

Issue 45 Winter 2017

contacts

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Christmas bin collections**

Photograph by Simon Wright

Leader's column

Welcome to another bumper edition of Contacts, in this issue we focus on a really important issue in Gedling which is how we tackle loneliness and social isolation. When the Cabinet members and I sat around the table for our monthly meeting in October we were presented with a report that highlighted the concerns relating to the growing elderly population and whilst living longer is great for so many, it can result in increased isolation for some. So, on pages 15–20 we've put together some of the great things to do in Gedling to meet new people and get involved in activities that can prevent loneliness and isolation. By highlighting some of the excellent facilities already available in the borough, it could make a real difference to peoples' lives.

Also in this edition we have news about our bulky waste amnesty in January on page 27 and the new Arnold Christmas Market event on page 10 as we work to improve Arnold and Carlton town centres. Furthermore, if you live in the Carlton and Netherfield area, we have a new contact point on page 14 that will be of interest to you.

I hope you enjoy this edition of Contacts. From everyone at Gedling Borough Council, have a great 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 clr.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

Christmas bin collection changes



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

Usual collection day

Revised collection day

Mon 25 Dec

Sat 23 Dec

Tues 26 Dec

Sat 30 Dec

Wed 27 Dec

As normal

Thurs 28 Dec

As normal

Fri 29th Dec

As normal

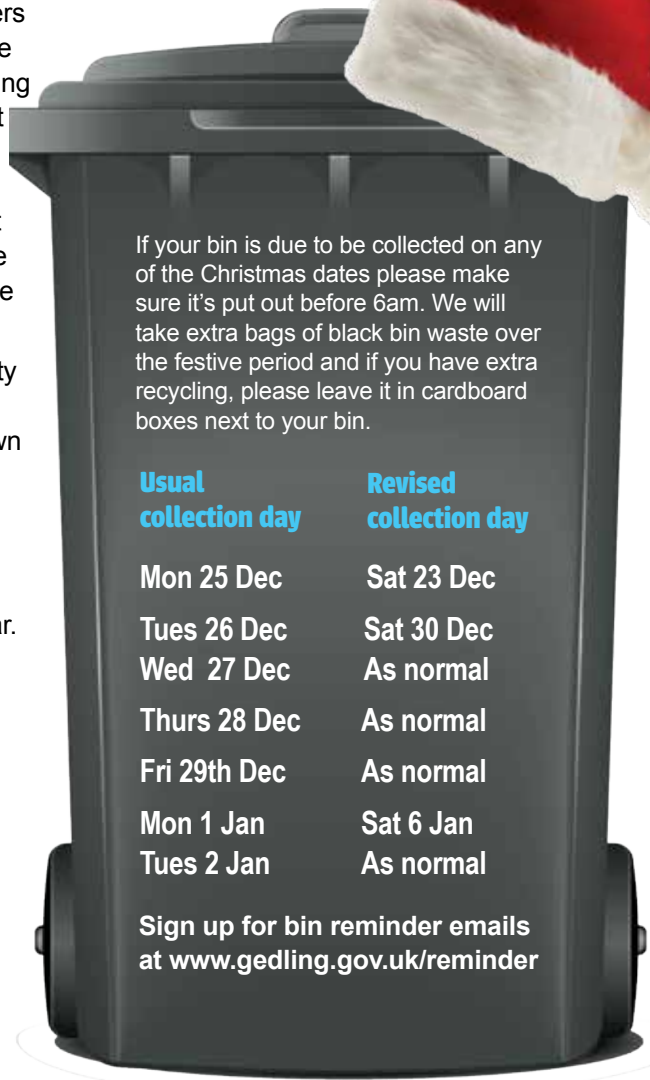
Mon 1 Jan

Sat 6 Jan

Tues 2 Jan

As normal

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



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



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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.

KEEP ME POSTED

Having trouble reading this?

Please call

0115 901 3773 or email

rob.mccleary@gedling.gov.uk

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

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



Electric blue!

The first electric ambulance response vehicle in Nottingham has been trialled using our depot as a charging point. The East Midlands Ambulance Service used the charging points at Jubilee House to charge their new electric BMW i3 vehicle. The vehicle can do up to 113 miles before needing to be recharged, although it also has a petrol tank which extends the range to 206 miles. It will mainly respond to life threatening calls in and around the city centre.

