

Issue 41 Summer 2016

# contacts



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**Carnival of Sport**  
A summer of a  
activities right  
on your doorstep

## Park Life

This Summer discover  
the best parks near you  
with our in depth guide

# Leader's column

Hello and welcome to the summer edition of Contacts. Every council has a plan that helps shape its work and sets out its goals for the future. Our aim is simple, Serve People and Improve Lives. That's what we are aiming for with the Gedling Plan (pg 16-17), a document that details our priorities for the next 4 years.

You'll also find some important information about the ongoing work we are doing with our partners to improve our services, including our work with the NHS to provide more support for people with mental health conditions (pg 5) and working with local police to reduce anti-social behaviour in Calverton by installing a new CCTV camera (pg 4).

Despite some strange weather, which included snow at the end of April, we are hoping for a sunny summer and we're providing a number of events for all the family so make sure you take a look at the leisure events (pg 20) for all of our summer listings.

And finally, it's important that we know that what we do is in your best interest, so please take a moment to fill out our customer survey (pg 22) to help us make sure that Contacts is serving the community correctly.

**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)

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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](http://www.gedling.gov.uk)  
However if you need to speak to someone then here are the numbers you can call:

- Council Tax:** 0115 901 3950
- Housing Benefits:** 0115 901 3970
- Waste & Recycling:** 0115 901 3621
- Public Protection:** 0115 901 3832
- Environmental Protection:** 0115 901 3972
- Licensing:** 0115 901 3971

Service you need not listed? Call our switchboard on 0115 901 3901 or visit our website for help.



# 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.**

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You can now pay for a number of council services quickly and easily. We have made it easier for you to pay online without the need to sign up, just click and pay.

Services you can now pay for online:

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- Business Rates**
- Car Parking**
- Garden Waste Bins**
- Invoices**
- Planning & Building Regulation fees**
- Community Centre Bookings**

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



# Eye Spy in Calverton

In April, retired PCSO John Taylor unveiled a new CCTV camera in Calverton following three years of lobbying.



The new camera is the second in the village and was fitted at the junction of Flatts Lane and Collyer Road after John worked with the council, local residents and the parish council to identify the problem area.

The images are transmitted to a control room in Arnold, where operators have a direct link to contact the Police and our Neighbourhood Wardens, who carry out regular patrols in the village.

John said "Working in Calverton was the highlight of my career thanks to the receptive residents and the way the community worked together on safety issues. I'm really pleased the camera has been installed and want to thank colleagues who worked with me to make this happen."



Cllr Ellis, John Taylor, Cllr Walker and Gareth Bott at the new CCTV site

# Mental Health Challenge

We have signed up to the Mental Health Challenge to deliver activities to people with mental health conditions in the borough. The challenge has been set by several mental health organisations who have come together to raise awareness and promote mental health across the country.



Training Officer Andie Cater and one of our licensed taxi drivers Lawrence Osel Dabo with his safeguarding certificate.

# Safety isn't Taxing

We have a duty of care to make sure residents feel safe and protected and our community plays a big part in this.

Anyone can become vulnerable, so it is important that people in the community know how to help - especially those working directly with the public.

Gedling taxi drivers are having mandatory training to spot signs of vulnerability in passengers who use their service and how to report any concerns they might have.

Many of our council staff have also had similar safeguarding training to spot the signs of vulnerable people who visit our buildings or use our parks and open spaces.

## What is the challenge?

- To work with local GPs to support positive mental health in our community, including local schools, neighbourhoods and workplaces
- To work to reduce inequalities and discrimination in mental health in our community
- A commitment to appoint an elected member as our Mental Health Champion, to support the council's challenge

## Did you know?

One in four people will experience a mental health problem in any given year. The World Health Organisation predicts that depression will be the second most common health condition by 2020.

For more information about the challenge visit [www.mentalhealthchallenge.org.uk](http://www.mentalhealthchallenge.org.uk)

# Connect 4 help

Connect is a free service, supported by Nottinghamshire County Council and affordable housing providers Metropolitan, for adults who are at risk of deteriorating health and independence due to age, mobility, disability, long term health conditions or bereavement. The service aims to delay or prevent the need for social care and reduce isolation.

The service offers help and support with:

- **Benefit claims**
- **Finding local support and leisure groups**
- **Getting aids and adaptations fitted in the home**
- **Finding alternative accommodation**
- **Finding reputable trades people**



## How to refer people to Connect

If you, or someone you know, would benefit from the support of Connect please contact them on 0115 939 5406 or [connect@metropolitan.org.uk](mailto:connect@metropolitan.org.uk)

## Local EU and PCC Results

On June 23, Gedling residents voted to leave the EU echoing the national result. 67,635 residents (77% turnout) voted 55.6% to 44.4% in favour to leave.

