

Issue 40 Spring 2016

# contacts

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Pride of  
**Gedling**  
Awards 2016

Winners announced

## Spring Into Action

Gedling Country Park  
Visitor Centre

### Plus

Gedling Flag Competition  
2016 Budget Details

# Leader's column

Welcome to the spring edition of Contacts. In this edition we have honoured the unsung heroes of Gedling through our Pride of Gedling awards. This was the second year of the awards and we were astounded by the number of nominations we received, showcasing the fantastic work you do in and around the borough to help improve lives. Congratulations to all the winners and the nominees involved.

The Gedling Country Park is going from strength to strength and we have some exciting developments around building a bespoke visitors centre as well as details about a new children's play area in this edition.

You will undoubtedly be aware that our funding from Government is reducing year on year and that's why we have to look at alternative ways of making the books balance. In March we approved our budget and spending plans for the year ahead. Items approved in the budget include a council tax freeze for the third year running and a pay review of all but the most senior members of staff. Despite funding cuts, we remain ambitious for Gedling residents and are doing everything possible to kick-start the building of more houses and the creation of more jobs.

**Leader of the Council**  
Councillor John Clarke



**Councillor John Clarke** is the Leader of Gedling Borough Council. You can contact him in writing at the Civic Centre, Arnot Hill Park, Arnold, Nottingham, NG5 6LU or by emailing [cllr.john.clarke@gedling.gov.uk](mailto:cllr.john.clarke@gedling.gov.uk)



**John Robinson** is the Chief Executive of Gedling Borough Council. You can contact him in writing at the Civic Centre, Arnot Hill Park, Arnold, Nottingham, NG5 6LU or by emailing [john.robinson@gedling.gov.uk](mailto:john.robinson@gedling.gov.uk)

## 10,000 and counting

KEEP ME POSTED

We launched our new email newsletter in the last edition of Contacts and as we went to print we have had over 10,000 people sign up to receive the latest local council updates on jobs, what's on around the borough, leisure information and more.

The free email service means you can now get the information you want sent directly to you. You can subscribe to as many or as little topics as you wish and it takes a minute to sign up.

**We're giving away an iPad 2 to one lucky resident if you sign up**

Go to [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted) to enter the competition.



# Cabinet Members



**Cllr John Clarke**  
Leader of the Council



**Cllr Michael Payne**  
Deputy Leader  
Responsible for Resources  
and Reputation



**Cllr David Ellis**  
Responsible for Public  
Protection



**Cllr Jenny Hollingsworth**  
Responsible for  
Growth and Regeneration



**Cllr Henry Wheeler**  
Responsible for Housing,  
Health and Well-being



**Cllr Peter Barnes**  
Responsible for  
Environment



**Cllr Kathryn Fox**  
Responsible for  
Community Development

For a full list of the Cabinet's responsibilities visit [www.gedling.gov.uk/councillorsmeetings](http://www.gedling.gov.uk/councillorsmeetings)



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**Having trouble reading this?**  
Please call  
0115 901 3773 or email  
[rob.mccleary@gedling.gov.uk](mailto:rob.mccleary@gedling.gov.uk)  
if you need it in large print,  
audio or another format.

## Fail to plan, plan to fail!

We've got a plan! And yes, it's a good one. We've produced the Gedling Plan, outlining the council's vision for the next few years and it's available for you to read online.

The plan sets out our priorities and objectives between now and March 2019 and includes a number of targets we want to meet, actions we plan to take and ways that we can improve the lives of the residents who live in the borough.

The plan will also set out our aims to help support local businesses, encourage new businesses to come to Gedling and outline how we will provide high quality services and excellent value for money.

**You can view the plan can by visiting [www.gedling.gov.uk/Gedlingplan](http://www.gedling.gov.uk/Gedlingplan)**

## Have your say

A planning policy document that will help shape the future of development in the borough, identify sites for new housing and be used to decide planning applications will be open to consultation during May and June.

**If you would like to have your say on the Local Planning Document, register at <https://consultplanningpolicy.gedling.gov.uk>**



## Police and Crime Commissioner Elections

On 5 May you will be able to vote for the county's next Police and Crime Commissioner (PCC).

The PCC is responsible for setting the priorities for the police force in Nottinghamshire, responding to the needs of local communities, setting the policing budget, and monitoring how well the police are performing.

Voting will take place at your usual polling station (or by postal vote if you have one). Polling cards will be sent out in early April and these will tell you how to cast your vote.

The full list of candidates standing for election will be announced on 8 April. Votes will be counted and results announced on Friday 6 May.

Don't miss out on having your say: you can't vote in the PCC election if you're not on the Electoral Register. If you are unsure whether you're on, call us on 0115 901 3917 to find out.

**If you do need to register to vote, you will need to visit <https://www.gov.uk/register-to-vote> with your National Insurance number to hand by Monday 18 April.**

## Garden Waste Sign Up

Spring will soon have sprung and we know lots of you will be tidying your gardens and getting them ready to blossom.