The electric charging point is one of several in the borough with plans for more in Carlton, Netherfield and Mapperley.

Winter crime prevention

Nottinghamshire Police have launched a campaign to help reduce crime at Christmas. It includes tips on things to do when you're out shopping, at cash machines, out for the evening and at home. Here are some of those tips;

- When you're out shopping, keep valuables in inside pockets of clothing or bags. At cash machines, only withdraw as much cash as you need and avoid carrying large amounts. Put your money and cards away (not in your back pocket) safely before leaving the machine.
- At home, don't leave presents under your Christmas tree if they are visible from windows or doors. Don't open the door to anybody you don't recognise. Not sure? Don't open the door! Always decline doorstep traders.

To speak to the Police call 101 or in an emergency dial 999.

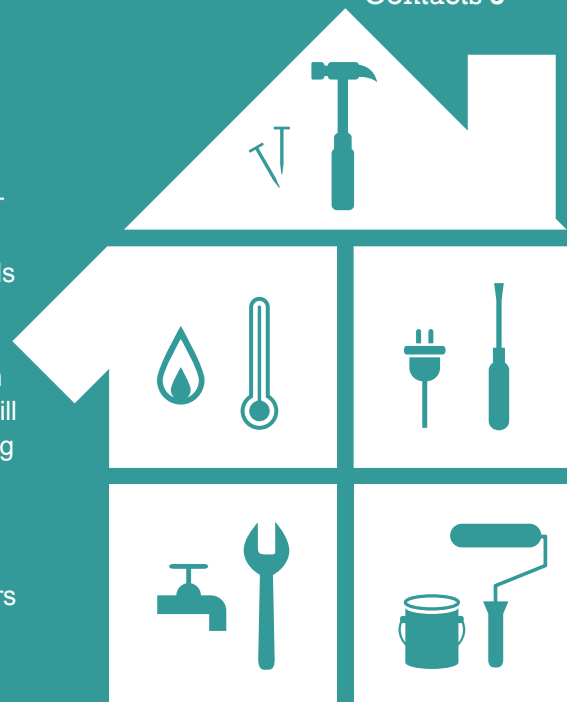


Selecting a better way of living

We're consulting on new powers to make privately rented homes better for people to live in. Until 5 January 2018 we are asking residents in Netherfield to have their say on plans to make it mandatory for landlords to have licences for each of their private rented properties in the Netherfield area. The licence means that the landlord has to provide minimum standards of accommodation for residents. We will work with landlords and residents to improve the area but where necessary we will be able to use our licensing conditions and enforcement powers to bring about improvements.

The power, known as Selective Licencing, can apply in areas where there is deprivation, high levels of antisocial behaviour, high levels of crime and poor housing conditions. The licencing will give us the powers to do more when landlords are not taking steps to deal with issues relating to properties.

Consultation on the proposals to introduce mandatory licencing in Netherfield is open until 5 January and you can have your say by visiting www.gedling.gov.uk/haveyoursay



An historic grant

We've been granted £74,900 by the Heritage Lottery fund to showcase the rich history and heritage of the borough.

The grant was given to us thanks to the people of the UK who take part in the National Lottery. It will be used to tell the story of the borough's heritage so future generations can learn about it. The visitor centre at Gedling Country Park will be hosting this exciting new project and there are also plans for a new website and series of heritage activities around the park including

information boards, interactive touch screens and films dedicated to the heritage of Gedling.

We will have more information in the coming weeks and months and we will be recruiting volunteers who are keen to help promote the major contribution that the borough has made to our society over the decades. For more information please contact our Communities team on 0115 901 3708.



LOTTERY FUNDED



Premier league pitches

First class football will be coming to the region thanks to funding from the FA for new state-of-the-art 3G football pitches at Redhill Academy. The pitches were officially opened in October by Vernon Coaker MP and they will be available to pupils at the school but also to our local clubs, Gedling Southbank and Arnold Town as well as the wider footballing community across the borough.

The project was made possible thanks to a £381,309 grant from the Premier League and the FA Facilities Fund, which is delivered by the Football Foundation.

Since it was launched in 2000, the Foundation has awarded around 15,000 grants worth more than £580m towards improving grassroots sport.