Following the elections on 5 May, Labour candidate Paddy Tipping was announced as the Police and Crime Commissioner (PCC) for Nottinghamshire.

Of the 799,631 registered voters across the county, 21.8% turned out to vote in 704 polling stations. Our borough had a slightly higher turnout, reaching 23%.

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.

To find out more about the role of the PCC visit [www.nottinghamshire.pcc.police.uk](http://www.nottinghamshire.pcc.police.uk)

## Grants for the Disabled

If you have a disability and need an adaptation to your property to help you remain living independently at home, you could be eligible for a grant to pay for the works.

We've recently received funding from Government to provide grants to residents which can cover the costs of property adaptations.

Examples of adaptations include:

- **Providing ramps, widening doors, shallow steps**
- **Adapting or providing suitable washing/bathing/showering/or toilet facilities**
- **Installing a stair lift or a 'through the floor' lift**

The grants are means tested and the maximum grant is £30,000. Residents living in rented properties would require the owner's consent.

To be considered for a Disabled Facilities Grant you need to be referred to us from an Occupational Therapist, who will assess your needs. Once we've got the referral we will then decide if you qualify for a grant.

**For a referral, contact the local Occupational Therapists who work for Nottinghamshire County Council by calling 0300 500 80 80.**



## A Drive for Volunteers

A local voluntary group are looking for drivers. Gedling Voluntary Transport Scheme provides safe, affordable and reliable transport for elderly and disabled people who don't drive, don't have access to a car and who find it difficult to use public transport/taxis. The service provides a vital lifeline so people can get out and about to see friends, go to the doctors, dentists, shopping and have an active social life.

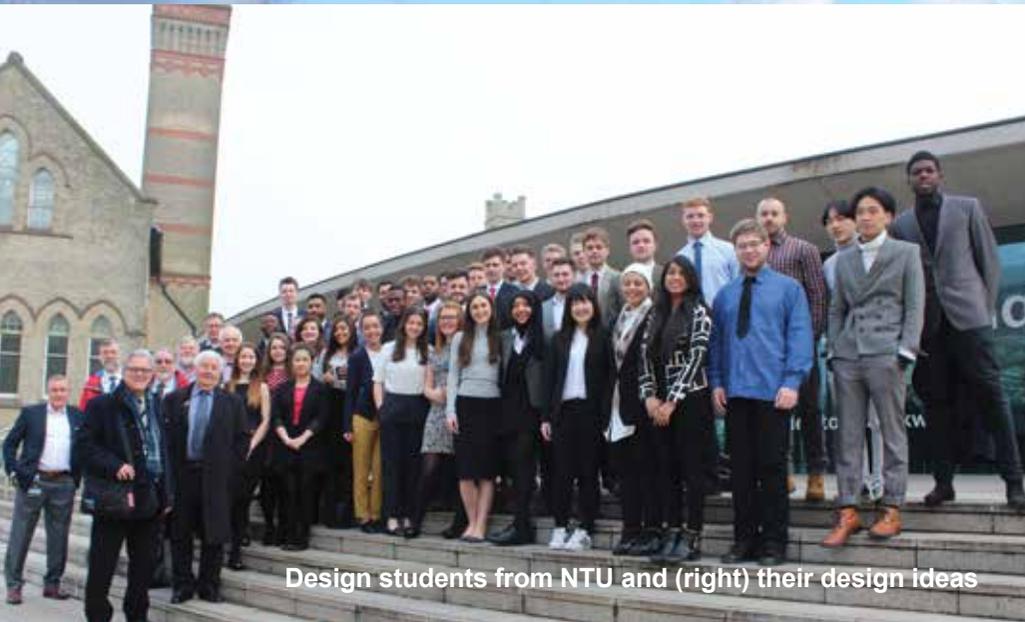
**If you have any spare time, like driving and helping people, please get in touch on [gedlingtransport@rushcliffecvs.org.uk](mailto:gedlingtransport@rushcliffecvs.org.uk) or 0115 969 9060. Volunteer drivers get 45p per mile and need a clean licence. More details at [www.rushcliffecvs.org.uk](http://www.rushcliffecvs.org.uk)**

# Design at the Centre

Students from Nottingham Trent University have taken part in a project to help design the new Gedling Country Park Heritage Centre. The brief was to design a space that was open, modern and respectful of the site's mining heritage.

The group presented their ideas to Leader of the Council, Councillor John Clarke, Friends of Gedling Country Park Chairman, Terry Lock and Parks and Street Care Manager, Mel Cryer at a presentation event earlier this year.

