

Issue 42 Winter 2016

# contacts



gedling  
borough



gedlingbc



@gedlingbc

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



**Christmas lights  
details on the  
back page**

**New visitor centre  
and children's park**

**INSIDE**  
**FREE Bulky Waste  
Collection details**  
**Plus...**  
**Important changes  
to Christmas bin  
collections**

# Leader's column

Welcome to the winter edition of Contacts. We're delighted to be unveiling the final designs for the Gedling Country Park Visitor Centre which is being built as we speak. We hope you'll agree that alongside the new children's play area and café, the Visitor Centre will really put the park on the map as one of the best country parks in the region.

As this magazine lands on your doorsteps you will no doubt be gearing up for Christmas and looking forward to spending some important quality time with your family and friends. In this edition we're highlighting the great work our volunteers do with their time around the borough including Gedling Play Forum and the newly opened Mental Health befriending centre in Arnold. Have a look on pages 20-21 and if you can spare any time, they would love to hear from you.

And finally, thank you to everyone who has filled out the survey to get your views on this magazine. The responses have been overwhelmingly positive and you've made it clear that this is an important way of keeping you informed and we will continue to do so.

Wishing you a Happy Christmas and New Year

**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)



## Christmas bin collection dates

Some collections are changing over Christmas & New Year. If your bin is collected on a Monday see new dates below.

### Normal

Monday 26 Dec

Monday 2 Jan

### Revised

Saturday 24 Dec

Saturday 31 Dec

If you have extra recycling, place in cardboard boxes or untied bags next to your bin. For extra black bin waste, please leave in bags next to your bin.

Please put bins out by **6am** for collections on Christmas Eve, Tuesday 27 or Saturday 31 December.

Your 2017 bin collection calendar will be delivered shortly with any changes to your waste collection dates.

# 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)**

## 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
Environmental Protection:	0115 901 3972
Licensing:	0115 901 3971
Public Protection:	0115 901 3832

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

KEEP ME POSTED



## Contents

Colliery Anniversary	6-7
Pride of Gedling	11
New play park	15
Visitor centre	16-17
Volunteering	20-21
Mayor's News	31
Christmas lights	32

Cover photo courtesy of Nottingham Post

**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.**

Gedling Country Park



Arnot Hill Park



Burton Road Jubilee Park

# Triple park celebrations

A year after opening, Gedling Country Park is now officially one of the best parks in Britain alongside two others in Gedling after being awarded a National Green Flag Award from Keep Britain Tidy.

Arnot Hill Park in Arnold retained the title for its tenth

consecutive year and Burton Road Jubilee Park in Carlton won the award for the third year.

Keep Britain Tidy accredits parks and green spaces in Britain that operate to the highest possible standards, are beautifully maintained and have excellent facilities.

# Gedling Civic Carol Concert

**Saturday 10 December 7pm**

St Paul's Church, Mansfield Road, Daybrook

The Mayor of Gedling Cllr Sandra Barnes is hosting this year's Gedling Civic Carol Concert on Saturday 10 December.

The Christmas Concert starts at 7pm in St Paul's Church, Mansfield Road, Daybrook.

It promises to be an evening filled with festive cheer and Christmas carols with special performances by Newstead Brass Band and Carlton Male Voice Choir.

The festive event is free to the public and includes mince pies, tea and coffee. No need to book. Simply join us for this special festive event.

**Be part of our**

# DECISION MAKING

For more information about these roles and committees or to apply please visit [www.gedling.gov.uk/jobs](http://www.gedling.gov.uk/jobs)

