# Single Council Council

Langar cum Barnstone Parish Newsletter



**Articles for next newsletter (December)** should be sent either directly to **Heather Whitaker** Ibparishmag@gmail.com or to the Clerk or any member of the Parish Council by 1st Feb 2015 at the latest.



01949 860186



#### 18 - 26 June 2016

As promised in the last issue of Signpost we now have more information on the 2016 Langar & Barnstone Festival. Once again we will be holding events over the last two weekends in June and on a number of evenings in the week between. Although some events have yet to be finalised this is what we have so far:

Saturday 18 June Pony Gymkhana

Concert at St Andrew's by the Boots Orchestra

Sunday 19 June Tours of the Barnstone Works

Brownies Ice Cream Parlour

Wednesday 22 June Quiz Evening

Thursday 23 June "Have a Go" Archery

Friday 24 June Ceilidh

Saturday 25 June Family Fun Day & Caribbean Themed Evening at The Unicorn's Head

Classic Car Show

Lego® Grand Prix

Sunday 26 June Open Bowls Tournament

"A Very Uncivil War" - a walk/play based on Langar in the 17th Century.

In addition there will be a Festival Cafe in Barnstone along with a W I Cake Stall on one of the weekends and an Arts and Crafts Exhibition at which local artists, craftspeople and photographers can display their work.

The PTA of Langar School is hoping to organise an event on Saturday 25 June but details will not be available until the New Year when a new PTA Committee is elected.

A new addition to this year's festival will be a Short Story Competition. This is for a story of no more than 500 words on any subject. There will be three categories: Pupils in Year 1 to 6, Pupils in Year 7 to 13 and an Open Category for everyone else. Full details in the next issue of Signpost.

The Lego® Grand Prix is a competition for all ages to build and race one of the following Lego® Technic Racers: 42026 Black Champion Racer, 42027 Desert Racer 42033 Record Breaker. Full details in the next issue of Signpost but why not add one of these to your wish list for Santa Claus.



# ANNUAL XMAS FAYRE and SANTA'S GROTTO

Friday 27<sup>th</sup> November 5:00 p.m. to 7:00 p.m.

Barnstone Road, Langar, NG13 9HH

Tombola's, refreshments, raffle, children's crafts, tree hurling, selection of stalls

Stella and Dot – jewelry and accessories
Phoenix Cards – cards, wrapping etc.
Forever Living – Aloe Vera products
Flo's Pantry – cakes
Crazee Craft Company – children's toy boxes, height charts etc.
Little Pretties – hair accessories
Henna tattoos

PTA stall - Xmas decorations, pocket money gifts, chutney, pot pourri etc.

Contact: Annie Litchfield at annie.litchfield@live.co.uk



The Vale Market Café

Saturday 124 December 2015

Barnstone Village Hall 10 am — 12 noon

Come and celebrate Christmas with us

Eat and drink with friends & neighbours

Browse the stalls and buy gifts

Listen to Brownies, Cubs & Beavers sing Christmas songs

Santa Claus will also be visiting at around 11 am

Forthcoming dates 94 January & 134 February 2016

## Just Published

A new cookery book



On sale at the Vale Market Café or phone 01949 861446

£5 Makes an ideal gift

All proceeds to Breast Cancer Research

#### Unicorn's Head - update on repairs

The fire at the Unicorn's Head has caused more damage than is apparent from outside. The fire started on the first floor and spread up through the stairwell and caused extensive damage to the 18th Century oak roof timbers. The nature of the original construction of this Listed Building complicates the restoration. Everards Brewery has commissioned William Saunders as consultants to project manage the work and Taylor Pearson has been appointed main contractors. It is anticipated that the work will last until next April with the initial major part being the erecting of a temporary scaffold structure to envelop the building and allow the roof to be removed and replaced. This will take approximately 12 weeks and will necessitate the temporary closure of the footpath that runs between the pub and the pond as the scaffolding will be a large stand-alone structure so that damage is not caused to the gable brickwork. The pavement, that will be used as an alternative to the path will have ramps installed at the road crossings to allow easy access for buggies, wheelchairs etc. The interior works will

commence as soon as the building is watertight and will run concurrently with the more visible aspects of the project. Disruption to the village should be minimal and it is anticipated that there will not be a need for out of hours working. We will keep the Parish Council informed about the progress by providing them with updates at each Parish Council meeting.



