

# Clarbrough & Welham

## Bassetlaw Community Newsletter

Quarterly: Summer 2024

Clarbrough Volunteers on Tuk Tuk Challenge in Kashmir  
Retford Authors' Group  
Airships coming from Doncaster!  
A620 Welham repairs  
Dummies for babies – good or bad?  
Hydrogen under our feet  
Clarbrough's new walk  
Knitting yarn bombs  
How to report crimes  
and much, much more!

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

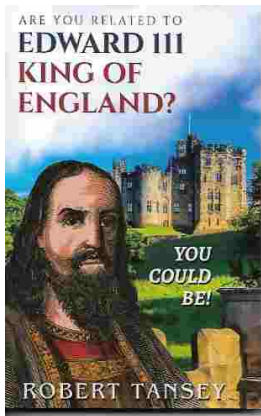
**Retford Authors Group**

The Retford Authors Group meets at the **Best Western Hotel at 24 North Road, in Retford, DN22 7XG**. We meet at 10:30 on the first Wednesday every month for coffee and cake, also at 19:30 on the third Wednesday of every month for a social get together. You can contact us by telephone: 01777 948 369 or email me Dr Robert Tansey at: [drrobert.tansey@talktalk.net](mailto:drrobert.tansey@talktalk.net)

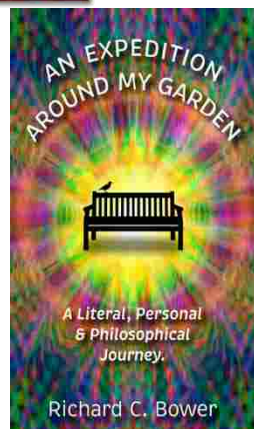
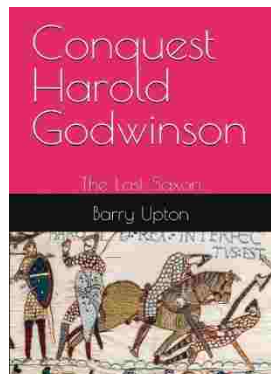
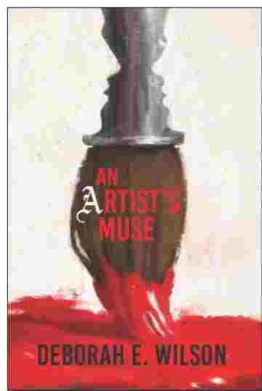
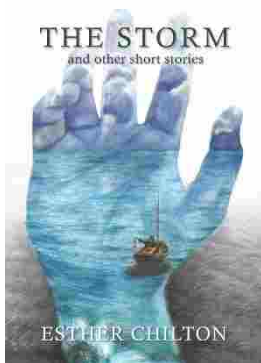
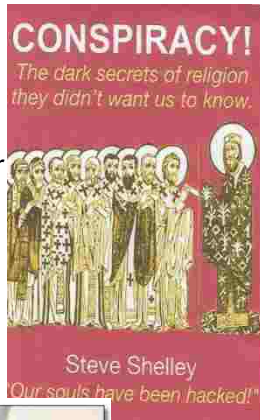
**The Retford Authors Group Annual Open Day at Bassetlaw Museum, Grove Street, Retford**  
**Saturday 8<sup>th</sup> of June 2024**  
**10:00 until 16:00.**

We look forward to inviting everyone to our annual Open Day, we will be giving talks about our books and the difficulties faced by all authors trying to get published. If you are looking for locally published books to read, or are thinking about writing a book come along we might be able to help.

The following authors will be in attendance on the day: Robert Tansey: Steve Shelley: Richard Bower: Barry Upton: Deborah Wilson: Esther Chilton. Update of authors attending will be in May edition of Retford Life.



Book prices between £7 and £10; these are our latest editions recently published.



**Six Week Family History Course at Retford Library**

**Wednesday 5<sup>th</sup> June – Wednesday 10<sup>th</sup> July 2024**  
**10:00 – 12:00**

Are you interested in tracing your family tree but don't know where to start? Retford Library is hosting a new six-week course called **Researching Family History: An Introduction** starting on **Wednesday 5<sup>th</sup> June and ending on Wednesday 10<sup>th</sup> July**. It is suitable for beginners in family history.

Come along to explore key family history records (where to find them and how to use them) and develop research skills to help you when tracing your own family tree.

The course costs £36 (or may be free if you are in receipt of certain benefits). For more information about the course, including booking and enrolment, visit

[www.inspireculture.org.uk/FamilyHistoryJune24](http://www.inspireculture.org.uk/FamilyHistoryJune24)  
 call Ask Inspire on 01623 677 200 or email [learning@inspireculture.org.uk](mailto:learning@inspireculture.org.uk)

*Please note – this is a repeat of the course which ran at Worksop library in January – February 2024.*

**Your local Info Hub**

Do you visit our community website ([www.clarbrough-welham.org.uk](http://www.clarbrough-welham.org.uk)) regularly? If not, you may be missing some vital information for yourself or friends! Our website is updated daily and some recent additions that might be really useful are:

- **Do you have a disability and want support in getting into employment?**
- **Are you in need of advice or support for alcohol or drug addiction - or know someone who does?**
- **Retford Town Centre Neighbourhood Plan Examination Report**

The first of these provides a link to the **Working Well East Midlands** services while the second links to **rehad4addiction** providing drug & alcohol Rehabs in Nottinghamshire and Near Nottinghamshire. The third is the detailed review of the plan which finds it 'sound'.

With some 260 pages our website hosts information and links to a vast range of information and resources from public, community and voluntary sectors. Our home page even has a link to get your local weather forecast which can be tweaked to show the forecast for almost any part of the world – a good idea when planning holidays!

Speaking of which, there is also a link to Nottingham school's holidays right through to July 2027 which may be useful when planning your holidays – either to avoid fines for taking school children away during term times or to avoid school holiday times if you are not accompanied by those of school age. This latter point can reduce your costs considerably.

*Editor*

**Ready for the walking season?**

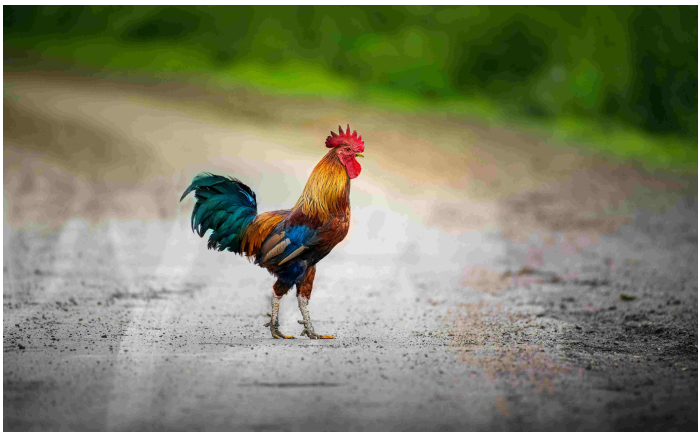
Keen walkers have had to be pretty waterproof for months but, hopefully, now we are into 'British Summertime' we can, hopefully, do some serious planning for getting out onto our local walks.

Community website ([www.clarborough-welham.org.uk](http://www.clarborough-welham.org.uk)) has a *Local Footpaths* page within its *Out-and-About* section. This contains seven Ordnance Survey (OS) maps of Clarborough and Hayton footpaths together with links to *John Harris's Walking in Nottinghamshire* website which has details of a host of walks across the county.

This page also contains two important documents explaining legal responsibilities for management and use of footpaths:

*Guide to Footpath Law for Parish Councils* and, also, a Peak and Northern Footpaths Society leaflet explaining quite a bit of legal and other aspects of footpaths 'awareness'. Both of these are well worth a read!

And along similar lines, why not get in touch with *Retford Ramblers* which was founded by local people who have a passion for walking and a love of our local environment? Today they have a membership of approximately 80, in the age group 50+ although walkers of any age are welcome. Guests of any of our members are welcome to join us on our walks – although, possibly, not everyone...



*Ramblers* walk on Sundays with Walk Leaders providing a wide variety of walks of varying distance and degrees of difficulty so that there is something for everyone. Walks are predominantly in north Nottinghamshire, south Yorkshire, north Lincolnshire and Derbyshire. For much more about Retford Ramblers and their programmes, follow the above link to our community website.

*Editor*



**Clarborough & District Women's Institute**

Our WI membership is happily growing with new participants joining each month. Since Christmas we have enjoyed talks on The Laycock family, Veterinary Nursing and Millinery. In the coming months we look forward to the history of Afternoon Tea, Annual meeting and Resolutions and an outing for lunch to celebrate our 63<sup>rd</sup> birthday as a Group. In July we pay a return visit to our twin WI in Yorkshire. If you are interested, please come and join us at the Village Hall on

the second Monday of the month, our meeting start at 14:00. You will be made most welcome.