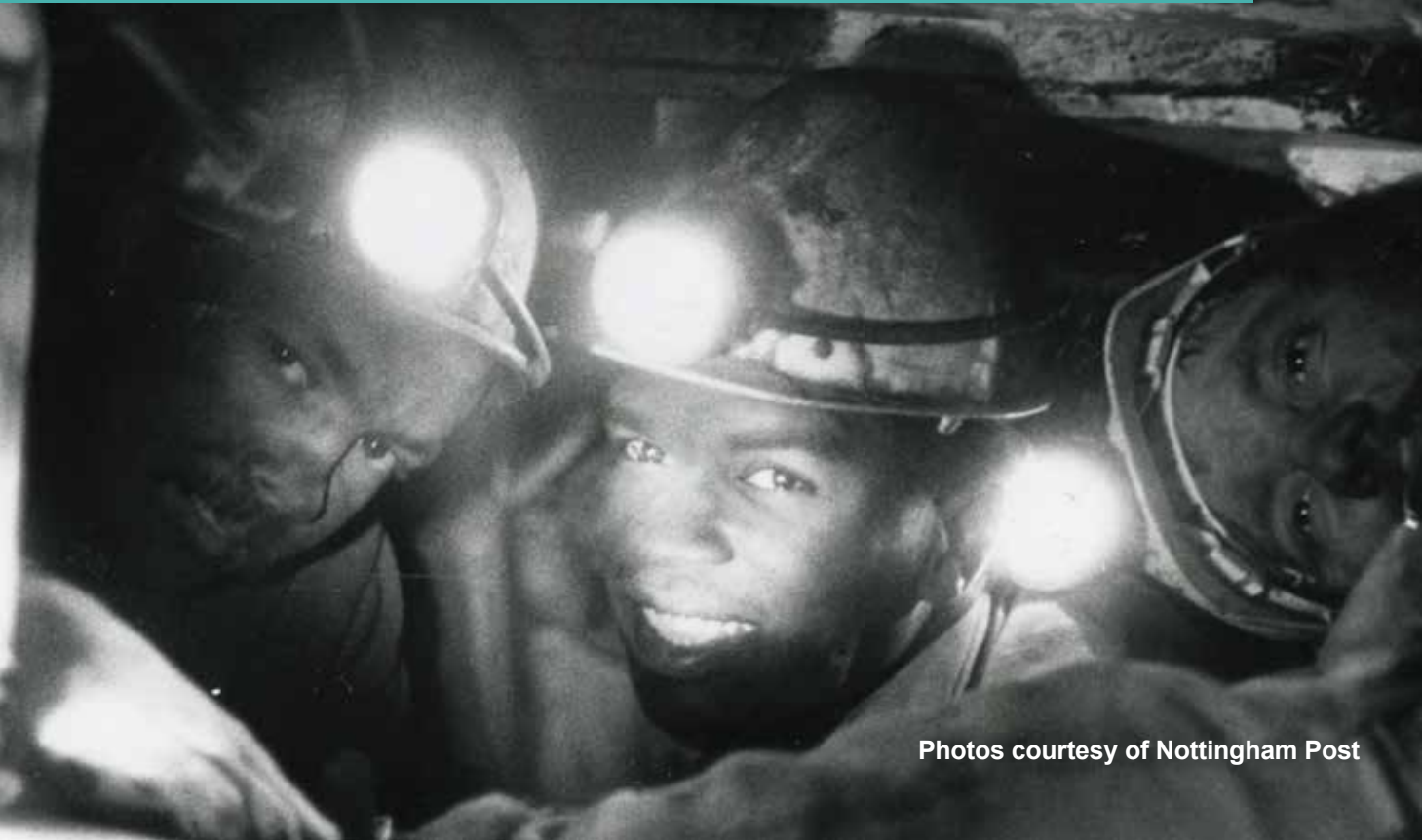
We are recruiting people to independently support the work of the council and its elected members.

The roles are:

- Reserve Independent Person - to help deal with code of conduct. Complaints about elected members and parish councillors.
- An independent (non-voting) co-opted member of the Standards Committee.
- Member of the Independent Remuneration Panel which reviews the allowance payments made to councillors.

# A pit of all nations... 25 years on

This November was the 25th anniversary of the closure of Gedling Colliery which is now home to Gedling Country Park. To mark this milestone, a special event was organised with ex miners.



Photos courtesy of Nottingham Post

On the 7 November 1991, the miners worked their last shift. 25 years to the day, nearly 200 men and women miners who worked on the pit, which was once known as the 'pit of all nations', were invited to a special commemoration event taking place at the country park followed by a presentation at, what used to be, the Gedling Miners Welfare Club.

As part of the anniversary, local brewery Flipside has commissioned a special beer called Gedling Tally which will be stocked in local pubs and breweries to mark the anniversary.



The guests took a tour of the country park and made a visit to the Gedling lamp memorial to remember the miners who lost their lives working on the pit and a beacon was lit in the country park to mark the occasion.

## Memorial Gardens

During the colliery's almost 90 years, 130 men sadly lost their lives in the pit. To honour these men and celebrate the work of all the miners a special memorial garden is being planned.

The gardens will provide a peaceful place of quiet reflection for all. It will occupy a unique location in the new Gedling Country Park where cycling and walking routes meet, providing outstanding views.

It will include seating, raised planters, wildlife pond and a pergola. There will also be some artwork to commemorate the pit ponies and canaries. Work is currently underway and should be completed in spring.



# Big plans for Gedling



The Gedling Plan sets out our plans and priorities for the next 3 years and we have big plans for the borough.



## What we're aiming to create

We aspire to be regarded as a great Council by the people and businesses we serve and the staff we employ, by making a positive difference to people's lives and creating opportunities for everyone to achieve their full potential.