The students' plans will now be passed on to our architects who are hoping to include some of the ideas presented by the students in the final design, which will be revealed in the November edition of Contacts.



Design students from NTU and (right) their design ideas



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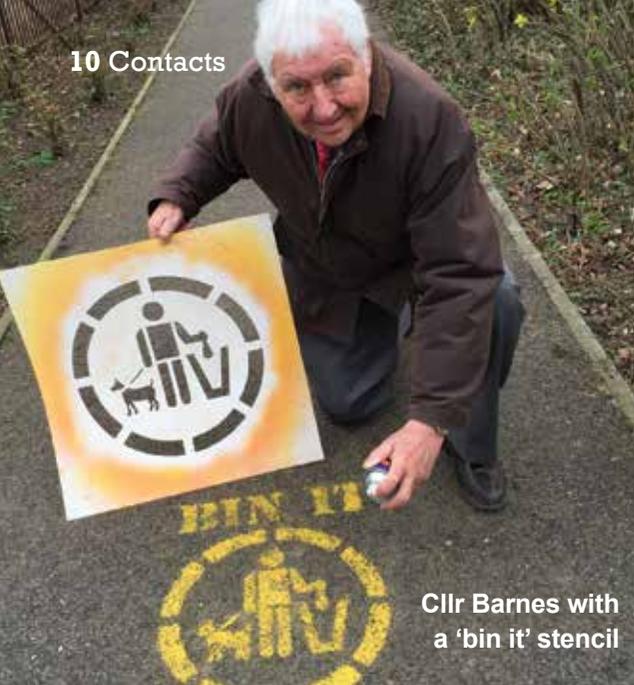
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Cllr Barnes with a 'bin it' stencil

## Spray Hooray!

Concerns about dog fouling and littering around the borough are being highlighted by a new stencil campaign outside schools and hotspots.

We're using special spray paint and stencils to mark roads, pavements and pathways with messages to 'bin it' and 'clean it up'. The paint is bio-degradable which allows the stencils to be used in different areas for short periods of time with maximum impact.

Anyone who fails to clear up after their dog can incur a fine of up to £1,000 in the courts. It's also an offence to throw down, drop or otherwise deposit litter with a fine of up to £2,500.

Have you seen something? Contact our wardens on 0115 901 3972

## The Latest Buzz

Our Parks and Street Care team recently added a 'quiet' electric chainsaw to their kit, which is also lighter, making it safer to use, it doesn't require fuel so it's better for the environment and cheaper than petrol chainsaws.

Our team also use the electric chainsaw on jobs near water courses to stop fuel spillages, avoiding contamination and pollution.

Also, as the electric chainsaw is much quieter than the petrol one, they can carry out early morning jobs with minimum disruption to residents - a win win situation!



## Commercial Cleaning

Our Street Cleansing team now offer a competitively priced cleaning service for commercial sites in the borough.

They can keep grounds, car parks, residential driveways and retail parks free of unwanted dirt, litter, leaves and debris - this includes mechanical sweeping and litter removal.

Our highly skilled and experienced team offer great results with minimum disruption. Interested? Call our Customer Services team on 0115 901 3621 for a free quote.



## Running is Child's Play



Photo courtesy of Gedling Park run

A local park run is going from strength to strength with hundreds of people taking part since it launched. We caught up with Gedling junior park run Event Organiser, Sarah to talk about its success.

### When did the junior park run launch Sarah?

We launched on 10th April this year and they take place every Sunday morning at Gedling Country Park, come rain or shine!

### How many children attend?

We've had up to 96 runners come along on a Sunday so far and our numbers keep growing, which is amazing.

### What's the reason behind launching the kids run?

It's all about getting and keeping children fit, active and happy. They get together with other children aged 4-14 each Sunday at 9am for a fun timed run. It's

exciting, there's no pressure, they get to take part in a fun warm up and zoom down hills. It's a fabulous way to get the family involved in exercise and it's all for free.

### Where can parents find out about the park run?

They can find out about it on our website where we have all the information about the run, news, photos, results and information about volunteering too.

**The park run is part of a national initiative to get people running. You can find out more about the organisation by visiting [www.parkrun.org](http://www.parkrun.org) or for more information about Gedling Country Park visit [www.gedling.gov.uk/gedlingcountrypark](http://www.gedling.gov.uk/gedlingcountrypark)**

## Knot in my Garden

Is Japanese knotweed ruining your garden? Fear not, the experts are here to help.

The council's specialist horticulture team are offering a cost effective herbicide treatment that can 100% eradicate Japanese knotweed.

The treatment will take 1-3 growing seasons and using trusted herbicide spray techniques we can get to the root of the Japanese knotweed problem. We can also treat areas affected near water courses.