But what about the trimmings and plants that haven't made the cut for this year, how do you get rid of them? Easy; sign up for a garden waste bin and we'll collect it fortnightly between March and December.

This easy service makes it good for you and good for the environment, as we take waste to get turned into compost, which is used to fertilise crops. Over 4,500 tonnes of garden waste was collected last year and diverted away from landfill or incineration.

12,000 residents have already signed up for the service. You can sign up for a full year (1 April - 31 March) for £34 or £13 for a second bin.

**To sign up, call us on 0115 901 3621 or visit [www.gedling.gov.uk/gardenwaste](http://www.gedling.gov.uk/gardenwaste)**



## Tree Team

If you're planning to revamp your garden this spring and have hedges that need help or trees that need trimming, look no further.

Our Tree and Garden Maintenance Team runs an excellent affordable tree and woodland management service for residents and local businesses. We offer:

- Tree surgery
- Tree inspections, reports and site surveys
- Tree felling and removal
- Hedge cutting and hedge reduction
- Site clearance and disposal of waste
- Stump grinding
- Woodland management

### Customers' Comments

*"The team who carried out tree works were first class"*

*"I would not hesitate to recommend them"*

*"I was amazed by the professionalism of staff who attended"*

*"They worked swiftly and left no mess what so ever"*

**Call 0115 901 3621 to get a quote**





Cllr John Clarke, David Pople and Cllr Henry Wheeler

Photo courtesy of Nottingham Post

## Big screen at the Bonington

**Bonington Theatre is ready for its close-up, thanks to the installation of brand new cinema equipment bringing an affordable cinema experience to your doorstep.**

A state of the art high definition digital projector, upgraded surround sound system and seven metre screen were fitted as part of a £50,000 facelift to make film screenings a regular part of the theatre's programme.

Visit [www.boningtontheatre.co.uk](http://www.boningtontheatre.co.uk) or contact the box office on 0115 901 3640 to book your seats.

We will be showing a mix of blockbusters, art-house films, family favourites, live broadcasts and more, so there's something for everyone. Sign up to the Bonington Theatre Keep Me Posted newsletter for the latest film times and upcoming shows.

Regular tickets will be priced at £5.50 with concessions at £4.50.

KEEP ME  
POSTED

## Bonington Spring Programme

The spring and summer events programme for the Bonington Theatre has been published. We've got a number of shows taking place between now and July, ranging from theatre and jazz to films and art shows.



Highlights include this month's cover stars, *Cautionary Tales for Daughters – Songs Your Mother Never Taught*. A darkly humorous show about growing up and dealing with a mother's darkest fears.

There are also welcome visits from regular show organisers including Jazzsteps, Bonington Players, Prospect Players, New Youth Theatre, Big Box Theatre and Flying High Expressive Arts.

You can see what's on at [www.boningtontheatre.co.uk](http://www.boningtontheatre.co.uk) or sign up to Keep Me Posted for the latest information.



Yes Ma'am! Rangers Adam and Michael and Cllr Peter Barnes with a life size cut out of the Queen



## CLEAN FOR THE QUEEN

Clean for The Queen is a campaign to clear up Britain in time for Her Majesty the Queen's 90th birthday, which will be officially celebrated in June 2016.

In March we took part in clean up events around the borough as part of the Queen's birthday festivities. We organised a big clean up event at The Hobbucks which included volunteers from the council, members of the public and community payback teams.

For more information about the national events, visit [www.cleanforthequeen.co.uk](http://www.cleanforthequeen.co.uk)

## Beacon in the Park

It's a tradition to light beacons on the top of mountains, churches and country parks when we celebrate Royal special birthdays and we will be taking part in a national beacon lighting ceremony on April 21 at Gedling Country Park to celebrate the Queen's 90th birthday. The event will begin at 6.30pm with the lighting taking place around 7.30pm. There will also be entertainment from the Carlton Brass Band.

Parking at Gedling Country Park is limited to 65 spaces so we advise you to travel by foot or by public transport.



## Breastfeeding Friendly

We've launched a new scheme to make public spaces accredited as breastfeeding friendly. Working with the Nottinghamshire County Council and Health Partnerships we are asking local businesses to sign up to say that breastfeeding mums are welcome in public facilities.

All of the council's leisure centres and the Civic Centre are now accredited with the breastfeeding friendly status as part of the council's pledge to become breastfeeding friendly.

The accreditation makes sure that spaces provide a welcoming environment for mums, ensures staff are positive and supportive and offer an acceptable standard of cleanliness and facilities. All accredited places will display a window sticker on the front of their shops to inform customers.

If you're a business and you would like to become accredited, email [lorca.russell@gedling.gov.uk](mailto:lorca.russell@gedling.gov.uk)

# Gedling Country Park



## Children's Play Area

Gedling Country Park will soon have an exciting new children's play facility, thanks to a successful joint funding bid by the Friends of Gedling Country Park and Gedling Borough Council.