#### **Christmas Carol Singing**

Weather permitting this Christmas the Vale Ventures team will be carol singing along the streets of Langar and Barnstone. The singing will take place on the evenings of the 18th & 19th December.

All proceeds raised will go towards the Nottingham Hospitals Charity. This wonderful charity organises many wonderful activities and gifts for children that are in hospital at this festive time of year.



If anybody would like to wrap up warm, grab a hip flask, a lantern & join in the fun, please contact: <a href="mailto:valeventures@gmail.com">valeventures@gmail.com</a>

The occasional mince pie en route would also be much appreciated!

Lets make the streets of Langar cum Barnstone extra Christmassy this year!



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#### Church Services at Christmas in Langar & Barnstone

6th December	10am St Andrew's Langar: Group All-age Holy Communion for Advent 4pm St Andrew's: Noisy Church especially for families, but all are welcome
10th December	7.00 pm, Nottinghamshire Rural Support is having a Carol Service in St Andrew's, at which our new Bishop will be speaking.
13th December	9.15am St Andrew's: Holy Communion and at 10.30am Community decorating of the Christmas Tree
15th December	7.00 pm, the Rushcliffe Civic Carol Service in St Andrew's, attended by the Mayor and Councillors.
20th December	4.00pm St Andrew's: Community service of Carols by candlelight
21st December	2-4pm St Andrew's: Messy church Christmas Activities afternoon for under 12's (pre-schoolers must be accompanied by a responsible adult)
Christmas Eve	8.00pm St Mary's, Barnstone: Christmas Holy Communion (no service at St Andrew's)
Christmas Day	8.30am St Michael's, Elton: Christmas Holy Communion (BCP) 10.00am St Giles, Cropwell Bishop: All-age Holy Communion for Christmas Day.
27th December	9.15am Colston Bassett Village Hall: inform service of Holy Communion with carols

10am St Andrew's Langar: Group All-age Holy Communion for the New Year

4pm St Andrew's: Noisy Church does Christingle, ALL are welcome



#### **Outdoor Gym Equipment Project**

A big 'thank you' to everyone who responded with enthusiasm to the survey on Outdoor Gym Equipment. There were a total of 34 positive email responses, (often supplying names of multiple families and family members), and 1 phone response, which gives an indication of the popularity of the idea.

In addition, representatives of Langar School Council conducted their own consultation, interviewing every pupil in the school and revealing their results in an impressive presentation to representatives of the Parish Council. Out of a total of 102 pupils, 95 expressed an interest in using gym equipment should the project be successful.

It has been agreed that gym equipment would ideally be located on two sites – one in each village - which should be accessible by the whole community. Up to the date of publication, Barnstone Play Area has been identified as an appropriate site, and approved by the Parish Council. A further potential site has been earmarked in Langar, awaiting permission from the landowner, and approval from Rushcliffe Borough Council.

Funding will now be sought from various sources, you will be kept up to date on progress. Please contact the Parish Clerk if you would like further information.

E: clerk@langarbarnstone.com or T: 01949 860123.

#### **Barnstone Brownies Needs You!**

The Autumn Term is rushing along! In September we had another fun Pack Holiday in Linby. Our theme was 'Paddington' and everyone who went earned a swimming badge.

Our 'Scary Party' in November saw us dressing up and playing very messy games. Great fun!

Future plans involve the hostess and entertainer badges and the annual panto trip to the Playhouse.

Sadly at least 6 of our older Brownies will be leaving us after Christmas, so we need NEW BROWNIES. Millie is our newest recruit. The photo is of her making her Promise at our 'Scary Party.

If there are any 7 to 10 year old girls out there who like challenges, games and fun activities, COME AND JOIN US. We would love to meet you. Tuesdays 6 -7.30. Contact Brown Owl 01949 860022



#### THE RELEVANCE OF REMEMBRANCE

I was privileged this year to be able to obtain a ticket to attend the annual Festival of Remembrance at the Royal Albert Hall in London. Apart from watching the sheer spectacle of the military bands march and perform the most intricate of manoeuvres while playing their instruments, there were also the more poignant moments such as the personal stories of the young soldier who had been blinded on duty in Afghanistan, the three young widows who had lost their husbands when their plane had been shot down in Iraq and the veterans who had survived the extreme adversity of the Japanese Prisoner of War camps during the Second World War.