**Support local businesses**



**Provide high quality and excellent value for money public services**

There are lots of exciting initiatives within the Plan including:

- Providing free swimming sessions
- Improving civic centre reception facilities
- Securing construction of the Gedling Access Road
- Improving the image and 'offer' of Arnold Town Centre including the Market
- Developing plans for the regeneration of Carlton Square area
- Constructing a visitor's centre at Gedling Country Park
- Delivering more housing
- Reducing the number of empty properties
- Improving our website and online services



We'll be reviewing our progress on a regular basis and you can keep up to date with this on our website [www.gedling.gov.uk](http://www.gedling.gov.uk).

**Download the plan**  
[www.gedling.gov.uk/gedlingplan](http://www.gedling.gov.uk/gedlingplan)





International  
Women's Day

© natalieb - supplied by Fotolia

# International Women's Day

A month of celebration is planned throughout March to mark International Women's Day 2017. In the run up to International Women's Day which is on Wednesday 8 March, funding will be made available for Gedling Community Groups to bid into, to enable them to run an event as part of a wider programme of activities in Gedling. The programme will culminate in a recognition and celebration evening hosted by the Mayor of Gedling Cllr Sandra Barnes, at which local women will receive awards for outstanding achievement. Last year's Woman of the Year was Lesley Rhodes of Gedling Play Forum.

**Contact Jane Ansell on 0115 901 3698 or email [Jane.Ansell@gedling.gov.uk](mailto:Jane.Ansell@gedling.gov.uk) for further information.**

# Pokémon GO to 10 Downing Street

A video to highlight the issues of dog fouling in the borough has reached Number 10 Downing Street!

We jumped on the Pokemon Go bandwagon and made a quick video showing a concentrating player walking through the park using his phone before stepping into dog mess with the end titles saying 'Pick up your dog poo, so he can find Pikachu!'

The tongue-in-cheek video went viral reaching thousands of people across social media including the Cabinet Office, who got in touch to praise us for the good work!

You can view the video on our YouTube page by searching 'Gedling Borough Council Pokemon'.





© Keaton - supplied by Fotolia

Arnold's beautiful new wedding venue



# Till death do us park!

Arnot Hill House is a spectacular yet affordable wedding venue.

Set in the landscaped gardens of Arnot Hill Park, it provides a stunning backdrop for wedding day photographs.

The impressive Grade II listed house boasts a grand wedding ceremony room overlooking the lake and can accommodate 80 people.

The venue is also ideal for other ceremonies.

**For more information and availability please call 0300 500 80 80 or email [south.registrationservices@nottsc.gov.uk](mailto:south.registrationservices@nottsc.gov.uk)**

## Services for older people

We are in the process of developing a Seniors' Council to advise and inform council policy on services for older people in Gedling.

As part of this we are creating a database of community organisations that specialise in this area, so if you are an organisation who works with or supports older citizens in our borough, please contact Jane Ansell on 0115 901 3698 or email [Jane.Ansell@gedling.gov.uk](mailto:Jane.Ansell@gedling.gov.uk)

## Have your say

If you live in the Parish of Bestwood St. Albans we are keen to hear your views.

A Community Governance Review is taking place and we would like to know your views on the arrangements for parish councils in the area.

**The consultation ends on Friday 9 December. To make a comment please visit [www.gedling.gov.uk/haveyoursay](http://www.gedling.gov.uk/haveyoursay)**

# Pride of Gedling 2017

Pride of  
Gedling  
Awards 2017

Contacts 11

We're working with the Nottingham Post to celebrate our community heroes with the third **Pride of Gedling Awards**. The awards recognise the outstanding work of people living in the borough who make a positive contribution to our communities.

There are six categories to nominate for:

## 1. Good neighbour award

This award recognises inspirational individuals who have gone that extra mile to make everyday life better for others in their community.

## 2. Community servant award

Someone who works serving the public in their day job and has gone above and beyond the role to help others, assist their community or improve their environment.

## 3. Young person award

This award celebrates young people under the age of 21 who make an outstanding contribution to their communities.

## 4. Volunteer award

Someone who volunteers with a group or organisation and, through their commitment to others, makes a positive contribution to the community.



## 5. Outstanding community project

This award is open to any project or group which helps our local communities and improves the lives of those who live in them.

## 6. Business in the community award

This award recognises the businesses which play a role in supporting their community.

## How to nominate

- Nominations are open from 30 November so get nominating your community heroes!
- Go to [www.gedling.gov.uk/prideofgedling](http://www.gedling.gov.uk/prideofgedling) to nominate online
- Send your postal submission to Nikki Candola, Nottingham Post, 3rd Floor, City Gate, Tollhouse Hill, Nottingham NG1 5FS
- Call Nikki on 0115 905 1901 to find out more.

Shortlisted nominations will appear in the Nottingham Post and finalists will be invited to a special award ceremony at the civic centre in March 2017.

