

Issue 49 Spring 2019



contacts

YOUR VOTE MATTERS

DON'T LOSE IT

**Gedling Borough Council Elections
Thursday 2 May 2019**

Your guide to the borough election inside



Leader's column

Welcome to the spring edition of Contacts. In this edition there's a number of very important articles that you should be aware of. Firstly, the local elections take place on May 2 and it's very important that you have your say on how your council is run. There's a special guide with everything you need to know about the local elections including how to register to vote, proxy votes and maps showing the areas which will be contested.

We also have the responses back from our consultation on the Nottinghamshire County Council's proposals for a 'super council' and it's fair to say that the residents of this great borough have spoken and you have made it very clear that you want Gedling Borough Council to continue to provide local services for you. You can read the full results on page 4. It was the largest response to any consultation we've had so thank you very much, your views matter and this response is an endorsement of the hard work we do as a council to provide you with the best possible service and we will continue to do so.

We've also published our Gedling Plan and the budget for 2019/20 which are both important as they set out our priorities and objectives for the upcoming year. Our focus is to continue to be a council that serves people and improves lives and creates opportunities for everyone to achieve their full potential.

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

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

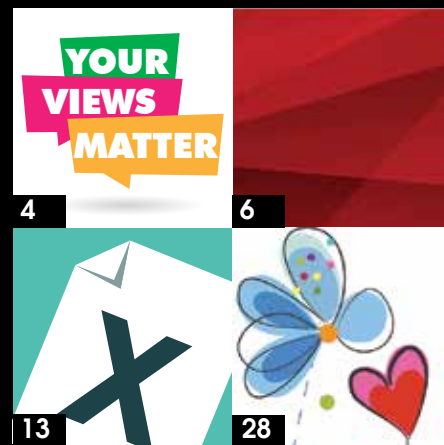
Contact us



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 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 |

If you can't find what you're looking for call our switchboard on 0115 901 3901 or visit www.gedling.gov.uk



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Having trouble reading this?

Please call 0115 901 3773 or email rob.mcclary@gedling.gov.uk if you need it in large print, audio or another format.

No to 'Super Council' plans



91% of residents against plans to abolish Gedling Borough Council

Over 9,000 households had their say on Nottinghamshire County Council's plans to abolish Gedling Borough Council and 91.2% of the respondents said they did not want to see this happen. It was the largest response to a consultation we've ever received and you were very clear on your views about plans for one 'super council' for Nottinghamshire.

In total we received 9,364 responses, online and by paper to the consultation. We also received comments on social media and directly to councillors showing support to keep Gedling Borough Council as it is. Nottinghamshire County Council had put forward a motion to scrap all the borough and district councils in order to create a 'super council'.

A business case was planned to be presented to County Councillors in December 2018 but was

withdrawn the day before County Councillors were due to meet to vote on the plans.

We would like to thank everyone who took part in the survey - be it online, by post or face to face.

Your views matter to us and now you've spoken we have passed these results back to Nottinghamshire County Council, Nottingham City Council and the Government to make sure you are heard and listened to on this issue.

We will continue to work together with our neighbouring councils across Nottinghamshire in order to deliver the best possible services for you but this consultation has shown that you want us to continue to provide your services locally and we will continue to do that.

Council budget 2019/20

This year's budget has been announced which includes a council tax freeze and investment in the borough to tackle knife crime, anti-social behaviour, fly tipping, dog fouling and street cleanliness.

The budget, agreed at Full Council in March, included the introduction of a new Rapid Response Cleaning Team to strengthen efforts to deal with litter, dog fouling and fly tipping as well as plans to employ an additional Neighbourhood Warden to help tackle knife crime and anti-social behaviour in the borough.

A new Empty Homes Officer post will be created to support the work done last year to bring empty homes back into use, reducing the number of 'eye-sore' properties in the borough.

A new Town Centre and Markets Manager post will be created to help lead and coordinate work on Arnold Market and Carlton Square regeneration and investment projects in the town centres. 50 new bins will also be installed across the borough's towns and villages to help reduce street littering.

Free two hour car parking at all council owned car parks will also continue and there will be a substantial car park extension provided at the popular Gedling Country Park.

A £10,000 budget will be set aside to help the council continue to be a plastic clever council. The money will be invested in new public water fountains to go alongside the recently installed ones at Gedling Country Park and Arnot Hill Park.

The 2019/20 budget will contain plans to deliver £2.6m of efficiency savings over the next four years. These savings are expected to come from improved use of digital technology for services, management review and a reduction in corporate costs. In terms of Government defined 'spending power' Gedling Borough Council is now the 2nd worst affected Council in the country. Gedling Borough Council has received a 66% cut in its core funding as a result of cuts from central Government since 2010.

For more information about our annual budget visit www.gedling.gov.uk

Leader Cllr John Clarke, Deputy leader Cllr Michael Payne have set out the budget for 2019/20



Photo courtesy of Nottingham Post

Big plans for Gedling

We have published The Gedling Plan which sets out our plans and priorities for the next year and it contains some very important things for the borough. The plan aims to improve the lives of people who live in Gedling, support local businesses and provide high quality and excellent value for money public services. The plan will help direct and focus the council's work from 2019-2020 to make sure we are doing what's best for our residents.

Our Priorities

STRONG AND DYNAMIC COMMUNITIES

To promote strong, resilient communities and reduce hardship and inequality

HIGH PERFORMING COUNCIL

To be a high performing, efficient and effective Council

VIBRANT ECONOMY

To promote and drive sustainable growth across the borough to meet current and future needs

SUSTAINABLE ENVIRONMENT

To promote a sustainable environment

HEALTHY LIFESTYLES

To promote the health and well-being of our residents

You can read the plan in full at www.gedling.gov.uk/gedlingplan

Never miss out!

