

Issue 47 Summer 2018

# contacts



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**Tour of Britain  
returns to  
Gedling**

Route details  
announced inside



Serving people Improving lives

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Borough Council 

# Leader's column

Welcome to the summer edition of Contacts. In this edition we have some really important updates on the big projects we've been working on including the signing over of Arnold Market to the Council. As we went to print, the keys have been handed over and work will begin immediately to make improvements to the market. We made a promise to turn Arnold into a place where people can come and shop and with the market purchase and improvements to Eagle Square and refurbishment of Arnold Leisure Centre and Bonington Theatre, we're delivering on those promises.

I recently signed Gedling up to the Metro Strategy alongside Nottingham and Derby which will be hugely beneficial to many of you who work in the two cities. The project will improve transport services, enterprise opportunities and could boost the economy by £11 billion. All the details about this exciting venture are on page 11.

I say it every year but the 2018 Pride of Gedling Awards were the best yet. You can find out who all the winners were on the night on pages 16 – 21. The awards, whilst a brilliant showcase of the great community that is Gedling, was tinged with sadness due to the passing of the overall winner, Mary Harris shortly after she was nominated. She worked tirelessly for the British Legion and her community and was a worthy winner. I was very honoured to give the award to her two daughters Denise and Gill on the night. Mary's name is now etched on the Pride of Gedling plaque in the council chamber so her memory will live on.

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, Amot Hill Park, Arnold, Nottingham, NG5 6LU or by emailing [cllr.john.clarke@gedling.gov.uk](mailto:cllr.john.clarke@gedling.gov.uk)

# Contact us



You can now pay and apply for a number of services online, quickly and easily at [www.gedling.gov.uk](http://www.gedling.gov.uk)

However, if you need to speak to someone then here are the numbers you can call:

<b>Council Tax:</b>	0115 901 3950
<b>Housing Benefits:</b>	0115 901 3970
<b>Waste &amp; Recycling:</b>	0115 901 3621
<b>Public Protection:</b>	0115 901 3832
<b>Environmental Protection:</b>	0115 901 3972
<b>Licensing:</b>	0115 901 3971

If you can't find what you're looking for call our switchboard on 0115 901 3901 or visit [www.gedling.gov.uk](http://www.gedling.gov.uk)

# 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 Gary Gregory**  
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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Stay up to date by signing up to our free email newsletter and choose what you want to be kept informed about.

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if you need it in large print, audio or another format.

To sign up visit [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)

# New taxi enforcement powers

We've joined forces with councils across Nottinghamshire to improve enforcement against taxi drivers, illegally picking up passengers. We have signed a cross border enforcement protocol that gives officers from Gedling, Nottingham, Rushcliffe, Bassetlaw, Broxtowe and Newark & Sherwood, the powers to approach drivers wherever they see them, if they have concerns that the driver is picking up passengers where they shouldn't be.

The act of plying for hire, where private hire vehicles pick up passengers without pre-booking, is an offence which can jeopardise the safety of passengers as they are not insured if the taxi is not pre-booked. Taxis that are classed as Hackney carriages can be hailed but only in the area where they are licensed.

The new enforcement powers will also help officers when dealing with other offences including poor behaviour, parking and standards of vehicles. The new powers will improve customer safety and reassure taxi drivers that councils are cracking down on rogue taxi drivers.



## Facebook fly tipper fined

A fly tipper who claimed to work for the council and used Facebook to arrange for the removal of waste has been sentenced in a cross border operation between Gedling Borough Council and Rushcliffe Borough Council.

The perpetrator was tracked down after council officers found evidence at the fly tip that led them to residents who had hired him to safely dispose of their waste, unaware he was fly tipping it.

The man had replied to a Facebook advertisement in January 2017 for a "man with a van" to dispose of household rubbish. In his response to the advert, he said he worked for a council and would dispose of the waste correctly for a charge of £60.

At Nottingham Magistrates' Court, the man admitted the offences and was sentenced to a 12 month community order with 80 hours unpaid work. He was also ordered to pay compensation, costs and a victim surcharge.

**If you see anyone fly tipping, contact us and we will do everything in our power to prosecute. You can report fly tipping on our website [www.gedling.gov.uk](http://www.gedling.gov.uk)**

Doorstep sellers can be very persuasive. Trading Standards receives hundreds of complaints from people who have bought goods or have had work done on their home following high-pressure selling – and lived to regret it!

Nottinghamshire County Council work in partnership with Check-a-trade to provide an approved trader scheme to help consumers choose a trader they can trust and rely upon. All traders have undergone rigorous checks by Trading Standards and Check-a-trade. The details of approved traders can be found at [www.checkatrade.com](http://www.checkatrade.com) or by calling 0333 0146 190.

Alternatively, ask family and friends if they can recommend anyone. It is advisable to obtain three written quotes before employing a tradesperson.

Our colleagues at Nottinghamshire County Council have designed a sign to place in your window. Cut along the dashed line the fold and place the left hand portion somewhere visible to callers at your door.

# Putting a stop to doorstep sellers

**Cut along the dashed line then fold from right to left. Ensure the left-hand portion is visible to callers at your door**



**We do not buy at the door**

**Locked** Keep your door locked

**Stop** Are you expecting anyone?

**Chain** Put your chain on before opening the door

**Check** Check caller's identity

**Any doubt, keep them out!**

Citizens Advice Consumer Service  
03454 04 05 06

# Under new management

## Arnold market is now officially under the management of Gedling Borough Council.

As we went to print, the market was signed over to the council and work to improve the market will begin shortly. Parts of the market area will be boarded up as work to remove the old stalls start and new modern market stalls are installed. Traders will still be open for business but in a smaller area.