**We're looking for local businesses to sponsor an award. All sponsors will be featured in a special Nottingham Post supplement and present an award. If you are interested please contact Nikki on 0115 905 1901.**

# Enjoy a smoke free life

The average smoker spends more than £2,500 every year on smoking, so quitting smoking will improve your health and give you more money to spend on you and your family.

The damage smoking causes to a smoker's health is immense. Every week in Nottinghamshire more than 30 people are admitted to hospital with smoking-related illnesses. Quitting isn't easy but help and advice is available in Gedling.

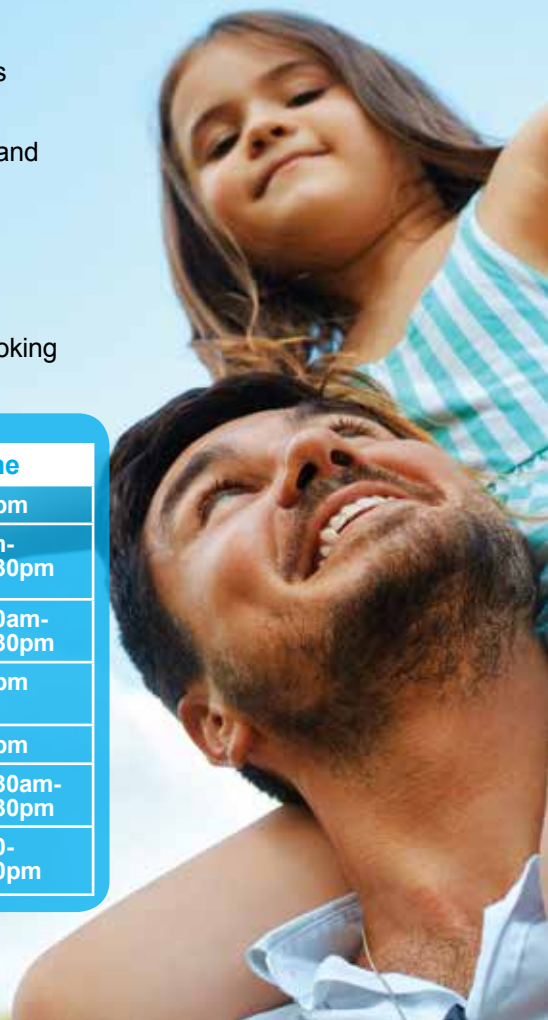
The Smokefree Life Nottinghamshire service is FREE to anyone living and working in Nottinghamshire or registered with a Nottinghamshire GP.

Find out about local stop smoking support in Gedling by calling 0800 246 5343, by texting 'quit' to 66777, or by emailing [info@smokefreelifenottinghamshire.co.uk](mailto:info@smokefreelifenottinghamshire.co.uk)

Free stop smoking advice and support, which can include free stop smoking aids, is available at the following locations in Gedling:



Venue	Day	Time
Park House Health Centre, Burton Rd, Carlton	Thursday	3-8pm
Park House Health Centre, Burton Rd, Carlton	Friday	9am-12:30pm
Arnold Health Centre, High St, Arnold	Monday	9:30am-12:30pm
Arnold Health Centre, High St, Arnold	Wednesday	2-7pm
Daybrook Medical Practice, Salop St, Daybrook	Tuesday	2-4pm
Asda, Front St, Arnold	Tuesday	10:30am-12:30pm
St George's Community Centre, Victoria Rd, Netherfield	Tuesday	2:30-6:30pm





# 67 affordable new homes take shape



Land on three derelict sites in Gedling has been transformed to create affordable new homes thanks to a new project we worked on with Nottingham Community Housing Association.

Six homes – two of which are shared ownership – have been completed on a former disused site at Dunstan Street, Netherfield, and work is almost complete on 18 one bed flats and two shared ownership properties at the Grove pub site in Daybrook (pictured above).

Work is also expected to be completed next autumn 2017 on 41 new homes on the Blue Note Pub site on Cavendish Road, Carlton.

The project received £5.6 million investment from the NCHA and Gedling Borough Council including £1.2 million which is part of the Homes and Community Agency grant programme for the East Midlands.

Gedling residents will receive first choice for all the new affordable rent homes which will be allocated through Homesearch, the council's choice-based lettings scheme. Applications must be made online at [www.home-search.org.uk](http://www.home-search.org.uk) and more information will be available about each site as they are completed.

## Gedling Country Park special



The cows arrived in September

# Cows mooove into new park home

No, your eyes are not deceiving you; we have cows in Gedling Country Park, 10 of them in fact – including some very cute calves!

The cows, on loan from Meadow View Farm in Calverton, will help maintain some of our grassland areas which have been fenced off to protect Skylarks and Lapwings.

The grazing cattle will move between four areas, reducing the need to use mechanised mowers on steeper slopes.

## Sheep flock to the park

Not long after the cows made the country park their new home, a mixture of 17 Hebridean and Jacob sheep also moooved in to graze alongside the cows.

