callers offering home repair work

Nottinghamshire's Trading Standards team is warning residents to be wary of anyone coming to the door offering fake surveys to check for signs of toxic mould.

In some cases, unscrupulous scammers have used high-pressure sales tactics to trick householders into paying 'admin fees' of £50-£250, which they say are necessary to secure a government energy-efficiency grant.

The scammers then fail to return to carry out work, and victims are unable to contact them to get their money back.

To protect yourself against rogue traders we strongly advise against buying goods or services from doorstep callers. Deter unwanted doorstep traders by displaying a 'no uninvited callers' sign on your door or in your front window.

Residents are also warned not respond to text messages or phone calls offering home repair work. In most cases



these are sent by scammers seeking to steal money or personal details.

If you think that you, or someone you know, has been the victim of a fraudster offering home repairs, please report it to **Action Fraud on 0300 123 2040**.

For more on ways to contact or use ActionFraud, go to:

<https://www.actionfraud.police.uk/contact-us>

Chesterfield Canal Wildlife

Roe Deer, just one of Andrew Scott's wonderful images of wildlife along the canal's Derbyshire section.



For lots more of Andrew's photos, go to our community website and then **Local Environment ► Chesterfield Canal** and click on the second Wildlife Watch photos link.

Editor

Only recently published, about an occupation that used to be every child's dream.

From traction trainee at Tinsley (the old fireman on steam engines) moving to Sheffield Midlands as a driver's assistant, finishing as a driver at Saltley depot (near Birmingham, which is where the 'seagull' nickname comes from).

Numerous adventures, all true happenings, no sex, no swearing, just enjoyable reading – even the person that doesn't like railways will raise a smile.

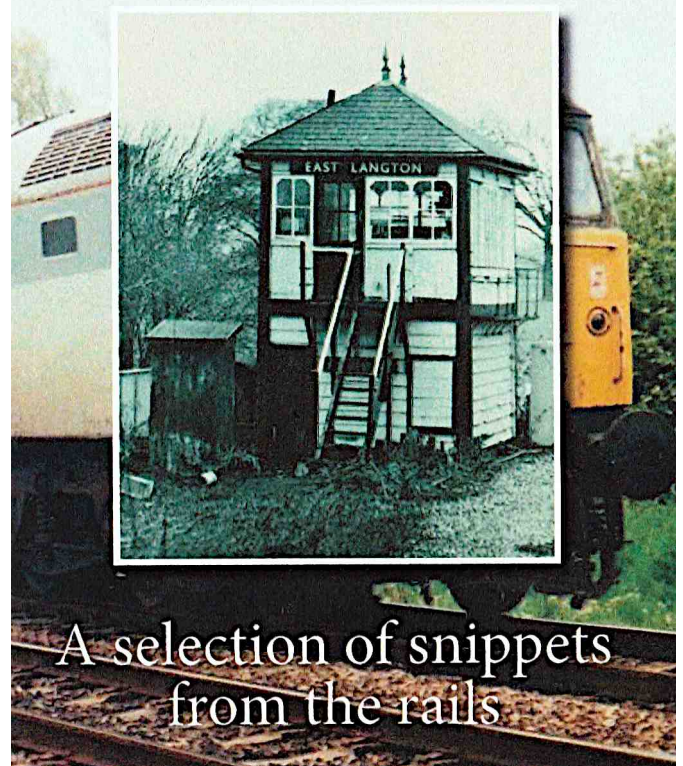
All proceeds will be going to Bassetlaw Learning Disability Association (Stephen House, Retford - Thursday night youth club).

All this for the small sum of £10

Available at the monthly tabletop sale at Clarborough Village Hall (first Saturday of each month).

Subject to availability.

THE MAKING OF A SEAGULL



A selection of snippets from the rails



Planting

Several hundred new trees have been planted during March. Most of these will be seen as the foundation of a new hedge to the eastern side of the Pasture. This will form the boundary of the Pasture between the proposed housing development and our Pasture. Currently there are gaps as we did not have all the correct species to form a full multi-species hedge. The different species encourage a much wider variety of animal and insect life and the hedge will look more natural as it develops.

More individual trees have also been planted on the eastern side of the path and these will be allowed to grow to their natural height. This will eventually form a natural, mixed, deciduous woodland.

The Open Green Space

The western side of the Parish Pasture (ie between the footpath and the hedge dividing the Allotments from the rest of the Pasture) forms an Open Green Space which is our Wildflower Meadow. Included in this are two of the three ‘scrapes’ formed in the early planning of the Parish Pasture. But the rest of that area also has Wildflowers and an array of Insect, Mammal and Bird life, especially as the Meadow plants grow through the summer.