The purchase of the market has been a long term plan for the council and we will now be investing in turning it into a place where local residents from Arnold and the surrounding areas can enjoy. The future plans for the market will include improving its appearance, increasing the use for community events and activities and working with market traders to widen and increase the choice of goods and services.



The market improvement will be boosted by a bid for £1.25 million of funding from the N2 Town Centre Fund - part of the Local Growth Fund from the D2N2 Local Enterprise Partnership that supports town centre improvements.

**You can stay up to date with everything that is happening at the market by visiting [www.gedling.gov.uk/arnoldmarket](http://www.gedling.gov.uk/arnoldmarket)**

## Do you want to trade at Arnold Market?

We are now taking enquiries for anyone who may be interested in being a stall holder at the market. If you would like some information visit [www.gedling.gov.uk/arnoldmarket](http://www.gedling.gov.uk/arnoldmarket)



## New war memorial in Carlton



Paul Gunter

A new war memorial honouring the lives of fallen service men and women has been unveiled at Carlton cemetery.

The memorial was created thanks to the campaigning of local resident Paul Gunter, whose nephew was killed whilst on duty in Afghanistan. When Paul realised there was no appropriate war memorial for his nephew's name to be etched on, he began fundraising to have one installed at Carlton cemetery.

Paul has raised over £19,000 for the memorial which included a £10,000 contribution from The National Lottery Fund. We have supported the project from the early stages following a meeting with Paul Gunter and the Leader of the Council, Councillor John Clarke. We have provided the land and will cover any future costs and maintenance.

The memorial was unveiled at a special ceremony at the cemetery and marked the 7th anniversary of the death of Paul's nephew, Lance Corporal Martin J Gill who died on 5 June 2011. His name alongside 170 others is etched on the graphite stone. The Mayor of Gedling was in attendance at the unveiling and there was a march on the day by a local cadet group before the ceremony started. A one minute silence was also observed alongside the playing of the Last Post on the bugle.

**Mr Gunter was recently recognised for his work to get the memorial installed when he won the Good Neighbour Award at the 2018 Pride of Gedling Awards which you can read more about on page 18.**



# It's playtime for Arnold park

**One of the borough's most well-known and well-used play parks has been completely transformed thanks to a £124,000 investment.**

Work to improve Arnot Hill Park play area in Arnold finished in the summer and it now boasts a junior and toddler zone, new swings, climbing walls and a 2.9 metre slide shaped like a castle.

The play area was improved thanks to £50,000 funding from WREN, a not-for-profit business that awards grants for community conservation, and from property developer contributions.

The funding was granted thanks to a joint bid from volunteers from the Friends of Arnot Hill Park working alongside Gedling Borough Council.

A further £74,000 of funding came from planning obligations of local developers, known as section 106 agreements.

The new park is now open in time for the school holidays. The new facilities look great and children will now be able to enjoy this great play area set inside one of the most beautiful parks in Gedling.



Mayor with local children opening the park



# Apprenticeship success celebrated

In June we invited local businesses to a free event to celebrate apprenticeships and offer help to employees looking to recruit an apprentice.

We are the lead partner of an international recruitment project across five countries, England, Poland, Germany, Canada and Bulgaria with a target to support 270 businesses and to recruit 360 apprentices. The project, funded by Erasmus+, has given businesses the chance to learn about how to recruit and succeed with apprentices.

The event celebrated the success of the project to date. Businesses that attended saw for themselves how important an apprentice is in the workplace. There were speakers from the five countries who have taken part in the Erasmus+ apprenticeship project, local businesses that had benefited and Leader, Councillor John Clarke also addressed the room about the importance of the scheme.

The aim of the Erasmus+ project is to break down the barriers for small and medium size enterprises recruiting apprentices, particularly for those that are doing it for the first time. Since the programme launched, many successful applicants have joined businesses and helped to improve their productivity.

To find out more about how apprentices could help build your business, visit [www.gedling.gov.uk/apprenticeships](http://www.gedling.gov.uk/apprenticeships)



Erasmus+



# Planning breaches

Planning breaches can be anything from untidy land, high fences and boundaries to developments being built without any permission at all.

Over the last year we have been doing more to reduce planning breaches. Here's some examples of cases we've worked on recently;

## A property that was a building site for 15 years

After we received complaints about the state of the property, due to scaffolding and tarpaulin on the roof, we issued a notice. The owners complied and are now finishing the property under the watchful eye of our planning officers.



## A garage being used as storage for unsold auction items

The garden contained three sheds in poor condition and all were full of poor quality items. Vans were also being used to load the auction items in the early hours of the morning, disturbing neighbours. We served an enforcement notice to clear the site, demolish the sheds and to stop using the land for business use, which the owners complied with.



## A garden being used as a car dealership

A resident, perhaps influenced by Arthur Daley from Minder, started a car sale business on the lawn of their property with up to 30 vehicles on the site when officers from the council visited. The resident was issued with a notice to cease trading and they complied, removing all the cars from the area.

**If you would like to know more about planning regulations or to report a breach, visit [www.gedling.gov.uk](http://www.gedling.gov.uk) and search for planning enforcement.**



# Metro strategy

We have signed up to be part of the Derby Nottingham Metro Strategy which is strengthening co-operation between councils and businesses in the region to benefit local residents.