We hope you agree that these latest additions to the park are udderly fabulous. If you're at the park then please upload your cow or sheep pictures to our Facebook page and we will share the best ones.



## Busy bees

One of the Friends Group's first projects was to introduce native honeybee colonies to the 240 acre park.

Eight local swarms occupy the beehives within the solar farm boundary. The bees have been busy producing honey and building up their supplies.

The Friends Group hopes to start selling the honey next year, so keep your eyes on the Friends Group's website [www.gedlingcountrypark.org.uk](http://www.gedlingcountrypark.org.uk) for details of when the honey is available.



# A park that towers above the rest

**Gedling  
Country  
Park special**

Our brand new children's play area at Gedling Country Park threw open its doors in October, and as you can see, it looks fantastic.

The play area proudly incorporates the park's mining heritage within three distinct areas for children;

- A toddler area celebrating Gedling Colliery Station and Lagoons, complete with swings, slides and wheelchair accessible roundabout.
- A junior area showcases the 'old pit' and Gedling Grasslands with

a 7 metre rustic mining tower at its heart and sculptures and granite 'coal effect' boulders.

- And a teen area which celebrates the park's wild woodland habitat, features a zip wire and adventurous climbing area.

The council part-funded the new park with £150,000 alongside a £50,000 grant from WREN'S FCC Community Action Fund after a successful joint funding bid by the Friends of Gedling Country Park.



**Gedling  
Country  
Park special**



# Visitor Centre

## Work begins on the new visitor centre

We can finally reveal exciting plans for the new £1.2 million visitor centre in Gedling Country Park.

In our summer Contacts we showcased some early designs from students at Nottingham Trent University. They worked with Leader of the Council, Cllr John Clarke and the council's parks team. Their ideas inspired the final design which was produced by Allan Joyce Architects.

The centre will include a modern café with indoor and outdoor seating and toilet facilities. It is expected to be open next spring.

## Local inspiration

The centre's design also took inspiration from local people, as well as local university students. Nearby residents took part in a consultation to have a say on what they wanted to see at the park. 500 people from a possible 615 replied and asked for an outdoor seating area and several hundred people said they would like to see educational displays of the mining heritage in the centre.







# Volunteer in the park

The Friends of Gedling Country Park works closely with the council and volunteers to develop, promote and look after the park. Some of this work includes surveying wildlife and carrying out ecological studies which takes considerable time, effort and financial resources.

This is why the support of members is so vital to ensure they have sufficient funds to operate the basic needs, insurance, tools, protective clothing for volunteers etc.

There have been more than 60 park members and over 50 volunteers have worked on projects including:

- 16 Mini Explorer events
- 30+ Surveys
- 1,000+ trees planted
- 8 Beehives established in the solar farm
- Cleared woodland and new paths
- Created glades
- Built a Celtic Roundhouse

**Gedling  
Country  
Park special**

Upcoming projects include clearing a lagoon, willow weaving and clearing pathways.

If you are interested, there are a number of volunteering days, so whether you're an individual volunteer, or business offering a team for a day, please contact the Friends Group on: [fgcpcchair@gmail.com](mailto:fgcpcchair@gmail.com)

## Temporary Loos

Toilets have been installed next to the children's play area. They are temporary facilities and will be in place for public use until the new café and toilets are opened next spring.



18 Contacts

# The results are in...

In our summer edition of Contacts we asked you to tell us what you thought of the magazine. We asked you how often you read it? Was it easy to read? And how would you prefer to be kept in touch by us.

We had over 500 responses and the results have been very valuable to us.

Here are the results:

**80%**

said you read every edition of Contacts

**89%**

said it was either good or very good and easy to read

## Some of the comments:

“Engaging, colourful and informative”

“Brilliant magazine – eye catching and interesting”



“It's nice to sit with the magazine and a cup of tea”

“Keep up the good work”



Thank you to everyone who took part in the survey. The winner of the £100 prize was Sue Raynor. We really do appreciate the feedback and it will help shape future editions of the magazine.

WHAT ARE YOU  
WAITING FOR?

*Christmas?*

**THE TIME IS  
NOW!**

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

Terms and Conditions apply

**Redhill**  
0115 901 3630

**Carlton Forum**  
0115 987 2333

**Calverton**  
0115 901 3800

**Arnold**  
0115 901 3690

**Gedling**  
Borough Council 

20 Contacts

# Time for volunteering in Gedling?

If you have some spare time and have ever thought about volunteering, there are lots of opportunities across the borough.

Community and voluntary organisations are a vital part of community life and they are always looking for people to help them.

There are a number of key roles available which offer new skills and give volunteers the chance to meet new people. It is also a great way to get back into work or simply to support the community.

