

Issue 48 Winter 2018

contacts



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borough



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Christmas
Events in Gedling

Serving people **Improving lives**

Gedling
Borough Council 

Leader's column

Welcome to the winter edition of Contacts, in this issue we focus on several important things that are happening across the borough. On page 10 we have details about our Local Plan, a plan that sets out where 7,250 much needed new homes will be built across the borough. This complex and detailed plan was approved by the Independent Local Planning Inspector and will guide development of the borough for the next 10 years.

Our very popular free bulky waste collections return in January, details are on page 28. We also have news about the works done to improve Eagle Square which will host the Arnold Christmas Market which returns for the second year after a hugely successful debut last year.

And finally, I am very pleased to welcome our new Chief Executive, Karen Bradford to Gedling Borough Council. Karen's track record in local government and her passion, energy and drive stood her out as the ideal candidate for the job and she will contribute significantly to helping us to continue to serve people and improve lives.

I hope you enjoy this edition of Contacts and have a great Christmas and New Year from everyone at Gedling Borough Council.

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 clr.john.clarke@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

Christmas bin collection changes

What's on
24-31

If your bin is due to be collected on any of these Christmas dates please make sure it's put out before 6am. We will take extra bags of black bin waste over the festive period and if you have extra recycling, please leave it in cardboard boxes next to your bin.

Usual collection day	Revised collection day
Mon 24 Dec	Sat 22 Dec
Tues 25 Dec	Mon 24 Dec
Wed 26 Dec	Thur 27 Dec
Thur 27 Dec	Fri 28 Dec
Fri 28 Dec	Sat 29 Dec
Tues 1 Jan	Wed 2 Jan
Wed 2 Jan	Thur 3 Jan
Thur 3 Jan	Fri 4 Jan
Fri 4 Jan	Sat 5 Jan

Sign up for bin reminder emails at www.gedling.gov.uk/reminder



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Contact Us

You can now pay and apply for a number of services online, quickly and easily at www.gedling.gov.uk However, if you need to speak to someone call : 0115 901 3901

Build a career

We're working with local developers to provide training, work experience and jobs for residents through the use of Local Labour Agreements (LLA's).

Part of the planning process for new developments including housing, schools and highways require an LLA in order to support the local community by providing local employment and training opportunities. This includes offering work experience, jobs and guidance in secondary schools to promote careers in construction.

The LLA put in place at the Chase Farm development in Gedling has already helped to provide training and apprenticeship opportunities for residents as well as direct employment.

We've also been working with a number of secondary schools in the borough through our Employability Scheme. Last year we supported over 1,800 students, offering speed networking, have a go workshops and interview skills days.

For more information about the opportunities available through the LLA, contact our Economic Development Team by calling 0115 901 3863 or email Ecodev@gedling.gov.uk



A license to improve homes in Netherfield

From October, new powers to make privately rented homes better for people to live in came into force in Netherfield. We introduced a Selective Licensing scheme which makes it mandatory for landlords to have licenses for each of their privately rented properties in the Netherfield area.

The license requires that the landlord provides minimum standards of accommodation for residents. We are working with landlords and residents to improve the area but, where necessary, we will be able to use the licensing conditions and enforcement powers to bring about improvements.

The scheme, which is being piloted in Netherfield at the moment, can apply in areas where there is deprivation, antisocial behaviour, high levels of crime and poor housing conditions. The licensing will give the council's Environmental Health team powers to do more when landlords are not taking steps to deal with issues relating to properties.

For more information about the scheme visit www.gedling.gov.uk/selective-licensing

Universal Credit Checklist

Are you ready?



Universal Credit is a brand new WORKING AGE benefit system. From the 14 November 2018 individuals from Gedling making a NEW claim for any of the benefits listed below must claim Universal Credit.

- **Income Support**
- **Housing Benefit**
- **Working Tax Credits**
- **Child Tax Credits**
- **Income-related Employment and Support Allowance**
- **Income-based Job Seekers Allowance.**

We are working together with the Job Centre to make sure customers are ready to make a claim for Universal Credit.

We're here to help, so don't struggle. You can contact the Universal Credit Service Centre on the free phone helpline 0800 328 5644, speak to your Work Coach and visit www.nottshelpyourself.org.uk

YOU WILL NEED

- ✓ To get online and have access to a computer, tablet or smartphone.
- ✓ To visit www.gov.uk/universal-credit to find out more
- ✓ An email address.
- ✓ Photo ID or alternatively use GOV.UK Verify to support your claim.
- ✓ To open a bank account to receive and make payments.
- ✓ Your tenancy agreement to hand and current proof of rent.

THINGS TO BE AWARE OF

- ! You will be paid monthly in arrears to help with the transition an advance payment is available.
- ! You need a monthly budget in place to cover rent, essential bills and day-to-day expenses. If you are struggling, speak to your Work Coach.
- ! You make the rent payment direct to your landlord - if you're worried about paying your rent speak to your landlord now.
- ! You will have to claim help with your council tax separately to this Local Authority.