On 4<sup>th</sup> September, we are organising a Senior Citizens' outing to Trentham Gardens, Stoke on Trent. where there are shops, a garden centre and plenty of places for the essential coffee, lunch or cup of tea. The venue has extensive gardens with a lake and boat trips. The bus will leave The Kings Arms at 09:00 and return from Trentham Gardens at 16:00. If you are interested in joining us please contact Mrs G Bennett or Mrs L Baines for further information.

It is with regret that the WI are no longer able to host the Senior Citizens' Christmas Party. Several of our members are suffering age related problems and we do not have a big enough team of individuals to carry on. If any other group(s) in the village would like to take this on, we would be happy to talk to them and offer any advice we can.

**Lucy Richardson**  
(Secretary)



**Cost of Living Support in Bassetlaw**  
Please email [bcvs@bcvs.org.uk](mailto:bcvs@bcvs.org.uk) if you would like some booklets or bookmarks. Also available in Braille.  
[www.bcvs.org.uk/colbassetlaw](http://www.bcvs.org.uk/colbassetlaw) BCVS 50+

**Cost of Living Support**

For Cost of Living support and Warm Spaces, please visit [www.bcvs.org.uk/colbassetlaw](http://www.bcvs.org.uk/colbassetlaw)

The information on the web page can also be translated into any language and is also available as physical booklets, bookmarks, and in Braille.

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# "HELPING PEOPLE HELPS YOU."

Ken Mintram is an inspiration to us all at Bassetlaw Action Centre. He has been with us as a volunteer for 8 years in several roles from Minibus driver and WAV driver to more recently a Befriender. Ken started volunteering because he wanted to help address loneliness, an increasing issue in our community.

Ken has seen first hand the struggles of older people, with many sharing their issues with health and loneliness with him. Helping such individuals while volunteering through talking and friendship brings great joy to Ken, who strongly believes "helping people helps you."

He has made countless memories in the last 8 years, but one that stands out from the rest was while Ken was a volunteer driver for the Community Minibus taking people out for day trips. He met two sisters who had just registered. They were struggling to get out, both having mobility issues and they were starting to feel isolated, so they thought they would give the trips a try.

One of the sisters needed help to put on her seatbelt. Ken offered to help her, and in doing so he put his arm around her back to pull the seatbelt down for her. Seeing this, her sister said jokingly: "You have only been in the bus 2 minutes and you already have a man's arm around you. What more can you ask for?" The bus erupted with laughter and got the sisters chatting with the other passengers straight away.



Sue, one of our Volunteer Administrators, joined us at the Action Centre 15 months ago. Sue had just retired and was looking for something to keep her brain active while giving something back to the community. Sue met one of our volunteer recruiters at a local event and before she knew it, she had applied and started volunteering in the Transport Office for 1 day a week. Being part of a team and working with people had always brought Sue joy, but she loves seeing how much Bassetlaw Action Centre can help people and the the effect it has on their lives!

## VOLUNTEER OPPORTUNITIES AT BAC

1. **Befriender** - Help people experiencing isolation and loneliness through our befriending options.
2. **Volunteer Driver** - Using your own vehicle to assist people unable to access public transport.
3. **Supported Hospital Discharge Service** - Helping people to settle back at home following a hospital stay.
4. **Volunteer Administrator** - Help with filing, data input, transport bookings, appointments etc.
5. **Minibus and WAV Driver** - Driving passengers in our Minibus or wheelchair accessible vehicle.

Our volunteers choose to volunteer in whichever scheme they like. They can pick the number of volunteering hours they want to do each week and receive travel expenses.

Come and join us at Bassetlaw Action Centre as a volunteer and help the Bassetlaw and Nottinghamshire community thrive.

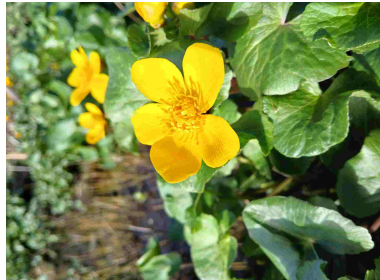
[www.bassetlawactioncentre.org.uk](http://www.bassetlawactioncentre.org.uk)

01777 709650



## Springtime (at last) at Muddy Fork

Muddy Fork, Retford's Gardening for Wellbeing charity based at the Idle Valley Nature Reserve, has had a long hard winter. Rain, rain, and more rain, seemingly never-ending, has left the garden sodden for months and it is hard to believe at the time of writing that the planting season is almost upon us. However the daffodils are out and these marsh marigolds are like a ray of sunshine in the stream. Surely the end is in sight?



In the past few months there has been more to do than simply put down more woodchip on the paths. After the autumn maintenance programme the next major task was the willow harvest. Muddy Fork is responsible for the willow holt on the reserve, with the task of harvesting needing to be done in the early part of the year before the nesting season. This provides a huge supply of willow for weaving and at the same time serves the purpose of helping keep the trees healthy.



The Muddy Fork team is able to use some of the willow in the garden for planters [see left] and fencing as well as for craft work done by those of a more creative bent. There is still plenty more which can be purchased by anyone interested – do get in touch if this is you!

Meanwhile planting plans have been drawn up, seeds have been acquired (more very welcome donations have been forthcoming), and potatoes and onions are on their way. Some early seedlings are thriving, with the success rate much supported by the construction of a mouse-proof box for the polytunnel. The battle which is gardening in a nature reserve means that life is never dull! Now all we need is some better weather.

If you'd like to buy some willow, might be interested in volunteering, or could make a donation, check out the 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). You might even think about visiting the garden once it gets a bit warmer!

Joy Paul

**Question:** Why is milk the fastest liquid on earth?  
**Answer:** Because it's pasteurised before you can see it.

Make a splash!

Easier reading? A full-page version of this is on the home page of Clarbrough's website.

New swimming lesson availability at Your Space Retford Leisure Centre!

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- Parent and Child lessons from 4 months – 4 years
- Following Swim England NGB framework with quality assured Swim England, qualified teachers
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**Mobile Library Services**

Do you enjoy books, but find it inconvenient to get to the library in town? Did you know that every four weeks the library comes to us? Inspire (Nottinghamshire) run a network of mobile library routes which cover many of the villages in the county.

Our route is North mobile library route 4 and dates and times for the next few months can be found below or on the website [Inspireculture.org.uk](http://Inspireculture.org.uk)

The van carries a good selection of fiction, non-fiction, children's and audio books to choose from and the standard loan period is 8 weeks. If you already have books ready to be returned to the library in Retford they may be returned to the van, or if you have borrowed books from the van they may be returned to any of the Nottinghamshire libraries.

If you are looking for a particular book you can put in a request when the van calls or order it using your on-line account. When the book becomes available you will be informed via e-mail and it can be collected from the van on the next visit.

If you are not already a member of the library it is free and easy to join. Look on the website for more details. Happy Reading!

Next Mobile Library visits will be on May 16<sup>th</sup> and June 13<sup>th</sup>  
The van stops at:

- Clarborough, Church Lane 09:40, Howbeck Lane 10:10,
- Hillview Crescent 10:30, Gill Green Walk 10:45.
- Hayton, Church Lane 14:50
- Welham bus stop 15:00

**Hybrid Air Vehicles from Doncaster!**

The aviation industry has been frantically trying to reduce its 'carbon footprint'. Latest 2022 figures show that aviation accounted for more than 2% of global carbon dioxide (CO<sub>2</sub>) emissions. Although this is a relatively small part of the total, aviation demand is rising faster than other transport sectors which is driving efforts to reduce it with the global focus on climate change.

Currently, the major effort is going into production of Sustainable Aviation Fuel (SAF) which is defined as renewable or waste-derived aviation fuels that meets sustainability criteria. Technical analysis done at ICAO (International Civil Aviation Organisation) shows that SAF has the greatest potential to reduce carbon dioxide emissions from International Aviation. Although this is promising – and technically feasible with some SAF already in use, it still leaves aircraft actually releasing CO<sub>2</sub> into the atmosphere even though it has used other discarded waste to make it.

This is where completely carbon-free fuels come in, and front runner by a huge distance is hydrogen. Efforts to find reliable sources of this gas have recently 'tripped over' unexpected underground sources as described in our page 15 article of this issue.

Plans and initial trials are underway to convert current aircraft to be able to fly using hydrogen as their fuel, but there are many challenges with this so any move away from fossil fuels across the aviation sector look a long way off.



However, enter the new company Hybrid Air Vehicles (HAV) who are on the brink of launching production of their *Airlander* 'airship' at their new factory in Doncaster. The company has just announced reservation agreements with French eco-tourism Grands Espaces and further commitments from Spanish Air Nostrum whose Airlanders will be configured for 100 passengers.