**The following organisations are looking for volunteers right now:**

## Gedling Play Forum

If your skill is supporting younger children, Gedling Play Forum is keen to recruit new volunteers to help with setting up activities at events around the borough.

The forum delivers vital services including free workshops to encourage creative play and healthy activities at many events, including play days, Halloween, Chinese New Year, Arnold Carnival and Gedling Show.

Volunteering work can involve anything from building a spaceship SEN area to helping families with the craft activities.

The forum is also seeking new trustees with skills in management, administration, finance and IT. Interested? Contact Lesley Rhodes on 0115 956 0673 or email [admin@gedlingplayforum.org](mailto:admin@gedlingplayforum.org)



## Daybrook Crew Youth Club

If you'd like to work with young people, the Daybrook Crew Youth club offers exciting activities for children aged 7-14 years on Tuesdays from 6-30pm to 8pm in term-time.

They're looking for volunteers who can offer great ideas for projects and help put them into action as well as being part of the club's leadership team. You should be over 18 and are subject to the disclosure and barring process. Please email [daybrookcrew@gmail.com](mailto:daybrookcrew@gmail.com) or contact Pauline on 07500 287055.

© Photographee.eu - supplied by Fotolia



## Nottinghamshire Hospice

Volunteers are an essential and highly valued part of the hospice team. They help in areas from patient care to fundraising and in the shops. There are roles to suit all ages and interests. It's an opportunity to gain new skills and increase your confidence whilst doing something valuable and rewarding.

To get involved please call our volunteering team for a chat on 0115 910 1008 (option 7) on weekdays 9am - 4.30pm or email [volunteering@nottshospice.org](mailto:volunteering@nottshospice.org)

## Arnold Mental Health Befriending and Support Group

This new support group aimed at people with a mental health problem, as well as family members or carers, has launched at Arnold Methodist Church.

The group offers a friendly place to meet for advice, signposting, refreshments, crafts and games.

No need to book, just drop in on Fridays between 11am - 2pm.

If you'd like to volunteer please contact Sue Clayton on 07514 775 514 or email [clayton63@btinternet.com](mailto:clayton63@btinternet.com)



## Caught on the fly

A new state of the art portable CCTV camera is being used around the borough to catch and prosecute fly-tippers.

The rapid deployment camera is weatherproof and has a motion detector. It will be placed in known fly-tipping areas, where normal CCTV does not operate. As well as the camera, two new neighbourhood warden vans will raise the awareness of patrols to prevent fly-tipping.

Earlier this year, one of our prosecutions hit national headlines when a man caught fly-tipping claimed in court that it was his imaginary identical twin who fly-tipped. The story was printed in many of the national papers and despite the offender's best efforts to evade justice he was found guilty, sentenced to wear an electronic tag and fined £800.



## No barking matter

A dog owner in Mapperley who allowed his dog to bark excessively was fined and had his dog temporarily seized.

Omar Yousufazi, formerly of Roseleigh Avenue, was given a 12 month conditional discharge by Nottingham Magistrates and ordered to pay costs of £1,038.50 for failing to stop his dog from barking despite warnings.

He left his dog (pictured) outside stating that 'he's a dog and he's meant to bark'. The persistent barking, sometimes for 12 hours a day, had a severe effect on his neighbours' quality of life.

One witness said in a statement: 'From the end of summer last year we haven't managed to have a single night of unbroken sleep. Going to bed early is pointless as all we can hear is the dog barking itself in to a frenzy.'

Our Neighbourhood Wardens work closely with the police in the community. If you have any noise issues contact them on 0115 901 3972 or email [environmentalhealth@gedling.gov.uk](mailto:environmentalhealth@gedling.gov.uk)

# Pitch Perfect

Grassroots sport in Gedling is to benefit from a major cash injection after the council and Redhill Academy Trust were awarded a £381,309 grant from the Premier League and The FA Facilities Fund.

The funding will provide a first class football facility for training, competitive matches for its partner clubs Gedling Southbank FC and Arnold Town FC and the wider footballing community in the borough.

It will feature a FIFA Quality Standard 3G pitch with floodlighting and will be available seven days a week for teams to use to develop their football skills from grass roots to the senior game as well as providing a first class facility for recreational football.

Work is expected to start on the new pitch project before Christmas and will be operational early in the new year.



**Staff and Pupils from Redhill Academy celebrate the grant with Councillor Henry Wheeler**



# Have you still not had your flu jab?

---

If you're 65 or over or if you have an existing health problem, flu can be dangerous.

That's why you're eligible for a free flu jab.

Don't put it off. Get your flu jab straight away.

---



[www.nottinghamnortheastccg.nhs.uk/stay-well-winter](http://www.nottinghamnortheastccg.nhs.uk/stay-well-winter)





# Stay well this winter

© masahiki - supplied by Fotolia



## Top tips for staying well this winter

- Keep your home warm, at least 18.C
- 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

[www.nottinghamnortheastccg.nhs.uk/stay-well-winter](http://www.nottinghamnortheastccg.nhs.uk/stay-well-winter)

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.