Haywood Road Park improvements

A public space saved from closure will now be turned into a play area.

A new park and play area on Haywood Road, Mapperley will be built thanks to £120,000 of funding - £70,000 from WREN and £50,000 from the council. Plans for the park were approved in September and they include a rope pyramid, seesaws, slide, roundabout, balance beams and swings, picnic tables, benches and a table tennis area.

The Haywood Road Community Association made the joint bid with the council for £70,000 of funding from WREN, a not-for-profit business that awards grants for community, conservation and heritage projects.

Haywood Road Community Centre and its bowling green, which was proposed to be sold to housing developers last year, was saved by the council after listening to the concerns of hundreds of residents about its potential closure.

The park is expected to be ready by Easter 2019.



A ticket to shine

More than 20 young people in Gedling have benefitted from 75 hours of free youth theatres over the last 12 months, thanks to funding from us and Gedling Homes.

A £10,000 joint grant to Nottingham Playhouse's SHINE youth theatres and 50:50 ticket programme has enabled youngsters from low income families in the area, learn new skills and build confidence at its Netherfield and Newstead youth theatres. The grant also covered the cost of 100 theatre tickets for Gedling Homes tenants who would otherwise not have the means to attend and enjoy the theatre.

SHINE community youth theatres were set up in 2015 and are run across Nottinghamshire, including in our borough in Netherfield and Newstead.

Nottingham Playhouse's 50:50 appeal raises money to donate tickets to local charities, community groups and schools.

For more information visit www.nottinghamplayhouse.co.uk/support



A WALK ON THE WILD SIDE

A new heritage trail has been installed at Gedling Country Park.

The 1.4km trail features eight 3ft wooden sculptures of the wildlife found across Gedling Country Park – a heron, badger, hedgehog, fox, rabbit, mole, bat and a green woodpecker. Each carving has information signs with facts about each animal, set at wheelchair friendly height, and interactive 'rubbing plaques' where children, using crayons, can follow the trail and create animal impressions in their booklets, which are available from the park's Café 1899.

The trail follows the 'High Hazels' accessible footpath, which is a 1.4km (0.87miles) wheelchair and pushchair friendly circular route.

The Friends of Gedling Country Park and Gedling Borough Council jointly commissioned the trail, which was part funded by the Heritage Lottery Fund (HLF), which is money generated by players of the National Lottery. The trail is part of a wider £74,000 HLF grant to explore and celebrate Gedling's heritage. In addition, the trail has received financial support from Co-op Gedling's community fund.



WWI Tommies

Four remembrance Tommy Soldiers figures have been unveiled at Gedling Country Park as a tribute to men and women who died during WWI.

The unveiling is part of Gedling Borough Council's programme of events to commemorate the 100 year anniversary of the end of the war. The metal silhouette figures of WWI soldiers, known as Tommies, were installed at four points around the park.

The Tommies are the brainchild of the There But Not There Campaign, an organisation who are supporting a number of Armed Forces charities by making the soldiers to raise money. The soldiers, which stand six foot tall, have been made by Army veterans, employed by Royal British Legion Industries.

The Tommies are permanently installed at the park and visitors will be able to see them at the entrance to the park, next to Café 1899 and in the memorial garden.

Visiting the park?
Use #GedlingCountryPark when posting your photos on Instagram and we will share your photos.

We've appointed a new Chief Executive

We are very pleased to announce the appointment of our new Chief Executive, Karen Bradford. Karen, who was the Deputy Chief Executive and Monitoring Officer at North Kesteven District Council, is the first female Chief Executive at Gedling Borough Council since it was created in 1974.

Karen was born in Netherfield and lived in the borough for 30 years, attending Carlton Le Willows School and began her career at Nottingham City Council.

Karen replaces the outgoing Chief Executive, John Robinson, who has taken over as Chief Executive at Newark & Sherwood District Council.

Leader of Gedling Borough Council, Councillor John Clarke said;

"Karen's strong track record in local government, her range of experience and skills, along with her clear passion for Gedling as a place and community made her the stand out candidate to be our new Chief Executive. Karen will bring a real passion, energy and drive to the role of Chief Executive and will contribute significantly to helping us continue to serve people and improve lives in challenging times."



New CEO, Karen Bradford

New Chief Executive, Karen Bradford said:

"I am delighted to take up this position with Gedling Borough Council and look forward to the tasks ahead, focused on building financial stability, investing in services and exploring opportunities for economic development.

"I am honoured to be able to lead the Gedling team in delivering plans for the future growth and prosperity of the borough and its communities."

Karen's appointment was approved at Full Council in August and she started her new position in October.