The next day I took part in our community's day of remembrance, when I attended the Remembrance Sunday Parade and Service in Granby. It was cheering to see the number of young people taking part as Scouts, Cubs and Beavers. Although the weather was rather drab they marched behind their banners and were obviously most proud to take part in this event. As a collector for the Royal British Legion Poppy Appeal I visit a number of houses and I am always so grateful to witness the generosity of people towards this most worthy of causes. All of this has brought home to me the relevance of remembrance within our communities. It is that time of year when we pause and reflect on how fortunate we are to have dedicated people who are prepared to serve our country and to protect us, even though they risk personal injury, disablement or even death. Perhaps in the past we have been a little guilty of believing that Remembrance Sunday and Armistice Day are for wars that were fought by past generations and which are no longer relevant in this day and age. But our Servicemen's involvement in recent conflicts, particularly in Iraq and Afghanistan has certainly made us aware that remembrance is not just about the long forgotten past but is about what has happened within our own living memory and unfortunately may well continue to happen in the future.

The work of The Royal British Legion is as important today as it has ever been, providing help and support to wounded, disabled and hapless ex-Servicemen and women and bereaved families. The Poppy Appeal provides the funds for this support but there is also a large network of people throughout the country who play their part in helping to provide support, through welfare, in their own communities. The local Branches of The Royal British Legion also provide a social outlet for those who have served in the armed forces and also those who have not, but wish to support those who have served, as well as those who continue to serve. We have a local Branch of The Royal British Legion within our own community. The Granby, Barnstone & District Branch is currently rather small and needs more members if it is to survive and help serve the community it is part of. Membership fees are £17 per annum. If you would wish to join our Branch or find out more about the work of The Royal British Legion , then please contact Andrew Charlett on 01949 861446 or e-mail him at <a href="mailto:acharlett289@btinternet.com">acharlett289@btinternet.com</a>.





# A Temporary Gentleman



Not everyone from Langar and Barnstone served in the ranks. A small number were officers, some promoted from the ranks. One who appears to have entered the army directly as an officer was William Henry Keyston Gostick, who was gazetted on 11 October 1915 as a Second Lieutenant with the Cyclist Company Divisional (Northumbrian) with effect from 12 October 1915. A further entry in the London Gazette for 16 October 1916 records that William was seconded to the Machine Gun Corps as a Second Lieutenant with effect from 6 October 1916. On 12 July 1917 there is another entry confirming the secondment as a transfer with seniority from 15 September 1915. As he had enlisted for the duration of the war he was not considered a regular officer and was one of the many known by the colloquial phrase - a Temporary Gentleman!

William was born on 26 January 1895 in Wellingborough, Northamptonshire. He was the son of Thomas and Anne Gostick. Thomas was a Goods Engine Driver with the Midland Railway. Anne was the sister of John Thomas Keyston, who was the Cashier for the Barnstone Blue Lias Lime Company and, later, the Parish Clerk for Langar and Barnstone. The 1911 Census shows William living with his parents and brother, Harold Thomas, at 137 Great Park Street, Wellingborough. His occupation is given as Accountant's Clerk. By January 1915 he had moved to Barnstone as he is shown as being the secretary and treasurer of the Langar cum Barnstone Choral Society in an article in the Grantham Journal dated 20 January 1915. It is likely that he had come to the parish to work for his uncle.

I have not been able locate William's Army Records but it would appear that he received his Machine Gun Corps training at Belton Park, near Grantham and went to France on 13 July 1917 as a Second Lieutenant with 235<sup>th</sup> Machine Gun Company. Initially based near Arras, the battalion spent the first weeks working with the New Zealand Tunnel Company, New Zealand Engineers in building a series of machine gun nests. On 9 August the battalion went into action firing 78000 rounds in support of 35<sup>th</sup> and 36<sup>th</sup> Infantry Brigades suffering its first casualties with 5 men wounded, one seriously.