Warm homes help

The Warm Homes Discount Scheme aims to help residents on a low income who suffer with cold-sensitive long-term health conditions. It can provide help with heating improvements such as boiler repairs and replacements, new heating controls, insulation and draught-proofing.

To be eligible you must have a qualifying medical condition, own or privately rent a property within the borough, have a household income of less than £16,000 excluding PIP or DLA and have savings of less than £16,000.

For more information and to register a household for a free assessment, please visit www.gedling.gov.uk/WHOP or call 0115 901 3972





HELP FREE NOTTINGHAMSHIRE FROM MODERN SLAVERY

We have joined forces with the Police, Church of England, local businesses, charities and Nottingham University to make a commitment to end modern slavery in Nottinghamshire.

The commitment, made on national anti-slavery day in October, will mean that we will do more to eradicate it from the region and we are asking the public and businesses to look out for signs of modern slavery and trafficking if they see anything suspicious.

The Home Office estimates the number of slaves in the UK at 13,000. In Nottinghamshire there have been a number of high profile prosecutions of

groups who have been exploiting vulnerable people but more needs to be done to end modern slavery.

The campaign will ask the public to be alert to signs of modern slavery, to report anything they think is suspicious and for businesses to do more to raise awareness of modern slavery and to know more about where their employees come from as well as the materials for their production lines.

The Modern Slavery Helpline has also been set up for the public to call if they see anything suspicious, the dedicated number is 0800 0121 700 or report it at www.modernslaveryhelpline.org/report.

SHAPING OUR FUTURE CONSULTATION



Nottinghamshire Fire and Rescue Service (NFRS) is dedicated to the safety, care and protection of all its residents through the delivery of high quality services which are responsive to local need, accessible to all and effective in keeping our communities safe and well. Putting safety at the heart of our delivery has meant we have significantly increased our focus on prevention, whilst ensuring we respond to the ever changing demands and requirements of our communities. This has led to a dramatic fall in emergency call outs that our firefighters now attend.

Far-reaching and fundamental changes that have been, and are being implemented across the emergency sector, means NFRS needs to continue to look at new ways of working, ensuring our

resources are available in the right place at the right time, within the financial constraints that we operate. We've already reduced our spending by £13 million since 2010, but as austerity measures continue we need to look at new ways of working that befits a modern, progressive fire and rescue service.

A public consultation on how the Service can better align its resources and make the necessary financial savings between now and 2020 has been given the go ahead, and we want to hear from you. The proposed changes may affect how some of our stations are crewed in the future, so it is very important that you have the opportunity to take part.

The consultation runs until Sunday 17 December and you can give your views by visiting the consultation website – www.opinionresearch.co.uk/nfrs. If you require more information or a printed version of the survey please telephone 0115 967 0880 or email talk2us@notts-fire.gov.uk.



#NFRSconsultation



NOTTINGHAMSHIRE
Fire & Rescue Service
Creating Safer Communities

The Nutcracker Live



BONINGTON
THEATRE | CINEMA | BAR

The world famous Royal Ballet's performance of The Nutcracker will be coming to Gedling this Christmas thanks to the power of technology. The Bonington Theatre will be streaming live broadcasts from the acclaimed Royal Opera House starting with this enduring classic.

The Nutcracker, one of the most famous ballets in the world, will be broadcast live on Tuesday December 5 from the London venue directly to the Bonington Theatre. The performance, directed by Peter Wright, is the perfect Christmas entertainment with Tchaikovsky's music arguably the most recognisable of all ballet scores.

The theatre and cinema in Arnold will join an exclusive list of cinemas across the UK who can officially stream the Royal Opera House shows using satellite broadcasting technology. The performances will be shown in high definition and with state-of-the-art surround sound. Other performances scheduled to be broadcast live include the world renowned Tosca, The Winter's Tale, Carmen, Macbeth and Swan Lake.

Tickets for the performances are available at www.boningtontheatre.co.uk or by calling the box office on 0115 901 3640.





Arnold Christmas spectacular



Across the borough there will be a host of Christmas events taking place (see the back page for the details about Christmas light switch on events) but the star on top of our Christmas tree is the Arnold Christmas Event which takes place on Friday 24 and Saturday 25 November in Arnold Town Centre.