A grant of £50,000, awarded by WREN's FCC Community Action Fund, will be used to create a younger children's play area, while further funding of £100,000 allocated by Gedling Borough Council, will be used to provide an adjoining play area for older children.

WREN is a not-for-profit business that awards grants for community, biodiversity and heritage projects from funds donated by FCC Environment through the Landfill Communities Fund.

As well as contributing to the play area we've also built 25 additional car park spaces, we're installing new toilets and there will be a portable café outlet in the near future.

## Have Your Say on a Visitors Centre

Plans for a new visitors centre are starting to progress and we are now at a stage where we need your input to help us to decide on what type of centre it's going to be. We have produced a quick questionnaire that is being asked to people who visit the park, however, if you would like to have your say then visit our website

[www.gedling.gov.uk/gedlingcountrypark](http://www.gedling.gov.uk/gedlingcountrypark)

## Park Plan

You can now view the Gedling Country Park Management Plan, which sets out the vision and plans for the park between now and 2020, online.

Visit [www.gedling.gov.uk/gedlingcountrypark](http://www.gedling.gov.uk/gedlingcountrypark) and go on the 'History and future developments' page to find the document.

## Bird Fencing erected

As part of efforts to prevent the disturbance of ground nesting birds including Skylarks and Lapwings, we've erected fencing around areas in the park where they are known to be breeding. Both Skylarks and Lapwings are of great conservation concern and both are protected under the Wildlife and Countryside Act 1981.

We apologise for any inconvenience this may cause but we hope you understand the importance of protecting these rare animals.



The new fencing will protect the nesting birds



Skylarks in the park



# Council Budget

The budget for the next financial year has been agreed by Councillors at a special Budget Council held at the beginning of March. They announced a number of spending initiatives and capital spending programmes including a new visitor centre at Gedling Country Park and a freeze on council tax.

Every year we spend around £12.6 million on a wide range of services. This year we face more pressures than ever to deliver, with further grant cuts from government totalling £4.2 million, however, we're doing some great things to save money and we've made efficiency savings totalling £4.3 million since 2010/11.

Here are the headlines of this year's budget;

**Council Freeze Tax**  
for the third year running

**£75,000**  
to be spent on Redhill Leisure Centre pitch replacement

**£900,000**  
for a visitor centre at Gedling Country Park

Review of pay for Gedling Borough Council employees (excluding Chief Executive and Directors)

**£500,000**  
expansion of Carlton Cemetery and Car Park

For the full details on the budget visit [www.gedling.gov.uk](http://www.gedling.gov.uk) or sign up to Keep Me Posted for all the latest news and information

KEEP ME POSTED



## Microchip Your Pet

From April 6 2016 it will be compulsory for owners to microchip their pets. Any dog over the age of eight weeks will be legally required to be microchipped and registered to an approved database.

Any owners who do not microchip their dogs could be liable to pay a £500 fine and face criminal prosecution.

Every week our Neighbourhood Wardens find lost dogs on our streets, if it is chipped we can notify the owner very quickly and prevent the dog from being taken to kennels.

Also, if you have a microchipped dog that goes missing you must report it to the microchip provider and the council who can update the records of the chip.

For more information visit our website [www.gedling.gov.uk](http://www.gedling.gov.uk) and search for stray dogs.

## Lake View Café opens

The kiosk in Arnot Hill Park has been transformed into a café and opens for business this month.

Lake View Café will have indoor seating, eating facilities, drinks and a spectacular view of Arnot Hill Park Lake.

New owner Kelly Charlesworth will be serving delicious weekly specials and regular visitors can take advantage with her loyalty card system - buy nine drinks and get the tenth free - it'd be rude not to pop in for a brew!



## Here's a Tip - Register

From April, Nottinghamshire residents will need to register their vehicle to use any of the county's 12 Recycling Centres.

The County Council is facing huge budget pressures and this will help to reduce their costs by £200,000 each year and will also make sure Nottinghamshire Recycling Centres are only used by people who live in the county, helping to improve the quality of service, for example by reducing waiting times.

All vehicles, including cars, vans and trailers, must be registered. It's quick, free and easy and you only need to do it once (unless you change your car). If you don't register you may be turned away when you arrive at your chosen centre.

**For more information and to register\* online visit [www.nottinghamshire.gov.uk/recycling](http://www.nottinghamshire.gov.uk/recycling) or call 0300 500 80 80.**

**\*Registration is only open to Nottinghamshire residents (excluding Nottingham City).**



## Heroes to Help

Did you know that the Royal British Legion holds drop-in sessions at the Civic Centre in Arnot Hill Park every month?

If you're a serving or ex-service person, you and your family could benefit from the wide range of support services provided by the charity. They can help with money matters, war pensions and give advice on careers and holiday grant schemes.