The first major action for the company came on 20 November 1917 with the Battle of Cambrai. The various machine gun sections provided support to the tanks and infantry in the Villers-Guislain sector of the battlefield. Amazingly there appear to have been no casualties reported on any of the days up to and including 29 November. All this changed on 30 November when the Germans counter-attacked and the Company lost 4 officers and 58 other ranks killed, wounded and missing. William is mentioned in the Company War Diary for 1 December as being in charge of 4 machine guns rushed up from the reserve to a position in front of Revelon Farm, between Villers-Guislain and Heudecourt, to support the cavalry who fought on foot in driving back a German attack. The only casualty that day was 1 other rank suffering from shell shock. William and his guns remained in position until 11 pm on 4 December when they withdrew to Revelon Farm. The following day they moved off eventually arriving at billets in Treizennes on the 8th. The rest of the month was spent in training at various locations. January and February 1918 were spent in the defences at Fleurbaix.

At the end of February 1918 the Machine Gun Corps was reorganised into Battalions. Along with 35<sup>th</sup>, 36<sup>th</sup> and 37<sup>th</sup> Machine Gun Companies, the 235<sup>th</sup> formed 12<sup>th</sup> Battalion, Machine Gun Corps as part of 12<sup>th</sup> Division. The 235<sup>th</sup> became "D" Company of the Battalion. It was not long before the newly formed battalion was to see major action. On 21 March the German Army launched a major attack around St Quentin and succeeded in breaking through the Allied Lines. This attack continued across the Somme Battlefield driving back the front line some 20 to 30 miles in total by July 1918.

On 24 March the Battalion was moved by buses to the area near Senlis on the Albert – Doullens road arriving there at 11.00 am on the 25<sup>th</sup>. Following some confusion and changes in orders the Battalion was finally ordered at 12.30 am on the 26th to occupy positions on the West Bank of the River Ancre.



British Machine Gunners in action. William Gostick was in charge of a section of four such Vickers Machine Guns and their crews.

William Gostick was in command of No. 3 Section of "D" Company. His four guns were placed in strategic positions just to the west of Avuley in front and in support of the 7th Battalion, Norfolk Regiment. Each of the 4 guns had 5000 rounds of ammunition. The Germans were first seen advancing at 12.00 noon and by 2 pm small parties were trying to break through the line. The forward gun of No. 3 Section near a footbridge over the Ancre targeted the German infantry coming down the hill towards Avuley. As a consequence of heavy shelling the Norfolks withdrew at 6.00 pm to a position behind a railway line forcing No. 3's forward gun to withdraw to a new position before moving to another position at dusk. The remaining three guns of the section remained in their original positions.

At about 9.00 am on the 27<sup>th</sup> the Germans recommenced their shelling following up two hours later with attacks by infantry from both the Albert and Avuley directions. The infantry near the forward gun of No. 3 Section withdrew leaving the gun isolated and the crew unable to get away due to heavy enemy machine gun fire. A further gun was put out of action when it was pierced by shrapnel leaving just 2 guns left in William's section. These he withdrew to a new defensive position where they remained until relieved, along with the other survivors of "D" Company, about midnight on 28/29<sup>th</sup> and marched to billets in Senlis.

Total casualties for the Battalion were 7 officers and 78 other ranks killed, wounded or missing of which 19 were killed. William was not one of the casualties.

The Battalion was in action again on 5 April fighting alongside the Australians near Henencourt suffering a number of casualties. The War Diary makes no mention of William although "D" Company was in the thick of the action.

The 12<sup>th</sup> Battalion, M.G.C. continued fighting in the various defensive actions through to the beginning of August when the Allies finally turned the tide and started driving the Germans back and the approach changed from defence to attack and final open warfare away from the trenches. For the Battalion the war ended on a quiet note as it was well away from the front line undergoing training at Montreuil in the Pas-de-Calais.

What, if any, role played by William in these actions is not known as there are no further mentions of him in the War Diary. He survived the war and relinquished is commission as Lieutenant in the Army Cyclist Corps on 30 September 1921. He married Lillie Comme in 1920 and in 1938 he was one of the executors of his uncle's estate. His occupation is given as Commercial Manager. He died in the Spalding Registration District in 1975.

#### PANTOMIME RETURNS TO LANGAR AND BARNSTONE

We are pleased to announce that the 'village pantomime' is returning to Langar and Barnstone. A group of enthusiasts have got together to write, direct and stage the production, which will be *Jack and the Beanstalk* and will be performed on the evenings of Friday 15<sup>th</sup> January and Saturday 16<sup>th</sup> January 2016, with a matinee performance on the afternoon of Saturday 16<sup>th</sup> January.