This year the market is expanding to two days with more stalls than ever, selling Christmas gifts, food and drinks. There will be a bar and a stage with entertainment for all the family to enjoy including Christmas carols, local entertainers, bands and singers on Eagle Square. There will also be children's rides and amusements to keep the little ones entertained supplied by local events company Mellors Group.

The market has been organised by local business Button Moon and runs from 2pm-9pm on the Friday and from 10am-7pm on the Saturday. The market stalls will start from Eagle Square all the way up Front Street to Croft Road. We are also encouraging local businesses in the centre to stay open late on both of those days for late night shopping. Arnold Methodist Church will also be running an Advent Craft Fair from 9.30am to 3.30pm on the Saturday.

The Arnold Local Area Forum has organised the Christmas light switch on event on the Friday evening with Santa arriving on his sleigh at 5.45pm and the Mayor of Gedling switching on the Christmas lights at 6.10pm. The event will be accompanied by carols sung by local schools and the Arnold Methodist Youth Band.

Toy run fun!



Local bikers dressed as Santa will be hitting the roads of Gedling to deliver toys for underprivileged children this Christmas when the 10th annual Toy Run takes place on Saturday 9 December.

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

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

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

Ravenshead Pétanque

Residents in Ravenshead have been bowled over with a new Pétanque venue which was opened by Ravenshead Parish Council earlier this year. Pétanque is a form of boules where the goal is to toss or roll hollow steel balls as close as possible to a small wooden ball or jack, while standing inside a circle with both feet on the ground.

The club's Pétanque Pistes, at Ravenshead Leisure Centre, are now open to the general public and equipment is available to hire from the club's box office. For more information or to book a session call 01623 490 035 or visit www.ravensheadpc.org.uk



Earning our silver stripes

We've been awarded the Silver Award from the Ministry of Defence for our work with the Armed Forces. Back in 2012 we signed the Armed Forces Covenant, demonstrating our support for the Armed Forces. The award recognises the support and flexibility we offer to staff who are also reservists and for ex-army members, spouses and partners.

In November we held a remembrance service at Arnot Hill Park Memorial to remember those who have died during conflicts and we also host weekly drop in sessions for the British Legion.

If you would like more information about the support we offer for our Armed Forces, please contact our Communities Team on 0115 901 3698.

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A picturesque park



Overall winner – Dave Walker

The winners of the first Friends of Gedling Country Park photo competition have been announced and as you can see, the entries were of a very high standard. The winning photos were displayed at a special awards ceremony held by the volunteer group earlier this year.

The categories for the awards included the Families and People, Flora and Fauna, Seasons, Landscape and Young Photographer of the Year. The overall winner was Dave Walker who won £150 sponsored by Castle Rock Brewery. Second prize went to Simon Wright and third prize to Richard Mace. Simon Wright also won the Best Members' Photograph and his photo is on the front of this edition of Contacts. Nia Everitt won the Young Photographer of the Year Award.

The group have announced another competition for 2018 and entries can be made by visiting www.gedlingcountrypark.org.uk so if you like to take pictures, make sure you enter and it could be your photo on the front of Contacts next year.



Simon Wright



Richard Mace



Ed Gate



Nia Everitt

Changing places

Gedling Country Park has become a fully accessible and disabled friendly park thanks to the installation of a special toilet and changing facility for people with severe disabilities.

The Changing Places toilet, the first of its kind in the borough and one of only 1,000 across the country, will meet the needs of people with profound and multiple learning disabilities, as well as people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis, who often need extra equipment and space to allow them to use the toilets safely and comfortably.

The facilities in the recently opened Café 1899 were built by G F Tomlinson and will include height adjustable changing benches, a tracking hoist system, space for disabled people and carers, a central toilet and a non-slip floor. Access to the facilities will be available with a radar key.

The installation is part of a wider ranging promise made by the council to make the destination country park accessible to all. The pathways around the 200 acre site are compliant with legal requirements for the disabled which includes wide pathways for wheelchairs, easy access including ramps and radar key doors and disabled parking bays. The children's play area was also designed to ensure children with disabilities can enjoy the park too.



Breastfeeding friendly café

The visitor centre at Gedling Country Park has been certified as a breast feeding friendly location.

