# Directing Local Services Services Control of the Langar stone of t

Issue 66 - March 2021
Langar cum Barnstone Parish Newsletter



## **Parish Council News**

Hello again from your Parish Council, with a fervent wish that the wretched virus is finally on the run and our residents can look forward to a return to normal life soon.

As ever, there are various items to bring to your attention.

**Resignation**. The PC is sad to note the resignation of Councillor Jason Holland due to the pressure of other commitments. Jason has been a valued and steadfast member of the PC for the past couple of years, and we thank him for his efforts on our behalf.

Vacancies. This means we now have two vacancies on the PC. Could you fill one of those vacancies? Recent events have demonstrated the importance of a strong community spirit, and one way of strengthening that is by having an active PC that works to represent the interests of all the residents. If this appeals, get in touch with the Parish Clerk in the first instance (contact details below).

**Survey**. Central to the PC's vision of a strong community is the re-development of the village hall into a building that is

fit-for-purpose in the 21st century. The PC is working with Rural Community Action Nottinghamshire (RCAN) to actively seek funding to allow this to occur. RCAN has set up an online survey (https://rb.gy/etezba) to gauge the most recent views on projected usage of the village hall, which can then be fed into the funding-application process. We would appreciate as many residents as possible completing the survey.

Precept for 2021 - 2022. Every January, the PC meets to set the parish precept for the coming year. Setting the precept is always a balancing act, trying to support all the amenities and activities that contribute to a strong community spirit, whilst being aware of the need for financial restraint. For 2021 – 2022, the PC has set the precept requirement at £39,516, which we are pleased to report reflects an increase of only 1.9% on the previous year.

Contact details for the Parish Clerk, Sharon Ellis, are T: 07984075016, E: langarbarnstoneclerk@gmail.com.

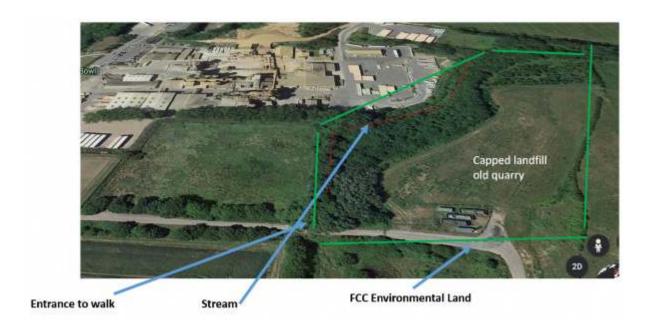


## **Update from Vectare**

Emergency Covid-19 timetables were implemented from the 1st Feb until further notice in agreement with Notts CC. 833 is currently running fixed timetable until approximately 10:00 Mon-Fri (09:00 on Saturdays) and then between 11:15-14:30 (09:15 and 14:30 on Saturdays) a demand responsive service is in place where passengers should call to book a journey (0115 777 3187). From 15:00 onwards buses depart Bingham at the their usual times but terminate short rather than running full loops. Xx:07 buses terminate in Elton or Orston via Aslockton. Xx:38 buses terminate in Langar via Cropwells but extend to Barnstone, Granby or Sutton on request.



### **Tarmac**



A little late, but Happy New Year to all readers from the Barnstone cement plant team.

We hope that everyone is coping with the challenges of Covid-19 and the restrictions.

In good news, we wanted to update the community on a project we are working on with local residents and the Parish Council. We are investigating the possibility of making improvements to the pathways and walks around the wood near the boundary with our site and FCC's capped landfill site. We are keen to play a role in helping to develop walkways without detracting from the natural beauty of the area.

For the project to go ahead and be sustainable for the future, it will rely on the support and volunteering help of local people. We hope that villagers will want to get involved to help create a walking area which will offer benefits for the community into the future.

Before we go any further with the project, we are keen to gather views and ideas from local people. Please email Parish Councillor Adrian Bellamy on cllrbellamylbpc@gmail.com

For more information and updates you can visit

https://www.facebook.com/theparishcouncil/

Watch this space and we will update in the next Signpost.



We hope that the end to this dreadful time is now in sight.

If you need help or support, you can get in touch via private message on the Langar Barnstone Covid-19 Facebook Page.