The Airlander can land and take off from any reasonably flat surface which includes water and also ice, so can expand the holiday focus of the likes of Grands Espaces as well as delivering cargo (10 tonnes initially) to equally inaccessible, to conventional transport, sites.

HAV aims to eventually produce at least 24 Airlanders annually and have zero-emission, hydrogen fuelled, version available by 2030. All Airlanders get their 'airship' lift predominantly from their helium gas filling.

*Editor*

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**Knitting up a storm for Lincs & Notts Air Ambulance**

As part of the 30<sup>th</sup> Anniversary celebrations due to start later in the year, Lincs & Notts Air Ambulance (LNAA) are calling all nifty knitters to join together to create the largest yarn bomb ever seen!

The charity's aim is to cover the whole of Lincolnshire and Nottinghamshire with hundreds of yellow helicopters and spread the message about their life-saving work. And they need knitters and crocheters to help create this mammoth masterpiece.

There are three ways people can take part. Individual knitters can create a single mini helicopter and display it in a local shop, pub, church, or other community space. More adventurous knitters are being asked to let your imagination soar and design a unique, eye-catching postbox topper, just make sure it includes a yellow knitted helicopter! **See page 14 for a great example.**

Or the ultimate challenge is to yarn bomb your community and join forces with fellow knitters to create a cornucopia of colour.

LNAA's Volunteer Manager, Kate Kerrigan said: "This is a fabulous way to support the life-saving work of Lincs & Notts Air Ambulance from the comfort of your own home. With your help, we are looking to colour the counties of Lincolnshire and Nottinghamshire yellow with thousands of miniature helicopters.

It is so easy to get involved. Just grab your knitting needles and some yellow yarn and register your interest with Lincs & Notts Air Ambulance at [ambucopter.org.uk/knitting](http://ambucopter.org.uk/knitting) We will then send you your knitting pattern which designer

Amanda Berry has kindly allowed us use as well as lots of information to help you get involved."

*Linda Patrick*  
**PR and Communications Manager**

**Challenges of Blister packs**

On a day-to-day basis many of us will be familiar with blister packs, particularly for medication/pharmaceuticals.

Unfortunately, many of us – and particularly older folks and those with hand/finger issues – find opening blister packs difficult if not impossible.

Given the important advantages of this method of packing products, such as shop security to prevent thefts, easy dose/serving sizes, keeps items fresh, and others, it is important that those of us finding it difficult to open them have some help.



If we live alone, getting another person to open our blister pack is not a practical option but there are a number of ways to address the problem. These might include using small scissors, dental hook or letter opener to cut the foil. We do need to be careful using sharp edged tools!

An alternative is to get something like Amazon's portable pill takers – quite affordable at £4 - £6.

*Editor*

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**How old are my pets?**

Well, if we restrict ourselves to considering cats and dogs, the answer is thousands of years! Not every single animals – but how long ago did cats and dogs start living with humans or when were they domesticated?



Let's start with cats. For many years evidence had accumulated suggesting that cats first became linked to Ancient Egyptian cultures. Examples of mummified cats buried with humans were quite common and cats also appear in images and sculptures of deities, such as this showing goddess Bastet, protector, pleasure and good health. She is dated from at least the Second Dynasty of ancient Egypt – around 2,900 BC.

However, recent archaeological finds has pushed this back much further with finds in Cyprus dated some 9,500 years ago. Recent DNA analyses have homed-in on one set of wildcats that are virtually identical to all domesticated cats - *felis silvestris lybica* - currently African wildcats.

How cats became domesticated (if they really are!) is still being researched, but all of the above information about ancient cultures assumes that cats behaved much as they do today. Recent DNA analysis of both wild cats and domesticated cats seems to have 'homed in' on all of the current breeds of domesticated cats having originated in the Middle East – so the Egyptian links are not unexpected.

What route cat domestication took is not immediately obvious since we all know a multitude of local cats that appear to think of themselves as being very 'individual' – aloof and affectionate, serene and savage, endearing and exasperating! Cats also do not come from substantial social groups, unlike dogs, so humans haven't taken over the role of 'head' as far as their social grouping is concerned.

The origins of cat engagement with humans is thought to have developed at the start of the human agricultural revolution when cats discovered that living 'close' to humans provided a reliable food supply. - whether as scavengers or mouse-colonies in grain storage. If this is the case, as much evidence suggests, then our relationship with cats goes back at least 10,000 years!

What about dogs as human 'pets'? Archaeological and genetic evidence points to dogs having become human pets for much longer than cats – at least 14,000 years ago. This date was based on recent re-analysis of dog remains uncovered in 1914 in a grave containing human remains in Oberkassel, Germany. Having said that, lots of other evidence points to much earlier dogs-humans relationships.

One aspect of this is the great religious importance in many early human civilisations that dogs displayed. From China, through Egypt, Greece and Rome to Norse links to Valhalla! Dogs also figure in Aztec and Mayan religious remains in the Americas.

So how did dogs become domesticated? Genetic studies have long established that dogs evolved from wolves. It appears this wolves evolved into two different versions in parts of China and Eurasia. Dogs are thought to have evolved from the Eurasian version of this grey wolf which later became extinct.

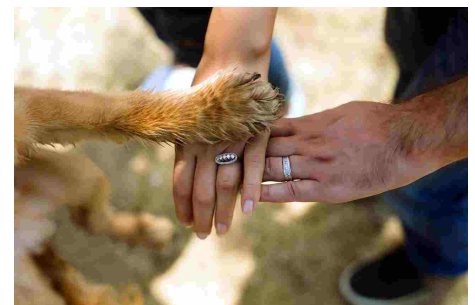
That humans probably domesticated wolves as a first step to breeding dogs is seen in the ancient Roman myth of Romulus and Remus who, as new-borns, were fed by a female wolf who discovered them abandoned on the banks of the River Tiber. Romulus went on to create the city of Rome. Unfortunately we don't have space here to explore the myth of Romulus and Remus any further here!



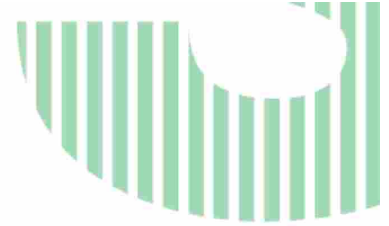
However, back to dog's links with humans. Evidence points to dogs becoming closely linked with humans in the hunter-gather stage of human society developments. This not only made use of dog's hunting abilities, both to kill game but also using their heightened sense of smell to identify game.

Many readers will already be familiar with dogs' warm bodies, something that may also have been important to humans migrating into cooler parts of the world. Australian Aborigines used expressions such as "three dog night" to describe a night so cold that three dogs would be needed to keep a person from freezing.

Dogs developed from the wolf social structure that was based on heirarchy and so were 'comfortable' with humans becoming top dog. As time passed, humans selected puppies based on their friendly nature as well as other important skills or attributes - the start of different dog breeds.







## VOLUNTEERS' WEEK 2024

This year, Volunteers' Week will be happening on the 3rd through to the 9th of June. This is a great opportunity to celebrate those who give up their time to volunteer.

Whether they are a long term volunteer, trustee or someone who just does one off volunteering, this is a perfect time to show how much they are appreciated because without their help the third sector just wouldn't be the same.

In celebration of Volunteers' Week, we will be holding a couple of events such as The Volunteer Awards on the 7th June and a Litter Pick on Saturday 8th June for the Big Help Out Weekend on the 7th to 9th June.

There are also lots more of events planned over this year at Willow Garden including 'Story Time in the Wigloo', Picnics and BBQs, Tallest Sunflower, family games and Crafts and even more.

To Find out more please email [involve@bcvs.org.uk](mailto:involve@bcvs.org.uk), call 01909 476 118 or visit [www.bcvs.org.uk/volunteers-week](http://www.bcvs.org.uk/volunteers-week)

## Volunteers Week Do More 2024 Cost of Living



Whether it's lending a hand at a local food bank, taking part in environmental clean-ups, or supporting arts initiatives, "Do More 2024" aims to support Bassetlaw individuals to be local champions for positive change.

If you would like to find out more about the different volunteering roles available in Bassetlaw please email [involve@bcvs.org.uk](mailto:involve@bcvs.org.uk) or call 01909 476 118.

You can also visit [www.bcvs.org.uk/volunteer](http://www.bcvs.org.uk/volunteer) to browse live vacancies.

### Cost of Living Support in Bassetlaw

Local Support for Local People



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)

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

**tel: 01909 476118**

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



## Why does our UK Tax Year start on 6<sup>th</sup> April?

Evidence points to the first human calendars being developed before writing but evidence for these calendars had to wait for writing to develop in the Bronze Age in places like Egypt and Sumeria before 3000 BC. By this time the concepts of *months*, based on the cycle of lunar appearances ('new', 'full') and *years* based on the height of the Sun above the horizon and also seasons. Both months and years repeating cycles and so can be counted – hence our current 'count' of 2024 based on Christian beliefs.