We are increasingly aware that any improvement in the diversity of plants and, especially, animal life relies on the ground being as undisturbed as possible. Ground nesting birds like Skylark and Yellowhammer will not nest if the area is disturbed. We know there are a large number of species of insects, moths, butterflies and mammals (such as Field Mice, Shrew, Stoats) which live on the Open Green Space. The mammals in turn support Owls – such as Barn, Tawny and Little – which are known to use the Pasture as part of their hunting ground. The insects are predated by Bats, which use the Pasture as a hunting ground.

For this reason we are roping off all of the western side apart from the track by the hedge. There will still be access to the Memorial Copse of Oaks and the Memorial Seat.

Please respect the barriers yourself and we ask that dog owners keep their dogs on a lead on the western side of the Parish Pasture so that their dogs cannot go onto the roped off land.

The development of a natural area is paramount to the original ‘Vision’ for the Parish Pasture and it is vital that it remains undisturbed. Part of our original planning and much of our subsequent work was to establish a haven for the increased diversity of species across the whole of the Pasture.

Your Help

The one or two volunteers who do all the work on your Pasture need help from other residents of (or visitors to) the Parish. The footpath has not been resurfaced for nearly 2 years because of the low number of volunteers!

No time spent is too small and no job you can carry out is not useful.

If you can spend an hour or two per week then please contact us via the Parish Council email of clarandwelpc@yahoo.co.uk.

Paul Willcock
Clarbrough & Welham Parish Councillor

Neighbourhood Alert : WhatsApp account takeover scam

Criminals are targeting WhatsApp users by posing as a friend and asking for a security code. Action Fraud has received over 60 reports relating to this scam.

The scam begins when a criminal gets access to another WhatsApp account which has you listed as a contact.

The criminal, posing as your friend or someone that’s a member of a WhatsApp group you’re in, will then send you seemingly normal messages to try and start a conversation with you. However, around the same time you will receive a text message from WhatsApp with a six-digit code. This is because the criminal has been trying to login to WhatsApp using your mobile number. The criminal will claim that they sent you their code by accident and ask you to help them by sending it to them. Once the criminal has this code, they can login to your WhatsApp account and lock you out.

The criminal will then use the same tactic with your WhatsApp contacts in an effort to steal more accounts and use them to perpetrate fraud.

What you need to do:

- **Set up two-step verification to give an extra layer of protection to your account: Tap Settings > Account > Two-step verification > Enable.**
- **THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.**
- **Never share your account’s activation code (that’s the 6 digit code you receive via SMS)**
- **You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select ‘Report’ and then follow the instructions.**

If you have been a victim of fraud or cyber crime, report it to Action Fraud
<https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime> or phone **0300 123 2040**.

See Clarbrough & Welham Community website’s **Law & Order > Neighbourhood Alert** for more.

Editor

Always remember that you are absolutely unique. Just like everyone else.
Margaret Mead (1901-1978)



Local Chesterfield Canal trips

Seth Ellis is licensed to carry up to 12 passengers. Purpose built in 2005, she has a galley for serving hot and cold drinks, a toilet and central heating as well as large opening windows all around. A large cruiser-style stern makes getting on and off the boat easy. Access to the passenger cabin is down a short flight of steps.



You are welcome to bring your own picnic, or we can stop at a canalside pub. Passengers may have a go at steering, under the supervision of our crew.



Please note that all planned cruises are subject to possible late cancellation, e.g. because of a problem with the canal.

Probably the most relevant to our readers are *Seth Ellis's* cruises from Ranby (Chequers Inn): May 7th 8th & 31st and June 18th.

However, *Hugh Henshall* will be running trips from the Lock Keeper pub in Worksop every Sunday and Bank Holiday Monday from May onwards.

For full details and booking procedures, go to the Chesterfield Canal Trust website:

<https://chesterfield-canal-trust.org.uk/>

From their home page, scroll down a little and then click on *Trip boats, click here.*

Each boat's page has all important information including how to book your trip and payment details.

Where there are two prices, the concessions are for Under 16s; babes in arms go free.

Happy sailing!

Python Volunteer urgently needed!

Chesterfield Canal Trust is seeking more volunteers to support their dedicated work boat, *Python*, as the platform to help the Canal & River Trust to keep the canal safe and looking good for towpath users and boaters.

Python is a venerable soul that was built in 1929. It was lovingly restored and refurbished by volunteers from the Trust. It is the ideal vessel for this type of work.



The Trust is seeking a special person to help as a Python logistics volunteer. Everyone reading this has some amazing talents they bring to the table when they volunteer with Python. I wonder if you have the qualities and experience that you could use to assist with organising the logistics of ensuring our amazing volunteers know what is expected of them when they spend a day out with Python?

We invite people from the local community to join us as we clear litter, cut back overgrown vegetation, remove shopping trolleys, bikes and other detritus from the water as well as maintaining lock areas.