## 1st Barnstone Brownies

Since our last report to Signpost, we have been 'zooming' together, having not been able to meet face to face since March. About 17 Brownies are staying with us, and most of them are now

meeting on

Zoom. We have 3 new members and 2 of our oldest members have achieved their Brownie Gold Award during lockdown. They will hopefully join Guides.

Meeting virtually is the

only way

moment.

forward at the

Hopefully we will manage to do a Valentine's Tree on the phone box green.....and maybe an Easter one too. That will bring us full circle since Covid-19 hit us all.



Zoom activities have been mostly games and chatting up until now, but Brown Owl has been delivering Activity Bags to everyone, so we have just started crafting together as well. The playdoh modelling has been great fun!

Take care. Stay safe.
The Owls and the Brownies



## **Post Office times:**

Barnstone Village Hall Tuesdays 11.00 a.m. - 12.30 p.m.



## Census 2021



Sunday 21 March

t's about us

Households across Langer and Barnstone will be asked to take part in Census 2021 this spring.

The census, run by the Office for National Statistics, is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every ten years since 1801, with the exception of 1941.

Census 2021 will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

"The census provides a unique snapshot of our communities," lain Bell, deputy

national statistician at ONS, said. "It benefits everyone. Based on the information you give, it ensures millions of pounds are invested in emergency services, mental health care, school places, hospital beds, houses, roads, GP's and dentist's services.

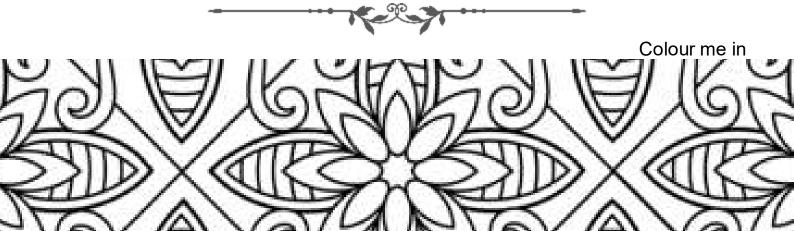
Census day will be on March 21, but households will soon receive letters with online codes explaining how they can take part. The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

For more information and advice on how to answer the questions, visit census.gov.uk.

Leia Morales | Census Engagement Manager Rushcliffe, Gedling and Broxtowe | Office for National Statistics | +44 (0)7452 938655 |

leia.morales27@field.census.gov.uk | www.census.gov.uk





Due to the continuing restrictions placed on everyone due to the Covid-19 pandemic, Project SEAL has taken the decision to end its current investigation into the history of the St Ethelburga site in Langar. We had planned to engage the local community through a talk and an exhibition based on our work in addition to working with the pupils of Langar School in support of the curriculum. The project was due to finish in August 2020 but due to the restrictions placed on us by the first national lock down we obtained an extension until December 2020 with the hope that things would improve. Sadly, this was not to be and it was felt that a further extension was unrealistic given the uncertainty over when social mixing will be restored.

Our Project Report was well received by the County Community Archaeologist and considers the site could be of national importance. She is considering asking Historic England to schedule the site. This would protect the site for future generations. To support this she will require more information to determine the boundaries of the site including any trace of a churchyard wall. This would be done by a geophysical survey. To this end we have asked the NLHF for permission to allocate the balance of our funds to pay for this survey. In return we would put on a public event based on our project at our own expense, probably during the 2022 Langar & Barnstone Village Festival, should this take place.

Our report is available for you to read in PDF format. It can be found by visiting the Langar cum Barnstone: Past, Present and Future Facebook page and clicking on "Files" and then on "Finding the Lost Church of St Ethelburga's, Langar". This will open the file for you to save on your tablet or pc to read at leisure. We have also approached the Parish Council for permission to make the report available via the Parish Website.

Project SEAL would like to thank everyone who plays the National Lottery without whom there would be no money for the National Lottery Heritage Fund to allocate to help a wide range of activities across the United Kingdom. We would also like to thank the National Lottery Heritage Fund for showing faith in our project and for all the help, support and advice given to us along the way.