With many of Gedling residents working in the city, we have joined the initiative to improve transport, enterprise, businesses and public services. A report by leading national consultancy Metro-Dynamics highlighted that closer joint working across the wider Derby and Nottinghamshire area could provide an £11 billion boost to the local economy by 2030.

Leader of Gedling Borough Council, Councillor John Clarke, signed the agreement which will benefit many of our residents and give us an opportunity to work together on projects, explore funding opportunities and save money whilst improving services.

Key business leaders have also given their backing to the Metro Strategy with Boots, Rolls-Royce, Toyota, East Midlands Airport, Trent Barton and the Federation of Small Businesses along with the Universities of Derby, Nottingham and Nottingham Trent joining a new Metro Growth Board.

The Metro Strategy was launched in April 2017. It sets out a vision of what the area could look like by 2030 focusing on five key themes:

- 1 Metro Enterprise – promoting Derby, Nottingham and now Gedling world-wide, supporting businesses to innovate and find new markets
- 2 Metro Talent – ensuring a suitably skilled workforce through education and training
- 3 Connected Metro – better transport links to improve accessibility
- 4 Metro Living – supporting a modern urban lifestyle and vibrant city centres through leisure, culture and sport
- 5 Efficient Metro – joint working to protect and improve public services

12 Contacts

## Bestwood parish election result

In May there were elections to elect councillors for the newly created parishes of Bestwood Village and St Albans. A total of 16 councillors were elected, seven in Bestwood Village and nine in St Albans.

The turnout for the election was:

**29%**  
(1,787 votes)  
**in Bestwood Village**

**18%**  
(2,415 votes)  
**for St Albans**

For a full list of the elected candidates, visit [www.gedling.gov.uk/elections](http://www.gedling.gov.uk/elections)



## Tour of Britain returns

The Ovo Energy Tour of Britain (ToB) returns to Gedling this September. The UK's biggest free to attend sporting event will be passing through Woodborough, Calverton, Ravenshead, Newstead Abbey and Newstead Village.

ToB is a multi-stage cycling race that is now a major international event and a cornerstone of the UK's sporting calendar, as it is Britain's biggest and most prestigious professional bike race.

Last year the race passed through Newstead and wowed hundreds of local residents and school children who got into the spirit of the event, creating land art and covering the village with yellow painted bicycles, which is the symbol of the event.

On Saturday 8 September 2018 Nottinghamshire will play host for the second time, to stage 7 of the tour starting in West Bridgford and finishing in Mansfield. The arrival of some of the world's top cyclists presents a fantastic opportunity to get the community and schools involved and also encourage visitors from outside the county to attend and stay for the weekend.

For more information about the event visit [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)



# Wardens powers increased

To improve how we work with the Police a number of actions have been agreed including, increasing Neighbourhood Warden powers, a Police response team moving into the 'hub' at Jubilee House and the installation of two new contact phone points at the civic centre, one in the reception and one on the outside of the building that can be accessed when offices are closed.

The new warden powers will allow them to do more to challenge incidents such as public nuisance and antisocial behaviour in co-operation with Nottinghamshire Police.

They will now have powers, under the Community Safety Accreditation Scheme, to require the giving of names and addresses and for under 18s to surrender

alcohol as well as addressing misuse of fireworks and cycling on pavements. They will continue to be able to issue fixed penalty notices to tackle issues such as rubbish, dog fouling, littering, antisocial behaviour, underage drinking and noise complaints.

The new hub, at Jubilee House in Arnold is made up of response and neighbourhood policing teams from Nottinghamshire Police, Neighborhood Wardens and CCTV teams. The collaboration will see teams attending joint briefings and tasking meetings to work together to tackle issues across Gedling through a more coordinated approach.

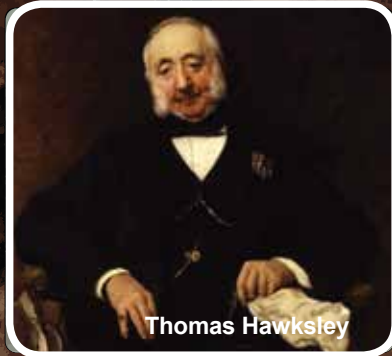
**To report antisocial behaviour or public nuisance issues visit [www.gedling.gov.uk](http://www.gedling.gov.uk) and go to our Report it page.**