The public can also learn more about the wide range of services and community activities provided by the Legion. British Legion representative Sue is in the Civic Centre Foyer on the third Friday of each month from 10am till 2pm, pop along and have a chat to get help or find out more about the charity.



## Youth of Tomorrow

In March, our Youth Council Elections took place to elect representatives to sit on the Gedling Youth Council for the new term. Members from schools and youth clubs around Gedling took part in the elections.

The council has achieved a number of high profile campaign successes including introducing the Make a Noise anti-bullying campaign, a review of transport needs for young people as well as gaining qualifications in Sports Leadership. Their work with the YouNG youth careers opportunities website project led to the creation of a job to deliver placements, careers and jobs to young people in Gedling.

**Well done to all of the candidates involved and good luck with the manifesto for the next two years.**



## Air Raising

Congratulations to the staff and customers of the Richard Herrod Centre, Carlton, who have raised an incredible £30,000 for the Nottinghamshire and Lincolnshire Air Ambulance Charity over the last eight years.

Christmas raffles, quiz nights, book sales and the generosity and hard work of customers and staff have made reaching this mighty total possible.

A huge cheque for the latest £10,000 was presented to a representative from the charity at the Richard Herrod Centre during a celebration evening that took place in January.

# EU Referendum

Many of you will be aware that the Prime Minister has announced a referendum on the UK's continued membership of the European Union. The official date for the referendum has been confirmed as Thursday 23 June 2016.

Poll cards are expected to be delivered to those on the register around the 23 May. The last date to register is Tuesday 7 June. You can register online at [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)

Anyone who wants to vote by post for the referendum will need to have applied by Wednesday 8 June by 5pm. For more information visit [www.gedling.gov.uk/elections](http://www.gedling.gov.uk/elections)



# Gedling Flag Competition

**We want you to design a new flag that represents the borough of Gedling.**

**The winning design will be adopted as the flag for the region and raised at a special ceremony here at the Civic Centre.**

You do not need a background in art and design however we have a couple of things that we want to be included. We want to keep an element of our Coat of Arms (pictured right) but it doesn't have to include the entire thing. You can also include anything you think is an iconic representation of the borough, it could be a place or something more personal to you.

You can be as imaginative and creative as you like and our team of designers can also help you, if required, to turn your idea into a finished flag. You can download a media pack including a template and



a copy of the Coat of Arms at [www.gedling.gov.uk/gedlingflag](http://www.gedling.gov.uk/gedlingflag)

**Send your entries to [communications@gedling.gov.uk](mailto:communications@gedling.gov.uk) or post them to Communications, Gedling Borough Council, Civic Centre, Arnot Hill Park, Nottingham, NG5 6LU**



**Deadline for entries is 31 May 2016 and the winner will be announced in the next edition of Contacts. Good Luck!**



“ A massive thank you to Gedling Borough Councillors for helping me to use my skills out in earthquake hit Nepal. ”

## Fundraising in Nepal

**A humanitarian mission to Nepal has been supported by GBC councillors who donated £1,000.**

Firefighter and local resident Jason Tait arrived in Nepal last August to help locals in the Kakarbhitta region, who were hit hard by a recent earthquake. The aim of the mission was to train residents on how to deal with emergencies in their own communities through education.

Jason did a lot of work during his trip, including assessing medical facilities at the Maiti Nepal HQ Clinic, delivering tarpaulins, evaluating equipment at the Hetauda fire station and giving medical lessons.

We caught up with Jason on his return, “A massive thank you to Gedling Borough Councillors for helping me to use my skills out in earthquake hit Nepal. The Nepalese are still in desperate need

of assistance and want to be able to help themselves if, and when, future emergencies happen.

What Nottinghamshire Fire & Rescue have been able to do, with the assistance of sponsors such as GBC, is help protect many thousands of people for years to come by developing their Fire Service. It was hard work in very difficult circumstances but using my Fire Service skills to teach out there and, when time permitted, to help an Orphanage and three families make a new start in the earthquake hit areas was immensely rewarding.”





# Pride of Gedling 2016 Winners



We received a huge number of nominations for outstanding individuals and community groups for the Pride of Gedling Awards 2016.

A judging panel of councillors and representatives from the Nottingham Post had the tough task of shortlisting nominees and choosing the winners,

who were invited to attend the awards ceremony on 11 February at the Civic Centre in Arnot Hill Park, Arnold.

Congratulations to everyone who was nominated, but drumroll please... the winners are:

## Pride of Gedling Award



### Dennis Andrews

Dennis was nominated for being a pillar of the local community for many years. At 92 years old, Dennis has served as chairman of the Nottingham Elders Forum for the past 11 years and worked tirelessly to achieve the hopes of older citizens in both the city and county. He worked voluntarily in the Forum's office 7 days a week until his mobility decreased, but Dennis didn't let this stop him, he still works from home on his computer to serve older residents. Help the Aged and Age Concern nominated Dennis to be the voice of the elderly and address MPs and Peers in the House of Commons, speaking out for the older generation. Glenise, the secretary of the Forum, nominated Dennis, describing him as 'a jewel in the crown to many older citizens'.