For a competitive quote, contact us today on 0115 901 3621.

# The Road to Wembley - Our 1966 World Cup Estate

Can you believe it has been 50 years since England lifted the Jules Rimet Trophy at Wembley and became the football champions of the world?

Well, did you know that back in the 70s, to commemorate the greatest footballing achievement of our times, councillors in the borough created The 'World Cup Estate', naming streets in an area of the Plains Estate after the famous world cup winners and the famous Wembley Stadium?

The street names on the estate included a number of the 1966 squad as well as other icons from the world of sport. It included Wembley Road, (Gordon) Bank's Close, (Nobby) Stiles Road and, of course, (Alf) Ramsey Drive, named after the legendary manager.



Here is the full list of names of the 1966 squad names on the World Cup Estate:

COHEN CLOSE

HUNTER ROAD

WILSON CLOSE

BYRNE COURT

ARMFIELD ROAD

STILES ROAD

PETERS CLOSE

EASTHAM ROAD

CONNELLY CLOSE

Yes, there are a few missing, (Captain Bobby Moore, Bobby Charlton and hat trick hero Geoff Hurst). We're not entirely sure why but it may be that there were already similar street names in existence in the borough.

GREAVES CLOSE

RAMSEY DRIVE

WEMBLEY ROAD

BONETTI CLOSE

ENGLAND



## When John met Johann

Earlier this year another football superstar, Dutch maestro Johann Cruyff, sadly passed away aged 68.

Local councillor, John Parr, recalls meeting the football legend. As manager of Woodthorpe Wanderers, an under-11s side, John took two teams to Holland to play against Ajax FC Juniors and STW Amsterdam in March 1973.

John and the team were invited as special guests to watch Johann's team Ajax play. John had a meet and greet with Cruyff, famous for creating the 'Cruyff Turn', and his lasting memory was of the 'great man, sitting in the stands smoking a fat cigar!'

# Parklife!

The summer is here and there's nothing better than enjoying the great outdoors. We have a number of parks and open spaces around the borough, so we thought we'd give you a handy guide to some of the places you can visit in the borough this summer.



## Gedling Country Park

Our flagship country park opened in March last year and it has stunning views of the surrounding area, 240 acres of open space, footpaths and plenty of wildlife for you and the family to enjoy. We can also show you the first designs of the new Children's Play Area which is due to be finished in September.

Plans for play area in the Gedling Country Park



## Newstead Abbey

The former home of the poet Lord Byron stands in magnificent parkland with furniture, art and memorabilia connected with the poet and the Abbey's other former owners.

The grounds are open all year round, 9:00am until 6:00pm/dusk (whichever is sooner). The house is open to the public on Sundays, April-Sept via house tours.

The Abbey's grounds and gardens offer stunning lakes, waterfalls, water features and beautiful formal gardens, including the Japanese and Great Gardens.

## Arnot Hill Park

Arnot Hill Park dates back to 1792 where it originated as a villa landscape to compliment the house built by John Hawksley, a Nottingham manufacturer and mill owner. Home to Gedling Borough Council, it has a large lake and the recent refurbishment of the Lake View Café makes it a popular destination for locals.

## Bestwood Country Park

Once the largest of the country's medieval Royal Deer Parks, the park's expanses of grass and woodland provide a network of footpaths and bridleways for you to explore on foot, horseback or by mountain bike.

The impressive Bestwood Lodge Hotel occupies the site of earlier Royal residences, with the park's campsite also available to hire for local youth groups and clubs.

For more information about all of our parks around the borough visit [www.gedling.gov.uk/countryparks](http://www.gedling.gov.uk/countryparks)

## Burton Road Jubilee Park

Locally known as the Cricket Field, this Green Flag Award winning park is located close to Gedling Village and Carlton. The four acre site has a number of facilities including an outdoor gym, skate park, nature trail and picnic benches.

## Colwick Country Park

On the outskirts of Nottingham city, the park is accessible via public transport and is well placed just off one of the region's key cycle routes. Offering a large, diverse area of water, woodland and meadows it provides the perfect backdrop for a variety of wildlife and recreational activities, including angling, sailing, walking and jogging.