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

Sign up to:

Latest news

Jobs

What's on

Business

Planning

Health and wellbeing

Service disruption



To sign up visit www.gedling.gov.uk/keepmeposted

Gedling Access Road



Plans for the new Gedling Access Road are progressing well and it is hoped work on site could start later this year and for it to be open to traffic by 2020.

The £40 million road will be built between the B684 Mapperley Plains and the A612 Trent Valley Road / Nottingham Road unlocking potential new developments in Gedling, creating new jobs and more affordable housing on the former Gedling Colliery site. It will also provide a bypass link to the east of Gedling reducing traffic flows along the Arnold Lane corridor to ease traffic congestion, particularly along Shearing Hill and Main Road in Gedling village. The new road will help to create journey time savings and other benefits worth at least £73m.

Gedling Borough Council, Nottinghamshire County Council, Homes England, Keepmoat Homes, D2N2 Enterprise Partnership and Via East Midlands are all working together to create the access road.

For the latest information about the Gedling Access Road visit www.nottinghamshire.gov.uk/gar

A new crossing

A new crossing on Arnold Lane has been approved following concerns about road safety from local councillors and residents living on the new Chase Farm estate on Arnold Lane. The crossing, which will be provided by Nottinghamshire County Council, should be completed by April 2020 and is expected to cost in the region of £125,000. Its exact location will be decided by a County Council feasibility study.



Ready-made homes on Chase Farm

New ready-made homes which cost a fraction of normal homes have been delivered to the Chase Farm housing site next to the new access road. The homes, built by ILKE, were delivered to the site in “blocks” already built and fully finished. The modular homes aim to help tackle the national housing shortage due to the speediness of their creation. There will be six homes of this kind on the Chase Farm site with the starting price of £180,950.

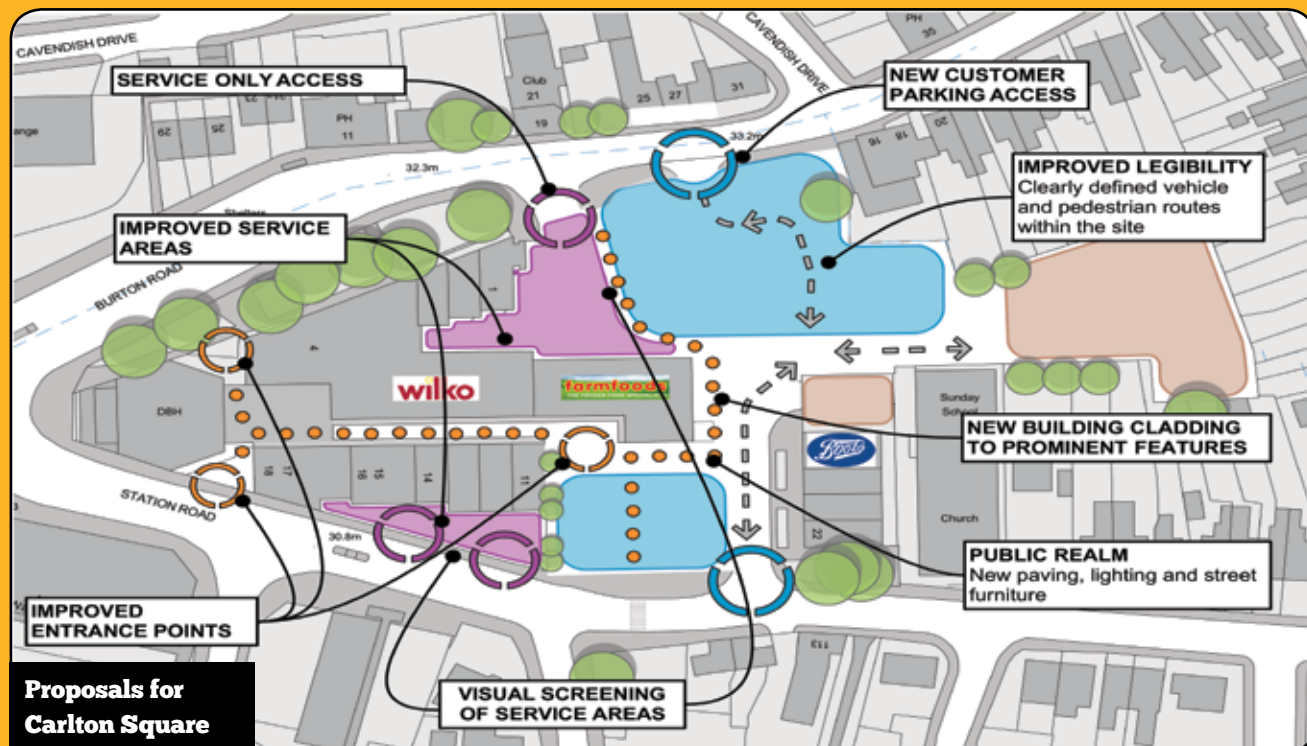
Improvements on the way for Carlton Square

As part of our promise to improve our local town centres, we are working with the owners of Carlton Square shopping precinct to see how the centre can be revitalised.

We are working with Waypoint, the company which manages Carlton Square, about how we can improve the shopping centre and the parking areas, which are owned by us. Plans include upgraded paving, lighting, seating and making changes to the parking and servicing layouts to create a more attractive shopping environment. There are also plans to improve the main entrances to the centre and tackle unattractive

and blank building fronts. We have already purchased and demolished a building within the parking area so the improvements can begin.