Nigel Wood



## Vale Arts Group Tuesdays Barnstone Village Hall Doors open from 2 pm ~ 5pm All welcome to join, chat, share and indulge in all creative mediums! Tea, Coffee AND Bischitts INCLIDED EL FER SEASION

2020 R.I.P.!!!!! What a horrendous year 2020 has been for absolutely everyone! So, the remainder of THAT year we managed to get in a few months of Art and then of course another lockdown and tier structure closed us down.

As our Annual General Meeting is held on the second Tuesday of the New Year we had to decide what we were going to do on 12<sup>th</sup> January 2021. Technology has become a saviour of so very many of us and so it became the first time VALE ARTS GROUP went online to get together on Zoom and make major decisions for the Group.

The Annual General Meeting due to start at 2pm actually started fifteen minutes later – once everyone has sorted Zoom out!

It went off very well and was over in fifteen minutes all flowed very efficiently and the current Chair – Nicky Pulford, the Secretary – Gillian Clarke and the Treasurer – Philip Clarke were all able to stand again and were voted in by majority. The Financial report was accepted and the minutes of the previous AGM too. The latter part of the meeting reminded us all just how much we miss our Group gathering together on Tuesdays.

So........... 2021! What are we planning? At this point in time – who knows! We do have a Facebook page should you want to have a look. Vale Arts Group. Once we have the go ahead to get together, all members will be advised. We will head back to the Village Hall, sanitize our hands as we walk into the hall, and sanitise the table we are to use and the chair. We won't use the kitchen so will

have to supply our own refreshments, when the afternoon closes, we will sanitize the tables and chairs and hands and leave the hall until the next week. We are having a NEW MEMBER DRIVE so if you want to come along and try, just contact us or come along to the Village Hall on a Tuesday afternoon between 2 pm and 5 pm (after lockdown!) and see before you join us. You may know of someone who can draw, paint or takes photos and wants to share with others – please give them our details.

It doesn't matter what you think about your own ability, do you enjoy doing something artistic but need some inspiration or help? Come along please, we are NOT a bunch of professionals, we are a bunch of friendly and we hope helpful people (a bit nuts at times – but Hey! who isn't)

OBVIOUSLY WITH COVID 19 RESTRICTIONS JUST DROPPING IN IS NOT ON, BUT CONTACT BELOW.

Tuesday afternoons at the Langar cum Barnstone Village Hall from 2pm to 5pm £2 per session, bring your own refreshments. If you don't come to Group, you don't pay, however the massive sum of £1 is the Annual Subscription payable on joining the Group.

Any other queries please contact Gillian Clarke 01949861015 or email me at philigansgc@gmail.com.

All the best, Gillian Clarke Secretary



## GRANBY BARNSTONE & DISTRICT ROYAL BRITISH LEGION



Due to the Government Covid-19 regulations we currently continue to be unable to hold any Branch events. However, we continue to be offering online training courses to Branches within Nottinghamshire. The 2020 Poppy Appeal was severely affected by the inability to operate door-to-door collections, which we rely on greatly in this rural community. However, we were able to obtain donations locally and I know that many people within our community were able to donate either online or in collection boxes in local shops. Our Branch managed to collect a total of just under £1060 which, although less than in previous years, was a most commendable amount when the restrictions are taken into account. The figures for Nottinghamshire and nationally are still only approximate, as some supermarket returns are still awaited.

However, Nottinghamshire collected just under £145,609 and nationally the total was £13,716,410. In both cases this was substantially less than the previous year, as was to be expected. Again I would like to thank all of you who contributed so generously.

This year marks the centenary of the founding of the RBL and last year marked the 90<sup>th</sup> anniversary of the founding of our Branch. We were unable to celebrate last year, but we hope that later this year we may be able to organise an event to celebrate both anniversaries. We are hopeful that we may be able to hold our Annual Luncheon in September and hold another talk by our President, Andy Pulford, in October.

Andrew Charlett Branch Chairman



## Are you fed-up with doing the same old walks?

If you are looking to walk in Nottinghamshire and further afield once Covid-19 restrictions are lifted, then

www.walkinginengland.co.uk/notts is the website for you!

With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John said 'There is so much walking information on the web but it is difficult to find. Walking in Nottinghamshire (part of the

Walking in England suite of websites (www.walkinginengland.co.uk) – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!