Warden and Police Officer with Leader and Deputy Leader in Arnold



Lord Byron



Thomas Hawksley



Richard Bonington

# A heritage way

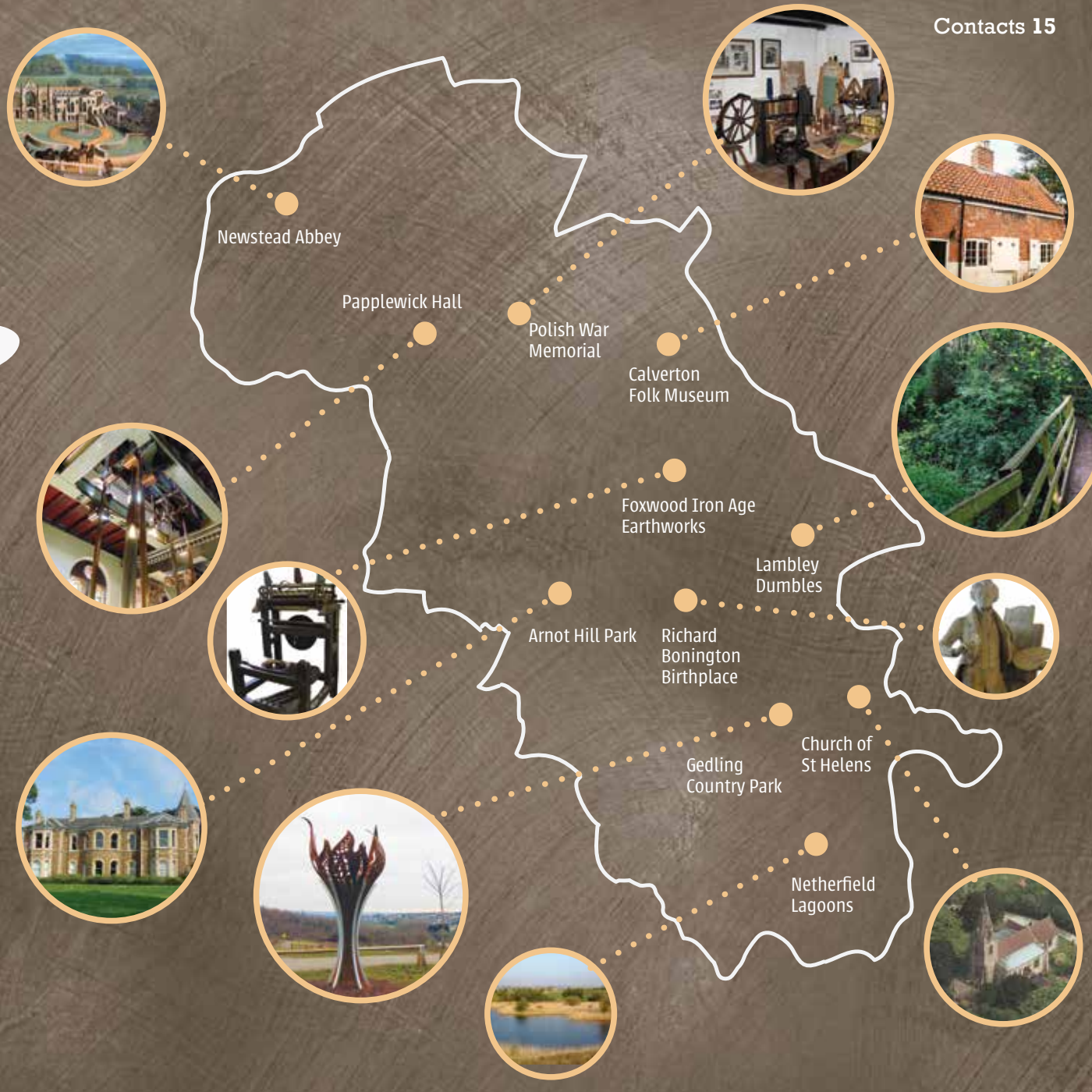
More plans have been announced following the news in the spring edition of Contacts that we have begun a project to highlight the heritage of the borough through a series of events, culminating in a new website dedicated to the history of Gedling and a permanent display at Gedling Country Park.

We've also announced plans for a Heritage Way, It will be a trail around the borough that will highlight some of the historical, heritage and famous places in Gedling.

The proposed walk will include key landmarks Newstead Abbey, Papplewick Pumping Station and the Bestwood Winding Engine. It will also include places where Lord Bryon, Richard Bonington and Thomas Hawksley lived and worked. There are also several ancient monuments across the borough and natural environment sites such as the Dumbles and the valley of the River Trent to visit along the trail.

We have highlighted some of the proposed stops on the heritage way. Look out for more information in the next edition of Contacts.

**You can find out more about the heritage strategy by visiting our website [www.gedling.gov.uk/heritage](http://www.gedling.gov.uk/heritage)**



Newstead Abbey

Papplewick Hall

Polish War Memorial

Calverton Folk Museum

Foxwood Iron Age Earthworks

Lambley Dumbles

Arnot Hill Park

Richard Bonington Birthplace

Gedling Country Park

Church of St Helens

Netherfield Lagoons



# Pride of Gedling 2018 Winners

The 2018 Pride of Gedling awards were held in March and, once again, it was another great night to showcase the amazing people, businesses and communities in our borough. Eight awards were up for grabs on another emotional night in the council chamber for the fourth year of these awards.

The awards, in association with Nottingham Post, highlighted the fantastic achievements of our citizens but it wasn't all celebratory as tributes were made to last year's Young Achiever winner Dylan Barker, who sadly died following a long illness. His bravery was remembered with the announcement that the Young Achiever award has been renamed the Dylan Barker Award, ensuring his courage, spirit and selflessness will be remembered for many years to come.

Dylan's family were in attendance at the awards and presented the Dylan Barker award on the night.

This year's overall Pride of Gedling Award winner was also another moment mixed with happiness and sadness as we revealed the winner to be Mary Harris, a woman who dedicated her life to the British Legion but sadly passed away shortly after she was



nominated for the award. Award judges, Nottingham Post Editor, Mike Sassi, Leader Cllr John Clarke, Deputy Leader Cllr Michael Payne and Leader of the Opposition, Cllr Chris Barnfather decided to award Mary the overall award posthumously and Mary's family received the award and unveiled Mary's name on the Pride of Gedling Awards plaque in the chamber.





Here are the winners and runners up, as reported on the night by our partner for the awards, The Nottingham Post



## Business in the Community Award

**The Pit Micropub**

Credited with breathing new life into the former mining community of Newstead Village, the winner of the Business in the Community Award, sponsored by Rothera Sharp Solicitors, is The Pit Micropub. It's become a much-needed focal point for a range of events and activities, as well as providing a cosy place for members of the community to meet friends and relax.