The cost of the scheme is anticipated to be funded by Waypoint, Gedling Borough Council and supported by grant funding, subject to an application to the D2N2 N2 Town Centre Fund. The views of retailers, shoppers and residents will be important in shaping the centre and once draft plans are available consultation will start. You can have your say on the Carlton Square plans by visiting www.gedling.gov.uk/haveyoursay



Proposals for Carlton Square

Neighbourhood Wardens

FINES “PILE UP” FOR FLY-TIPPER

A property developer has been ordered to pay over £3,600 in costs and fines after being caught fly tipping tonnes of soil by an eagle-eyed Neighbourhood Warden.

Neighbourhood Wardens, whilst on patrol, spotted a truck in transit carrying soil similar to some dumped the day before on the former Earl of Chesterfield site, Carlton. The wardens decided to follow the truck and then witnessed it go to the Earl of Chesterfield site and dump more soil then drive off from the scene. The wardens checked the licence plate of the vehicle and found it had been rented to a property developer who was building a property nearby.

The following day, the council received reports of another fly tipping incident at Mapperley Golf Course,

where another large amount of soil had been fly tipped, blocking the public access. The fly tip at the golf course was witnessed by a resident who saw soil being collected from the development site and dumped on the grounds at approximately 11.30pm on the same day the wardens witnessed soil being dumped in Carlton.

Following an investigation by the wardens and an interview under caution, the property developer appeared at Nottingham Magistrates' Court where he pleaded guilty to both incidents. He was ordered to pay £3,600 in costs and fines.

If you see someone flytipping you can report it to us at www.gedling.gov.uk or call us on 0115 901 3901.

Talking shop

The Arnold Shop Watch Radio Scheme, which has been in operation for nearly 15 years, will have new digital radios thanks to funding granted to Gedling Borough Council. Large chain stores Asda and Sainsbury's, shops and licensed premises are all signed up to the scheme which let's them communicate with each other and our CCTV control room to report any anti-social behaviour or suspicious activity.

Gedling Borough Council received £10,000 from the Police and Crime Commissioner as part of its Community Safety Service. The new digital radio system, replacing the current analogue system, will increase the quality of communications between shops, promoting the sharing of information within the business community.

So far, 35 radios have been distributed in known hot spot areas on Front Street, Arnold and in licensed premises in the town centre. The radios feed directly to our control room where they can monitor CCTV and update the store owners. The radios are being upgraded at the same time as new CCTV cameras have been installed on Smithy Crescent, Arnold in response to a recent increase in crime and anti-social behaviour in the area.



Arnot Hill House

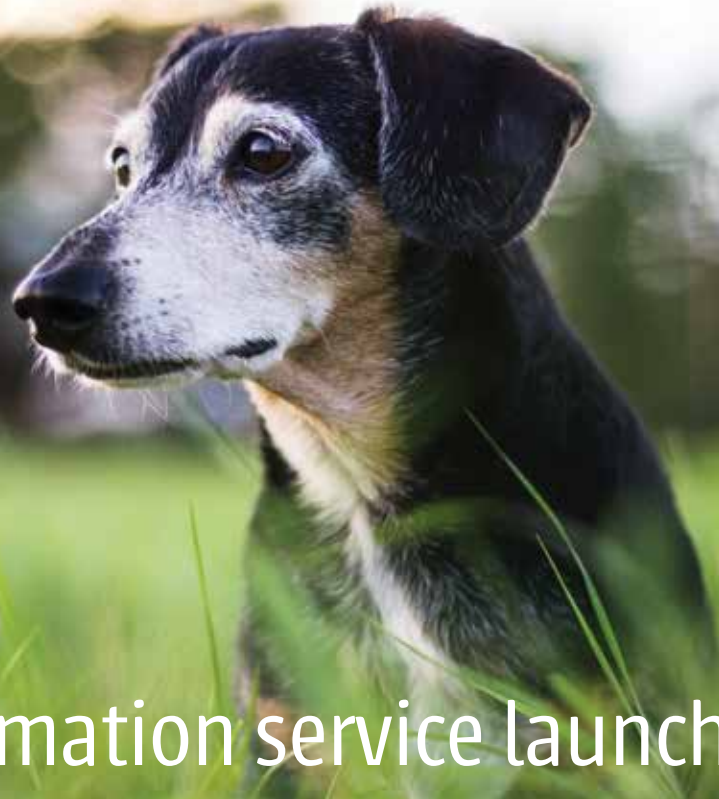
Hot desks for local charities

An initiative to give away free 'hot desk' space for local charities has been launched in Arnold by Eagle's Nest Community Action Group in association with Gedling Borough Council.

This charity hub aims to link local third sector organisations to each other under one roof, with office facilities, wifi and space for meetings or appointments in the very heart of Arnold at Arnot Hill House.

This proactive charity also took over the management of Arnold Hill Community Centre, now Eagle's Nest Community Centre in 2017 and now run a thriving venue for local classes, kids and youth groups, parties, and community social groups. Around 500 people use the centre every week.

To find out more, call 0115 552 421 or visit www.eaglesnestcharityhub.org.uk



New pet cremation service launched

In April, we will be launching our new pet cremation service. Our team of highly experienced staff will be able to help tailor the service to meet your needs and guide you through the process of arranging the cremation during what can be a very distressing time.

We can collect your pet from your home or vet, provide an individual cremation service and return the ashes to you the following day. We also have a reflection room at Jubilee House in Arnold where you can come and say your last goodbyes in private should you wish to.

We have a range of scatter tubes, caskets, urns and other keepsakes to suit all tastes, budgets and requirements. Your package will be tailored and priced according to your needs.