John Harris

www.walkinginengland.co.uk

email: john@walkinginengland.co.uk

## Barnstone Chidren's Playground



As you may be aware, the children's playground in Barnstone has recently been updated with some fabulous new equipment. This is Phase 1 of the complete refurbishment plan and it was organised by the Barnstone Play Area Committee who have worked extremely hard to find funding for this venture.

They are now ready to begin Phase 2 of the project and this will cost in the region of £7,000. The committee has already begun their search for funding and grants and donations are starting to come in.

Understandably, fund raising has been set back by the Covid-19 pandemic so this is an appeal to anyone who may be able to help with funding or even a donation to help the committee reach

their target. This could be from individuals or local businesses who might be able to contribute.

Any amount, no matter how small, will be gratefully received

Alternatively, if you are handy with a paint brush or spade, the committee is looking for volunteers to help with such tasks as painting the existing swings and making raised beds in the play area. Obviously, this would take place when Covid restrictions allow.

If you would like to help this project in any way, please contact:

Sharon Ellis

Clerk to the Parish Council 07984 075016

langarbarnstoneclerk@gmail.com



**Litter** has always been an issue, whether from the lorry drivers passing through the village, dog owners leaving bagged up poo or kids dropping drinks cans. Justina does a magnificent job in the endless battle to keep on top of the problem. However as she can't get everywhere, some of our residents are venturing the winter weather to get out and help tackle the issue.

If you would like to help, all you need are a pair of gloves, and a carrier bag to put the litter in. When you get home put the gloves in the wash (or soak in sterilising solution) and wash your hands thoroughly.

My wish is to go for a walk and not spot a single piece of plastic!

If you see a litter picking fairy don't forget to make a wish too!

## Langar C of E Primary School

As a school we are proud of the skills and values we teach and secure in our children, as much as the outstanding academic outcomes they attain. Staff here model these skills and values in all we do. The global pandemic has really challenged us as a staff, but this strong ethos has provided us with the tools to cope with the situation we find ourselves in.

Our five school values are take-care, thoughtfulness, respect, love and fairness. These have guided the way in which we have dealt with the impact on our school and the plans we have made. We are not a team that shies from change, and we have welcomed many new opportunities that the pandemic has forced on us and reconsidered some of the ways in which we work to bring our approaches in alignment with our values.

## **Taking Care**

You may have read or seen in the news the outcry about the food hampers provided by some companies for children who normally receive a free school meal when in school. Before Christmas we were amazed by the generosity and kindness of members of the parish who had collected wonderful produce to ensure no family went without during the holiday. In fact, we received so much food we were able to share it with Cropwell Bishop school and make a donation to Bingham Children's Centre who provide food parcels for families in need! Following the holiday and the announcement of lockdown, like schools across the country, we provided food hampers for our free school meal families. These replaced the five lunches the child would have ordinarily had in school. Mrs Selby put together well rounded, freshly sourced food for these hampers meaning parents could make lunches such as tuna pasta bake, jacket potato with cheese and beans and even provide deserts such as cheese and crackers, yoghurt or fruit.

### **Thoughtfulness**

We thoughtfully considered the way in which we would deliver remote learning to children, leaving no child disadvantaged through lack of ICT equipment or WIFI connectivity. Pressures on families and parents this lockdown are immense, with so many parents being expected to fulfil their usual employment outcomes as well as supporting home learning and we have communicated our empathy for this. Our home learning followed the sequences of work we had already planned for the term, and we continue to introduce new concepts, skills and knowledge. Class teachers set weekly timetables for children with a good mixture of online and offline activities. These timetables are uploaded onto class pages on our website. We keep contact with families through Zoom meetings and phone calls and some children are even receiving intervention and mentoring sessions.

### **Fairness and Respect**

One of the measures taken by the government, and one that has drawn media attention, was stating that the children of key workers and those classed as vulnerable, could access a place in school. Guided by our values of fairness and respect, we invited the parents of children who fell into any of the categories to make themselves known and ask for a place for their child. This was done with a level of trust and the hope for honesty. Parents were asked to state their role. where it fitted into the list of critical workers and the name and contact details of their employer. All the applications we received met the criteria as stated in the guidance. Vulnerable children have been dealt with sensitively and parents approached and invited to send their children in. As a result of this we have 27 children in school along with all our staff.