Coughs, colds and other minor illnesses can often be managed with a visit to your local pharmacist, but if your symptoms persist we recommend you book an appointment with your GP.

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, from self-treatment to advice in a pharmacy, GP services, the NHS 111

number, mental health services, walk-in and urgent care centres and A&E.

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, such as their GP, pharmacist, NHS 111 or their local walk-in or urgent care centre, all of which may be better placed to help.

"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."



© highwaystarz - supplied by Fodola

## Is it time to talk? Why talking therapies could be for you!

For most people Christmas is a time to celebrate and have fun with the family, but for some it can be a very lonely time, especially if you're suffering from any mental health issue like anxiety, stress or depression.

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

To find out more talk to your GP or go to [www.nottinghamnortheastccg.nhs.uk/NHS/lapt](http://www.nottinghamnortheastccg.nhs.uk/NHS/lapt)

For compliments, comments and complaints about health services in Gedling, please contact the Patient Experience Team on: 0800 028 3693 or email [pet@nottinghamnortheastccg.nhs.uk](mailto:pet@nottinghamnortheastccg.nhs.uk)

# Join the BIG Health debate

Have your say about the services that matter most to you.

We want to hear about the health services that matter most to you so we can look at how we develop services in the future.

We're looking at a wide range of services, so if you use a particular service and feel passionate about it – negatively or positively - then let us know what you think by either:

- Completing the survey online at: [www.surveymonkey.com/r/big-health-debate](http://www.surveymonkey.com/r/big-health-debate)
- Completing a leaflet (available to download from our website or available at your GP Practice) and returning it to: [pet@nottinghamnortheastccg.nhs.uk](mailto:pet@nottinghamnortheastccg.nhs.uk)

For more information, please see our website - [www.nottinghamnortheastccg.nhs.uk/campaigns/big-health-debate](http://www.nottinghamnortheastccg.nhs.uk/campaigns/big-health-debate)



© sylvrabi - supplied by Fotolia

# The **BIG HEALTH** debate

**YOUR NHS needs you!**

Tell us what you think about the health services that matter most to **YOU**

[www.surveymonkey.com/r/big-health-debate](http://www.surveymonkey.com/r/big-health-debate)

## 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.

Dr James Hopkinson, Calverton GP and clinical lead for NHS Nottingham North and East Clinical Commissioning Group said:

“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.”

# Have a greener Christmas

Christmas often means we generate extra waste, but there are lots of ways to reduce it through recycling, donating and buying local.

- Remember to recycle cards & wrapping paper
- Recycle small (no bigger than a toaster) electrical items by leaving in untied bags with your glass box.
- Donate unwanted gifts to charity
- Buy gifts locally with minimal packaging and to reduce transport miles
- Give gift experiences, such as theatre or cinema vouchers or days out
- Reduce food waste with tips and recipes from [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)



## Extra glass

An extra glass collection has scheduled over the Christmas period, please check your calendar for details.

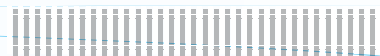


## Battery collections

There are so many batteries around at Christmas, but did you know we can collect them from your door? We can collect general household, mobile phone, laptop and power tool batteries. Just put them in clear bag and leave on top of your bin. We cannot accept car or industrial batteries. Please take these to the recycling centre.

## Tip: gift tags

A classic but a great tip to use up old card is to create homemade gift tags - use pinking shears to cut out the card - design and hole-punch the corner so they can be hung with ribbon or string on the present.



# FREE Bulky Waste Collection

Back by popular demand! If you have unwanted household items that are not fit for re-use and you need to get rid of them, we will be holding a bulky waste amnesty in January and February.

We will collect up to three of your unwanted household items free of charge between 16 January and 24 February.

To take advantage of this limited offer, book your slot from 4th January online at [www.gedling.gov.uk/waste](http://www.gedling.gov.uk/waste) or call 0115 901 3621.

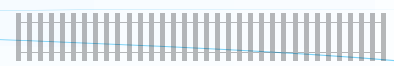


# Bad weather

If we're unable to collect waste due to ice or snow, the crews will return as soon as it safe to do so. Black bin waste will be the priority but any bins not emptied should be left out and they will be emptied as quickly as possible. Please note, we don't return for glass boxes, they'll be emptied on the next scheduled collection.