## Good Neighbour Award

### Dr. Suresh Patel

Suresh was nominated for helping his neighbours and friends in numerous ways. He ferries people to appointments, gives financial advice and helps those who struggle to use the internet with online tasks. After 30 years working as a GP it seems that helping people in his retirement comes naturally to Suresh and he doesn't let his limited mobility stop him from doing so. Suresh said "I might not be able to help physically, but I can help in other ways, using the mind."



## Community Servent Award

### Ex-PCSO Ewa Hawrylak

Ewa, from Carlton, was nominated for going the extra mile during her time as a PCSO in Carlton and Netherfield. For over 12 years she worked tirelessly to improve the lives of people living in the communities she served and always has a smile on her face. Ewa built up fantastic community relations between the police, council and public, which made her work so successful and remains at the heart of her local community in Carlton today.



## Young person award

Lewis Astill

Newstead resident Lewis was nominated for his dedication to his various volunteer roles and contributions to his community. Lewis volunteers with a weekly sports club, helping set up equipment, refereeing and running the activities. He also works hard with the youth club. Aside from his sporting passions, Lewis is the chair of the Newstead Village Young People's Council and works hard to communicate young residents' views to the parish council.



## Volunteer award

Terry Smith

After 25 years as a firefighter, Terry launched the Nottingham Search and Rescue Team with former colleagues and was nominated for growing the charity into the essential service it is today. Terry and the team are on call 24/7, 365 days a year and have done amazing work finding missing people and helping those in need. He is passionate about his community and devotes hours of his time to running the charity. Terry was nominated by fellow volunteer Duncan, who described him as 'one of Gedling's unsung heroes'.



## Outstanding community project

Arnold School of Boxing

The Arnold School of Boxing was nominated for having a huge positive impact on local youngsters. Founders Clinton and Rob train kids in the art of boxing as well as teaching them discipline and respect. Parents are encouraged to go along to the sessions to build the family feel of the group and create camaraderie. The non-profit organisation welcomes all children and gives them a place to exercise and develop at boxing whilst learning valuable life skills.

## Business in the community award

Energie Fitness for Women

Debra and Ged Davison were nominated for running a successful ladies-only fitness club in Arnold. Since taking over Energie Fitness for Women in 2012, the membership has increased to over 500, and local women aged from 18 to 86, have benefited from the fitness and social side of the club. Despite being a small club in the franchise, the Arnold branch has won awards from the Energie Fitness Group each year since 2012, which is testament to Debra and Ged's great work.



## App, App and Away

We're currently working on a new Gedling Leisure app that will be available on IOS and Android.

It will bring you lots of useful information including pool and class timetables, promotions and offers and you'll be able to book your next session at any of our gyms or pools easily. Sign up to Leisure on Keep Me Posted to find out when it launches.



## Eat and be healthy

Finally, a healthy eating programme for people who love food!

Have you had enough of going from one diet to the next with no long-term results?

DNA Nutrition uses only the latest, scientifically proven research to give you the quickest, safest and healthiest way of reaching and maintaining your ideal weight.

The product will be available to purchase as a 6 month subscription for £30 so check our website for details or ask at any reception.



## Fitness Memberships for You

We have fitness packages at all of our gyms designed for all ages. Whoever you are and whatever your aims, we can help you achieve your goals & aspirations.



## Swimtag

Join in the challenge by getting a Swimtag. Swimtag tracks your swim online and lets you know how many calories you have burnt, your distance per stroke and lets you enter challenges both locally and nationwide. Ask at Arnold or Carlton Forum receptions.



## Swimming Lessons

Our leisure centres provide swimming lessons for everybody. Little Quackers swimming lessons are tailored for children aged 1- 4 years and are a great way to start your child's swimming

lessons early. We also deliver adult swimming lessons for beginners, intermediates and advanced swimmers. Contact the leisure centres for more information.

## Children's Parties

Our leisure centres have a wide range of children's party options to ensure your child's birthday is hassle free and fun. Choose from a range of inflatable parties, pool parties or even the roller disco option, and we'll help make the day unforgettable.

Available at Redhill, Arnold, Calverton and Carlton Forum Leisure Centres.



Sign up to Keep Me Posted for all the latest holiday activities, Pure Swim promotions, student DNA promotions, Easter super camps and more. Visit [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted) and sign up for free.

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[www.gedling.gov.uk/leisure](http://www.gedling.gov.uk/leisure)

# Arnold Carnival

**18 & 19 June 2016**

**Arnot Hill Park, Arnold, Nottingham**

**Saturday, Noon - 10.30pm**

**Sunday, 10.30am - 10pm**

The annual Arnold Carnival returns to Arnot Hill Park in June. The free event will be jam-packed with activities for all the family.