# Gedling Plan

## We have big plans for the borough

The Gedling Plan sets out the council's plans and priorities for the next few years and how it is working to improve your life through our services. The plan has been designed with residents in mind: so less council jargon and more information that you understand and need. You can download the easy to read guide by visiting [www.gedling.gov.uk/gedlingplan](http://www.gedling.gov.uk/gedlingplan)



## Some of the focus of the plan includes:

### The people and the place we serve

We serve a population of over 115,000 people



Over 23,000 people are aged over 65 years

Around 2,000 businesses are based in Gedling



Over 20,000 young people are aged 0-15 years

## The services we provide:



We manage an annual budget of £12.6 million



We empty 60,000 bins and 13,000 glass recycling boxes each week

We Clean 578km of roads every year



We manage 35 parks and 32 play areas



## What matters most to our residents?

- Feeling safe
- Access to and quality of health services
- Activities and services for residents aged 65+

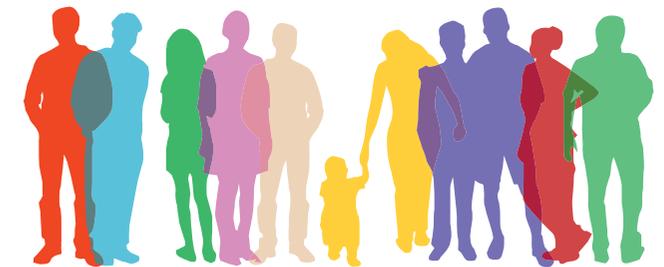
## What we're here for

- Serving People, Improving Lives
- To be a great council
- To be a competent, co-operative, commercial, compassionate and considerate council

## Other items covered in the Gedling Plan include:

### How are we doing?

- Our financial position
- Our priorities for 2016/19 are also detailed in the plan, including how we manage our performance.



**"Serving People, Improving Lives"**



## A Walk on the Blind Side

Leader of the council, Cllr John Clarke and local MP Vernon Coaker took a walk on the blind side when they took part in an exercise to show the dangers blind people have when walking on our streets.

The event was organised by the Charity Guide Dogs to raise awareness of the hazards on our streets. They both took part in exercises with guide dogs that involved avoiding parked cars, billboards and café furniture.

Charity Guide Dogs is campaigning for clearer footpaths to help pedestrians with visual impairment to feel more confident in navigating their environment.

**For more information on the Guide Dogs' Streets Ahead campaign visit [www.guidedogs.org.uk](http://www.guidedogs.org.uk)**



## A Thousand Reasons to Hire an Apprentice

Are you a small to medium sized enterprise (SME) that has considered recruiting an apprentice but something is preventing you from doing so? Well we're here to offer some financial support.

We've received funding from the European Union, Erasmus+ project, to help more SMEs employ their own apprentices. A grant of £1,000 is available to Gedling based SMEs that are looking to recruit a borough resident aged 16-24 years.

Apprenticeships can be a productive and effective way of growing the businesses own talent by developing a skilled, qualified and motivated workforce that meet their business needs.

**If you are considering recruiting an apprentice then contact us to discuss the support that you need on 0115 901 3736 or email [ECDEV@gedling.gov.uk](mailto:ECDEV@gedling.gov.uk)**



## Youth of Today and Tomorrow

Members of the outgoing Gedling Youth Council 2014-2016 were congratulated on their hard work at a reception with the Mayor of Gedling back in May. The team were praised for their successful anti-bullying

campaign and awarded certificates and trophies.

This month, the new Gedling Youth Council 2016-2018 are setting the priorities for their time in office. They've got big ideas about issues they want to tackle, including young people's mental health, scrutiny of dangerous traffic hotspots and cultural awareness.



## Winning Women

In March we celebrated International Women's Day with a programme of events across the borough culminating in a special event to crown the borough's 'Woman of the Year.'

The awards event hosted by outgoing Mayoress of Gedling, Wendy Lawrence, celebrated local women across different categories including 'Women in

Business' and 'Women in the Voluntary Sector.'

All of the nominees and winners were inspirational and the Overall 'Woman of the Year' award went to Lesley Rhodes for her work with the Gedling Play Forum. Lesley said "I'm really surprised and honoured to win this award, but I wouldn't have got it without my fantastic team of volunteers."



**Full details of the programme can be viewed at [www.gedling.gov.uk/IWD](http://www.gedling.gov.uk/IWD)**



# Summer Carnival of Sport

## Our 2016 summer holiday programme is here!

In August we are celebrating the Rio Olympics with events taking place at all of our leisure centres. The programme has activities to keep your children entertained all summer.



## Carlton Forum Leisure Centre Sports Day

**Saturday 8 & 28 August  
9am-5pm**

Unlimited use of squash, table tennis, outdoor tennis, badminton and the swimming pool for just £3 per person. A great way to enjoy family time together.

## Summer Super Camps

**Various Venues  
£12 per day  
Suitable for children  
aged 7 to 11yrs**

Our Super Camps give children the chance to try new and exciting activities, make new friends and have lots of fun! Mondays focus

on football, Tuesdays bat 'n' ball and Wednesday is multi activities.