How we're doing

Every three months we review how we're performing, looking at some of the key statistics that are set out in our Gedling Plan. Unless you've attended a public council meeting or keep up to date with our published reports you may not be aware of how we are doing so we thought we'd tell you.

The quarterly performance reviews help us to make sure we are providing residents with the best possible service and that we are following our ethos of serving people, improving lives.

You can view the full performance reports by visiting www.gedling.gov.uk and search for 'How we're doing'.

On top for least complaints

This year we had the lowest number of complaints made to the Local Ombudsman, of all the local authorities in Nottinghamshire, with eight, of which none were upheld.

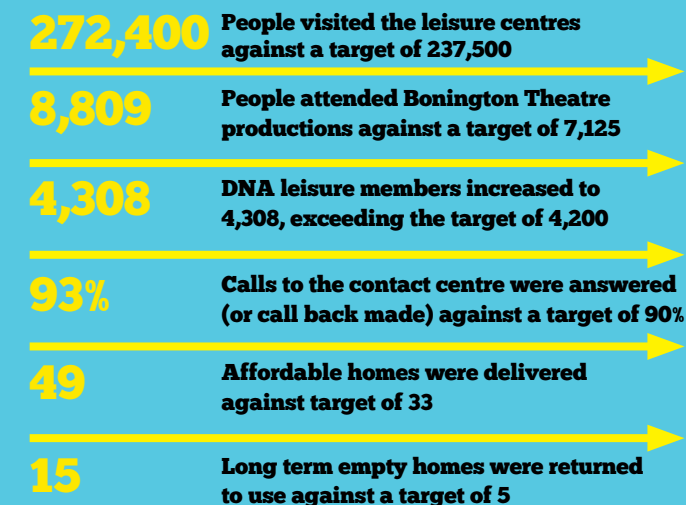
The figures were released by the Local Government and Social Care Ombudsman, who independently investigates complaints made against councils.

We recently introduced a more thorough process to analyse the root problem of complaints and to better understand the issues affecting our residents.

In total, there were 302 complaints made to the ombudsman about the eight local councils in Nottinghamshire during the last financial year.



Here are some of the results for the period April to June 2018





Local plan approved

We've published a plan which will shape the future development of the borough until 2028. The Local Planning Document, also known as the Local Plan, is a 200 page document that includes details of proposed sites to accommodate 7,250 new homes around the borough, to be built over the next 10 years.

The plan contains 71 policies covering a wide range of issues such as climate change, flood risk and water management, environmental protection, retail and community facilities, protecting garden land and transport.

Over half of the allocated 7,250 new homes have already been built or granted planning permission. The plan maximises the development on brownfield sites and minimises the release of green belt, with over 75% of the housing provision within or next to urban areas. The plan also sets out a strategy for improved sustainable development that recognises the need

for regeneration in areas where brownfield sites are available such as on the former Gedling Colliery and Chase Farm where 1,050 houses have been allocated.

The Local Plan also protects land from development. It will ensure there is a five year supply of land which will help reduce proposals for development in inappropriate locations. The site selection process for allocating land for development has taken into account the impact on heritage and landscape and protects those areas from development.

You can read the Local Plan by visiting www.gedling.gov.uk/lpd

A minimum of 7,250 homes will be provided for during the plan period (2011- 2028).



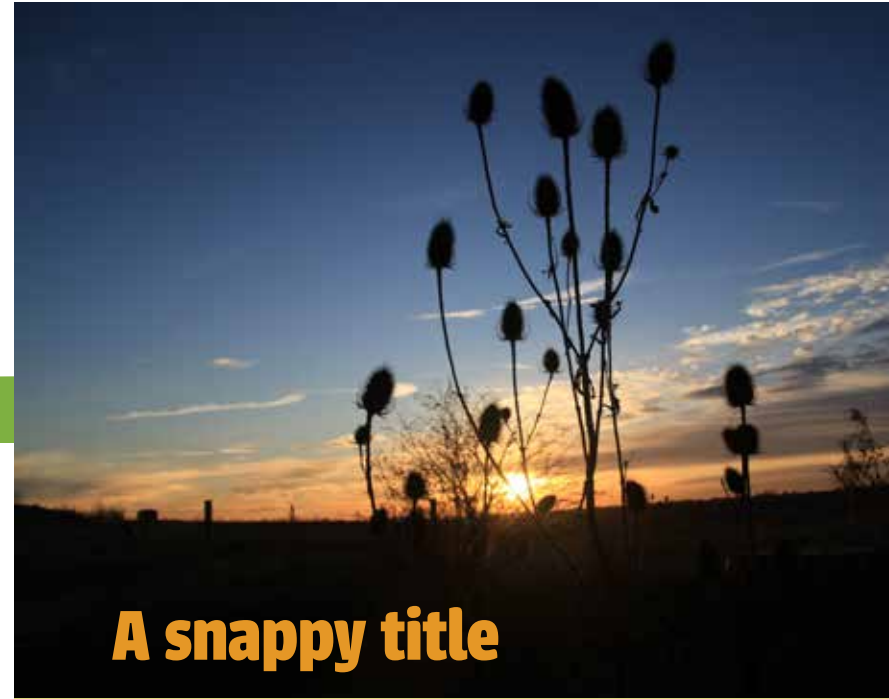
Burial fees for children scrapped

We have approved plans to remove burial fees for all children under 18.