WE ARE NOT IN THE SAME BOAT

I heard that we are all in the same boat,

But it's not like that.

We are in the same storm, but not in the same boat.

Your ship could be shipwrecked and mine might not be.

Or vice versa.

For some, quarantine is optimal.

A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee.

For others, this is a desperate financial and family crisis.

For some that live alone they're facing endless loneliness

While for others it is peace, rest and time with their mother, father, sons and daughters. Some were concerned about getting a certain egg for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to work because they don't qualify for unemployment and are running out of money.

Others want to scream at those who break the quarantine.

Some are home spending hours a day helping their child with online schooling while others are spending hours a day to educate their children on top of a 12 hour workday. Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it.

Others don't believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance.

Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey.

Let everyone navigate their route with respect, empathy and responsibility



### Love

Our greatest guiding principle is love. Our love for the children in our care and the community we serve is central to all we do and the decisions we make. We know how challenging this situation is for the whole community right now and understand the burdens carried are feeling heavier the longer this goes on. The messages of support, kindness and

understanding we are receiving give us the energy and drive to keep going until the light is seen at the end of the tunnel. It is a real honour to feel we are playing a part in supporting and helping a community through this difficult time and helping to stop the spread of this deadly virus.



Due to lack of use, at present there are no stops in Barnstone. However if you would like to place an order, please phone Southwell Library 01636 812148 and using the current click and collect service, they will happily visit Barnstone before Granby.

## **Mobile Library Routes 2021**

Day:
Thursday

Jan 28th	Feb 25th	Mar 25th	Apr 22nd	May 20th
Jun 17th	Jul 15th	Aug 12th	Sept 9th	Oct 7th
Nov 4th	Dec 2nd			

Stop No.	Location	Stop Name	Arrive	Depart
1	Cropwell Bishop	Colston Rd (No 37)	10.00	10.20
2	Colston Bassett	Colston Bassett Hall	10.25	10.40
3	Colston Bassett	Church, just past Post Office	10.45	11.00
4	Colston Bassett	Church gate Corner	11.15	11.25
5	Langar	Unicorn Pub	11.35	11.45
6	Granby	Main St, opp. Wooden garage	11.55	12.15
7	Sutton	Woodbine Cottage	12.50	13.00
8	Sutton	Poplar Farm	13.05	13.15
9	Sutton	Bruncott	13.20	13.30
10	Elton	Rige Farm cul-de-sac	13.35	13.50
11	Alverton	Old School	14.05	14.20
12	Staunton in the Vale	Pub	14.30	14.45
13	Flawborough	Bus Shelter	14.55	15.10

For information about requested titles or particular items of stock, please contact: Southwell Library 01636 812148.

Email: southwell.library@inspireculture.org.uk

## Foodbank

We are a group of residents from Langar and Barnstone who have come together to help out in the community during a time where some people are experiencing difficulty.

The Coronavirus Community Help Group have identified vulnerable residents who in the current climate are in need of our help.

We are running a food bank to help anybody struggling to put food on the table, so if you can donate any of the below items they would be greatly received.

> If you are in need of the groups help please contact: Heather Whitaker on 07751131061

Please use the boxes located in the village to drop off items

LANGAR: On the village green / by the Village Pond, by the bench.

BARNSTONE: On the village green (near the phone box and gnomes), by the bench.

**Canned Food** 

Baked beans

Kidney beans

Tinned tomatoes

Tinned fish

**Tomato Paste** 

Tinned meat

Tinned fruit

Ready Meals - Broth-

Gravies

Soup

Stock Cubes

Mixed Herbs

Drinks - Coffee - Tea

Coffee

Tea Bags

Squash - Juice

Pasta – Rice

Tins of Spaghetti

Lentils

**Noodles** 

Pasta

Pasta sauce

Rice

Spaghetti

Household - Toiletries -

Baby

Shower Gel

Toilet Roll

All purpose cleaner

Toothpaste

Baby wipes

Sanitary Products

Deodorant

Shampoo

Sauces - Spices -Dressings - Oil

Cooking Oil

Gravy

Sweets - Snacks

**Drinking Chocolate** 

**Biscuits** 

**Spread** 

Jam

**Peanut Butter** 

Sandwich Spread

Muesli - Cornflakes -

Cereals

Any Breakfast Cereal

**Cuisine - Baking** 

Flour

Sugar

Dairy

**Dried Milk** 

Long Life Milk

Eggs

No act of kindness, no matter how small, is ever wasted. Aesop

## **Rosie May Foundation**

The Rosie May Foundation is a UK registered charity founded in 2004 by Rosie Mays parents, Mary and Graham, to create a living legacy for their only daughter, 10 year old Rosie May.