**Runners up – Dottie's Tea Café and Drury Joinery Services**



## Community Servant Award

**Rose Mayer**

The winner of this year's Community Servant category, sponsored by T&S Heating, is hardworking Rose Mawer. She's the resident community champion at Tesco in Carlton, running a number of schemes including the "farm to fork" initiative, which involves her working with local schools to teach youngsters where the food on their plate comes from.

**Runners up – Paula Martin & Julie Rastall**

Pride of  
**Gedling**  
Awards **2018**

WITH  
**Post Gedling**

## Good Neighbour Award

**Paul Gunter**

Campaigning hero Paul Gunter is the inspiration behind a successful mission to build a new war memorial at Carlton Cemetery, honouring the lives of fallen servicemen and women. The winner of the Good Neighbour Award, sponsored by Gedling Homes, began the long overdue project after his nephew Lance Corporal Martin J Gill was killed in Afghanistan seven years ago.

You can read more about Paul's campaign and the new memorial on page 7.

**Runners up – Jackie Marlow & Steve Tinkler**

# Outstanding Community Project

## Cornwater Evergreens Foundation Trust

Dating back to 2001, the winner of the Outstanding Community Project Award, sponsored by David James Estate Agents, is Cornwater Evergreens Foundation Trust. The charity was set up to tackle loneliness and isolation in the ageing population of Ravenshead – offering friendship and stimulating activities. The group now runs a popular friendship club, including a two-course lunch on three days per week, as well as a memory club for those who are less active or in the early stages of dementia.

**Runners up – Arnold Methodist Church Mental Befriending and Support Group & Sharewear Clothing Scheme**



# Volunteer Award

## Pete Murphy

The winner of the Volunteer of the Year Award, sponsored by Hairven, is the inspirational Pete Murphy, who as manager of Carlton Hill Food Bank for the past four years, is on a mission to help those struggling to cope during hard times. Organising regular food collections throughout the area, Pete realised three years ago that demand always increased during the summer holidays, when many young people had to go without their usual lunchtime meal. That gave Pete the brilliant idea of setting up a breakfast club during the month of August at St Paul's Church, Carlton.

**Runners up – Ian Sullivan & William Green**



## Dylan Barker (Young Achiever) Award

**Isobel Benson**

Dance-mad student Isobel Benson may be just 14 years old but she's won numerous dance trophies and puts her heart and soul into passing her skills on to others – teaching young children and adults alike. Now, thanks to her hardwork and dedication, she's waltzed off with the coveted Dylan Barker Young Achiever Award, sponsored by Carlton Le Willows Academy.

**Runners up – Laura Dellu & Jo Oliver**



## Editor's Award

**Anna Macarthur**

The winner of this year's surprise category, the Editor's Award, was overwhelmed at the announcement during the ceremony. Anna MacArthur, founder of Gedling Fun Chorus, thought she'd been invited along purely to provide the entertainment at the event, but actually found herself walking on stage to collect a prize of her own. Anna received several nominations this year in honour of her fantastic efforts to make life a little more fun through the noble art of singing. She set up a new choir in the Gedling area around two years ago and has built it up to become one of the most popular groups of its kind.





Mary's daughters with Mayor McCrossen

Mary Harris

# Pride of Gedling Award

Mary Harris

The announcement of the winner of the Overall Pride of Gedling Award would normally be a cause for huge celebration, but there was a touch of sadness this year as the accolade was presented to the family of former chairman of the Carlton District Royal British Legion, Mary Harris, who died in February aged 86. In attendance to accept the prestigious award on her behalf were Mary's two daughters, Denise Hermanowytch and Gill Lack, who were also able to see their mother's name engraved on a plaque at Gedling Civic Centre alongside the names of the previous winners of the Pride of Gedling Award.

Gill, who travelled from Hertfordshire to see her late mum honoured at the event, said: "She'll be there forever. I won't be, but she will. She's an incredibly inspiring lady. We had over 200 people come to the church service for her funeral. The support from the community has been brilliant."

In her long years of hard work with the RBL, Mary raised tens of thousands of pounds organising the annual Poppy Appeal for her area and chaired the RBL's Carlton branch for 12 years before it disbanded. Her work with the charity particularly focused on female service personnel and the wives of servicemen – for whom she helped secure financial help, advice, counselling and other support.

# Stay sun safe as the summer sizzles!

After a surprisingly sizzling start to the Summer, and with the holidays just around the corner, we're urging people to take care when enjoying the sunshine. Keeping active in the fresh air is good news for our health but exposure of unprotected skin to the sun's harmful rays can cause serious problems including sunburn, heatstroke and even cancer.

Statistics show that poor sunbathing habits are causing higher levels of malignant melanoma, which is one of the least common but most serious types of skin cancer. In the UK more than 8 in 10 cases of melanoma, the most serious type of skin cancer, could be prevented through enjoying the sun safely and avoiding sunburn.

Dr James Hopkinson, Clinical Lead at Nottingham North and East CCG says: "Because of the British climate it can be very tempting to bask in the sun at every available opportunity. While this is perfectly understandable, it also carries a risk. So, I'm urging people to alter their sunbathing habits and cover up vulnerable skin in the midday sun so we can all enjoy the sun more safely.

"Far from trying to stop people from enjoying the sunshine, we just want people to take a few simple precautions to ensure that they can make the most of the weather safely."