Although the pantomime will follow traditional pantomime themes of heroes and villains, good eventually triumphing over evil and young and old finding love and happiness after overcoming adversity, with a good supply of jokes with a high groan factor; this production will be quite ground-breaking in that everything has been created by the cast and other members of the production team. The original script has been written by the director, Chris Harper, with original songs by Drew Charlett. The music will be played by a group of young musicians who are part of the team. Costumes will be made by members of the company and scenery, props and other staging will be produced by other members. The whole production is quite an exciting venture for the group, who got together following an appeal within the villages for people interested in putting on a pantomime.

Tickets will be priced at £5 for adults and £3 for children, with a special offer of a family ticket

They will be on sale at the Vale Market Café events on Saturday 14<sup>th</sup> November, Saturday 12<sup>th</sup> December and Saturday 9<sup>th</sup> January as well as Delucy's Deli, The Barbers and Langar Post Office.

#### Langar & Barnstone W I

We now meet every second Thursday of the month between 2pm – 4pm at Barnstone Village Hall. We also meet once a month on a Friday for an informal lunch at a local pub.

INSPIRING WOMEN

FOR 100 YEARS

2015

We are a very lively group of ladies who, during the W I year, enjoy outings and entertaining guest speakers at our meetings.

We welcome visitors to come and join us to see what the W I is all about. At the same time feel free to ask any questions regarding membership. We are sure that having visited us you will go away with a smile on your face realising that the W I is not just about 'Jam and Jerusalem'.

Contact: Jennie Brooks (01949 860465)



# Belvoir Archers



It has been another busy and successful summer for Belvoir Archers both on the field at Barnstone and at tournaments.



Bryan Haynes ventured to Guernsey at the start of September for a Double WA1440 Round followed by a 3D Field Archery Round through the woods in the middle of the island (shooting at Foam animals).

Whilst on the 26 September 2015 Martin and Vicky Jones took part in the Double GNAS Clout at Chatsworth organised as part of the celebrations for Agincourt

There were over 50 archers shooting at 4 Clout Targets. Mostly longbow with a few recurves in the mix

Martin was shooting at 180 yards whilst Vicky was shooting at 140 yards



Our 5<sup>th</sup> Winter Windsor competition at the start of October saw a record breaking 68 archers taking part. The tournament used the new Foam bosses for the 1<sup>st</sup> time and we saw 19 targets out.

Belvoir Archers did very well with Neira Milijkovic, and Richard Haydock for winning the Ladies and Gentlemen Compound respectively and also to Ros Creasey (Ladies Recurve), Sophie Chell (Ladies Longbow) and Martin Jones (Gentlemen Longbow) who all came 2<sup>nd</sup>



As winter approaches, Belvoir Archers activities on the field will be reducing. The Club has been able to retain its regular Sunday night shoot indoors at Cotgrave leisure Centre where the members will compete in the 2nd year of the indoor Knockout tournament.

For the Second year the Club is undertaking a coaching session using the Barnstone Village Hall

Belvoir Archers next beginners course starts in April 2016. There are a few spaces at this moment if you are interested, the application form can be found on our web page of www.belvoirarchers.co.uk

If you are interested in trying archery please contact us. More information about Belvoir Archers can be found on our web page <a href="https://www.belvoirarchers.co.uk">www.belvoirarchers.co.uk</a>

### VALE BUSINESS PARK LANGAR ROAD, BARNSTONE



Rock Civil Engineering Ltd specialises in civil engineering and groundwork, undertaking projects for individual housing developers and some to the largest construction companies in the UK

Contact our office on 01949 869582











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COME AND VISIT US WE WOULD LOVE TO SEE YOU

OR CALL ON 01949 860900 OR E-MAIL delucysdeli@live.co.uk



# Belvoir Bakery

Top quality traditionally made artisan bread and cakes
Belvoir Bakery prides itself on the traditional fermentation
processes using high quality flour from the Cotswolds and France.
You can find our tasty treats on Bingham Market on a Thursday
and at Harby garage on a Saturday morning