For more information about this new service, you can contact our Pet Cremation Team on 0115 901 3713 or by visiting our website www.gedling.gov.uk/petcremations

LOCAL ELECTIONS 2019

EVERYTHING YOU NEED TO KNOW

Inside this Contacts, you'll find important information about the local elections taking place on Thursday 2 May 2019

On Thursday 2 May there will be elections to Gedling Borough Council and elections in some of the Borough's parish councils.

For the borough council, elections will be on ward boundaries introduced in 2015. For some, that could mean a different polling station to that you've voted at before. On the next few pages you can learn about how to register to vote and where each ward is situated in the borough.

Information about the local election

In Gedling there are 41 Gedling Borough councillors representing 19 wards.

Most wards are represented by 2 councillors. Some wards have 3 councillors, some have 1 councillor but the number of councillors always reflects the number of voters in each ward.

On the following pages, we've shown the 2019 wards and the nearby landmarks to help you identify, which ward you live in.



YOUR VOTE MATTERS

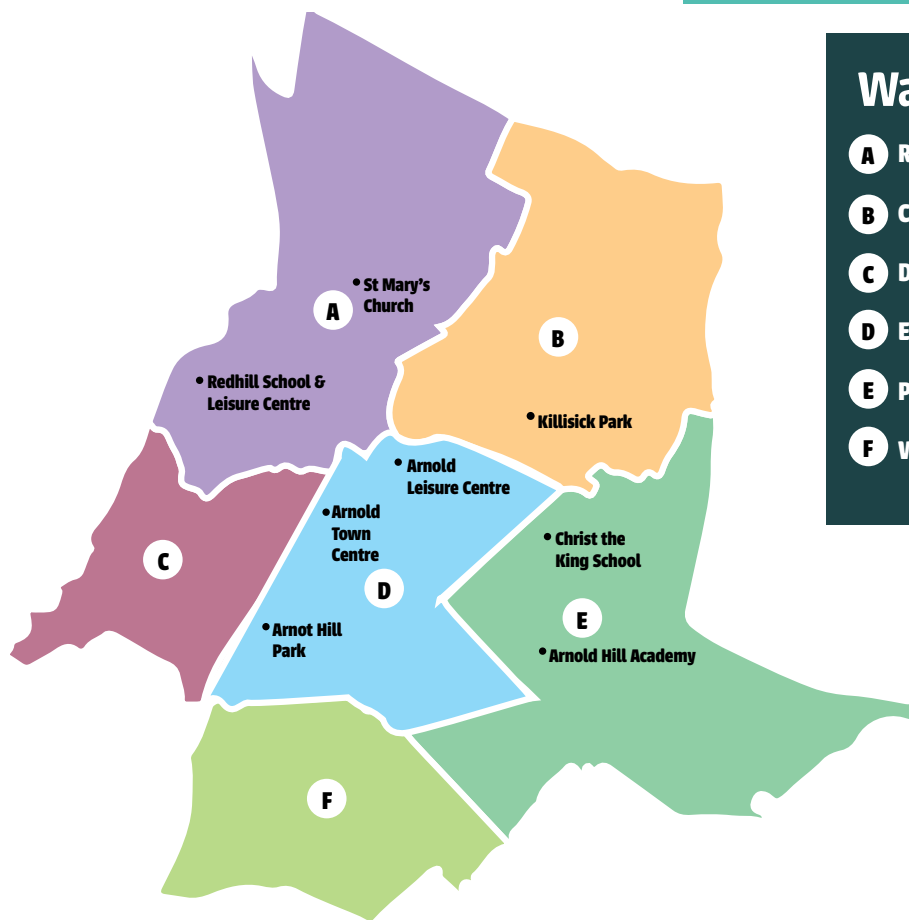
DON'T LOSE IT

WARDS FOR GEDLING



The borough is made up of 19 wards, five of those are rural wards. In the rural wards there are 11 seats to be contested. In the urban areas of Arnold and Carlton there are 30 seats making a total of 41 seats for the council.

WARDS FOR ARNOLD AREA



Wards

- A** Redhill (2 Councillors)
- B** Coppice (2 Councillors)
- C** Daybrook (2 Councillors)
- D** Ernehale (2 Councillors)
- E** Plains (3 Councillors)
- F** Woodthorpe (2 Councillors)