Cycles of time based on the Sun are called *Solar calendars* and those based on the Moon are *Lunar calendars*. Our calendar, as that used in most of the modern world, is a solar calendar.



The Julian calendar named after the Roman Emperor Julius Caesar which had been in place since 46 BC was the result of many adaptations and changes to earlier European calendars. With the Roman influence across much of Europe, this calendar remained in use for some 1600 years. However, Caesar's calendar, although reasonably accurate, differed from the solar calendar (time it takes the Earth to circle the Sun) by 11½ minutes per day which wasn't a big problem at the start but this small inaccuracy had built up to 10 days off the solar calendar by 1582. So with this in mind, Pope Gregory introduced the Gregorian calendar which added one extra day in every four years (giving us our 'leap year') because it had been calculated that the earth takes 365¼ days to complete its circuit around the sun, not a straight 365 days. The Gregorian calendar reduced the length of the calendar year from 365.25 days to 365.2425, a reduction of 10 minutes 48 seconds per year!

This and a few other tweaks ensured Pope Gregory's calendar was a much more accurate timekeeper. The **Gregorian Calendar** was then introduced in Italy, Spain, Portugal and what was then the Polish-Lithuanian Commonwealth and gradually through other European nations. Interestingly, Scotland did so around the same time but England didn't until 1752! This was probably due to Henry VIII decision to move clear of Papal influence by starting the English Reformation which separated the Church of England from Roman Catholic influences.

By then the British (and Empire) calendar was 11 days off the rest of Europe, with this due to increase as time passed, the British knew it was time for a change.

On the old British Calendar, the tax year began on March 25 (the old New Year's Day). In order to ensure against losing revenue it was decided by the British Treasury that the tax year, which started on March 25 1752, would be of the usual length (365 days) and therefore would end on April 4<sup>th</sup> the following tax year beginning on April 5<sup>th</sup>. Time passed smoothly and most importantly accurately until 1800.

Unfortunately, 1800 was not a leap year in the new Gregorian calendar but would have been in the old Julian system. Thus the treasury moved the start of the UK tax year from April 5<sup>th</sup> to April 6<sup>th</sup> and it has remained there ever since!

*Editor*

## Bassetlaw Community Shop

- Monday 10:30am:** Nether Langwith – The Jug and Glass carpark
- Monday 12:15pm:** Scrooby – Next to the Village Hall
- Tuesday 10:30am:** Misson – Back Lane triangle
- Tuesday 12:15pm:** Mattersey Thorpe – recycling bay off Keyes Rise
- Wednesday 10:45am:** Rampton – Play area car park
- Wednesday 12:15pm:** Tuxford – Beeches Community Centre car park
- Thursday 10:45am:** Misterton – Pudge land in front of the Church
- Thursday 12:30pm:** Everton – Metcalfe Grounds
- Friday 10:45am:** Beckingham – Village Hall car park
- Friday 12:10pm:** Clarbrough – Village Hall car park

Membership is open to residents of Bassetlaw – forms available from our mobile shop above.

## Lifeline Sitter & Befriending Service

Carer Respite | Outings | Home Support | Socialisation

A local support service providing bespoke support packages for people living in the community.

We support older adults including people with dementia, parkinson's disease, those at risk of social isolation and frailty.

Families have their own named support worker and regular support packages from 2 hours to full days.

Please give Lesley a call on 07704 035757 or email [lifelinesitterservice@outlook.com](mailto:lifelinesitterservice@outlook.com) for more information.

[www.lifelinesitterservice.co.uk](http://www.lifelinesitterservice.co.uk)



## Weekly waste bin collections

The decision made by Bassetlaw District Council to consider changing weekly bin collections to monthly has sparked widespread concern among residents. This proposed shift in frequency raises significant issues that could have detrimental effects on the cleanliness, hygiene, and overall well-being of our community.



Weekly bin collections play a crucial role in maintaining the cleanliness and tidiness of our streets, parks, and neighbourhoods. Switching to a monthly collection schedule would undoubtedly result in overflowing bins, increased littering, and unpleasant odours, posing serious health risks to residents and wildlife alike.

Furthermore, the proposed change fails to account for the diverse needs of our community. Families with young children, individuals with medical conditions, and households generating large amounts of waste would be disproportionately affected by this decision. It would impose unnecessary burdens and inconvenience on residents already struggling to manage their waste effectively.

Moreover, reducing the frequency of bin collections contradicts efforts to promote environmental sustainability and combat climate change. It undermines initiatives aimed at encouraging recycling and proper waste disposal, ultimately exacerbating the environmental challenges we face.

In light of these concerns, it is imperative that the Labour led council reconsider their proposal and prioritise the well-being and interests of the residents they serve. Maintaining weekly bin collections is essential for preserving the cleanliness, health, and liveability of our community.

Councillor Fraser McFarland said "I stood last year on a promise to protect weekly bin collections. Labour claimed we were scaremongering about this change, we know now that they are no just considering the change but have launched a consultation to deliver it. As your Councillor I will vote against any proposals to scrap weekly bin collections."

**Cllr Fraser McFarland**  
**Bassetlaw District Councillor for Clayworth ward**

**Tel: 07341 568 602**  
**Facebook: fb.com/CllrFraserMcFarland**



Debbie Merryweather, the Chairman of Bassetlaw District Council came to the Arts Hub to open our latest exhibition...*Magical Mixed Media*...



The kids Saturday club joined us for the opening and are featured in this exhibition.

The work from our latest oils workshops is also featured, these were funded by the UK Government Levelling Up Fund and Bassetlaw District Council.

Our artists supplied an eclectic mix of fascinating work, so, well worth a visit if you have half an hour to spare. This exhibition runs until the end of May.

The month of May is Open Studios in Nottinghamshire and our resident artists will be in their Arts Hub studios to chat to visitors, demonstrate their work, discuss techniques and more, on Saturday 4<sup>th</sup> May and on Monday 6<sup>th</sup> May, Retford's Charter Day.

We will have the Open Studios booklets in the Arts Hub, so, call into 11 Churchgate to get one and then you can plan to visit us and other artisans in the Bassetlaw area. If you are interested in our next workshops, adults or childrens, keep an eye on our Facebook and Instagram pages (@retfordartshub) for the next ones. They are very popular and book up very quickly. We put posters in our shop window, so keep a lookout here too.

On Saturday May 18<sup>th</sup> the Arts Hub is holding a Craft Fair in our 1st Floor rooms. Lots of fabulous, locally handmade items, will be for sale.

Admission is free, so, come along between 10:00 and 15:00 to support local businesses and bag some beautiful bargains.

Our resident artists will be available to chat on this day too as part of Open Studios Notts.

So, make a day of it in Retford as it is also Big Market Day in the square.

**Retford Arts Hub**  
**Email: info@retfordartshub.com**  
**Tel: 01777 860 414**  
**Facebook: @retfordartshub**

**Social Media and Young Minds**

Much attention has been focusing on the effect that mobile phones might be having on young people but a closer look has, as yet, to provide any scientific evidence that this is the root cause of the increase in young people's anxiety. In fact, evidence seems to suggest that mobile phones are more likely to be used by young people in ways that reflect their already established levels of anxiety such as searching for bad news rather than talking to friends. If a person – young or older – seems to be anxious, a standard approach is based on a loved one getting the anxious to reflect on the following questions:

- What's the worst that could happen?
- What's the best that could happen?
- What's most realistic or likely?

This is the basis of much therapy, but let's get back to the social media aspect. Increasing emphasis – from Government downwards – is focusing on the responsibilities that social media companies have for the nature of their online content.



The sheer volume of social media items is mind boggling and to a considerable extent explains some of the social media companies inability to 'police' the content to the level demanded by

governments and responsible users.

However, are we getting to the point where this may all be changing – enter, stage left: AI (Artificial Intelligence). We already have software that can understand text, whether it is written or spoken, and also recognise images. Will social media giants soon be able to monitor social media uploads as they are submitted or downloaded?

Watch this space!

*Editor*

*Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.*

**Martin Luther King Jnr (1929-1968)**

**LAWNMOWERS**

**Tony Halford**



**Plant & Grass Machinery Specialist**

36 Albert Road, Retford, Notts. DN22 6JB

**Tel: (01777) 860 704**

**Mob: 07976 941 407**

To download Inspire's 16-page **Summer 2024 Course Guide** go to our community website's home page or: [www.inspireculture.org.uk](http://www.inspireculture.org.uk) or call 01623 677 200 also...

@InspireLearning1624 @Learn\_Inspire #BeInspired #InspireLearning

You can also follow the online link above to see all of Inspire's **What's On from April – July 2024**.