Café 1899 successfully gained the accreditation that will ensure they provide facilities and are welcoming to breastfeeding mothers. The café joins a number of businesses who are now breastfeeding friendly. If you would like to know more about this or if you're a business that would like to become accredited call us on 0115 901 3697.



More buses

It's now easier than ever to visit the Country Park by bus thanks to Nottingham City Transport. The Number 47 bus service to the park on Sundays has been improved and the number of buses stopping at the park increased. You can view the new timetable at www.nctx.co.uk.

Visit www.gedling.gov.uk for more information on all of our parks



Carlton contact point

We have opened a customer contact point at Carlton Fire Station for you to be able to access council services and speak to council officers closer to where you live.

The contact point was opened by the Leader of the Council, Councillor John Clarke and Deputy Leader, Councillor Michael Payne in October.

A member of our customer services team will be on hand every Wednesday at the station to offer advice on a number of council services including;

- Face to face advice on council tax, housing benefits and planning applications
- Booking bulky waste collections or ordering a garden waste bin

- Plus many more council services on your doorstep

The contact point will be open every Wednesday from 8:45am to 12:30pm and 1:30pm to 5:15pm. You will be able to do most of the things you could do if you visited the main council offices except making cash and cheque payments and taxi licencing enquiries, which will still need to be done either at the civic centre or online through the council's recently launched new website www.gedling.gov.uk.

The contact point is at Carlton Fire Station, 46 Manor Road, Carlton, NG4 3AY



Tackling loneliness & isolation

One of our most important tasks set out in our Gedling Plan is to tackle loneliness, isolation, dementia and mental health illnesses across the borough. Over the next few pages we have highlighted a number of services available in our region for people who need help and for people who want to help by volunteering.

Men in sheds

Men in Sheds is an innovative project at Jubilee House depot in Arnold that supports older men to share and learn new wood-working skills and subsequently form friendships. Age UK Notts provides a workshop with appropriate tools and equipment, a co-ordinator and trained volunteers. The shed has been very successful in tackling loneliness in older men. For more information contact Jim Gregory on 0115 920 8771 or jim.gregory@ageuknotts.org.uk



Breathe easy group

The group is open to people with all forms of lung disease along with support for carers, friends and family. Meetings are held on the second Tuesday of the month from 1-3pm at The Scout Hut, Calverton Road, Arnold. The group recently released a cover of Bill Wither's classic 'Lean on Me' to raise money for lung disease research. Singing in a group can help people with illness both physically and socially.

For further information contact the British Lung Foundation on 03000 030 555 or visit www.blf.org.uk/charity-single



Connect

The Connect service delivers care and support services to a number of people and communities including help with signposting people to their nearest community hub and local services. The service supports people who are lonely due to age or because of bereavement. It also offers support for people with mental health issues and learning difficulties.

For more information visit www.metropolitan.org.uk or call them on 020 3535 3535.

Eagle's nest community centre

In June 2017 the Eagle's Nest Community Action group took over the Arnold Hill Community Centre and it is now the Eagle's Nest Community Centre. The centre is now a hub of activities and services for the multi-generational community and gives local people the opportunity to be inspired and motivated. For more information or to find out how you can get involved email bookings@encc.org.uk or call 07462 383376



Cornwater Evergreens

Cornwater Evergreens provides friendship and support as well as a programme of activities for older people every Monday, Wednesday and Friday from 10am – 2.30pm. They also host a memory club on a Thursday for people with early stages of dementia. The club is run by part-time staff and volunteers with members from across the borough. If you would like to become a member of the club you can contact them on 01623 491 159 or visit www.cornwaterevergreens.co.uk for more information.

Nottinghamshire help yourself

A new website with a directory of services for people including a list of things to do in your community, support for people who are looking after someone, health and self-care and more. Visit www.nottshelpyourself.org.uk for more information.



Woodthorpe Singers

A great way to meet new people is to join a singing group. We met with Carolyn Hunt from the Woodthorpe Singers who told us a little bit about what they do and how people can join the group.

Carolyn, tell us a little bit about the group.

“We’re a fun and informal group made up of all ages and abilities. We enjoy singing songs from all genres from pop and rock to gospel and light classics. We enjoy getting together and singing but also using it as an opportunity to raise money for charity.”

For someone thinking about joining the club, what would they have to do?