## Here are our top tips for staying safe in the sun

- Drink plenty of water to avoid dehydration in hot weather
- Apply sunscreen with a factor of at least 15 and preferably higher
- Use sunscreen to protect babies and children and ensure they have plenty of fluids when outside in the open air
- Make sure children do not become overheated or dehydrated when indoors
- Avoid sunbathing between 11am and 3pm when the sun is at its hottest
- If travelling by car, take drinking water for the journey and ensure children do not become overheated
- Never leave children or pets in cars parked in the sun
- Wear a hat and light, loose-fitting clothes, preferably cotton
- Use sun glasses that offer your eyes 100 UV protection

# It's good to talk:

## Why psychological therapies could be for you

If you're suffering from any mental health issue, whether it's anxiety, stress, depression or paranoia, then you might benefit from Psychological Therapies.

In Nottinghamshire, there are specialist psychological therapy services for people who are living with mental health issues, as well as problems with relationships, work or debt.

In Gedling, we have three organisations that deliver psychological therapies. All services support people to manage and overcome a wide range of mental health conditions, and can help you take control!

**For more info: [www.nottinghamnortheastccg.nhs.uk/nhs/iapt](http://www.nottinghamnortheastccg.nhs.uk/nhs/iapt)**



If you are 18 and are registered with a Nottinghamshire GP practice you can either speak to your GP and he or she will refer you to one of the services below, or you can refer yourself.

- **To contact Insight, please call: 0300 555 5580, email [nottinghamshire@insighthealthcare.org](mailto:nottinghamshire@insighthealthcare.org) or visit Insight referrals**
- **To contact Let's Talk Well-being, call: 0115 956 0888 or visit Let's Talk referral**
- **To contact Trent PTS (psychological therapy services) Ltd on 01158 963 160 (goes through to admin booking team), email [trentpts.referrals@nhs.ne](mailto:trentpts.referrals@nhs.ne) or go to Trent PTS referrals**

## Don't miss out!

Keep up to date with your local NHS news:

 **NHSNNE**

For NHS news across Greater Nottingham:

 **NHSSouthNotts**

## Diabetes - are you at risk?

Around 200,000 people are diagnosed with Type 2 diabetes every year – you don't need to be one of them.

Start your journey to a Healthier You with the Healthier You: NHS Diabetes Prevention Programme.

A free, personalised programme will help you with your weight, healthy eating and exercise – reducing your risk of developing Type 2 diabetes.

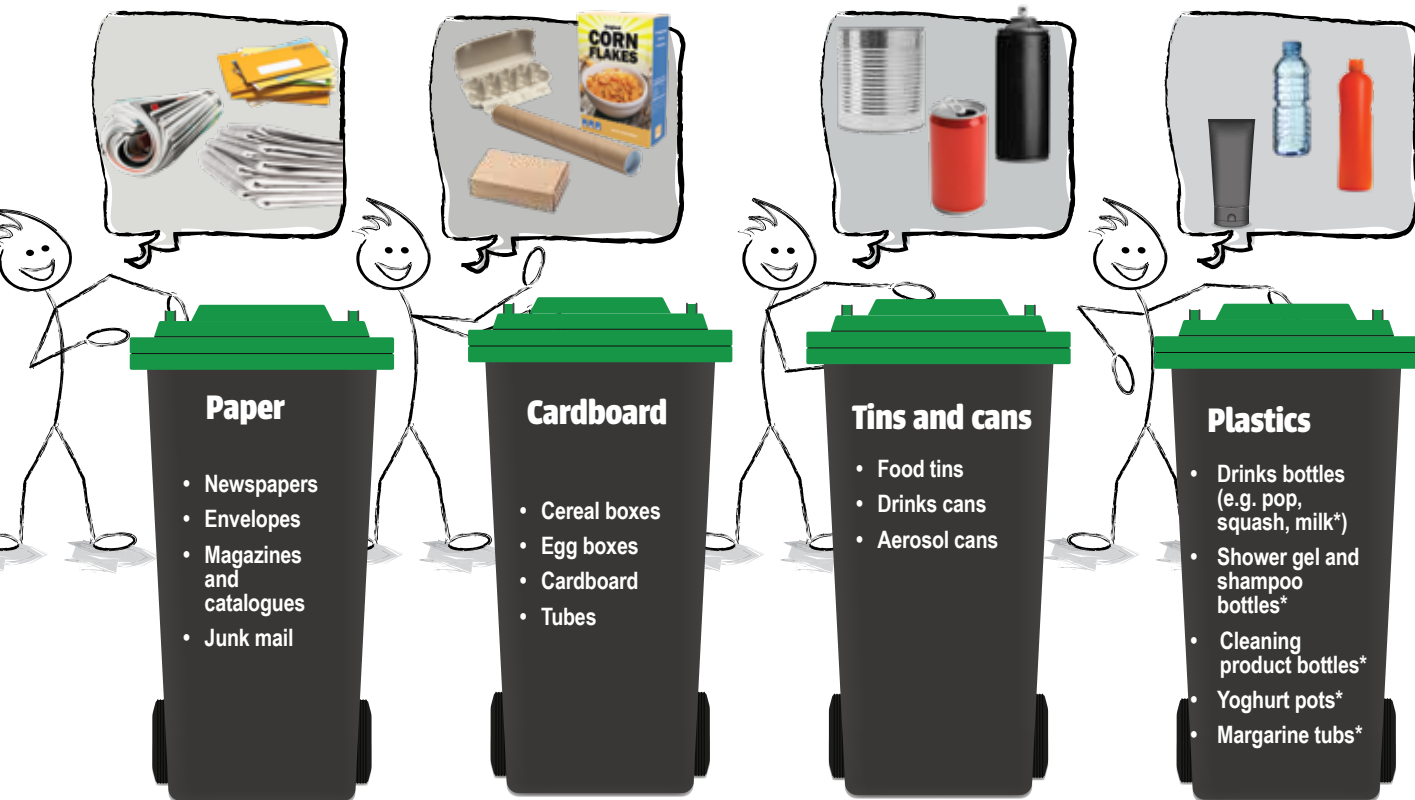
See if you may be at high risk of Type 2 diabetes at [www.diabetes.org.uk/risk](http://www.diabetes.org.uk/risk) and speak to your GP practice team to check if you're eligible for the programme.