Over the two days there will be a mix of music, dance, drama, children's fun fair, craft marquee and more including local school bands, choirs and solo artists.

There will also be a children's activity marquee hosted by the Gedling Play Forum complete with

SEN Chill Out Zone, BMX taster sessions, sports have-a-go sessions and, of course, the famous fun dog show.

A special Lancaster Bomber flypast is also planned for Sunday afternoon.

**For more information about the carnival and other events taking place in the borough sign up to Keep Me Posted, the council email newsletter by visiting [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)**

**Big stage entertainment featuring The Hair Rock Experience presents THAT 80s ROCK SHOW.**



## Girls Make It Happen



Last summer we supported the Gedling Sports Partnership to secure funding from Sport England to launch the Girls Make It Happen project and we're pleased to report that it's doing great work across the borough.

The programme is all about providing more sporting opportunities for women and girls to encourage them to be active whilst having fun and socialising.

Rachel Kemp, Director of Community Projects for Gedling Sports Partnership said "Girls Make It Happen sessions are continuing to help women and girls in the Gedling area to get together, try something new and have fun! We've already had so much positive feedback from women who have been involved in the project and we're in the process of organising more sessions and events to inspire others to get involved."

**To find out more about the project visit [www.girlsmakeithappen.org](http://www.girlsmakeithappen.org) and follow @G\_M\_I\_H on Twitter**

## And the winners are...

The Gedling Sports Awards, organised by Gedling Sports Forum, were held in November at the Carlton Academy to recognise the achievements of teams, clubs, schools and individuals in sport, and the contributions of coaches and volunteers.

Paralympic athlete Richard Whitehead MBE and Cllr Meredith Lawrence, Mayor of Gedling presented the trophies, sponsored by the Gedling Sports Partnership, to the deserving winners. The full list of all the winners can be found at [www.gedling.gov.uk/gedlingsportsawards](http://www.gedling.gov.uk/gedlingsportsawards)



## Tipper tagged, thanks to you

A fly-tipper who tried to evade the courts has hit the national headlines by pretending he had an identical twin.

A man was caught disposing of 14 tyres on a layby in Mapperley on Valentine's Day last year. A member of the public witnessed the offence and gave evidence at court.

The council's investigation took nearly 10 months as the Neighbourhood Wardens traced the vehicle back to the owner and, despite the offenders' attempts to divert the wardens by giving old addresses and claiming to be his own twin, the wardens persevered, working with the Police and Department of Work and Pensions to charge him.

When we published the story, the national press picked up on it including The Daily Telegraph and The Independent, ensuring the fly-tipper was in the news for all the wrong reasons whilst raising awareness that we will prosecute if we catch people.

The man was convicted and sentenced to wear an electronic tag for eight weeks. He was also ordered to pay £460 prosecution costs, £250 costs for the clean-up of the fly-tip and a £60 victim surcharge.

**If you witness a fly-tip then a vehicle registration and description of the person could be enough for us to catch them. Contact us on 0115 901 3972 or email [environmentalhealth@gedling.gov.uk](mailto:environmentalhealth@gedling.gov.uk)**



This fly tip cost the offender and he was tagged for eight weeks

## Relief for businesses

If you're a small business owner then this could be the most important thing you read today.

Did you know that you could be eligible for a reduction in your business rates if your rateable value is less than £18,000? You could be entitled to up to 100% off your business rates bill if your rateable value is less than £6,000 or a reduction on a sliding scale if your rateable value is between £6,000 and £18,000.

All you have to do is fill out a quick form which you can download from [www.gedling.gov.uk/sbrrelief](http://www.gedling.gov.uk/sbrrelief) and your reduction could be backdated to April 2010.

**To keep up to date with all the latest business support, sign up to Keep Me Posted, the council's email newsletter by visiting [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)**

KEEP ME POSTED



### Do you need help with your rent or Council Tax?

**If you're on a low income and you need financial help with your rent or Council Tax - we're here for you.**

You can apply in a number of ways - online, in person at our council offices in Arnold or on the phone with one of our customer services advisors who can go through the form with you. If you can't go online or visit us, we can get one of our specialist customer service advisors to come to your property.



**Go online – [www.gedling.gov.uk/benefits](http://www.gedling.gov.uk/benefits)**



**Call us – 0115 901 3970**

**For a home visit call us 0115 901 3970**

### My Council Tax bill has arrived, do I need to call the council?

We receive a lot of calls when the Council Tax bills go out in March and it can be difficult to get through so here are some tips on whether or not you need to call us; if you currently pay by Direct Debit, it will automatically continue so you don't need to do anything. If unsure, check the payment method on the instalments part of your bill.

Want to pay by Direct Debit? No problem, just visit [www.gedling.gov.uk/directdebit](http://www.gedling.gov.uk/directdebit) to provide your details over our secure website, and we will sort it out for you.