**Bookings must be done in advance and can be made online at [www.gedlingsportspartnership.co.uk/super\\_camps](http://www.gedlingsportspartnership.co.uk/super_camps)**

## Inclusive Holiday Camps

Be active, make new friends and learn new skills at the Inclusive Sports Camps. Book your child's space through the Gedling Sports Partnership on 0115 940 8394 or visit [www.gedlingsportspartnership.co.uk](http://www.gedlingsportspartnership.co.uk)

**To download the full brochure with every event taking place throughout the summer, visit [www.gedling.gov.uk/leisure](http://www.gedling.gov.uk/leisure)**

# Young at Heart

We all know that exercise is good for our health and wellbeing, but many of us don't do enough. If you've been looking for that extra bit of motivation, here it is.

At 70 years old, Graham Lockwood is a breath of fresh air and passionate about exercise. We met him at Redhill Leisure Centre to hear about his experience using our leisure services.

**Q. What was your health like before using our services?**

A. Eight years ago I was diagnosed with Peripheral Arterial Disease after quitting being a lifelong smoker. The condition badly affected my legs and I couldn't walk very far without considerable pain. I was meant to have angioplasty on my legs to open the blockages, but this had to wait as I became ill and needed a triple heart bypass.

**Q. What was your recovery like?**

A. When I was on the road to recovery after my heart surgery, I had the angioplasty, which allowed me to walk pain free again. Then during my rehab, the hospital offered me the chance to take part in the Positives Moves Scheme with Gedling Leisure.

**Q. What did you think of the scheme?**

A. I gladly accepted the chance to exercise with others back in 2009. They were Heartbeats classes with people that had similar surgeries or conditions, so I enjoyed the social aspect too.



**Q. What happened when you finished the scheme?**

A. It never really finished for me, Heartbeats classes are still running now, and they're very good. After a year or so of Heartbeats classes, I decided to join Gedling Leisure as a DNA member and tried doing a bit of training in the gym and taking part in other classes. The instructors made me very welcome and I couldn't have met a nicer bunch of people while trying most of the exercise classes on the menu.

**Q. How has it made a difference to you?**

A. Since then I adopted this lifestyle and have continued with it for the last seven years and enjoyed every minute, including a little pain! I say...Do what you can while you can!

If you've been inspired by Graham's story, visit [www.gedling.gov.uk/leisure](http://www.gedling.gov.uk/leisure) to get active.

KEEP ME  
POSTED

# Rate Contacts and win £100

## Q1 How often do you read Contacts magazine?

- All three editions in a year
- Usually two editions a year
- Usually only one edition a year
- Never, I just happened to read this one

## Q2 How would you rate Contacts magazine?

- Very good and easy to read
- Good and easy to read
- Neither good nor bad
- Fairly difficult to read
- Very difficult to read

## Q3 What is your preferred method for the council to keep you in touch with news, services and activities?

- Council's website
- Email
- Paper magazine
- Social media
- None

We are always looking at ways to improve Contacts magazine and your views are vital to ensure we are providing the right magazine for you. Please fill out the quick questionnaire below and return it to us or, alternatively, fill out the questionnaire online and you could win £100. It's that simple.

## Any comment or suggestions?

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Your name

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Postcode

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Contact

---

Number

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Email

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You do not have to give us your contact details but if you want to enter the competition we will need your name and email address to contact you if you win. We will also contact you to offer you the opportunity to opt in to receiving promotional and marketing communications from us.

**Terms and conditions apply, see [www.gedling.gov.uk/haveyoursay](http://www.gedling.gov.uk/haveyoursay) for details**

# We Have a Winner!



Congratulations to Alan Benson who won an iPad Air 2 in our Keep Me Posted competition, launched in the last edition of Contacts.

KEEP ME POSTED

Over 1,000 people signed up to the council's new newsletter for a chance to win but there could only be one. Alan, who lives in nearby Arnold, didn't get chance to hold on to the iPad for long as he kindly donated it to his young grandchildren who are loving their new present from their Grandad. Alan said "The grandchildren think it's great and they will get much more use out of it than me. I never win anything and couldn't believe it when I got the call to say I had."

*Well done Alan and a huge thank you to everyone who entered the competition.*

We now have over 20,000 unique subscribers signed up to Keep Me Posted. If you would like to stay up to date with the latest council news, jobs, leisure activities and events then go to [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)

It takes a minute to sign up and you'll never miss out on what your council is doing ever again.

Please send the survey to: **Contacts Survey, Communications, Gedling Borough Council, Civic Centre, Arnold, Nottingham, NG5 6LU**

Too busy to fill in the survey and post it back? You can also fill it in online at [www.gedling.gov.uk/haveyoursay](http://www.gedling.gov.uk/haveyoursay)





## A Breath of Fresh Air

In April 2016, a new service was launched to support local people to stop smoking.