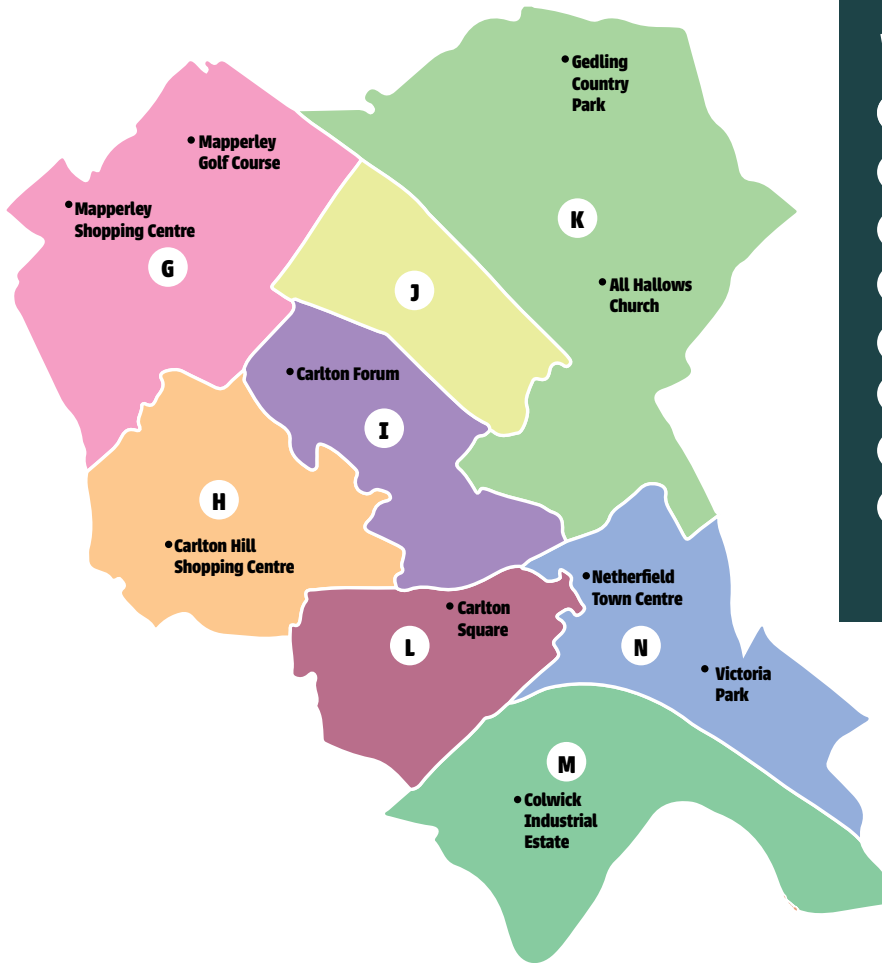
REMEMBER

Your polling station will be shown on your poll card, which will be delivered to you before the election



16 Contacts

WARDS FOR CARLTON AREA



Wards

- G** Porchester (3 Councillors)
- H** Carlton Hill (3 Councillors)
- I** Cavendish (2 Councillors)
- J** Phoenix (2 Councillors)
- K** Gedling (2 Councillors)
- L** Carlton (2 Councillors)
- M** Colwick (1 Councillor)
- N** Netherfield (2 Councillors)

ELECTION

FAQS

WHO WILL I BE VOTING FOR?

On 2 May 2019 there will be elections for Gedling Borough Council and any Parish Councils where local councillors will be elected. This is different to a General Election where you would vote for your Member of Parliament.

Local Councillors represent their ward on the Borough Council. Whichever party has the most councillors forms the administration. If there is no clear winner then it will be up to the newly elected councillors to decide who forms an administration. Local Councillors make decisions on issues such as planning, licensing and how local services such as waste collection are run.

WHO CAN VOTE IN THE ELECTIONS?

Anybody who is 18 or over on the 2 May 2019 is eligible to vote. You must, however, be registered to vote. To check if you are on the register contact the elections office on **0115 901 3917** elections@gedling.gov.uk

WHO CAN VOTE?

If you are a British, EU or Commonwealth citizen, you are entitled to vote at these elections and are not affected by the United Kingdom's withdrawal from the European Union.



ELECTION

FAQS



HOW DO I VOTE?

Everyone on the register will be sent a poll card. The card will give information about the election and where you need to go to cast your vote. Please read this carefully as a small number of polling stations will have changed since the last election. Information on how to vote will be displayed in polling stations or you can ask the staff. If you cannot attend your polling station on Thursday 2 May you can apply for a postal or proxy vote.



POSTAL AND PROXY VOTES

If you are unable or do not want to vote in person at the election you can apply for a postal or proxy vote. If you have a postal vote we will send ballot papers to your home address for you to complete and send back to us. A proxy vote is where you give somebody else permission to go to the polling station and vote on your behalf. Postal and proxy votes can apply for this election only or for all future elections and you must fill in and sign an application form. For security you will need to provide your date of birth and a signature.

Application forms are available to download at www.gedling.gov.uk/elections or contact us for one to be sent. The deadline to apply to vote by post is 5pm on Friday 15 April. For proxy votes, the deadline is 5pm on Wednesday 24 April.

REGISTER TO VOTE

YOUR VOTE MATTERS, DON'T LOSE IT

**Register to vote by
Friday 12 April for
the May election.**



IF YOU ARE NOT ON THE REGISTER YOU
WON'T BE ABLE TO VOTE AND HAVE YOUR
SAY ON THURSDAY 2 MAY.

To check if you are registered call us on 0115 901 3917
or email us elections@gedling.gov.uk

To register:

Go to www.gov.uk/registertovote

Call us on 0115 901 3917

Visit the Civic Centre in Arnot Hill Park Arnold

You need to provide a few details to register – including your national insurance number and date of birth. This is to make the electoral register more secure.

A clear path for Netherfield

Funding provided by WREN and Gedling Homes will be used to renovate, widen and tidy up the cinder pathway which runs from Manvers Street to Ashwell Street in Netherfield.

WREN which is a not-for-profit business that awards grants for community, conservation and heritage projects is providing a total of £84,117 towards the project. Gedling Homes, now part of the Jigsaw group, is also providing a contribution of £9,074.28 towards the refurbishment of the pathway.

The new pathway will provide a safer and cleaner access route for pedestrians when accessing the railway station. The path will receive improved lighting and the vegetation in the area will be cut back and tidied.

Work began earlier this year following assessments on the ecological impact on any works carried out to protect wildlife living on the path.

The local heritage of the cinder path will be told along the pathway with plans for interpretation panels to be installed alongside health and wellbeing messages.

The path is expected to be finished in April 2019 and the Mayor of Gedling will be hosting an opening ceremony once it is ready.

The new cinder path design



WRITE ADDRESS BELOW

PAID
2019/20

Thank you!