# Are you bin smart?

Recycle for Nottinghamshire are launching a new campaign to highlight what you can recycle. With a few easy steps, we can reduce contaminated bins. Here's what you need to know:

**Only these items can go into your recycling bin and they should be clean, dry, empty and loose and not placed in plastic bags.**

**Remember –  
if in doubt,  
leave it out**



Thank you for recycling  
[www.recyclefornottinghamshire.co.uk](http://www.recyclefornottinghamshire.co.uk)

\*Please take your lids off and put them in your general waste bin.



# Garden Waste Scheme

Save a trip to the tip with fortnightly collection of

- Grass cuttings
- Hedge trimmings
- Leaves
- Plants
- Weeds

**Order your brown bin now**

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



## Behind the scenes – Veolia Recycling Centre

We recently visited the Veolia sorting plant in Mansfield to see for ourselves how our waste is recycled. The plant takes 85,000 tonnes of waste through their (very large) doors every year. The waste from your recycling bin is loaded onto conveyor belts, sorted and sifted, checking for contamination such as bottle lids and plastic bags which, during our visit, we could see was a real problem. The machines also have magnetic devices to separate aluminium and non magnetic metals. And finally, a team of people go through the waste manually to pull out waste that can't be recycled.

We want to improve our recycling rates and to do this we need to remember what we can recycle rather than what we can't and if in doubt, leave it out.

**For more information or to watch a video showing how the plant works, visit [www.gedling.gov.uk/recycling](http://www.gedling.gov.uk/recycling)**



## The summer holidays are sorted

From July to September we have a summer holiday programme at our leisure centres with a range of exciting activities for children.

From bouncy castle fun to synchronised swimming there's something for all ages, helping your little ones stay active this summer. The programme includes swimming crash course lessons, go karting, pool games, multi-sport sessions, roller discos, kayaking, inflatafun and many more activities.

The programme is taking place at our leisure centres in Arnold, Carlton, Redhill and Calverton. Prices for activities start from as little as £1.50.

To book a place or see the full programme go to [www.gedling.gov.uk/summer-holidays](http://www.gedling.gov.uk/summer-holidays) or contact any of our leisure centres.



## Virtual Fitness Classes

We have updated the virtual fitness timetables at our Carlton and Redhill leisure centres. The classes, which are with virtual instructors shown on a giant TV screen, are being run throughout the day, offering you greater flexibility that fits around the school run.

You can take part in the classes on demand, when you want. From high intensity training to cycling through the Alps, the choice is yours.

There's a range of workouts available including popular workouts like Zumba, Pilates, Dance and Yoga at a level that suits you.

The virtual fitness classes are just £3 with a Gedling leisure card of free for DNA members. To view the new timetables and to book a session, visit [www.gedling.gov.uk/virtual-fitness-classes](http://www.gedling.gov.uk/virtual-fitness-classes)

# So much more than a GYM

In our four leisure centres we have a great collection of equipment, exercise classes and training programmes. If you sign up to our DNA leisure membership, you would get so much more than just a gym. We have;

- Two 25 metre swimming pools with SwimTag fitness trackers available so you can monitor your swim
- DNA Nutrition - a great online healthy eating tool
- Virtual fitness classes on demand
- 150 + group exercise classes
- Personal gym training programmes
- A health suite with sauna and steam rooms
- Junior memberships
- Brand new gym equipment including plate loaded equipment, lifting platforms, functional training rigs and the latest cardio machines
- Over 50 clubs

For a free day pass to try out any of our centres, visit [www.gedling.gov.uk/gymevolve](http://www.gedling.gov.uk/gymevolve)



1 year to adults

## Swimming Lessons

Now's the right time to learn to swim

ARNOLD LEISURE CENTRE  
 CARLTON FORUM  
 CALVERTON

0115 901 3690  
 0115 987 2333  
 0115 901 3800





## SPRING into wellbeing

We are launching a new project with Gedling Homes to tackle loneliness, isolation and to improve the overall health and wellbeing in older adults. The project, called SPRING (Social Prescribing, Reducing Isolation In Gedling) is designed to support people who are relatively mobile and are interested in joining a group or activity in their local community.

An assessment will be carried out to gain an understanding of what support is needed which could range from access to physical activity, information on local support groups, debt advice and more.

So, if you are interested in meeting like-minded people, learning a new skill or would like information on support groups to become more socially active, call 0115 901 3697 to get connected in Gedling and SPRING into a new life.

### Volunteer Opportunities

To support individuals into community based services and activities we are also looking for a group of volunteers. If you know Gedling well and are involved in a community group or activity and like helping others, you may be interested in a volunteer role within the SPRING project.

**For more information call 0115 9013697**

## Shopmobility scheme for disabled in Arnold

If shopping in the high street is difficult due to a disability or problems walking, a great scheme called shopmobility in Arnold could help you.