**If your circumstances have changed, you can inform us online. It's quick, easy and will save you time waiting to get through on the phone.**

**[www.gedling.gov.uk/counciltax](http://www.gedling.gov.uk/counciltax)**



# Spring into health...



As winter melts away, spring is the perfect time to supercharge your fitness regime and take a check on your diet. From giving up smoking to weight management, we can provide support and advice to help you make changes which impact positively on your health.

## Sign up to our health forum

Patients are at the heart of everything we do. By joining our health forum you will get the opportunity to get involved with shaping local health services.

You will get regular updates about your local NHS and you can get involved as much or as little as you want. It's a great way to keep up to date with all the latest news from your local NHS.

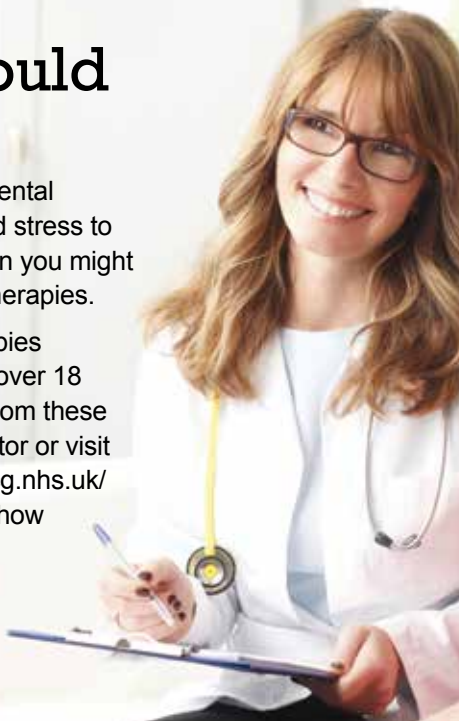
From time to time, we'll ask your opinion on services, particularly the areas you highlight as personal interests.

To join go to [www.nottinghamnortheastccg.nhs.uk](http://www.nottinghamnortheastccg.nhs.uk) – your information will be kept secure and confidential by staff involved in the forum.

## Talking therapies could be for you

If you're suffering from any mental health issue, from anxiety and stress to depression and paranoia, then you might benefit from Psychological Therapies.

We commission talking therapies services in Gedling. If you're over 18 and think you would benefit from these services then talk to your doctor or visit [www.nottinghamnortheastccg.nhs.uk/its-good-to-talk](http://www.nottinghamnortheastccg.nhs.uk/its-good-to-talk) for details on how to refer yourself.



## Need to lose some pounds?

Do you know there is a personalised, free local weight management service available to overweight people in Gedling? Talk to your GP or call 03330 050092 for more details (some exclusions apply)



## Let's talk about it

In late 2015 we launched our 'Let's talk about it' campaign, aimed at informing and empowering you to have a better conversation with your doctor or healthcare professional.

If you have been diagnosed with an illness – anything from obesity to osteoarthritis of the knee, from cataracts to a hernia – you will find that there are different treatments to cure or manage your condition. This is where 'let's talk about it' comes in.

'Let's talk about it' promotes the use of Shared Decision Making to patients

and GPs. Shared Decision Making is a process which supports a better conversation between a patient and their health professional, during which both work to understand what is important to the other person when choosing a treatment. This conversation will help both the patient and professional to reach a healthcare choice together.

For more information, go to [www.nottinghamnortheastccg.nhs.uk/services/shared-decision-making](http://www.nottinghamnortheastccg.nhs.uk/services/shared-decision-making)

## Don't just tick the box

Across Nottinghamshire and Derbyshire, it's estimated that £13.9m per year is spent on wasted medicine. However, the good news is that by making a few small changes you can help reduce the amount of medicine being wasted.

- Only order the medicines that you need
- Please let your GP or Pharmacist know if you've stopped taking any of your medicines. They will be happy to talk to you about this
- Check what medicines you still have at home before re-ordering
- Discuss your medication with your GP or Pharmacist on a regular basis

- Think carefully before ticking all the boxes on your repeat prescription forms. Only tick those you really need
- If you don't need the medicine, please don't order it.
- If you need to go into hospital, please remember to take all your medicines with you in a clearly marked bag
- Please remember that your medicines are prescribed only for you. It's not safe to share them with anyone else

Wasted or unused medicine is a serious and growing problem within the NHS - #dontjusttickthebox  
Thank you for your help.

# Love Food, Hate Waste



Every year in the UK we throw away 12.5 billion worth of good food costing the average family almost 700 a year.

To find out useful tips on the storage of food, find new recipes alongside hints and tips on how to easily and tastily use up leftovers visit [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

# Remember the 3 Rs – Reduce, Reuse and Recycle

You are doing an excellent job recycling waste. Nearly 40% of our waste is being recycled – so thank you. However we are always looking at ways to improve our recycling rates. There is still a lot of recycling being put in the black bin. Please think before you bin! If unsure, check your recycling calendar.