This new service, Smokefreelife Nottinghamshire, has a number of different services available to help people kick the habit and each can be tailored to your needs.

Smokers who want to stop smoking, can now access the new service and benefit from

- FREE confidential stop smoking support tailored to you
- EXPERT and professional advice and support
- Nicotine replacement therapy

If you're hoping to quit smoking then talk to your GP or contact the Smokefreelife Nottinghamshire service on:

**Phone: 0800 246 5343 or 0115 772 2515**

**text QUIT to 66777**

**email: [info@smokefreelifenottinghamshire.co.uk](mailto:info@smokefreelifenottinghamshire.co.uk)**



## New Breathe Easy Group

A new support group for people living with respiratory conditions has been launched in Arnold.

The hugely popular Breathe Easy support network kicked off with its first meeting on Tuesday 10 May. The groups provide support and information for people living with a lung condition, and for those who look after them.

The group meet the second Tuesday of the month, from 1pm-3pm, at The Longbow, Calverton Road, Arnold.

People can meet, talk to others and share experiences about living with their condition and coping with the emotional aspects of having a lung condition.

Breathe Easy Arnold is supported by NHS Nottingham North and East CCG and the British Lung Foundation. The group provides support from health professionals and people who are going through the same experiences and issues as you.

**For more information about these meetings or on other Breathe Easy groups in the area please contact the British Lung Foundation on 03000 030 555 or [helpline@blf.org.uk](mailto:helpline@blf.org.uk)**

## 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).

## Get Social!

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

[www.facebook.com/NHSNNE](http://www.facebook.com/NHSNNE)  
[www.twitter.com/NHSNNE](http://www.twitter.com/NHSNNE)

For news across South Nottinghamshire  
[www.facebook.com/NHSSouthNotts](http://www.facebook.com/NHSSouthNotts)



## 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 of keeping up-to-date with all the latest from your local NHS.

**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 and will not be shared without your permission.**





# INDEPENDENCE AT HOME

- Providing you with extra support to maintain independence in your own home
- Connecting you to an emergency response centre 24 hours a day - 365 days a year, should you need assistance
- Local service, with proven track record of providing support for more than 20 years, with over 800 satisfied customers
- Individual packages, tailored to suit your needs



For more information on our Lifeline service, please contact us on: 0115 905 1606 or [lifelineservice@gedlinghomes.co.uk](mailto:lifelineservice@gedlinghomes.co.uk)



## Available Homes



Gedling Homes has a selection of properties available now, including:

- One bedroom flats
- One bedroom properties within our Independent Living schemes
- Three bedroom family houses

We offer secure tenancies and affordable rents in well-maintained and managed properties throughout the Gedling borough.

To find out how you could become a Gedling Homes tenant, or for more information, please call us on **0115 905 1515**.



# Building the Borough

Artist impression of Chase Farm courtesy of KeepMoat

Planning permission to build 1,050 new homes on land at Chase Farm, Arnold, has been granted by the council.

The 33-hectare site will provide a significant number of much needed new homes in the borough and will play a crucial part of our requirement from Government to deliver 7,250 homes by 2028.

Housebuilders Keepmoat have been working in partnership with the Homes and Community Agency

to deliver the homes. The first phase will be to build 506 homes followed by the remaining 544 once work has been done to expand the transport networks in the area, such as the proposed Gedling Access Road, a 3.8km road that will link Burton Joyce to Mapperley Top. The plans also identify a new primary school, health centre, local shops and public open space.

To find out about planning near you sign up to our monthly newsletter. [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)



## Recycling's a Smash

Glass is perfect for recycling as most glass bottles and jars can be recycled in your glass box or at bottle banks located near large supermarkets around the borough.

Before you recycle please rinse the glass, put the lids in your recycling box and if the bank is in a residential area, please use it during daylight hours. It can be rather noisy if you live nearby.

Please do not put these in your glass box or take to the bottle banks:

- **Window panes**
- **Glass ovenware such as Pyrex**
- **Glass electrical items**
- **Broken glass**
- **Spectacles**
- **Mirrors**
- **Corks**
- **Light bulbs**

These can go in your general waste bin or be taken to the household recycling centre in Calverton.

If you need another glass box, please call our customer services on 0115 901 3621 to request one.



## Metal Matters

Food tins and drinks cans are made from steel or aluminium. Both of these items are 100% recyclable and can be reprocessed again and again without loss of quality. Each can could be recycled and be back on sale as another can – in just 60 days



## A Refreshing Fact!

If everyone in UK recycled one empty can of air freshener, enough energy could be saved to run a TV in 273,000 homes for a year!