“We’re really laid back you can do as much or as little as you feel comfortable with. There are no auditions and no one is ever asked to sing on their own unless you want to.

The group is a great way to make friends and meet new people. We’re also in the process of organising more social events such as pub lunches before rehearsals, so it’s a great way to get to know each other more.”

What events do you have coming up and how can people find out more about the group?

“If you want to come and see us in action we’re raising money for a local charity “Cash for Kids” on Saturday 9 December at 7:30pm at St Mark’s Church. It’s only £6 a ticket including a cup of tea and cake.

We meet every Monday during term time from 8pm-9:30pm in St Mark’s Church, Woodthorpe. We charge £50 per term which covers 15 sessions. You can find out about more on our Facebook page, Woodthorpe Singers or you can call Tina our Musical Director on 07742670732.”

Arnold mental health befriending group

The group provides befriending and support to people with mental health issues and their families and carers. The group offers a listening ear, friendship, support, games and crafts and there's always a cup of tea waiting. There are also educational talks and presentations on all aspects of mental health.

For some people the weekly Friday meetings have made a big difference.

Kat Heydon said "The care and compassion that comes from the group really helps at low points. Whenever I come here I always feel heard and validated, everyone supports everyone. I really look forward to the weekly meetings."

The group meet every Friday from 11am to 2pm at Arnold Methodist Church, Front Street, Arnold. For more information you can call Sue Clayton on 07514775514 or email claytons63@btinternet.com



A mandate to help

This year our Youth Council and newly formed Seniors Council are both tackling isolation and loneliness as part of their mandates. We spoke with two members from the Seniors Council, Ann Whitfield and Allan Woolley about what they think are the important issues and what we can do to help;

What made you decide to raise the issue of loneliness and isolation?

Ann - Combatting loneliness and isolation among older people, resonates so much with the aims of the Seniors Council. I had personal experience of the undermining effects of loneliness and isolation. I am fortunate in that my own life has required and enabled me to build up resilience and I welcomed the prospect of contributing through the Seniors Council to enabling other older people also to actively diminish loneliness and isolation.

Allan - I noticed the loneliness and isolation when working in the community, talking to people and our Senior Citizens Club.

What do you think are some of the issues around isolation and loneliness for people?

Ann - There are many; the fact that families are often widespread now and the older generation may have little, even no, regular contact with

younger members of the extended family. Older people may be afraid of falling on uneven pavements, not have enough time to cross roads at user-unfriendly crossings, feel unsafe on public transport geared very much towards physically mobile passengers.

Allan - Some of the issues are pride, a lack of trust, the social services and also the police force. Fear of being mugged (two ladies have been mugged in the last couple of years) and also fear of strangers.

What do you think should be done to tackle the issues for both young and older people?

Ann - There is so much scope for inter-generational activities, at an individual and group level; befriending, visiting, tea parties, story-telling, reading together, sharing skills, exchanging skills, outings and celebrations to name a few.

Allan - Clubs and meetings could be organised as we organise a Senior Citizens Club which mostly senior singles attend. The club organises four or five outings each year and 12 meetings with attendance between 70 and 80 people.

Membership of the Gedling Seniors Council is open to anyone from the voluntary and community sector who work with older people, along with older individuals. Gedling Youth Council is open to young people aged 11–19. The members are elected every two years from local schools and youth clubs in the Borough.

If you would like to join or find out more please contact Jane Ansell on 0115 901 3698.

Sign up for bin collection reminders

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

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

Just go to www.gedling.gov.uk/reminder and enter your address to sign up



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



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Fitness virtually on demand

We've doubled the number of fitness classes we run at our leisure centres thanks to the introduction of new virtual training sessions. Virtual Fitness from Wexer gives you access to hundreds of world class fitness sessions at the touch of a button on a giant HD screen. You can access the sessions at Carlton Forum and Redhill leisure centres at any time so you don't always need a physical instructor on hand. Whether it's group cycling or yoga that takes your fancy, or you want to do something a bit different like boot camp or Pilates, you're in control.

The best part is, it's included in your DNA membership and for non-members it's only £3.

Visit www.gedling.gov.uk/leisure for more details.



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and bookings at the
touch of a button.**



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

Back with a splash!