*For a full job description (but as volunteer!) go to our community website (www.clarbrough-welham.org.uk) and follow the main menu links **Local Environment** ▶ **Chesterfield Canal** to read a full description with telephone link.*

Restart Jobs Fair

Futures for You will be holding a community event at The Bridge Skills Hub in Worksop on Wednesday 12th May, 2023, from 10:00-14:00. Their Restart Jobs Fair gives local people the chance to meet with local employers. If you wish to get involved, please contact Mark Taylor on mark.taylor@futuresforyou.com or contact the Skills Hub on:

skillshub@bassetlaw.gov.uk or call **01909 384 802.**

The Bridge Skills Hub, in the centre of Worksop was officially opened on Wednesday 22nd March, 2023.

Over 450 participants have already attended various Futures' Restart Scheme, with over 85 of these now in employment.





The main objective of the Retford Business Forum Community Interest Company (RBF CIC) is to promote Retford, the surrounding villages and area and to increase footfall into the town centre of Retford.

RBF CIC is wholly committed to engaging with activities that promote prosperity and community spirit.

Objectives

- To enhance opportunities for current businesses and encourage new business into the area.
- To encourage local residents to participate in organised events in and around Retford town.
- To promote a good relationship with other organisations involved in the area in and around
- To encourage tourists into the area in and around Retford and support the local economy.

RBF membership is just £24 per annum. This is reviewed annually. The Forum meets, currently mainly virtually on the first Monday of each month at 18:00.

By becoming a paid-up RBF Member you get to enjoy a variety of exclusive Member benefits:

- You or your business will be featured on the RBF website Members Page, with links back to your website.
- Automatic inclusion in RBF's mailing list to receive RBF meeting invites, agendas and minutes, as well as other really useful business and community information.
- An exclusive annual RBF Member 'badge' to proudly display on your website, email, letterhead and other marketing/business materials.
- Generous discounts on stands and stalls at our events in town throughout the year.
- Voting rights and a say in how the Forum is run.
- The satisfaction of being part of the team that's actively working to help Retford prosper.
- The opportunity to get involved and 'hands on' in planning and putting on events and activities for the town.
- Facebook promotion for you and/or your business on the RBF Facebook page.
- RBF will promote Members' products and services, through communications and electronic/physical media and Members are encouraged to support fellow Members.
- We're working on further benefits to be added as RBF evolves!

Want to find out more? Go to the Forum's website:

<https://www.retfordbusinessforum.org.uk/>

or contact Rick Brand, Chair of Retford Business Forum:
chair@retfordbusinessforum.org.uk

Science without religion is lame, religion without science is blind.

Albert Einstein (1879-1955)

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Remember: voting for local elections is scheduled for Thursday, 4th May and you require your photo ID before you can vote. See page 7 for updates.

The Carers Roadshow is in Bassetlaw on **Thursday 13th & Friday 14th July, 2023** and is offering **FREE STALLS** to any organisations who can offer advice & support to Carers & the vulnerable person they are looking after.

The only conditions are: **no stalls are selling anything nor are they raising money & they all have public liability insurance.**



[Right] Retford market



[Left] Worksop market

Here is your chance to join the Carers Roadshow Family of stallholders in action, getting to

talk to the people that need your advice & support, as well as increase your client base.

Email: trevorclower@hotmail.com

Some other dates for your diaries

Coronation 7th May – based in Retford Town Hall with children’s fair and Retford Lions’ ducks outside.

Make Music Day - 21st June.

Healthy Sunday – 16th July – being planned.

Japan Fest – Retford Town Hall 20th August.

9th September – Retford Heritage Open Day Retford Big Market Day; Cheese Festival. **See page 2 for more.**

16th September – Retford Big Market Day/Cheese Festival?

Babworth Arts Festival – 18th-19th November.

Christmas Market 2023 – Sunday 26th November.

Possible Illuminate Event – tbc

Rotary Santa Fun Run – 10th December.

Retford Big Market Days

15th April; 20th May; 7th June; 15th July; 19th August; 16th September; 21st October; 18th November; 16th December.

A couple of recent bits of news have included:

1. Tour of Britain set to return to Nottinghamshire for a fourth time during September, 2023.
2. County and city councils in the East Midlands have agreed to move forward with devolution plans for the region worth at least £1.14 billion.
3. Nottinghamshire County Council has developed a new All Age Carers Strategy in partnership with Nottingham City Council and the Integrated Care Board. The strategy was co-produced with carers and sets out how partners will ensure that they support all unpaid carers, recognising the important role they play and providing the support carers need to carry out their caring role.

For so much more, go to our community website and follow the BDC and Nottinghamshire County Council's news links shown in our page 18 article.

Newsletter editorial deadlines

24th July (Autumn issue)
30th October (Winter issue)

Clarbrough & Welham Parish Council Meetings

15th May
26th June
31st July
11th September

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 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 Greg (01777) 700 918
clarboroughwelham@gmail.com

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