Recycling must be placed into the green bins clean, dry and loose, no bags please. Wrong items in a bin could mean that perfectly good recycling is going to waste and undermines your efforts of separating out waste for recycling. It costs more and the borough recycling rate could decrease.



# Check before you chuck!



One of the main problems with recycling is contamination. This is when the wrong items are put in the recycling bin that cannot currently be recycled.

Items we are NOT currently able to recycle in green bins are:

- Rubbish, nappies, tissues and food



- Plastic bags, wrappings, tubs and trays



- Polystyrene



- Pyrex, drinking glasses, crockery



- Plastic toys, CD cases and furniture



- Foil



- Plant pots and seed trays



- Pet food pouches and crisp packets



- Textiles, shoes and clothes



- Electrical Items



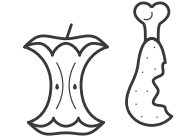
- Batteries\*



# Your rubbish is another's treasure!

Having a clear out? You can donate good quality clothing, books and unwanted gifts to charity shops. Alternatively use the clothing banks at your local recycling centres or contact charity groups like The Arches who will come and collect furniture and then donate the items to the most vulnerable people who need it.

[www.thearchesnottingham.org](http://www.thearchesnottingham.org)



Foil, textiles, shoes, clothes and small electrical items can be recycled at banks around the borough.

\*Batteries can be left in a small clear bag on top of either bin and small electrical items (no bigger than a standard toaster) can be left out on your glass collection day.



# What's on in Gedling



## Spring theme children's event

Saturday 9 April, two sessions  
1-2.30pm and 3-5pm

Civic Centre, Arnot Hill Park, Arnold

We've teamed up with Gedling Play Forum to host a themed arts and crafts afternoon guaranteed to put a spring in your child's step.



## Dates for your diary

**Arnold Carnival**  
Saturday 18 and Sunday 19 June  
Arnot Hill Park, Arnold

**Arnold Play Day**  
Wednesday 10 August  
Arnot Hill Park, Arnold

**Colwick Play Day**  
Saturday 25 June  
Colwick Recreational Ground, Mile End Road, Colwick

**Carlton Play Day**  
Saturday 3 September  
Richard Herrod Playing Fields, Foxhill Road, Carlton

**Calverton Play Day**  
Saturday 16 July  
William Lee Memorial Park, Park Road, Calverton

**Gedling Show**  
Sunday 4 September  
Richard Herrod Playing Fields, Foxhill Road, Carlton

**Papplewick Play Day**  
Wednesday 27 July  
Linby Lane

KEEP ME POSTED

Never miss an event by signing up to Keep me posted and you could win an iPad 2.

[www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)

## Live shows at the Bonington Theatre

Here's our pick of events coming up between now and July

Monday 4 April 7.30pm

Nottingham Organ Society presents: Brett Wales

Saturday 16 April 7.30pm

Baroque Theatre presents: Kindly Leave the Stage

Sunday 15 May 7.30pm

Live & Local presents: Cautionary Tales for Daughters - Songs Your Mother Never Taught You

Thursday 26 May 8pm

Jazz Steps presents: Geoff Eales' Isorhythm Jazz-Rock Fusion

Saturday 11 June 7.30pm

Tony Farrell Big Band: Songs from Shows & Musicals

For more visit [www.boningtontheatre.co.uk](http://www.boningtontheatre.co.uk)



## Mayor's News



As I near to the end of my year as Mayor of Gedling, it is time to reflect on the many occasions and events that the Mayoress and I have represented the borough on your behalf.

We have been welcomed, inspired, encouraged and entertained by the people that we have met throughout Gedling.

Highlights include DARE (Drug Abuse Resistance Education) Graduations in primary schools; fund-raising events organised by Carlton Royal British Legion and Netherfield Women's Institute; performances by Carlton and Newstead Brass Bands and Bestwood and Carlton Male Voice Choirs; opening ceremonies for the

Nottingham Beach and Goose Fair; turning on seven Christmas Tree lights; visiting Gedling Homes' Sheltered Accommodation. We have also been moved by the 75th Calverton Polish Cross Anniversary and the National Holocaust Centre at its 20th Anniversary and National Holocaust Day ceremonies.

We would still like to visit some parts of the borough!

If your business, church, community/voluntary organisation, or school would like a civic visit, please contact Lorna Mellors on 0115 901 3673

Mayor's Charity is We R Here:  
[www.werhere.org.uk](http://www.werhere.org.uk)





# Gedling Giveaway

KEEP ME POSTED

## WIN an iPad 2!

We're giving away an iPad 2 to one lucky resident if you sign up to receive our email newsletter.

**How to enter:**

**Visit [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted) and enter your details into our prize draw**

You'll also receive the latest news from Gedling Borough Council direct so you'll always stay up to date with what's happening near you

Terms and conditions apply, see website for details.