Arnold Leisure centre is back open for business. After a three month closure for essential maintenance and repair work, Arnold Leisure Centre has reopened. A brand new external roof and internal suspended ceiling have been installed along with a new energy efficient lighting system in the pool area, upgrade of the heating system and work has also been done to improve the interior of the centre. We've also freshened up the changing facilities by fitting new hair dryers and straighteners.

Visit www.gedling.gov.uk for the latest swimming timetables and sessions



Stay well this 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.

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

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

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

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

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

Top tips for staying well this winter

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

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

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 then 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.

We currently have four talking therapies services in Gedling, to find out more about these providers, please go to:
www.nottinghamnortheastccg.nhs.uk/nhs/iapt

We're here to help you stay well this winter

Winter conditions can be seriously bad for our health, especially for people aged 65 or over, and people with long term conditions such as: a lung disease, diabetes, heart or kidney disease.

For more information on how you can stay well this winter pick up a leaflet or visit
www.nhs.uk/staywell

**STAY WELL
THIS WINTER**



Don't be on the naughty list

Waste and Recycling

Every year contaminated recycling bins cost the council thousands of pounds. At Christmas we encourage residents to recycle as much as possible but it's really important to make sure you put the right things in the bin and leave the wrong ones out. So, keeping in the festive mood we've created a recycling naughty and nice list which tells you everything you need to know to make sure you've been a good resident this year!

Nice list:

You can recycle;

- Plastic bottles without the lids
- Cardboard
- Envelopes
- Food tins
- Drinks cans
- Aerosol cans
- Cardboard tubes
- Wrapping paper

Naughty list:

You can't recycle;

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

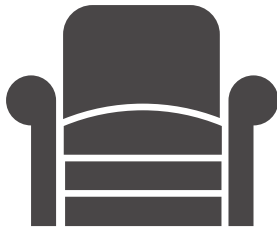
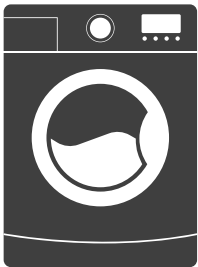
For a full list of what's naughty and nice visit www.gedling.gov.uk/a-zwaste

Bulky waste amnesty returns

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 15 January and 23 February.

Bookings can be made from Thursday 4 January at www.gedling.gov.uk/bulkywaste or by calling 0115 901 3621.



Fly-tipping

Every year we have a high number of fly-tipping incidents which are not only an eyesore but can cost thousands of pounds to clean up. We are doing more to crackdown on fly-tippers but we need your help. If you see anything please report it to us.

Maximum penalty is £50,000 or imprisonment

How to report fly-tipping

- Your safety comes first, don't confront fly-tippers.
- Note the time, date, make, model and number plate of the vehicle. Note a description of the person(s) committing the offence.
- If you are able to, take photos of the vehicle, person(s) and the waste that has been fly-tipped.
- Report it to us as soon as possible by calling

0115 901 3972 or online via

www.gedling.gov.uk/resident/reportit

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



Disabled Facilities Grants

Get help with:

Bathroom adaptations

Children's Sensory Rooms

Lifts and Stairlifts

Ramps

Garden access

Wash and Dry Toilets

Overall Safety of Your Property

To be eligible you must be either an owner occupier, private tenant, a tenant in social housing or a landlord with a disabled tenant. Eligibility is based on financial circumstances and an assessment made by Nottinghamshire County Council.

Get a grant of up to the value of £30,000 to help adapt your home

Call Nottinghamshire County Council on 0300 500 8080 and request an assessment for a Disabled Facilities Grant.



My recent trip to Vandeouvre



Mayor's news

From coast to coast



What a year it has been so far, I have been so impressed by the generosity of others, there are so many in the borough who are giving back to their communities. The volunteers and charities in our borough make such a difference to people's lives and I thank them on behalf of us all in the council.

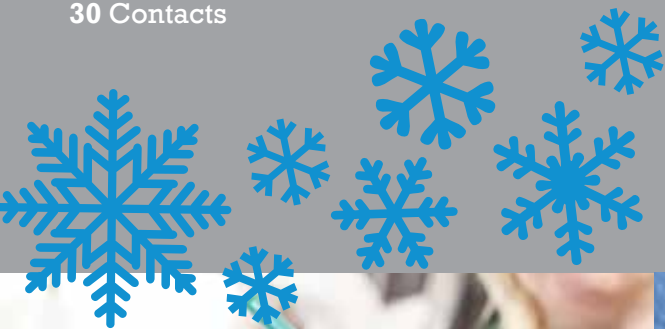
Earlier in the year I took part in the Way of the Roses cycling challenge, cycling 170 miles from Bridlington to Morecambe to raise money for my charity. It was an epic but very hard journey, but alongside my husband and daughter we made it across from coast to coast and I'd like to thank everyone who sponsored me and helped raise £2,500.