**Clarbrough's Thursday mornings CCC**

CCC stands for Coffee, Cake and Chat!

Clarbrough Village Hall hosts a weekly CCC session from 10:30 – 11:45 for a friendly get together along with various useful community links, news as well as a tombola!



A coffee (or tea) together with a choice of piece of cake costs just £1.20.

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

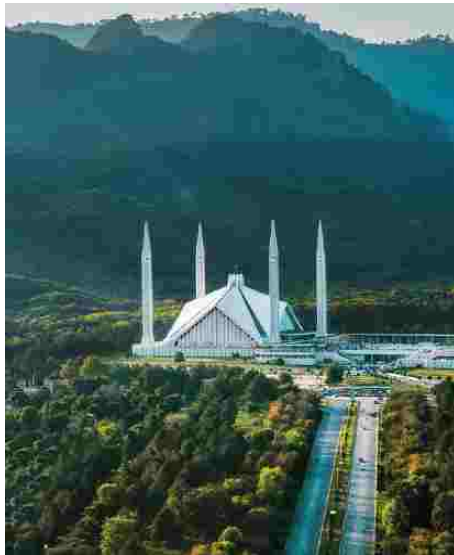
**Kath Sutton**

**Muslim Charity is at it again!**



**MUSLIM CHARITY**

Regular readers will recall our Winter 2023 issue's report of Muslim Charity's Rickshaw Challenge involving 15 brand new rickshaws (we Europeans would call these Tuk Tuks) being driven some 400km through Pakistan's Punjab as gifts to vulnerable families. Your Editor and wife, Chris, took part in this amazing adventure and were so gripped by the whole experience that we are now preparing to take part in Muslim Charity's 2024 Tuk Tuk (note the name change!) Challenge which will be based in Pakistan's Kashmir between 14<sup>th</sup> and 22<sup>nd</sup> September, 2024. It starts with flights to Islamabad, Pakistan's capital which is site of the stunning Faisal Mosque, Pakistan's National Mosque [right].



As with the 2023 Challenge, participants' costs fall into three parts:

**a. Registration Fee of £450**

**which includes all costs within Pakistan (hotels, food, accommodation and airport transfers).**

**b. International UK-Pakistan return flights, visa fees, PCR test if required.**

**c. A Fundraising Target of £1,200 individually (or £2,400 as a group of two). This will be used to fund the purchase of a Tuk Tuk and also support Muslim Charity's livelihood projects to support impoverished families.**

*We would really appreciate any donation you feel able to make to our fantastic adventure! As noted above, donations do not cover any of our personal expenditure – they all go to Muslim Charity's worldwide programmes.*

*The best way to donate is by doing it online here:*

<https://giving.muslimcharity.org.uk/pf/gregory-herdman>

Alternatively, call Muslim Charity on 03000 111 786 and donate via telephone or send a bank transfer to Muslim Charity (HSBC, Sort Code: 40-38-11, Account Number: 41369989). Just send me a message once you've done it so I can acknowledge it. - contact details on page 24 (Advertising Rates).

*Finally, do you want to get a real feeling for what these adventures are like? If so, go to our community website ([www.clarbrough-welham.org.uk](http://www.clarbrough-welham.org.uk)) and follow the Local Faiths home page menu link and then select Muslim Charity from the blue options at the top of the Local Faith Links page.*

*This page has a number of links to facilities to view the YouTube video of the 2023 Rickshaw Challenge that lasts a full 47 minutes! Also on that page is a link to the poster*

*explaining the donations processes for the 2024 Challenge outlined above.*

So what will Tuk Tuk Challenge 2024 actually involve?

This year's Muslim Charity's Challenge starts when our flights from UK land in Islamabad on 14<sup>th</sup> September.

Day 2 involves a coach transfer to Muzaffarabad, capital of Pakistan's Azad Kashmir administrative territory. Day 3 will focus on Tuk Tuk training.

Day 4 will involve driving our Tuk Tuk some 60km to Dhirkot where we will visit one of Muslim Charity supported Middle Schools.

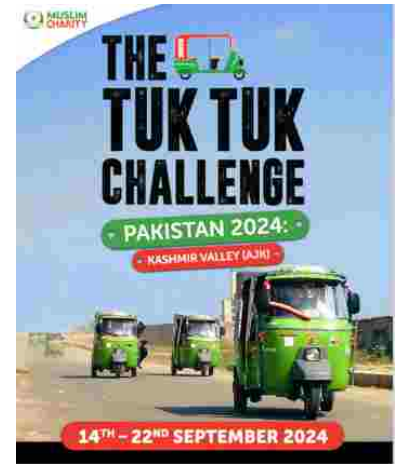
Day 5 starts with a roughly 40km Tuk Tuk drive to Bagh and visit to Rural Health Centre Gaziabad and Government High School Mukhyala.

Day 6 is a Tuk Tuk-free day during which we will visit Ganga Chotti which is a 10,000 ft (3045 metres) peak in the Lower Himalayas.

Day 7 is another Tuk Tuk drive of some 32km to Arja where the handing over ceremony of Tuk Tuks to a needy family will take place. A coach transfer in the evening to Islamabad.

Day 8 will provide free time to explore some of Islamabad's sights.

Day 9 (22<sup>nd</sup> September) will be return flights from Islamabad to UK.



**Editor**

**A few examples of Retford Arts Hub's Kids' Easter...**





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

**Former patients are invited to help Lincs & Notts Air Ambulance celebrate their 30<sup>th</sup> birthday**

People treated by Lincs & Notts Air Ambulance (LNAA) are being invited to get in touch and help celebrate our 30<sup>th</sup> anniversary.

LNAA first became operational in May 1994 and since then has responded to over 28,500 missions. Its pilots, doctors and paramedics provide the very best pre-hospital emergency care possible to some of the most seriously ill and injured people in Lincolnshire & Nottinghamshire. To mark 30 years, the charity is encouraging former patients or their families to get in touch and share their stories.

LNAA's Patient Liaison Manager, Hayley Burton explained: "We have treated thousands of patients, and they are at the heart of everything we do. It is wonderful when former patients allow us to share their stories as they highlight how vital our life-saving service is within our local communities, whilst recognising the amazing work of our crew who respond, in average, to four potentially life-saving missions daily."

Ruth has every reason to be grateful to LNAA. In the space of just 3 years, she has been airlifted to hospital twice after sustaining serious injuries from horse-riding accidents. In June 2009, Ruth was jumping her horse in a field at her home near Grantham, Lincolnshire. When she was walking to leave the field, the horse reared and lost balance. Ruth was knocked over and her horse landed directly on top of her, breaking her pelvis in four places.

In October 2011, Ruth was riding in the very same field when she was thrown again, resulting in a broken leg. Both times, the Lincs & Notts Air Ambulance was called, and the doctor/paramedic teams treated her before deciding the quickest and safest option to transport her to Lincoln County Hospital was by air ambulance. Reaching up to speeds of 160mph, she arrived in a matter of minutes and was transferred into the care of waiting clinicians. Ruth said: "The difference that the Air Ambulance makes when you have a serious injury and are in pain is outstanding!"

The team at Lincs & Notts Air Ambulance are wanting to share stories spanning every year of the charity's existence during its 30th Anniversary year. If you or a loved one has ever needed the services of LNAA and would like to share your story, they would love to hear from you at: [media@ambucoputer.org.uk](mailto:media@ambucoputer.org.uk)

**Lincs & Notts Air Ambulance in numbers**

- **£10 million:** The current cost of funding to keep the service operational each year.
- **169:** Thanks to tremendous public support, we fly an AgustaWestland 169 helicopter – a top of the range Helicopter Emergency Medical Service (HEMS) aircraft offering head to toe access to patients in flight. Our crew

- also carry blood on board, allowing them to deliver potentially life-saving blood transfusions at the scene.
- **25,755:** The number of missions Lincs & Notts Air Ambulance has flown since the service began operating in 1994.
- **£4,000:** The average cost of each mission.
- **24/7:** We provide a 24-hour service, 7 days a week, 365 days of the year, enabling our clinical crew to give more people than ever the very best chance of survival. This level of care ensures that we are at the forefront of Helicopter Emergency Medical Services in the UK.
- **3,500:** The number of square miles the service covers across Lincolnshire and Nottinghamshire.
- **2,500,000:** The number of people Lincs & Notts Air Ambulance has provides medical support to across Lincolnshire and Nottinghamshire
- **216mph:** The aircraft can reach a top speed of 216mph and has a cruising speed of 180mph
- **20:** The number of minutes it takes the air ambulance to reach the furthest point in the catchment area of Lincolnshire and Nottinghamshire.
- **Four:** The average number of missions the crew are tasked per day.