Contact: Tracey 07793275843 Rob 07876225566

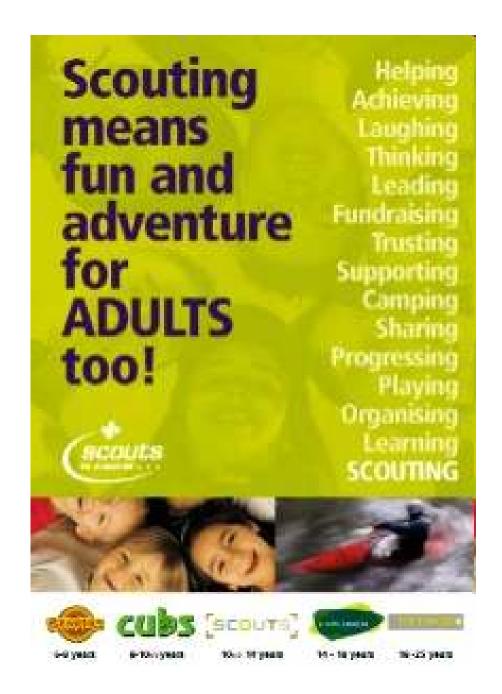


#### 1st Langar Scout Group needs you!

Do you have a couple of hours a week to spare on a Tuesday night? Are you looking for a new challenge or something different? Do you want to 'put something back' into the community?

1<sup>st</sup> Langar (Vale of Belvoir) Scout Group is looking for new Leaders for the Cub Scout Section, working with young people from local villages aged between 8 and 10½ years old. Our Cub Scout Leader of 30 years is retiring near the end of 2016 and we need at least 2 Leaders to join us to run an interesting and safe programme of activities. Training and support will be available.

If you think you could help in the development of children into responsible young adults and have some fun along the way, then please contact Michael at <a href="michael.baggy@gmail.com">michael.baggy@gmail.com</a> or Brian at <a href="michael.baggy@gmail.com">carrington.brian@gmail.com</a> for further information.







#### **Parish Council vacancies**

There are now three vacancies for councillors on the Parish Council, if you are interested in taking an active role in your community and feel you could make a difference, please contact the Clerk on 01949 860123

#### **Job Vacancies**

# Two vacancies for Rushcliffe and Gedling Voluntary Transport Schemes £17,714 p.a. pro rata

Rushcliffe and Gedling Voluntary Transport Schemes provide door to door transport services to over 500 people across Rushcliffe and Gedling. The schemes are open to local residents who finds it difficult to access suitable transport. The majority of our passengers are older people. The service is provided by volunteers who use their own cars in return for expenses paid by the passenger. We have two part time vacancies for the scheme.

1 x 15 hours per week

1 x 10 hours per week

Rushcliffe and Gedling Voluntary Transport Schemes provide door to door transport services to over 500 people across Rushcliffe and Gedling. The schemes are open to local residents who find it difficult to access suitable transport. The majority of our passengers are older people. The service is provided by volunteers who use their own cars in return for expenses paid by the passenger.

The new workers will work closely with existing scheme coordinators to coordinate requests for transport, promote and develop the service, recruit and support volunteer drivers and be the main point of contact for registered users. We need staff with excellent people skills who have a good understanding of the needs of older people and a strong commitment to providing a first class service. The post holder must be able to work accurately under pressure and meet tight deadlines. You will have good IT skills and enjoy working as part of a team.

Confirmation of appointment will be subject to a satisfactory Disclosure and Barring Service check.

#### Closing date for applications is Friday 27 November 2015.

Interviews will be held Wednesday 9 December 2015.

For full information see: <a href="http://rushcliffecvs.org.uk/about-us-about-us-83/vacancies-about-us-85/824-rushcliffe-and-gedling-voluntary-transport-schemes.html">http://rushcliffecvs.org.uk/about-us-83/vacancies-about-us-85/824-rushcliffe-and-gedling-voluntary-transport-schemes.html</a>

#### **Barnstone Runners**

At the moment we are a tiny running group of runners of all abilities and a range of aspirations. We are not an official club so there are no membership fees. We meet in Barnstone at the Brownie telephone box near to the Village Hall at 6.30 on Wednesday evenings and run (some run/walk) on bridleways, quiet lanes and the canal towpath, usually for between 3 and 5 miles. Any runner can join us. Our aim is to

Contact Amanda English for more information – aenglish64@hotmail.com

encourage all runners and any fit dogs.