For supporting the Garden Waste scheme



No Thanks

- ✗ Food waste (raw/cooked)
- ✗ Large branches (more than 10cm diameter)
- ✗ Garden furniture
- ✗ Treated wood
- ✗ Soil/rubble
- ✗ General household waste
- ✗ No turf
- ✗ No animal bedding or animal waste

Yes Please

- ✓ Hedge trimmings
- ✓ Leaves
- ✓ Grass cuttings
- ✓ Small branches and twigs
- ✓ Plants and weeds
- ✓ Prunings



Garden Waste
Collection
Scheme

Tel: 0115 901 3621
www.gedling.gov.uk

Gedling
Borough Council

Garden waste changes

We're introducing a new scheme in 2019 which will affect residents who have garden waste bins. This year, once you have renewed your annual garden waste collection, we will be sending you a sticker which you need to put on your bin. You will receive the large sticker along with a calendar. Please place the sticker on your bin otherwise we will not be able to collect your waste and your bin could be taken away.

We are also launching a new email service so you'll never miss out on a collection. Just go to www.gedling.gov.uk/reminder and enter your address. You can then sign up for a monthly email alert to tell you to put your brown bin out, the day before collection is due. You can also receive alerts for your normal black and green bin collections.

For more information or to sign up for our garden waste collection scheme, visit www.gedling.gov.uk/gardenwaste

Sign up to our Garden Waste Scheme



Reduce the hassle of disposing of your garden waste and join 14,000 members by signing up to our Garden Waste Scheme.

Order your bin at www.gedling.gov.uk/gardenwaste or by calling 0115 901 3621.

£36
per year

additional bins cost
£18 per year



www.gedling.gov.uk/gardenwaste





Gedling tree team A cut above the rest

Our specialist tree team is on call to provide tree and woodland management service for residents and local businesses.

We offer solutions for:

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

Customer reviews:

"The three gentlemen who carried out the work were courteous, considerate and clearly experts at their job."

"The team who carried out the works were 1st Class, I would not hesitate to recommend them."

Call for a free quote 0115 901 3621

Instagram channel launched



Last year we launched our Gedling Country Park Instagram account and have been overwhelmed with how popular it's been, because of this we've decided to launch our main Gedling Borough Council Instagram account to promote some of the brilliant work going on throughout the borough.

Instagram provides us with an easy way to share hot off the press updates through visual storytelling and lets us be a bit more creative with our posts. We'll still be active on our Twitter and Facebook accounts but we'll be looking to try out a few different things on Instagram.

We'll be posting information about events, different images and videos from around the borough and also new facilities and initiatives like how we're a "Plastic Clever Council"

Follow us at @gedlingbc and @gedling_country_park on Instagram.



gedling_country_park



gedlingbc

What's on this Spring

ARNOLD CARNIVAL

FRIDAY 14 | SATURDAY 15 | SUNDAY 16 JUNE

ARNOT HILL PARK, ARNOLD, NOTTINGHAM NG5 6LU

The annual Arnold Carnival returns to Arnot Hill Park in June and this year the event will be even bigger. The carnival will be expanded to a three day event, starting on the Friday evening and will include the usual mix of music, dance, drama, children's fun fair, craft marquee and more including local school bands, choirs and solo artists.

The event will begin on Friday 14 June and finish on Sunday 16 June. More details will be announced over the next few months but expect big headline acts and entertainment for all the family.

There will also be a children's activity marquee hosted by the Gedling Play Forum complete with SEN Chill Out Zone, BMX taster sessions, sports have-a-go sessions and, of course, the famous fun dog show.

Children's events coming up

Children's Spring Arts & Craft Event

Saturday 6 April

Venue TBC

Calverton Play Day

Saturday 20 July

William Lee Memorial Park, Park Road, Calverton

Arnold Play Day

Wednesday 7 August

Arnot Hill Park, Arnold, Nottingham

Carlton & Gedling Play Day

Wednesday 21 August

Burton Road Recreation Ground, Burton Road, Carlton, Nottingham

 [gedlingborough](https://www.facebook.com/gedlingborough)

 [@Gedlingbc](https://twitter.com/Gedlingbc)

For more information about the carnival and other events taking place in the borough sign up to Keep Me Posted, the council's email newsletter by visiting www.gedling.gov.uk/keepmeposted or go to the council's Facebook page.



**Waste and
Recycling**

Renewable rubbish

We're working alongside Eastcroft Energy, a facility for residual waste treatment, which burns waste to produce electricity. The facility diverts at least 95% of Gedling Borough's excess waste from landfill and generates electricity and reduces greenhouse gas emissions.

Households in the borough produce around 47,000 tonnes of waste per year and, despite excellent recycling and composting rates, there is still excess waste which cannot be recycled. This is the rubbish that makes its way into your black bins and goes to landfill.

There are lots of reasons to avoid landfill, including environmental and health issues. There is a Landfill Tax of £88.95 per tonne, meaning if we sent all of our waste to landfill last year, it would have cost taxpayers over £4 million, so it's important we reduce our landfill amounts.

The waste is used to replace fossil fuels, with Eastcroft acting as a power plant to generate energy and supply electricity to the local grid through Enviroenergy, a district heating scheme, which is the largest of its kind in the UK.

The Enviroenergy facility provides heat and power to around 4,500 domestic properties and large business buildings including The National Ice Centre, Nottingham Magistrates' Court and Victoria Centre as well as other buildings in the city centre.

For more information about the Enviroenergy facilities, visit www.enviroenergy.co.uk or for more information about our waste and recycling services, visit www.gedling.gov.uk



TYPE 2 DIABETES PREVENTION WEEK

1-7 APRIL 2019 #PreventingType2

Hundreds missing out on vital NHS advice to reduce diabetes risk



The latest figures from the NHS show hundreds of Gedling residents are missing out on a free service to reduce their risk of developing Type 2 diabetes.