The plans were approved by Cabinet members in October and it means that no cost will be charged against residents who are arranging the burial of a child under the age of 18.

The increase in the exemption from paying a burial fee aims to help reduce the burden of a sudden and unexpected cost to families trying to cope with the tragedy of losing a child.

For more information about our burial fees and charges, visit www.gedling.gov.uk or call our Customer Services team on 0115 901 3901.



A snappy title

Gedling Country Park is set to be declared as a Local Nature Reserve to reflect the work being done to protect the wildlife and natural habitat on the former colliery site.

The Local Nature Reserve status is given to parks by Natural England, a public body set up to help protect nature and landscapes for people to enjoy.

The awarding of the status will be the icing on the cake for the work done by the council and the Friends of Gedling Country Park to turn the former colliery site into one of the best country parks in the region thanks to its unique landscapes, natural habitat and wildlife.

The status will increase public awareness of the importance of conservation of the park and will potentially improve the amount of funding for the upkeep of the park from funding providers such as Heritage Lottery Fund, WREN and DEFRA.

For more information visit our website www.gedling.gov.uk and search Gedling Country Park.





A vehicle for change

In the summer, we launched a bin lorry campaign promoting that we are now a plastic clever council. The adverts, launched with Amy & Ella from Kids against Plastic and Councillor Peter Barnes and Leader Councillor John Clarke, are being displayed on four of our recycling bin lorries to highlight our pledge to reduce the amount we use of the big four single-use plastic polluters.

Our refuse vehicles visit every household in the borough every week, covering thousands of miles, so keep an eye out for the campaign next time you see one of our vehicles.



REDUCING THE BIG 4 POLLUTERS

A plastic clever café

As part of our pledge to become a plastic clever council we asked Amy and Ella Meek, the founders of Kids against Plastic to assess Café 1899 at Gedling Country Park using their plastic clever guide. Their campaign was set up to raise awareness of the damage done by the big four single use plastics - plastic bags, straws, bottles and coffee cups.

We are very pleased to announce that we passed their assessment with flying colours and are now a Plastic Clever Café.

How Café 1899 became a plastic clever café

- We have removed plastic straws**
- We offer refillable mugs for hot drinks**
- We encourage the use of reusable water bottles**
- We've reduced the amount of single use plastic straws, lids and cups we use**
- We've reduce the amount of plastic bags we use and encourage customers to bring reusable ones**
- We've stopped using takeout plastic cutlery**



Country Park photography winners

The winners of this year's Friends of Gedling Country Park photography competition have been announced. The group received hundreds of submissions across their four categories. The overall winner of the 2018 photography competition was Sarah Roach who won £150. Second place went to Phil Howcroft and third place was John White.

The winners were announced at a special ceremony in August at the Willowbrook, Gedling. Congratulations to everyone who entered, the submissions this year were of the highest standard.

For more information about the Friends of Gedling Country Park, visit www.gedlingcountrypark.org or visit their Facebook page.

Sarah Roach - Overall winner



Oliver Battershall - U18 Winner



John White - Sunrise Winner



Phil Howcroft - Nature Winner



Gedling Climate Change Group

A group set up to campaign about climate change in Gedling are looking for new members. The Gedling Climate Change Group organise events, meetings and share resources to raise awareness about concerns of climate change. The group's ethos is to inform, explain and campaign. They've organised a number of events including plastic pick up days and film screenings at Bonington Theatre, most recently, the showing of Inconvenient Truth 2, a film by Al Gore about the impact of climate change on our world.

If you'd like to find out more about the group, search for Gedling Climate Change Group online or visit their page on Facebook.



Arnold market update

In our summer edition we were delighted to be able to announce the purchase of Arnold Market. Works have now started to renovate the site and improve the stalls. We can confirm that we've received £1.25 million from the N2 Town Centre Fund – part of the local growth fund from the D2N2 Local Enterprise Partnership that supports town centre improvements which will go towards our ambitious plans to regenerate the market, which celebrated its 50th anniversary this year.

We will now be looking at the layout, design and number of stalls and if you've visited the town recently you will see that hoardings have gone up around the area as we begin the works. The market will continue to operate during the renovation.

**I NEED TO REDESIGN /RAJ
adding 2 more articles**

You can stay up to date with all the latest information about the market by signing up to our latest news email by visiting www.gedling.gov.uk/keepmeposted

Eagle Square renovation

Eagle Square in Arnold has been renovated as part of our ongoing plans to improve Arnold Town Centre.