Sign up to Keep Me Posted - our email service, to keep up to date with any weather disruption changes at [www.gedling.gov.uk/keepmeposted](http://www.gedling.gov.uk/keepmeposted)

KEEP ME POSTED





# What's on in Gedling

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

## Chinese Dragons and Lanterns

Year of the Rooster

Saturday 28 January 1-5pm

Civic Centre, Arnot Hill Park, Arnold

An afternoon of arts and crafts to celebrate the Chinese New Year. Make your own lantern and join in with Chinese New Year inspired arts and crafts, including a traditional Lion Dance and Chinese stories.

Online pre booking  
essential [www.gedling.gov.uk](http://www.gedling.gov.uk)

## Dates for your diary

Spring Children's event

Saturday 8 April, civic centre, Arnot Hill Park.

There will be two arts and craft sessions at 1pm and again at 3pm. Spring themed fun with Gedling Play Forum and Gedling Borough Council.

Arnold Carnival

17-18 June at Arnot Hill Park.

A weekend of free family fun, including children's fun fair, arts and craft marquee, craft, street entertainers and refreshments.

KEEP ME  
POSTED

# What's coming up at Bonington Theatre & Cinema

Here's our pick of the latest shows including some festive ones to get you in the Christmas spirit.

## My Funny Valentine

Saturday 10 December – 7.30pm, Tickets £10

Award winning singer Robert Habermann's new show presents a unique look at the great love songs. Go on a journey of some of the 20th Century's greatest love songs and the stories behind them, including Unchained Melody, Moon River and As Time Goes By.

## Alan Barnes Octet – A Jazz Christmas Carol

Thursday 15 December 8pm

Tickets £15 (Concs £12,  
students £6, children free)

A family night out that is also a treat for the jazz connoisseur. Readings from the original Dickens tell the story, and after each scene eight virtuoso musicians bring the characters and scenes to life.

## Johnny Cash Christmas Special

Friday 16 December 7.30pm, Tickets £17

Rick McKay and special guest Jodie McKay pay tribute to Johnny Cash, June Carter and the fabulous Band Starkville City. Celebrating five decades of music, this is a two hour musical rollercoaster of classic country, rock n' roll and a pinch of seasonal songs with festive cheer!



# Mayor's News



**Christmas movie  
It's a Wonderful Life (PG)  
Friday 23 Dec 7.30pm**

Enjoy a proper Christmas treat with one of the greatest Christmas movies of all time, newly remastered. With its timeless tale of a good man brought low by fate but who is given a second chance at happiness by a passing angel. Enjoy a free cup of tea and a mince pie with us in the interval.

**We have a whole host of magical movies on at Bonington Cinema. Sign up to Keep me posted for details of all new movies or check out our cinema guide, which is available at most council buildings.**

KEEP ME  
POSTED

**To book tickets go to  
Boningtontheatre.co.uk**

When you read this I'll be more than half way through my year and will have attended 112 engagements since becoming Mayor in May.

There have been many memorable events which include meeting lots of families at play days, Arnold Carnival and Gedling Show.

This year was a special year for our Royal Family and there were many tea parties celebrating the Queen's 90th birthday, which were a pleasure to attend.

A first this year was the Gedling Junior Golf Tournament and Final at Mapperley Golf Club. This was jointly funded by the council, local businesses and golf clubs.

It's always a pleasure meeting our young people, so I was delighted to present certificates at many DARE Graduation Ceremonies.

I attended a civic reception for Gedling Southbank Football Club who received the National Award for Charter Standard Community Club of the Year 2016.

Christmas is always a special time, and on 10 December we host the Civic Carol Concert in Daybrook (see page 5).

So far £5,000 has been raised for my charity, Pancreatic Cancer Research Fund from events including a Revival 60s Music Evening, River Trent Boat Trip and Bollywood Evening.

**If you'd like to invite the Mayor, Cllr Sandra Barnes to a special community event, celebration, anniversary or you are a primary school and would like to 'Meet the Mayor' please contact Elections & Member's Services on 0115 901 3673 or email [civic@gedling.gov.uk](mailto:civic@gedling.gov.uk)**



# Christmas lights switch on

**Thursday 24 November**

Arnold, Eagle Square – 6pm.  
Craft Market from 5pm.

**Friday 25 November**

Mapperley Top - 4.45pm

**Saturday 26 November**

Calverton Memorial - 3.15pm

**Thursday 1 December**

Lambley – Main Street – 5pm

**Friday 2 December**

Carlton Hill – 4pm

**Friday 2 December**

Gedling Village – 6pm

**Friday 2 December**

Netherfield Town Centre – 5pm

**Saturday 3 December**

Ravenshead Village Hall by  
Paralympic Gold Medallist Sophie  
Wells MBE - 4pm.

**Saturday 3 December**

Carlton Square – 5.30pm

**Saturday 3 December**

Burton Joyce, The Village Centre –  
5pm

For full details of all the  
Christmas events taking place  
around the borough, visit [www.gedling.gov.uk/christmas](http://www.gedling.gov.uk/christmas)