The Rosie May Foundation has grown organically from a family run charity to an international charity and support communities in crisis. It exists to enable health and well-being, empower women and children, especially girls, through education to improve life chances and give a positive future, one that Rosie May was denied.



In our local community of
Nottinghamshire we have mobilised a
network of volunteers in response to the
pandemic. Working together with our
business community we have adapted
resources by utilising Rosie our little
Pink tuk tuk (previously used for events),
to deliver essential items and good
cheer to vulnerable people and smiles to
children in schools. We offer
employment opportunities in both our
local and global communities, our teams
work on the ground to provide direct
practical support to families in need. We
are partnered with the University of

Nottingham and Nottingham Trent and provide Internship placements for our local and global programmes. We offer fundraising opportunities and experiences to support our small, yet vital charity.

If you would like to find out more about our work please visit <a href="https://www.rosiemay.com">www.rosiemay.com</a>. If you would like to support us contact by messaging our Facebook page or email <a href="mailto:em@rosiemay.com">em@rosiemay.com</a>, we would love to hear from you.



Here's a link to a post of ours on Facebook about the celebratory cupcakes and how to order, feel free to use the link or copy and paste the text from the post:

https://fb.watch/3IG0e8BfSf/

## **Gardening**

Gardening has become very fashionable after last years lockdown. So here are a few tips

Compost demand exceeded supply last year, CemSpec (Harby), Handicentre (Bingham), Little Jacks Farm (Bottesford) are alternatives to Garden Centres or Supermarkets. You can use garden soil too.

Plants can be grown in anything, toilet rolls, yoghurt pots, newspaper, there are lots of ideas online, don't think you need to have proper pots to get started.

Cheaper seeds are the easiest to grow, packets are available from Lidl at 29p, Boyes also stocks a range from 89p. Follow the instructions on the packet.

Plants need 4 things to grow - light, warmth and water (but not water logged), after germination they also need nutrients from the soil.

Weed around you plants, but bear in mind that weeds are fantastic havens for wildlife and pollinators.

Grow what you like to eat, or flowers you like to see.

If you grow too many why not share, there is a Plant Swap in the bus shelter on the Green (opposite the church) in Granby. (A footpath from Barnstone will take you the whole way off the road, it is about 2 miles).

Take a walk around the villages and see what grows well in other peoples gardens and take inspiration.

If Gardening is not for you then take joy in the plants around the local area. At the Wild Flower Farm, you can walk around the meadows.

At the cross roads in May you will see a stunning display of Cowslips.

Tarmac have concrete planters which change seasonally.

In Langar look for the buttercup and Cow Parsley combination (Footpath by the Hall).

If you are really lucky you may spot the Bee Orchid in Barnstone Woods (June) (behind the works) very rare in this area.





## Extra Indulgent Cream Tea

## Bored of lock down and wanting to treat yourself to an indulgent pick me up?

## Why not order a cream tea?

A scone with clotted cream and strawberry jam alongside a pot of mixed berries and grapes and your choice of two from the following list

Brownie bar
Pecan blondie bar
All butter shortbread
Blackberry and elderflower drizzle cake

All served in a tasteful brown box with rainbow bright napkin, bamboo knife, and finishing ribbon.

£8 per box or two for £15

Delivery free within a 5 mile radius (please enquire for delivery cost for further afield)

(AM delivery time set by Big Day Blooms and Cakes and notified to the customer 24 hours in advance)

Minimum 48 hours notice required for ordering

Please order via Telephone on 07966792022 Text message 07966792022Email: sophie@bloomsandcakes.co.uk

Please tell me your name,
-what you are wishing to order (Naughty Cream Tea, The Enthusiastic baker box or The "its a breeze box)
-The date you want it for
your cake preferences for the cream tea
-your contact number
-the delivery address
-how you wish to pay (BACS/ card/ Paypal)
-I will the issue you a conformation message via text, and payment details.