Around 480 local patients have not taken up their place on the 'Healthier You' programme, despite being referred by their GP following a blood test.

'Healthier You' is a flagship diabetes prevention programme to help people to achieve a healthy weight, improve nutrition and increase their levels of physical activity – all of which are proven to prevent the condition.

The programme is completely free of charge and runs at different times and venues across the local area.

Local GP, Dr James Hopkinson said: "Type 2 diabetes is a leading cause of blindness, kidney disease and foot

amputations and doubles your risk of heart attacks and strokes.

"Whilst Type 1 cannot be prevented and is not linked to lifestyle, Type 2 is largely preventable through lifestyle changes.

"Although people may feel completely well, it is really important to take action to reduce your risk of developing Type 2 diabetes by joining the 'Healthier You' programme".

More than 8,000 people in the East Midlands have already taken part in the programme and by making a few simple adjustments to their lifestyle many have seen some really positive results and are no longer at risk of diabetes.

Anyone who **has** received a referral from their GP to the programme and now wishes to participate should call **0800 321 3150**.

Anyone who **does not** have a GP referral but is concerned that they are at risk can visit **www.diabetes.org.uk/Preventing-Type-2-diabetes** Use the 'Know Your Risk' tool to find out your risk of developing Type 2 diabetes and if you are concerned speak to your GP or Nurse.

ESPECIALLY FOR YOU



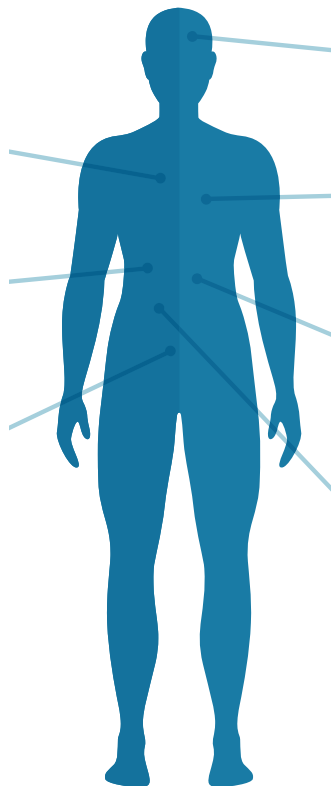
We offer a number of specialist sessions at our leisure centres for people with health conditions, accessibility needs and disabilities.

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 long term health.

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.



STROKEABILITY

A gentle exercise programme designed specifically for people living with the effects of stroke. The session provides an opportunity for people to work towards a healthier lifestyle, meet others living with stroke. Led by suitably qualified leisure instructors.

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 at Carlton Forum leisure centre. 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.

Find out more

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



SWIM LESSONS

Disability / Adult / Pre-swim school / 1-2-1

Find out more

www.gedling.gov.uk/swimming-lessons

Arnold
901 3690

Calverton
901 3800

Carlton
987 2333

Gedling
Borough Council 

Pay for swimming lessons
by direct debit and get
free unlimited access to
public swimming



KIDS BIRTHDAY PARTIES

BOUNCY CASTLES AND POOL PARTIES

Take the hassle out of organising a kids party by booking one of ours!. We have a large selection of parties to choose from, ranging from pool parties to gigantic inflatable parties. For more information please visit the website

www.gedling.gov.uk/kids-parties

What's on at The Bonington

March - June 2019

   Follow us @thebonington

LIVE BROADCASTS:

Royal Opera House Live:
LA FORZA DEL DESTINO (12A)
TUE 2 APRIL AT 6.15PM

Royal Opera House Live:
FAUST (12A)
TUE 30 APRIL AT 6.45PM
& SUN 5 MAY AT 2PM

Royal Ballet:
ROMEO & JULIET (12A)
TUE 11 JUNE AT 7.15PM
& SUN 16 JUNE AT 2PM

Bite Size Ballet:
NORTHER BALLETT'S BITE SIZE BALLETT-THE THREE LITTLE PIGS (U)
SUNDAY 14, MON 15 & TUE 16 APRIL



CINEMA

A PRIVATE WAR
CAN YOU EVER FORGIVE ME?
CAPTAIN MARVEL
DUMBO
HOW TO TRAIN YOUR DRAGON 3
IF BEALE STREET COULD TALK
ON THE BASIS OF SEX
THE LEGO MOVIE 2

DUMBO



IVO NEAME QUARTET

MUSIC

Nottingham Organ Society:
MATTHEW BASON
MON 1 APRIL

JazzSteps:
FERGUS MCCREADIE TRIO
THU 4 APRIL

JazzSteps:
ENTROPI
THU 18 APRIL

JazzSteps:
THE NORDANIANS
THU 2 MAY

Nottingham Organ Society:
CLAUDIA HIRSCHFELD
MON 6 MAY

JazzSteps:
IVO NEAME QUARTET
THU 23 MAY

Nottingham Organ Society:
CLAUDIA HIRSCHFELD
MON 3 JUNE

JazzSteps:
TRISH CLOWES QUARTET
THU 6 JUNE

JAZZ IN THE BAR EVERY THIRD SUNDAY

THEATRE

New Youth Theatre

**JOSEPH AND THE
AMAZING TECHNICOLOR
DREAMCOAT**

(Youth Group Production)

SAT 23 – SAT 30 MARCH

BERNIE CLIFTON – LIVE!