We've removed the old large brick planters, installed new lighting and trees as well as a new circular seating area which can be removed for events. The new open space design provides a great place for shoppers to enjoy a break and the new level flooring means the area is more accessible for everyone.

A consultation took place earlier in the year and over 340 residents and businesses had their say on the plans, which helped shape the final design.

We already have big plans for the space, the first of which will be the hosting of the Arnold Christmas

Market on the 23 and 24 November. Last year's event saw thousands of people attend and the extra space created at Eagle Square will mean the event can be bigger and better than before.

The renovation works were the second recent major investment for Arnold Town Centre, following our announcement back in May that we had purchased Arnold Market.

If you'd like to know about events taking place throughout Gedling Borough, sign up to our What's On newsletter at www.gedling.gov.uk/keepmeposted





Christmas IN GEDLING

Arnold

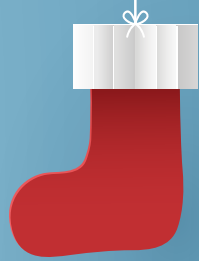
Across the borough there will be a host of Christmas events taking place including the return of the Arnold Christmas Market event which takes place on 23 & 24 November in Arnold Town Centre.

The market, now in its second year will have more stalls than ever, selling Christmas gifts, food and drinks. There will be a stage with entertainment for all the family to enjoy including Christmas carols, local entertainers, bands and singers performing in the recently renovated, Eagle Square. There will also be children's rides and amusements to keep the little ones entertained, supplied by local events company Mellor's Group. On the Saturday, Arnold Methodist Church will have an advent craft fair from 9am-3pm.

The market is open from 2pm-9pm on the Friday and from 10am-7pm on the Saturday from Eagle Square all the way up Front Street to Croft Road.

The Arnold Local Area Forum has organised the Christmas light switch on event on the Friday evening from 6pm with Santa arriving on his sleigh and the Mayor of Gedling switching on the Christmas lights. The event will be accompanied by carols sung by local schools.

I NEED TO DESIGN /RAJ



Snappy Title

Other council organised Christmas events taking place across the borough

Mapperley Top

GET DATE/TIME

Plains Road

Carlton Hill

GET DATE/TIME

Sensory Garden (Garden for the Blind)

Netherfield Christmas lights switch on

Friday 30 November at 4pm

Netherfield Town Centre

The event starts at 4pm and there will be performances from Carlton Brass Band and Netherfield Primary School choir. The Mayor will be switching the lights on at 4.35pm and Santa will be visiting on his sleigh.

Children's Christmas themed arts and craft event

Saturday 1 December 1pm – 4.30pm

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

An afternoon of fun for children aged 4-10. There are two sessions, 1pm-2.30pm and 3pm – 4.30pm. Booking is essential and parents must be in attendance at all times.



For the full list of Christmas light switch on events across the borough or near you, visit www.gedling.gov.uk/christmas or visit our Facebook page



Knife amnesty success

In September, we took part in a Knife Amnesty week, organised by Nottinghamshire Police. The aim of the amnesty was to encourage the disposal of unwanted knives, as part of the national crime campaign, Operation Sceptre.

Along with police stations and partner agencies, we had a knife amnesty bin in our Civic Centre during the week and we had over 50 knives handed in. In total, 418 knives were handed in during the amnesty, a 50% increase on the last campaign and 53 small knives were handed in at the civic centre, the second highest number collected in Nottinghamshire.

Tackling knife crime



CCTV installed in Arnold

New CCTV cameras have been installed in Arnold in response to two incidents of knife crime in the area. We are working with the Police on a number of initiatives, which included installing cameras on the footpath between Front Street and Smithy Crescent.

Our wardens have also been given new powers to help reduce anti-social behaviour and the Police now have a permanent space at our offices, so our wardens are able to work even closer with them to reduce crime in the borough. We are also supporting the Police with workshops for young people to educate them on the serious issues and consequences that can happen if they carry a knife.

Toy run fun!



Local bikers dressed as Santa will be hitting the roads of Gedling to deliver toys for underprivileged children this Christmas when the 10th annual Toy Run takes place on Saturday 8 December.

Toys are collected by the group of bikers, who then ride through the Arnold, Daybrook, Woodthorpe and Mapperley areas before stopping at The Arrow pub. The gifts are then handed out by the Salvation Army to

young children in the area. There will also be prizes, donated by CMC Bikes and the Arrow Pub, for the best dressed Santa bikes, judged by the Mayor of Gedling. The event starts at 11am at The Arrow pub on Gedling Road, Arnold followed by a bike procession at 12pm.

If you would like to make a toy donation, drop in to The Arrow pub before the event or contact organiser Councillor John Parr on 0115 953 7118.