*Linda Patrick  
PR and Communications Manager*

**P.S. [below] Latest knitted chopper – see LNAA's page 7 article for details!**



*Before you marry someone, you should first make them use a computer with slow Internet to see who they really are.*

*Will Ferrell (1967- )*

**Another clean energy resource under our feet?**

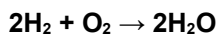
If you've already read our *Is Magma our route to unlimited clean energy?* in our Spring 2024 issue you may be surprised to discover that another 'underground' resource has started to be researched with the same goal – clean energy.

The resource may come as quite a surprise, even to those of us with some scientific background because we are talking here about hydrogen. Until I read some of the reports about this discovery I'd always thought that hydrogen was very uncommon on our planet even though it is *the* most common element in our universe!

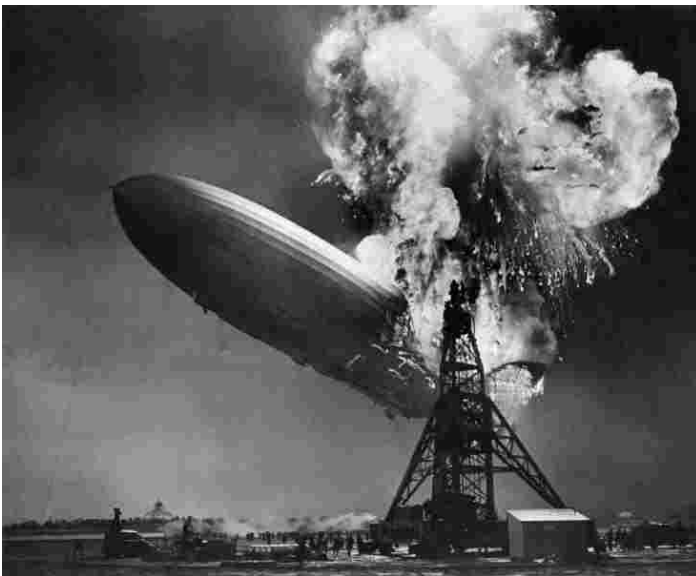
Firstly, however, lets remind ourselves why hydrogen has the potential to be the ultimately 'green' energy source. Hydrogen gas has a simple chemical formula – H<sub>2</sub> which means two hydrogen atoms are joined ('bonded') together to form a hydrogen molecule H<sub>2</sub>

Now hydrogen burns easily, even dangerously, when it mixes with oxygen molecules - which has a similar 'diatomic' formula O<sub>2</sub> – something very likely to occur in air because air has around 20% oxygen.

If a spark or any other form of ignition occurs in such a hydrogen/air mixture then the product is water (or steam in this case):



plus a huge amount of energy. Readers may remember our Autumn 2022 issue's article *Remember the Zeppelins?* which reminded us of the Hindenburg disaster in 1937 when the airship's hydrogen, which being the lightest gas was used to give the airship 'lift', exploded after several landing mishaps:



So, this combination of huge energy potential and completely harmless (water!) waste makes hydrogen a superb fuel – if only we know where to find it!

Now this is where recent research really comes in, because up until very recently, nobody has known of any source of hydrogen coming out of the ground. Quite a few chemical reactions to produce hydrogen are already in use both within the chemical industry and also to trial using

hydrogen as a fuel. However, most of these are based around fossil fuels (oil, coal, etc) and produce lots of pollution as byproducts.

The recent research that may transform this view of hydrogen as a fuel is the discovery of many sites around the world where hydrogen gas is seeping out of the ground. This was thought to be a truly unlikely even given hydrogen's high chemical reactivity, but research over the past ten years or so has found hydrogen escaping from the ground. At the time this was thought to be quite exceptional, but recent discoveries, research and predictions suggest this could really be the future. In 2022 the US Geological Survey suggested that the underground reserves could run into trillions of tons. If even a fraction of this could be recovered it could provide energy for centuries!

So how is this hydrogen being formed underground? This is where research is really in it's infancy. A range of possible sources have been suggested such as seepage from the Earth's core of what was produced when it was originally formed. It could also be a product of radioactive rocks splitting water that is known to be enclosed in some rocks. Also, chemical reactions that involve catalysts in rocks encouraging the splitting of water into hydrogen and oxygen, the latter which quickly reacts with the rocks to 'weather' them. These catalysts are often based on iron which is a very common rock constituent.

This latter process is just starting to be researched in practical ways that involve drilling hundreds of metres down into potentially catalyst rocks which are already hot and then injecting water down to them. This potentially reverses the chemical reaction of hydrogen with oxygen to make water shown opposite. Will this generate economically reliable sources of hydrogen? Projects are already underway in as widely spaced sites as the US and Oman but this is just the beginning - watch this space!

*Editor*

**How to report a crime**

You can report direct to Nottinghamshire police by:

Telephone: 101  
Textphone: 18001 101  
onlinecrime.notts.police.uk

To report anonymously, contact Crimestoppers:

Telephone: 0800 555 111  
www.crimestoppers-uk.org

**In emergencies always phone 999**

**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**



**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**



## New Parish Pasture Footpath

Clarborough residents and visitors are benefitting from a new all-weather footpath running across the Parish Pasture from the southern end of Broad Gores.

Despite the wish to retain the environmentally friendly wood chippings footpath it was proving impossible to continue the high level of maintenance needed and the footpath had deteriorated to the point where it was a muddy track.

The Parish Council was given the opportunity to bid for a grant from the Government Levelling Up Fund and, after a two-part process spread over 3 months, Parish Councillor Paul



**Bassetlaw**  
DISTRICT COUNCIL  
— North Nottinghamshire —

Willcock submitted a bid to Bassetlaw District Council which is administering the Fund in Bassetlaw. This bid for £14,050 was successful in October 2023. The Parish Council allocated £1,500 from its Projects Fund as Match Funding. Due to the extraordinarily wet autumn in 2023, work on the new footpath was unable to start until February 2024.

The footpath was constructed by KOB Construction, owned by an ex-resident of Clarborough. Made from compacted limestone layers to Nottinghamshire County Council footpath standards, construction took 10 working days. In order to keep down vehicle movements all the excavated soil was spread alongside the footpath and this has recently been seeded with wildflower seeds. The footpath was top



POWERED BY  
**LEVELLING UP**



dressed with compacted red granite chippings to take away the bright white of limestone and to avoid staining by the limestone on the footwear of footpath users.

Paul Willcock, Vice Chairman of the Clarborough and Welham Parish Council said: "I had a vision of what this footpath should look like; thanks to the Rural England Prosperity Fund for making that vision possible".

There is now 365 day access between the two sides of Clarborough for all residents and visitors, no matter what their mobility concerns may be.

The footpath also provides better access for longer walks to Welham, Hayton and the Chesterfield Canal SSSI. The new path stretches over two hundred metres across the pasture and, as well as improving accessibility for

residents, it links two sections of the village, and gives an alternative route avoiding the main road.

District Cllr Julie Leigh, Cabinet Member for Identity and Place on Bassetlaw District Council, said: "Thanks to the Parish Council for all their work making this happen. This new footpath is exactly the type of scheme the Rural England Prosperity Fund is all about - supporting improvements to communities in rural locations".

Residents have welcomed the new clean footpath. However, some concerns have been raised by some users about the looseness of the gravel surface. The gravel has not bedded down as expected and is proving a little difficult to use by some of those using push chairs. The Parish Council is fully aware of this problem and is discussing possible solutions with the contractors. When a solution is found it will be applied to the footpath.

**Phil Gibson**  
Chairman

Clarborough & Welham Parish Council



## Local Biodiversity

Since January 2024 Clarborough & Welham Parish Council has been required to have a Biodiversity Policy.

This can be a very simple outline of wishes or a more complete document detailing how and when different aspects of the Biodiversity Policy should operate.

With only seven Parish Councillors, all of whom are committed to some aspect of the work of the Parish Council it would be useful to have some volunteers to write a Biodiversity Policy. Someone with an interest in Biodiversity, ecology or the environment would be very welcome. Maybe a student looking for a dissertation or a piece of coursework?

Biodiversity is, of course, an all encompassing work which includes all forms of life, plant and animal; insects - reptiles - fish - birds and mammals, sometimes this is simply referred to as the environment. The Parish Council believes that it does consider all these aspects of life when decision making.

Please contact the Parish Council Clerk at [clarandwelpc@yahoo.com](mailto:clarandwelpc@yahoo.com) or telephone 0739 855 4439.

**Paul Willcock**  
Parish Councillor

Clarborough & Welham Parish Council

**Do you require any landbased training?**

### North Notts Training Group

"Cost effective professional training for a safe and efficient tomorrow"

Health & Safety, Pesticides, Chainsaws,  
Fork Lifts, First Aid, Abrasive Wheels,  
Vermin Control, plus e-learning



[info@nntg.co.uk](mailto:info@nntg.co.uk)  
07855751689  
[www.nntg.co.uk](http://www.nntg.co.uk)







[Above] Clarborough & Welham Parish Council held another of their regular Litter Picks on Sunday, 14<sup>th</sup> April, 2024 – and the weather was kind!