Tips for recycling aerosols:

- Please ensure aerosols are completely empty before recycling
- Do not pierce, crush or flatten aerosol cans
- Please remove the lid if possible and put in your general waste bin

## Ways to Reduce Waste

**Stop unwanted mail**

You can reduce unsolicited mail by writing to The Mailing Preference Service. Freepost 29, LON20771, London, W1E 0ZT or call 0845 7034 599.

You can also opt out of Royal Mail deliveries of unaddressed mail that is delivered to every household by emailing [optout@royalmail.com](mailto:optout@royalmail.com).



## Re-Paint

You can donate left-over paint at the Calverton Household Waste Centre. They will then distribute the paint to local charities and community groups who will put it to good use.



## Think Before you Shop

Can you buy something that will last longer rather than a disposable item? For example, rechargeable batteries instead of disposables or real crockery and cutlery instead of plastic ones for your parties can make a real difference.

## Compose a Green Garden

If you can, compost your garden waste and vegetable peelings by subscribing to our garden waste scheme or by taking your cuttings to your nearest recycling centre. Compost produced at home benefits your garden, adding nutrients, improving soil structure and maintaining moisture levels.

To join our garden waste scheme visit [www.gedling.gov.uk/gardenwaste](http://www.gedling.gov.uk/gardenwaste)



# What's on in Gedling

Your guide to what's coming up in the next few months

## Dates for your diary

### Arnold Play Day

Wednesday 10 August  
1-4pm

Arnot Hill Park, Arnold  
Free event

### Carlton Play Day

Saturday 3 September  
1-4pm

Richard Herrod Playing Fields,  
Foxhill Road, Carlton  
Free event



### Gedling Show

Sunday 4 September  
11am-5pm

Richard Herrod Playing  
Fields, Foxhill Road,  
Carlton  
Free event



## What's coming up at the Bonington Theatre

Box Office number  
0115 901 3640

### The Bachelors with John Stokes

Wednesday 21 September 2.30pm  
Bonington Theatre, High Street, Arnold  
Tickets £14, Concessions £13

### Tony Farrell Big Band

Saturday 1 October 7.30pm  
Bonington Theatre, High Street, Arnold  
Tickets £12, Concessions £10

To see the full listings of live shows and  
films coming up, visit  
[www.boningtontheatre.co.uk](http://www.boningtontheatre.co.uk)

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)

## Mayor's News



The outgoing Mayor, Councillor Meredith Lawrence, has raised £9,375 for this chosen charity, We R Here, a counselling service that supports children and families who have experienced traumatic life events. Cllr Lawrence raised the money through a number of charity events including the Mayor's Last Stand, a variety performance involving local schools. He also attended nearly 200 events throughout his year in office.

We'd like to say thank you and well done to Cllr Lawrence for his year in office and congratulations to Cllr Barnes and the best of luck for her forthcoming year.

The new Mayor of Gedling for 2016/17 is Councillor Sandra Barnes. Labour Councillor Barnes who represents the Daybrook ward was voted in unanimously at the Annual General Meeting of Councillors in May. Cllr Barnes' chosen charity is Pancreatic Cancer Research Fund. Each year 9,000 people in the UK are diagnosed with the cancer and it's the fifth most common cause of cancer death and it has the lowest survival rate.

### Behind the scenes

For the first time ever, we went behind the scenes at the annual Mayor Making ceremony to see what really happens in the Mayor's Parlour before the ceremony.



You can watch the video by searching  
Gedling Borough Council on YouTube.



THE BOROUGH'S LARGEST HORTICULTURAL SHOW

# Gedling Show

Sunday 4 September 11am - 5pm

Richard Herrod Playing Fields, Foxhill Road, Carlton

FREE EVENT

**140 CHARITY, CRAFT,  
TRADE & INFORMATION  
STALLS**

**CLASSIC CARS &  
MOTORBIKE SHOW**

**CHILDREN'S FUN FAIR**

**FOOD COURT**

**FREE CHILDREN'S  
ACTIVITY MARQUEE WITH  
SEN CHILL OUT AREA**

**FUN DOG SHOW ORGANISED BY NOTTS  
& YORKS BOXER RESCUE CHARITY**

**KMX GRASS KARTS & SPORTS ZONE  
DANCE SHOWCASE MARQUEE &  
WORKSHOPS**

**BBM DAKOTA FLYPAST**

**Limited on-site parking.  
Additional parking at Carlton  
Forum Leisure Centre car park.**



For more info contact Lorraine Brown, Events & Play Officer on  
0115 901 3602 [lorraine.brown@gedling.gov.uk](mailto:lorraine.brown@gedling.gov.uk)

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



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**Gedling**  
Borough Council