Pet cremation service

We have announced plans to introduce a pet cremation service for residents in the borough.

The plans were approved by Councillors after it was found that there were no services of this nature available locally and many people were going to great lengths to have their pets cremated outside of the area.

As part of the service, we will collect pets from a vet or directly from homes. The service will include providing a time for cremation within 48 hours and, if required, the return of the pet's ashes to their homes quickly and in a respectful manner, reducing the stress the loss of a pet can have on families.

The new service will begin in spring 2019 and more details will be available in the next edition of Contacts.

Help us, help you stay well this winter

Top tips for staying well this winter

- Keep your home warm, at least 18 degrees Celsius
- If eligible, make sure you get your FREE flu jab - speak to your doctor or pharmacist
- Make sure you keep taking any prescribed medicines and take them as directed
- If you are prescribed antibiotics, make sure you finish the course
- Keep a supply of cold and flu remedies in the house
- If you start to feel ill, get help from your pharmacy straight away
- A&E is for emergencies only. If your surgery is closed then NHS111 can help you get the right treatment

With GP's surgeries and A&E coming under increasing pressure over the winter months, we're asking you to consider whether you can self care if your illness is not serious.

We understand that some health problems get worse as the weather gets colder, and we want you to be able to access the right service for your health care needs.

There are lots of options available including self care, your local pharmacy, GP services and the Urgent Care Centre on London Road in Nottingham. If you're unsure about where to go, call NHS 111.

Gedling GP, and Nottingham North and East Clinical Commissioning Group's clinical lead, Dr James Hopkinson says:

"Often people needing medical help go straight to A&E when there may be another more appropriate service available.

"People tend to get better advice and faster treatment when they need it if they choose the right NHS service for their symptoms or illness, so I'd ask them to consider carefully before going straight to A&E."

www.nottinghamnortheastccg.nhs.uk/stay-well-winter

Want to keep up to date with NHS news across Gedling? Follow us on Facebook

Extra evening and weekend GP appointments available

You can now book routine GP and Nurse appointments in the evening, at weekends and over bank holidays in your local area from 1 September 2018.

Pre-bookable appointments are available Monday-Friday, 6.30pm-8pm, plus weekends and bank holidays and you can be seen by a GP, Nurse or Healthcare Assistant.

To arrange an appointment, or for more information on when and where appointments are available, speak to your practice receptionist. Please be aware that the appointment may take place at another GP Practice in the area.

If you need urgent medical advice when the surgery is closed, you should continue to call NHS 111.



www.facebook.com/NHSNNE

www.nottinghamnortheastccg.nhs.uk

Is it time to talk?

Why talking therapies could be for you

The festive season is fast approaching and while for most people Christmas is a time to celebrate and have fun with the family, for some it can be a very lonely time. Christmas can be especially challenging if you're suffering from a mental health issue like anxiety, stress or depression.

If you're feeling low this festive season then talking therapies might help. If you are 18 and over and registered with a Gedling GP, you can either speak to your GP and they will refer you to a talking therapy service, or you can refer yourself.

We currently have three talking therapy services in Gedling, to get some help or to find out more, please go to:

www.nottinghamnortheastccg.nhs.uk/nhs/iapt/

If you're in a crisis, you can contact the Samaritans on: 116123

Local GPs urge patients to self care for minor ailments

We're urging patients to self-care when they are suffering with minor ailments. Rather than visiting their GP, most people can take care of themselves when they have a minor illness through a combination of self care, pharmacy advice and over the counter medicines, which can be bought in supermarkets, shops or pharmacies.

Over the counter medicines for short term illnesses such as a cold, coughs and sore throats are no longer recommended on prescription.

To see a full guide to conditions where treatments are no longer available on prescription, please go to: www.nottinghamnortheastccg.nhs.uk/nhs/otc-18. There are a number of exceptions, including if you are living with a long term condition. Details are also on the website.

If at any time you are concerned about your condition, or if your symptoms are not improving after a few days of treatment with the over the counter medications, you should contact the local pharmacist or your GP for more advice.

Be flu safe!

We are urging those most at risk from flu to protect themselves and their families as a matter of priority with a free flu jab.

Those most at risk include pregnant women, people living with a health condition such as severe asthma, chest or heart complaints, and those aged 65 and over.

We also encourage carers and health and care workers, who provide direct patient care to also get immunised.

Dr James Hopkinson, Clinical Lead, Nottingham North and East CCG says:

"I cannot express enough how important it is that those at risk protect themselves from what can be a very nasty virus. It is also a very preventable illness, and the jab itself is quick, safe and free for those most at risk.



Keep up to date with NHS news across Gedling? Follow us on Facebook www.facebook.com/NHSNNE

We're here for you for longer

GP appointments are available in your area during the evenings and at the weekends.

To book an appointment contact your GP Practice.

For more information, visit nhs.uk/GPaccess

Your NHS, here for you.