### Clarborough Church this Summer

To make the best use of Revd Mark's time for all our Clays group churches we are still sharing events. For the first time we are all having a joint APCM as our annual general meeting is known. It will be on Wednesday May 15<sup>th</sup> at 19:00 in church here in Clarborough. All welcome.

**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.**

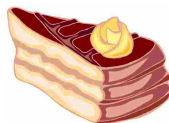
Services shown **HC** are Holy Communion

May 19<sup>th</sup> Bole HC 10:30. Wheatley 17:30 Teatime  
 Pentecost Praise with Revd Mark  
 May 26<sup>th</sup> South Leverton HC 10:30. **Clarborough 18:00 Eve. Prayer with Revd Mark**



June 2<sup>nd</sup> Bole HC 10:30. Sturton Eve. Prayer 18:00 with Revd Mark  
 June 9<sup>th</sup> Wheatley HC 10:30. Grove Street Methodist District Service 16:00 All invited.  
 June 16<sup>th</sup> Grove Street United Service led by Revd Mark who will also lead **Hayton HC 18:00**

**Saturday 22<sup>nd</sup> June for Clarborough's Patronal Festival there will be Afternoon Tea in church from 14:00-16:00**

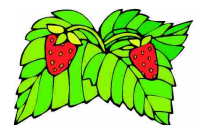


**June 23<sup>rd</sup> Clarborough Patronal Festival 10:30**  
 June 30<sup>th</sup> Sturton Patronal Festival 10:30

July 7<sup>th</sup> Hayton Patronal Festival 10:30  
 July 14<sup>th</sup> Bole HC 10:30. **Clarborough 18:00 Eve. Prayer with Revd Mark**

Tuesday 16<sup>th</sup> July Year 6 pupils from Clarborough Primary School in church 09:30

**Saturday 20<sup>th</sup> July Strawberry Fair in Clarborough Church 13:00-16:00**  
**Cookery competitions, craft stalls etc**

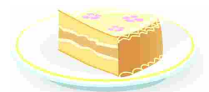


July 21<sup>st</sup> Wheatley HC 10:30. Sturton Eve. Prayer 18:00 with Revd Mark  
 July 28<sup>th</sup> South Leverton HC 10:30



August 4<sup>th</sup> Bole 10:30 HC.  
**Clarborough Lammis picnic and Songs of Praise with Revd Mark, 15:30**

August 11<sup>th</sup> Leverton windmill service 10:30  
 August 18<sup>th</sup> Wheatley HC 10:30  
 August 25<sup>th</sup> Hayton HC 10:30



### FRIENDSHIP CLUB 2024

St. John the Baptist Church, Clarborough

**Meetings are always the second Wednesday in the month** at 14:00 in Clarborough Church. Anyone is welcome to join in or just watch if you prefer. £2 per meeting includes tea, coffee and cake.

May 8<sup>th</sup> Beading with Jo  
 June 12<sup>th</sup> Education 4 paws with Alice Watts  
 July 10<sup>th</sup> Waiting for reply  
 August 14<sup>th</sup> Quiz and games  
 Sept 11<sup>th</sup> Open Doors  
 Oct 9<sup>th</sup> Travels in a Tuk Tuk...Greg  
 Nov 13<sup>th</sup> Christmas Craft, Table Centre  
**Dec 11<sup>th</sup> Christmas Party**  
 Jan 2025 No Meeting



If you have a skill or hobby we could feature, please let us know 07989 895 813



Aurora have centres in **Bassetlaw, Doncaster** and **Mexborough** which offer free personalised care packages to support people throughout their cancer journey. Aurora offers an holistic approach focused on emotional and physical wellbeing – this includes beauty treatments and therapies to help improve health outcomes. Aurora supports clients, family members, carers and friends and is here to help **everyone** affected by cancer.

**Bassetlaw**



Based in the Old Library Building in Worksop the centre is not just for people with a cancer diagnosis or long term health condition but a community

hub for everyone.

Support services include: beauty and holistic therapies, workshops and support groups and one-to-one personalised holistic support. Fundraising events regularly take place in the centre and visitors can enjoy home cooked food in Valerie’s Tearooms, indulge themselves with an afternoon tea or even hire the tearooms for a private function. The well stocked charity shop has a wide range of good quality clothes, books and homewares.

**Family Therapy Services**

A cancer diagnosis has a huge impact on the whole family and we are here to support you all. In our bespoke family therapy suite we are able to provide a safe space for children to express their feelings and receive tailored age appropriate support in a child friendly environment. We can provide sessions with a play therapist or young persons counsellor as well as give support and advise to parents and carers.



**Exercise in ‘The Curve’**

We are all well aware of the benefits of exercise but if you have a health condition such as a cancer diagnosis then exercise can be a daunting task to undertake. Here at Aurora Worksop we offer Cancer Rehabilitation and Prehabilitation exercise sessions to guide you through preparation for surgery, recover post operation and also

during treatment. A fully qualified and experienced instructor will guide you through the process to give you confidence to exercise in a safe environment. Exercise has been proven to improve recovery pre and post op and also reduce health factors such as blood pressure and cholesterol.

We offer a variety of inclusive fitness classes such as Barre Pilates, Tai Chi, Yoga, Seated Chair Exercise and Fit and Fun classes as well as an open gym.



**Heritage and Health**

The Heritage Hub opened in November 2021 following an extensive refurbishment project funded by the National Heritage Lotter. Local people can take a step back in time and look at the displays of items from the local area both personal and industrial as well as enjoying the virtual museum and interactive displays. Talks are given throughout the year from local historians, authors about subjects close to the hearts of the people of Bassetlaw. If you are based in **Bassetlaw** please call us on 01909 470 985 or email [admin@aurorawellbeing.org.uk](mailto:admin@aurorawellbeing.org.uk) Aurora Bassetlaw is open Monday to Friday 09:00 to 16:00.

**Doncaster**

Based at **Doncaster Royal Infirmary (DRI)**, the Aurora Centres is a welcoming hub for local people affected by cancer. We offer information and advice, workshops and support groups, beauty therapies and help with hair care along with fundraising events and social activities. If you are based in **Doncaster** please call us on 01302 644662 or email [auroraDRI@aurorawellbeing.org.uk](mailto:auroraDRI@aurorawellbeing.org.uk) Aurora Doncaster is open Monday to Friday 09:30 to 16:30

**Mexborough**

Based in a purpose built centre at **Mexborough Montague Hospital**, the Aurora centre is a calm oasis for local people to relax and be pampered in a safe and friendly environment.

Therapists offer beauty treatments and holistic therapies and can help with hair care and hair loss and headwear choices, Emotional support for cancer patients is available at any point in their journey and workshops and support groups take place regularly as well as fundraising and social events.

If you are based in **Mexborough** please call us on 01709 649122 or email [auroraDRI@aurorawellbeing.org.uk](mailto:auroraDRI@aurorawellbeing.org.uk) Aurora Mexborough is open Monday to Friday 09:30 to 16:30.

**Volunteering at Aurora**

*Volunteers are at the heart of what we do at Aurora and we would not be able to deliver our services without them. To become a volunteer at Aurora all you need is enthusiasm and an interest in supporting our charity and what we do. If you would like to make a difference in your community then please get in touch by emailing [admin@aurorawellbeing.org.uk](mailto:admin@aurorawellbeing.org.uk)*



# Welcome to our School!

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**

**Headteacher**

## 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.
- A specifically designed, spacious Foundation Unit that meets the needs of our youngest pupils.



***'Be the best you can be!'***



## Come and meet us!

We understand the importance of choosing a school for your child so we are offering families the opportunity to safely visit our school to see just how amazing we are!

To arrange a visit call: 01777 708065  
or email: [office@clarborough.notts.sch.uk](mailto:office@clarborough.notts.sch.uk)

We are on Facebook and Instagram! Search for 'Clarborough Primary' and follow us for regular updates and see what we are getting up to!

**Windows on the past**

Fascination on the past is quite a common feeling and never stronger than when it focuses on our immediate surroundings.

Being a regular visitor to Clarborough Primary School, the Nottinghamshire notice adjacent to the main entrance shows the building was opened in 2008. Wasn't there a Clarborough School before 2008?

The very short answer is 'yes!' However, the history of the school building, or more recently, buildings. Does go back quite a way. A brief explanation – and apologies for 'more mature' residents!

Clarborough Mixed School, as it was first called, came into official existence on 1<sup>st</sup> May, 1871 following the 1870 Education ('Forster's') Act although evidence suggested it was already in existence by that date although whether (likely) it was a church-created school has proven impossible to prove.