The order is only confirmed when payment is made in full.



## Report a pothole

If you have spotted a pothole on a Nottinghamshire road, please report it online to fix the problem.

You will need to take a photo and follow the link below:

https://www.nottinghamshire.gov.uk/transport/roads/potholes/report-a-pothole

Alternative ways to do this

If you prefer to phone, you can contact the customer service team via 0300 500 8080 - Monday to Friday 8am to 6pm.

After you've reported a pothole, a member of the team will go out to inspect it within 10 working days and either fix it immediately or, if this isn't possible, make the necessary arrangements to do so.

## Please Pick Up After Your Pet

B

Recently we have noticed a vast increase in the amount of dog mess in our two villages, particularly around the telephone

box area in Barnstone. Besides being unsightly and smelly, animal waste can be hazardous to the health of our children who play in the community and to other pets.

Therefore, it is important to immediately clean up after your dog. Please take a bag with you to pick up waste and dispose of it properly – there are plenty of dog waste bins in the areas and it is an offence not to do so.

Please note that the football field on Works Lane is a no dog area, so please don't allow your dogs to foul the grass there.

By taking a few simple steps to clean up after your pet, you can contribute not only to the beauty of our villages but also towards the elimination of one of the most irritating nuisances in our community.

Please help to make the place cleaner and safer for everyone.

15

## HARLEQUIN OSTEOPATHY

Tel: 0115 933 5797



"Rarely do patients require more than one, two or three treatments"

Back/Neck Pain, Shoulder/Elbow Pain, Hip/Knee Pain, Wrist/Hand Pain, Ankle/Foot Pain. Harlequin Osteopathy is *the* location for treatment and honest advice to aid your recovery. No outlandish claims, no long drawn out treatment plans, no pressure, no gimmicks.

I will help you, help yourself.

Don't suffer any longer, call Graham Miller today.

Acupuncture
Osteopathy
Massage
Taping



Examination Treatment Diagnosis Rehab

6 Thomas Avenue, Radcliffe-on-Trent, NG12 2HT

A Family

WEEK 1





WEEK 2

**WEEK COMMENCING MONDAY 8TH MARCH ALTERNATING** 

(X)	MONDAY	
	> STATHERN	4:30pm - 6:30pm
	> GRANBY	7:00pm - 8:30pm
ON.	TUESDAY	
	> CROXTON KERRIAL	4:30pm - 6:30pm
	> SPROXTON	7:00pm - 8:30pm
OX)	WEDNESDAY	
_	> ROMANS' QUARTER	4:30pm - 8:30pm
00	THURSDAY	
	> EDWALTON	4:30pm - 8:30pm
OX.	FRIDAY	
	> CROPWELL BISHOP	4:30pm - 8:30pm

-	MONDAY	
	MONDAY	
	> GRANBY	
	> STATHERN	7:00pm - 8:30pm
(X)	TUESDAY	
	> WALTHAM	4:30pm - 6:30pm
	> EATON	7:00pm - 8:30pm
_		
(CX)	WEDNESDAY	
	> HOLLYGATE COTGRAVE	4:30pm - 8:30pm
0	THURSDAY	
	> HARBY	4:30pm - 8:30pm
(A)	FRIDAY	
	> LANGAR	4:30pm - 8:30pm
	SATURDAY	
	> COTGRAVE	4:20nm 6:20nm
	/ GUIGNAVE	4:30pm - 6:30pm

### DISCLAIMER

4:30pm - 8:30pm

PLEASE NOTIFY US DURING CHECKOUT WHEN PLACING YOUR ORDER IF THESE REQUIREMENTS/ SPECIAL REQUESTS ARE NEEDED. WE TRY TO CATER TO EVERYONE'S NEEDS, IF YOU HAVE ANY FOOD ALLERGIES THEN PLEASE SPECIFY THIS A CHECKOUT IN THE NOTES SECTION BEFORE SUBMITTING YOUR ORDER.

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> COTGRAVE





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