FRI 5 APRIL

The Bonington Players

**THE FOREIGNER
BY LARRY SHUE**

WED 10 – SAT 13 APRIL

DUNCAN WILLIAMS

MIND GAMES

FRI 10 MAY

**THE HOUND OF THE
BASKERVILLES**

THE HIT FARCE!

SAT 11 MAY

The Prospect Players

BE MY BABY

BY AMANDA

WHITTINGTON

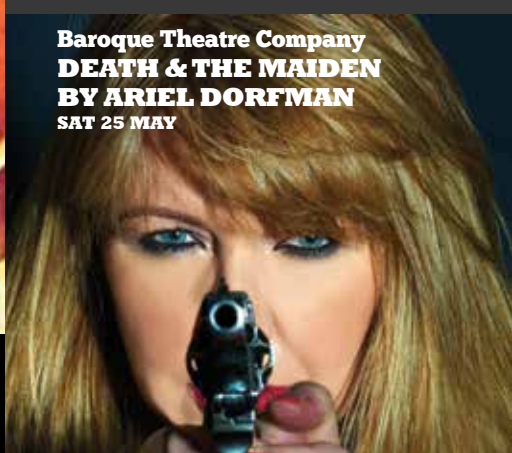
WED 15 – SAT 18 MAY

Baroque Theatre Company

DEATH & THE MAIDEN

BY ARIEL DORFMAN

SAT 25 MAY



30 Contacts



Arnot Hill Park HITS THE BIG



100 YEARS

This year we're celebrating 100 years of Arnot Hill Park. Although the park and house were originally built in 1792, it wasn't until 1919 that the park was opened to the public and began its journey to becoming one of our resident's favourite places.

Over the years the park has undergone many changes and additions including stables, greenhouses, putting green, a boathouse and tennis courts; the park was even used as a hospital by the Red Cross Society during the First World War.

Other additions to the park included the rose garden and rock arch. Permits were available to fish in the lake and live music could be heard from the band stand on the lawns in front of the house.

A lot has changed since the park first opened and it has continued to evolve; the Civic Centre was built

there and in more recent years, a new children's play area, skate park and wooden carvings have been created. Not only is the park a Green Flag Award winning park, Arnot Hill House is also a Grade II listed building and was the birthplace of Thomas Hawksley, known as the greatest water engineer of the nineteenth century.

Do you have any special memories of Arnot Hill Park?

Let us know at communications@gedling.gov.uk and we'll share some of your stories on our social media accounts. Later this year we will be hosting events to commemorate the park's centenary, for more information sign up to our latest news email and will let you know when the events are announced.

www.gedling.gov.uk/keepmeposted

Mayor's news

It has been a very busy few months for me as the Mayor. Over the festive period I had the pleasure of taking part in a number of Christmas light switch on events in Arnold, Netherfield, Gedling, Carlton Hill and Calverton. It was great to be involved in each event and I would like to thank the organisers for doing such a great job of bringing their local communities together to celebrate Christmas. The Arnold Christmas Market, in particular, was a very large event and it was fantastic to see so many young children enjoying themselves and they even got to see Santa.

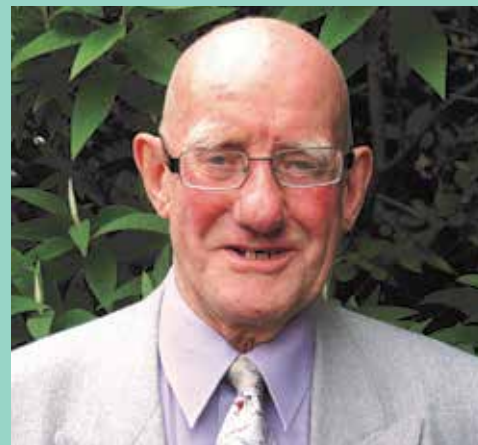
I was also very pleased with the number of entries we had for my Christmas card competition, we received hundreds of fantastic designs from children of all ages. I had the very difficult task of choosing the three winners to be used as my official Christmas Cards. Congratulations to winner, Lillian Cully, who designed this beautiful card.

This year, I am raising money for Prostate Cancer research. So far, I have raised nearly £6,000 and I would like to thank everyone who has supported me so far for this very important cause.

Mayor of Gedling, Councillor Barbara Miller.



Christmas card competition winner, Lillian Cully



Councillor Denis Beeston 1933 - 2019

We are deeply saddened to announce that in January, Councillor Denis Beeston MBE passed away after a long period of illness. Councillor Beeston, represented the residents of Bestwood Village and latterly Bestwood & St. Albans ward as a Gedling Borough councillor for 36 years. He was honoured with an MBE from Prince Charles in 2009 in recognition of his service to his community.

His fierce commitment to the values of social justice, fairness and his trademark courtesy and grace were a reflection of Denis' selfless and compassionate nature. He was one of society's true gentleman.

There will not be a by-election for the vacant Bestwood & St Albans seat, instead, it will be left vacant until the local elections take place in May.

FREE EVENT



ARNOLD CARNIVAL

**BIG STAGE ENTERTAINMENT
CRAFT MARQUEE ✪ FOOD & DRINK COURT**

CHARITY/INFO STALLS

CHILDREN'S FUN FAIR & ACTIVITY MARQUEE

SKATEBOARDING/BMX SESSIONS

ARNOLD CHURCHES TOGETHER SUNDAY MORNING PRAISE IN THE PARK

FUN DOG SHOW BOTH DAYS



FRIDAY 14 | SATURDAY 15 | SUNDAY 16 JUNE

ARNOT HILL PARK, ARNOLD, NOTTINGHAM NG5 6LU



www.gedling.gov.uk/arnold-carnival

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Gedling 
Borough Council