However, if you are interested in the development of the school or aspects of local history of much wider nature, the extracts from the school log books can provide some really local insights. To access these log book extracts from 1871 to 1922, go to our community website ([www.clarborough-welham.org.uk](http://www.clarborough-welham.org.uk)) and then follow *Education & Training* from the home page's main menu followed by the blue *Primary School History* link at the top of the Education & Training page.



This Primary School History has a photo at the top of the page showing the 'upper' school site in Church Lane in 2008, just before the current school site opened that same year. Above is part of that site in 2008.

A quick explanation of the word 'upper' in the previous paragraph. The 'upper' site was the original site of 1871 (or earlier) but with extensions added in the late 1950 to cater for increasing demand. When this proved inadequate again so a new building opened in 1970 off Hill View Crescent which accommodated junior classes while more senior classes remained in the Church Lane site. As time progressed both of these buildings became inadequate and also too expensive to maintain, so a new, single-site building was created on the Hill View Crescent site, opening in September, 2008 – the previous building on this site was then demolished and the Church Lane site was put up for sale.

In due course this became a private residence which still has much of the Victorian structure attached.

However, back to the wider local history opportunities. Staying with our community website's *Primary School History* page, the main historical entries here are extracts from the head teacher's school log books from the 1<sup>st</sup> May, 1871 through to 31<sup>st</sup> March, 1922.

If you dip into these you'll get a first-hand feeling for the realities of life back then such as pupils' being absent from school to do agricultural work or the state of road access at the time – and even pupils taking school post to the local rail terminal at Welham! Enjoy!

*Editor*

**Image editing tools**

Have you noticed how many of the articles in this Newsletter have images within them? A majority of these images have been tweaked, trimmed or otherwise 'adjusted' to best fit within our rather limited space.

Techniques for this sort of editing is often promoted as being done by Adobe's Photoshop but this has a significant disadvantage; it costs around £22 per month!

Your editor has been using the major, free, alternative GIMP for many years. GIMP is an acronym for *GNU Image Manipulation Program*; GIMP's logo is Wilber!



To access the free download of GIMP go to:

<https://www.gimp.org>

GIMP is available in a range of computer formats that include: Microsoft Windows 7 or newer, macOS and GNU/Linux.

The above download facility automatically detected the appropriate version for the computer that is being used to access the download.

So, anything from resizing an image to fit into a particular frame, through correcting images suffering camera-shake through to creating magazine front pages – like the flamingoes on this

Newsletter cover which were originally part of a photo taken on a recent trip to Costa Maya, Mexico that was originally...



In recent years we have run short courses (5 weeks) of 'Introduction to GIMP' classes at Clarborough & Welham IT Group in Clarborough Village Hall. This could be repeated if enough interest appears, so do contact Greg at:

[clarboroughwelham@gmail.com](mailto:clarboroughwelham@gmail.com) or 01777 700 918.

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**Dummies: Good or Bad?**

The short answer is both!

They are good to help babies to get off to sleep and to soothe them when they are poorly. When baby is teething they are wonderful.



However, they should not be used as a way of keeping the baby quiet when awake. It is advisable that they should not be used after about 18 months. Babies and toddlers need to be able to copy the way we move our mouth when talking. When they start to talk with a dummy in their mouth it prevents proper speech development. So that when they talk without the dummy they find that people don't always understand what they are saying. This can be a big problem, especially when starting nursery or preschool. It can lead to frustration in the child which affects their ability to communicate, learn and can affect their behaviour. In many cases the child may have to be referred to see a Speech Therapist.

**Chris Herdman**  
former Health Visitor

**Save our Spuds**

Potatoes are easy to grow, great value and simple to cook. It's a huge shame that the humble spud is also one of the country's most wasted foods.

According to *Love Food Hate Waste*, 4.4 million potatoes are thrown out in the UK each day. So, before you head for the bin why not freeze those leftover potatoes? They can be frozen no matter how they're cooked, and uncooked potatoes just need a 5-minute boil before they're ready to be frozen too.



Try this delicious recipe for leftover potato & leek pizza by visiting: <https://www.lovefoodhatewaste.com/foods-and-recipes/leftover-leek-and-potato-pizza>

**SUNSHINE ON LEITH**  
FEATURING SONGS OF THE PROCLAIMERS



**9TH- 11TH MAY 2024**  
**MAJESTIC THEATRE**

**TICKETS FROM £17.50**

Bookings: [www.majesticretford.org](http://www.majesticretford.org)  
Tel. 01777 706866

**WWW.RETFORDMUSICALTHEATRECOMPANY.ORG**

**SUNSHINE ON LEITH by Stephen Greenhorn**  
Featuring songs of The Proclaimers. Created and produced by Dundee Rep Theatre, Scotland's leading production theatre.  
This amateur production is presented by arrangement with Music Theatre International.  
All authorised performance materials are also supplied by MTI



**Welham corner soon to be smooth!**

Nine new road maintenance schemes have been announced by Nottinghamshire County Council which will see an extra £4m spent on improving some of the county's busiest roads.

The announcement, made at the County Council's Full Council meeting, will see the nine roads receive resurfacing or structural patching treatments to repair damaged surfaces.



The £4m is on top of the £29m of investment already planned for 24/25 to improve the county's roads.

Locally, readers will be relieved that among the above improvements will be those on the A620, Welham Road.

Full plans including the sections under repair will be published ahead of the works – let's hope this will be a complete resurfacing rather than more patching!

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



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# Home Instead®

*To us, it's personal*

## High Quality Home Care

At Home Instead we say no to one-size-fits-all care. Our Care Professional will be matched with you, will take time to get to know you, and will build a trusted relationship to ensure that your care and support is personal to you and carried out in the way you want, to assist your independence. Each visit is a minimum of one hour to ensure you get the best care for you.

### COMPANIONSHIP

Companionship Care can:

- Help you or your loved one to keep active
- Make sure you or your loved one have company and someone to socialise with
- 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.



Let's have a chat to see how we can help

**01777 712629**

**[WWW.HOMEINSTEAD.CO.UK/RETFORD-GAINSBOROUGH](http://WWW.HOMEINSTEAD.CO.UK/RETFORD-GAINSBOROUGH)**



**Forthcoming Bank Holidays & Retford events**

- 4<sup>th</sup> - 6<sup>th</sup> May Early May Bank Holiday
- 6<sup>th</sup> May Retford Charter Day**
- 27<sup>th</sup> May Spring Bank Holiday

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

- 8<sup>th</sup> June Retford Literary Festival
- 21<sup>st</sup> June Make Music Day
- 14<sup>th</sup> July Healthy Sunday
- 21<sup>st</sup> September Cheese Festival
- 16<sup>th</sup> & 17<sup>th</sup> November Babworth Arts Festival
- 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 Clarborough & 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. Many of our historic buildings will be opening their doors as part of the national Heritage Open Days festival. Detailed information will be available later in the year.**

*Editor*

**Doncaster/Sheffield Airport one step closer!**

You may already have heard that our favourite airport is an important step closer to reopening – local councils have agreed with the owner, Peel Group, a 125 year lease. The next step is to appoint a new airport operator followed by establishing major airlines to use the airport. A powerful middle-east airline would be a massive boost to the airport – and local businesses in general - watch this space!

**Are your 'smart' products really secure?**

Recent reports by the likes of Which? Continue to emphasise how important it is to use good passwords to protect the increasing numbers of smart items around our homes.

Their efforts over many years have resulted in the PSTI Bill (Product Security and Telecommunications Infrastructure) which received Royal Assent in December 2022 making it

law. Regulations for the Act were introduced in spring 2023 and came into force on 29<sup>th</sup> April, 2024.

While many suppliers now advise purchasers to change their product's password(s), all too often this appears in small print within their user's manual or equivalent paperwork. With 'standard' passwords such as 'admin' or '123456' the new law will demand that users create their own passwords; typical advice is to use three random words with a mix of special characters and capital/lower case letters.

With much increased focus on the potential security of products it is really important for purchasers to check how frequently products will be updated and for how long to keep them secure from every changing security threats. This is something that computer users will already be familiar with – downloading and installing the computer's 'updates'.

Another potentially increasing concern is that some well known brands don't publicise the length of time that they will be updating their products in easily accessible material such as adverts or online details. Recently some big brands have been selling products with just two years of guarantee!

*Editor*

**Clarborough & Welham Parish Council Meetings**

**29<sup>th</sup> April**  
**13<sup>th</sup> May**  
**24<sup>th</sup> June**  
**29<sup>th</sup> July**

**Meetings open 19:00 in Clarborough Village Hall**

Agendas are always posted at least a week in advance on notice boards and on our community website where you will also find approved Minutes and meeting dates through to January, 2025.

**Newsletter 2024 editorial deadlines**

**15<sup>th</sup> July (Autumn issue)**  
**14<sup>th</sup> October (Winter issue)**

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

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