Shopmobility is a scheme which lends manual wheelchairs, powered wheelchairs and powered scooters to members of the public with limited mobility to enable them to shop and visit leisure and commercial facilities within a town, city or shopping centre.

Shopmobility is available to anyone whether their disability is permanent or temporary. It is available for people with injuries and long or short term disabilities, in fact, anyone who needs help with mobility.

**The centre, situated on Croft Road in Arnold is open Monday, Wednesday, Thursday and Saturdays. Opening times are 9.30am – 2pm (4pm on Friday). For more information call 0115 966 1331 or visit**

**[www.disabilitynottinghamshire.org.uk](http://www.disabilitynottinghamshire.org.uk)**





Outgoing Mayor Councillor McCrossen

# Mayor's news

The new Mayor of Gedling was elected at the council's AGM in May. Labour Councillor for the Netherfield ward, Barbara Miller will replace the outgoing Mayor, Councillor Viv McCrossen who raised £17,000 for her charity, Motor Neurone Disease Association.

In her year in office, Councillor McCrossen took part in several fundraising events including the Way of the Roses, an epic 170 mile cycle journey from coast to coast and she also did some great work to raise the awareness of the importance of giving young people the opportunities to gain work experience and share good practice.

The newly elected First Citizen of the borough, Councillor Barbara Miller has been a Councillor since 2007. Last year she deputised for the Mayor on numerous occasions and is very much looking

forward to her year in office. As well as representing the council as the First Citizen of the borough, she also chairs Full Council meetings and has the casting vote at meetings, when required. The Mayor's chosen charity for her year in office will be the Prostate Cancer Research.

We'd like to thank the outgoing Mayor Councillor McCrossen for her year in office and huge congratulations on raising £17,000 for her chosen charity, it's a truly incredible feat. We also would like to wish Councillor Miller the very best for her year in office.

**For more information about the Mayor or if you would like her to attend your local school or event, contact Elected Members services on 0115 901 3801 or email [democraticservices@gedling.gov.uk](mailto:democraticservices@gedling.gov.uk)**

# What's on this SUMMER

Never miss an event by signing up to Keep Me Posted

KEEP ME POSTED

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

FREE EVENT

## Carlton & Gedling Play Day

Aug 22, 1pm - 4pm

Burton Road Recreation Ground,  
Burton Road, Carlton,  
Nottingham



Little Blue Monster Productions present

*"Pirate Pearl and the Big Blue Monster"*

Aug 12 - 2.30pm - 4pm  
Colwick Recreation Ground, Colwick

## Halloween arts and craft event

oct 27, 1pm - 4.30pm

Civic Centre Foyer, Arnot Hill Park,  
Arnold, NG5 6LU



Live Wrestling Monday 27 August at  
Richard Herrod Centre, Foxhill Road 3pm  
£5 on the door all proceeds going to We R  
Here supporting young people and their  
families

Visit [www.gedling.gov.uk/events](http://www.gedling.gov.uk/events) for full listings

# What's on at the Bonington

August to September



## Bonington Cinema

The Bookshop

Funny Girl: 50th Anniversary  
Screening

The Greatest Showman:  
Sing-Along

Hotel Transylvania 3

The Incredibles 2

Mamma Mia: Here We  
Go Again

Mary Shelley

Ocean's 8

Skyscraper

Swimming with Men

Spitfire

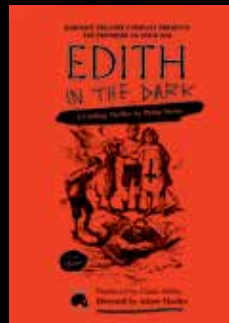
Thomas & Friends: Big World!  
Big Adventures!



Contacts 31

## Theatre:

Bear Left Theatre  
presents *Macbeth*  
Wednesday 19 – Saturday  
22 September



Baroque Theatre  
Company presents *Edith  
in the Dark*  
Saturday 6 October

Bonington Players  
Wednesday 17 – Saturday  
20 October

## Live Music:

JazzSteps presents  
Tony Kofi- *Portrait of  
Cannonball Adderley*  
Thursday 13 September

Jazz in the Bar  
Sunday 23 September

JazzSteps presents Tim  
Garland Quartet  
Thursday 27 September

Revival – *Encore*  
Saturday 29 - Sunday 30  
September

Nottingham Organ  
Society - David Thomas  
Monday 1 October

The Bachelors with  
John Stokes  
Friday 5 October

Jazz in the Bar  
Sunday 21 October

Nottingham Organ  
Society - Nicholas Martin  
Monday 5 November

Jazz in the Bar  
Sunday 18 November

## Live Broadcasts:

Royal Ballet: *Mayerling*  
(12A)  
Sunday 21 October

Royal Opera House Live:  
*Die Walküre* (12A)  
Sunday 28 October

Royal Ballet: *La Bayadère*  
(12A)  
Sunday 18 November

Royal Ballet: *The  
Nutcracker* (12A)  
Monday 3 December

Visit [www.boningtontheatre.co.uk](http://www.boningtontheatre.co.uk) for full listings

KEEP ME  
POSTED



Receive a free weekly email reminder the night before your green, black or glass bin is due to be collected.

We will also notify you about any service disruption near you or changes to your collection so you'll never miss out.

Just go to  
[www.gedling.gov.uk/reminder](http://www.gedling.gov.uk/reminder)  
and enter your address to  
sign up

Sign up for  
bin collection  
alerts

To sign up visit [www.gedling.gov.uk/reminder](http://www.gedling.gov.uk/reminder)