FREE EVENT

Christmas arts and crafts

**Saturday 1 Dec
1pm to 4pm**

**Civic Centre, Arnot
Hill Park, Arnold,
Nottingham, NG5 6LU**

Story-telling and craft activities using recycled materials that would have gone to landfill. Activities are suitable for ages 4-10, additional activities for younger children will be available, parents will need to supervise.

www.gedling.gov.uk/whatson



What's on at The Bonington

December - February 2019

Follow us @thebonington

CINEMA

- BOHEMIAN RHAPSODY (12A)
- ELF (PG)
- FANTASTIC BEASTS (TBC)
- HURRICANE (15)
- IT'S A WONDERFUL LIFE (U)
- JULIET, NAKED (12A)
- KING OF THIEVES (15)
- MAMMA MIA SING-A-LONG (PG)
- MIRACLE ON 34TH STREET (U)
- PETERLOO (15)
- ROBIN HOOD (12A)
- THE GRINCH (PG)
- THE INCREDIBLES 2 (PG)
- THE NUTCRACKER & THE FOUR REALMS (TBC)
- THE OLD MAN & THE GUN (TBC)



ELF

MUSIC

- FLAMENCO ALMA GITANA
Sun 2 December
- CHRISTMAS SHOWTIME MATINEE
Thu 6 December
- JAZZSTEPS: SARA GILLESPIE
Thu 6 December
- NOTTINGHAM ORGAN SOCIETY:
PAUL CARMAN
Mon 10 December
- JAZZSTEPS: JEAN TOUSSAINT
Thu 13 December
- JAZZ IN THE BAR MATINEE
Sun 16 December
- THROUGH THE DECADES WITH
ROY ORBISON & BRENDA LEE
Sun 16 December
- NOTTINGHAM ORGAN SOCIETY:
CHRISTMAS VARIETY SHOW
Wed 19 December
- BIG BAND AT CHRISTMAS
Sun 23 December



THE NUTCRACKER LIVE



VISIT WWW.BONINGTONTHEATRE.CO.UK FOR FULL LISTINGS



LIVE BROADCASTS

The Royal Ballet Live:
THE NUTCRACKER (12A)
Mon 3 December
Sun 9 December

CBeebies Christmas Show:
THUMBELINA
Sat 15 December

Royal Opera House Live:
LA TRAVIATA (12A)
Wed 30 January
Sun 5 February

Royal Opera House Live:
DON QUIXOTE (12A)
Tue 19 February
Sun 24 February

Royal Opera House Live:
LA FORZA DEL DESTINO (12A)
Tue 2 April

THEATRE

**FLYING HIGH YOUNG
COMPANY BEAUTY & THE
BEAST**
Sat 15 December

NOTTINGHAM ELDERS
Fri 11 & Sat 12 January

BONINGTON PLAYERS
Wed 16- Sat 19 January

ESPECIALLY FOR YOU



We offer a number of specialist sessions at our leisure centres for people with health conditions, accessibility needs and disabilities.



DNA Health

You can join our DNA Health scheme and take part in exercise classes designed to help people with health conditions or who just want to take part in lighter sessions. It's a 12 week programme for people who are physically inactive and can provide a great opportunity to try and improve your long term health.



Heartbeats

Our Heartbeats scheme offers people with heart conditions the chance to exercise in a fun and safe environment, led by a specially trained instructor. We have a chair-based exercise class every Tuesday from 11am and Engage sessions, which help people aged over 55 to improve balance, strength and co-ordination, every Friday from 11am.



Accessibility Swim

If you fancy a dip in one of our swimming pools, we have quiet swimming sessions for people with disabilities with hoist access and accessible changing rooms. We also have swimming sessions for juniors with disabilities. These sessions have a minimum of two swimming instructors to offer extra support in the water.

There are many more specialist sessions at our leisure centres, for the full list visit our website www.gedling.gov.uk/specialsessions or speak to one of our team on 0115 901 3700.



GIVE YOURSELF AN EARLY Christmas present



TAKE OUT A FITNESS MEMBERSHIP IN DECEMBER & HAVE THAT MONTH FOR FREE

Includes Health Suite at Carlton Forum.

Terms and Conditions apply

Redhill
0115 901 3630

Carlton Forum
0115 987 2333

Calverton
0115 901 3800

Arnold
0115 901 3690



All I want for Christmas is (you to recycle)

At Christmas, we have extra waste and recycling so it's important to know what goes where. Every year, we get an increase in contaminated waste, this is where a recycling bin contains waste that it shouldn't have. When this happens, the entire lorry load can be turned away from the recycling plant and sent to landfill, which is costly and harmful to the planet. So, in the tradition of Christmas, here's the naughty and nice list and yes, we will be checking it twice.