#### Your Parish Councillors

#### **Rod Whitehead**

7 Musters Road

Langar Nottingham

**NG13 9HN** 

scouter.1@btinternet.com

#### **Ron Brooks**

35 Park Road Barnstone Nottingham NG13 9JF

crow.face@virgin.net

#### Val Gell

27 Park Road Barnstone Nottingham NG13 9JF

cllr.gell@langarbarnstone.com

#### **Adrian Bellamy**

1 Butlers Field

Langar

Nottingham

**NG13 9HS** 

adrian.bellamy@constructionburo.co.uk

#### **Trevor Simpson**

23 Musters Road

Langar

Nottingham

NG13 9HN

trevsimpson@btinternet.com

#### **Alan Carter-Davies -**

Vice-Chairman Chestnut Farm Main Street

Langar NG13 9HE

carterdavies@gmail.com

There are currently 3 vacancies on the Parish Council. If you would like more information, please contact the Clerk, Claire Pegg, or any of the councillors.

#### Clerk to the Parish Council

#### **Mrs Claire Pegg**

6 Park Road Barnstone

Nottingham. NG13 9JG Tel: 01949 860123

clerk@langarbarnstone.com

#### Parish Council Website

www.langarbarnstone.com

#### Parish Council Meetings

Generally held on the 3rd Thursday of each month except August. Full meeting calendar available on the website under **Your Council**.

Members of the public are welcome to attend all Parish Council meetings. There is a special Open Session at the start of each meeting between 7.30 – 7.45pm, for residents to ask questions or raise items of interest.

Agendas and Minutes are available on the village noticeboards and on the website at www.langarbarnstone.com

#### **Future Meeting Dates**

2015-2016 Thursday 17<sup>th</sup> December Thursday 21<sup>st</sup> January Thursday 18<sup>th</sup> February

Articles for next newsletter (March) should be sent either directly to Heather Whitaker (Ibparishmag@gmail.com) or to the Clerk or any member of the Parish Council.

**Deadline 1st February** for publication approximately week beginning 1st March

#### Rushcliffe Borough Council

#### Nevile & Langar Ward

Tina Combellack,

The Olde Barn, Hickling, Leics, LE14 3 AJ

Tel: 01664 823105

Cllr.tcombellack@rushcliffe.gov.uk

#### **Thoroton Ward**

#### Adeline Pell

Hill Field Farm Flawborough Nottingham NG13 9PA

Tel: 07940 917216 adelinepell@hotmail.com

#### Nottinghamshire County Council

#### **Richard Butler**

1 Church Court Cotgrave Nottingham NG12 3QW

Tel Home: 0115 989 2504 Tel Work: 0115 977 4885

cllr.richard.butler@nottscc.gov.uk

#### Member of Parliament

#### **Kenneth Clarke MP**

House of Commons London or Rushcliffe House

Rushcliffe House 17-19 Rectory Road West Bridgford Nottingham NG2 6BE

Tel: 0115 981 7224 clarkek@parliament.uk

Please cut out and keep for future reference as these details may not be printed in every issue



# Harlequin Osteopathy & Sports Massage Radcliffe on Trent

Graham Miller GOsC Reg No. 8443

Tel: 0115 933 5797 Mob: 0781 332 7167

In addition to being a registered Osteopath and Massage Therapist, I am also a practicing member of the British Medical Acupuncture Society.

I tailor treatment to the individual needs of each and every patient and combine gentle osteopathic manipulative techniques with massage, and where appropriate, exercise and electro-acupuncture.

Besides working at Harlequin Osteopathy, I am also in my second season working as the club Osteopath and Sports Massage Therapist at Notts County FC.

#### Common conditions treated by Osteopaths

- Back/Neck Pain
- Headaches
- Strains and Sprains

- Sciatica
- Sports Injuries Aches and Pains
- Arthritis
- Injury Rehab
- Plus many more....

Still not sure if Osteopathy can help? Why not pop in for a free 20 minute consultation. This consultation will not include any treatment. Instead, we will discuss your health issues and the different options available to you.

I will offer honest advice on what I believe would be your best course of action with absolutely no obligation to return for a full appointment.

If you're interested, and would like to arrange a free consultation, give me a call on 0115 933 5797 or 0781 332 7167

Email: harlequinosteopathy@gmail.com

Website: www.harlequinosteopathy.co.uk



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