I've just returned from a visit to Vandeouvre, our twinning town in France. We've had a very long relationship with France and despite whatever may happen in the future, we will continue to work closely with our colleagues in Vandeouvre, to help young

people from both towns gain work experience, share good practice and work together on important issues like education, environment and health. We met with over 40 delegates in the short time we were there and it was a fascinating visit and very productive for both towns. We thanked them for their warmth and generosity and look forward to them returning to visit us in 2018.

And finally, oh yes I am! I will be in pantomime in January! I am performing (of a fashion) Dick Whittington at The Bonington Theatre on the 27 and 28 January 2018. Tickets are available from £6 from www.boningtontheatre.co.uk or the civic office and all money raised will go to my chosen charity, the Motor Neurone Disease Association.

**Hope to see you there! Best wishes,
Mayor of Gedling, Cllr Viv McCrossen.**



What's on in Gedling this **Winter**



Christmas willow weaving workshop

Thursday 30 November

10am – 3.30pm

Arnot Hill Park Bowls Pavilion

£15 per person

Make your own Christmas wreath and willow decorations.

Places are limited and booking is required. Call 0115 901 3605 to book.



Christmas arts and crafts

Saturday 2 December

1.30pm to 5pm

Help make the garland that will decorate the civic centre foyer area then enjoy Christmas carols around the tree from 5pm. The Christmas tree lights will be switched on by the Mayor of Gedling at 5.10pm. Please note these activities are suitable for ages 4-10 years.

Booking is essential as places are limited visit www.gedling.gov.uk/events to book a place.

**Never miss an event by signing
up to Keep Me Posted**

www.gedling.gov.uk/keepmeposted



What's on at The Bonington

this December and January



Blade Runner

Cinema

Blade Runner 2049 (15)

The Darkest Hour (PG)

The Death of Stalin (15)

Elf (PG)

The Justice League (12A)

Murder On The Orient
Express (PG)

Thor:Ragnarok (12A)



Theatre

Saturday 16 & Sunday 17
December

Baroque Theatre Company
Present: The Three Musketeers

Wednesday 17 & Saturday 20
January

Bonington Players
Present: Nobody's Perfect

Saturday 27 & Sunday
28 January

Dick Whittington Pantomime
starring the Mayor of Gedling

Thursday 15 & Saturday 17
February

Prospect Players Present:
A Dog's Tale & Other
Stories

Live Music

Sunday 3 December
MGM Musicals:
More Stars Than Heaven

Monday 4 December
Nottingham Organ Society:
Chris Powell

Thursday 7 December
JazzSteps: Jay Phelps
Quartet

Thursday 14 December
JazzSteps: Stan Tracey
Legacy Octet

Monday 18 December
Nottingham Organ
Society: Nottingham
Entertains

Sat 23 December
Big Band At Christmas

Visit www.boningtontheatre.co.uk for full listings

Christmas lights switch on

Friday 24 November

Arnold Christmas Market,
Eagle Square 5.45pm
Mapperley, Town Centre 4.45pm

Saturday 25 November

Arnold, Arrow Pub,
Gedling Road 6pm

Sunday 26 November

Woodthorpe, Woodthorpe Library 4pm

Friday 1 December

Gedling Village Miners' Memorial 6.15pm
Lambley, Main Street 6.30pm
Woodborough, Main Road 6.30pm

Saturday 2 December

Calverton, St Wilfrid's Square 3pm
Burton Joyce, Main Street 4pm
Ravenshead Village Hall 4.45pm
Carlton Square 5.30pm

Wednesday 6 December

Carlton Hill, Sensory Gardens 4pm

Saturday 9 December

Colwick Village, St John's Church 5pm

For full details of all the Christmas
events taking place around the borough,
visit www.gedling.gov.uk/christmas