Waste and Recycling

Nice list ✓

You can recycle

- ✓ Plastic bottles without the lids
- ✓ Cardboard
- ✓ Envelopes
- ✓ Rinsed food tins
- ✓ Drinks cans
- ✓ Aerosol cans
- ✓ Cardboard tubes

Naughty list ✗

You can't recycle

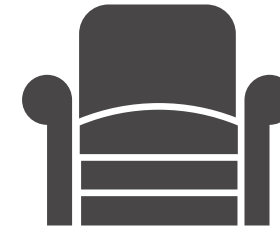
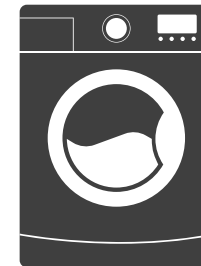
- ✗ Carrier bags
- ✗ Foil food trays
- ✗ Shiny and glittery wrapping paper
- ✗ Bows and ribbons
- ✗ Shiny and glittery cards
- ✗ Old toys
- ✗ Polystyrene
- ✗ Bubble wrap

For a full list of what's naughty and nice visit www.gedling.gov.uk/a-zwaste

Free bulky waste collections are back

The free bulky waste amnesty is back and will run from the 14 January to the 22 February. We will collect up to three large items for no cost between those dates and you can book your collections online or by phone from 3 January.

Bookings are limited, subject to availability and are on a first come, first served basis. If you would like to book a free collection, from 3 January visit www.gedling.gov.uk or call our Customer Services Team on 0115 901 3901.



Don't forget that your bin collection date may be affected at Christmas. If you want to make sure you never miss out sign up to our bin reminder email alerts, just visit www.gedling.gov.uk/remind and enter your address.

NEW SERVICE



Christmas tree collections

This year, we're launching a new service to collect your Christmas trees once the festivities are over.

Instead of taking your tree to the tip, or trying to stuff it in your garden waste bin, for just £5 we will come and collect your tree from your home.

The new service, available to all residents, will start from 5 January. All you need to do is visit www.gedling.gov.uk/GETADDRESS and provide us with your name and address and we will give you a date to leave your tree outside (don't forget to take the decorations off) and we will come and collect.

The Christmas tree collection service costs £5 and is subject to availability. To book, call 0115 901 3901 or visit www.gedling.gov.uk/GETADDRESS

Gedling seniors council



A new Senior Council, set up by volunteers from local community groups and charities, have announced details about their

plans for next year. The group, made up of older people, is supported by Gedling Borough Council but is independent meaning they set their own plans and priorities separate from our elected councillors and council.

The Senior Council is following in the footsteps of the Youth Council who have been established for two years and have done some great work to help improve services for young people in the borough.

The Senior Council's mission is 'To improve the delivery of services and support for us all as we age'. They have set out a number of priorities which includes;

- * To improve resilience in the older community
- * To encourage self-help and independent living
- * To promote positive attitudes towards older people
- * To support improved mental health and wellbeing in older people
- * To help reduce isolation and loneliness

For more information about the Senior Council please contact our communities team on 0115 901 3698 or email Jane.Ansell@gedling.gov.uk



The Mayor with Tyrone from Coronation Street opens a new travel agents in Arnold

Mayor's news

The first six months as Mayor have flown by and I have enjoyed a number of events, services and engagements where I have met many people from across the borough. Some of the highlights include the Mayor's Civic Service which was a great event. I also got to rub shoulders with celebrities when I was invited to open the new travel agents in Arnold alongside Tyrone from Coronation Street.

In September, I visited my chosen charity, the Prostate Cancer Research charity, based at Nottingham University, to see first-hand the excellent work they are doing to prevent prostate cancer. The visit was very interesting and it was great to see how the money raised by you will go to help fight this important cause.

I had the pleasure of meeting some of the families who have been resettled here in Gedling, from Syria.

Their tremendous courage and their gratefulness for the support they have received was very heart-warming and I am very proud that we are able to help them as everyone should have a chance to live safely and be happy.

And finally, there are several Christmas events taking place across the borough and I'm very much looking forward to being involved in the light switch on events and I'm sure I will see many of you there. Have a wonderful Christmas.

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

FREE EVENT

Christmas in Arnold

Friday 23 November 12 noon - 8pm
Saturday 24 November 11am - 5pm



Christmas Light Switch On Friday 23 November

Santa makes an appearance at the Christmas market from 5 - 7pm

Christmas lights switch on at 6.10pm

Carols sung by local schools

Saturday 24 November

Advent Craft Fair at Arnold Methodist Church 9.30am - 3.30pm

Fireworks display on King George V Recreation Ground 6pm

Get in to the festive spirit on both days

- ✦ Christmas Craft Market along Front Street
- ✦ Music and performances in Eagle Square
- ✦ Children's rides and amusements
- ✦ Festive food and drink stalls
- ✦ Late Night Shopping



www.gedling.gov.uk/events

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Gedling
Borough Council 