

THE RUDD

Cycling and hiking for a new scout hut roof

Two village scoutmasters are undertaking some major fundraising challenges this year in the hope of raising enough money to replace their leaky, old asbestos roof.



The First Ruddington Scouts building off Ashworth Avenue accommodates around 120 young people aged 6 to 14 across Beavers, Cubs and Scouts. However Dan Clifford (“Falcon”), a leader at the Beaver Scout colony, says: “Our Scout Hut

roof is over 30 years old and can no longer be patched up. Every time it rains, we lose about a quarter of our floor space in the main hall, which seriously impacts on the fun the kids are having. We’ve also got leaks around our equipment store, potentially endangering our valuable camping equipment.”

Continued inside

The Village Newsletter is sponsored this month by:

Ruddington Grange Golf Club

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So now Dan, (pictured on the front page alongside fellow scout leader and cyclist Kerry Squires (“Wolf”) in the orange top), have together decided to try to start raising some of the £20,000 needed to fix the roof.

“I’m doing three challenges in total and Kerry is joining me on the first one” explains Dan. “We’re cycling from Brownsea Island, one of scouting’s spiritual homes and site of the first Robert Baden Powell scout camp, to Ruddington – a distance of approximately 200 miles – in two days. The second challenge is the infamous Land’s End to John o’Groats, roughly 1,000 miles, from the tip of Cornwall to the top of Scotland, over eight days. I’ll be cycling from Cornwall to Ruddington on my own, but will be accompanied by Kate, my wife and our children on the remaining leg (they’re using a car rather than a bike!). My final challenge is to conquer the highest mountains in England, Scotland and Wales in a 24 hour period!”

The first challenge took place on 27th April and Dan hopes villagers will consider sponsoring them to raise the money: “Although the weather so far this year has been hampering my training, I’ve been racking up the miles in anticipation of the hard work to come!”

If you’d like to find out more – and perhaps help Falcon and Wolf in their fundraising endeavours – you can visit <https://mydonate.bt.com/fundraisers/gowolfandfalcon>.

Graham Wright via RUDDINGTON.info

Wushu winner

We extend our huge congratulations to a local 17 year old, Zac Ladkin, for recently winning a gold medal at the Dutch Wushu Open Championships.

Wushu is a martial art that combines breath-taking acrobatics with stance, kicks, punches, balances, sweeps and throws.

Zac has now been selected to represent Team GB at the 2018 EWUF European Wushu Championships in Russia.

As a village we seem to be having an increasing number of successful sporty residents and we wish Zac all the best.

Barbara Breakwell

Ruddington Open Gardens 23rd & 24th June 2018

Ruddington gardeners – we need you!

There’s still time to take part in the Open Gardens event at the end of June. We’ll be happy to hear from anyone who’d like to open their garden up to Friday 25th May.

Whether your garden is large or small, established or relatively new, please do consider joining in. Even a colourful display of hanging baskets would be a welcome addition to the programme!

If you’re able to open for only one of the two days, please don’t let that stop you from offering your garden.

For more information, please email je.piggott@btinternet.com.

Jane Piggott

Ruddington Spring Fair to support wildlife

Looking for inspiration to support wildlife on your doorstep? Come to the annual Spring Fair in Ruddington on Saturday 19th May.

This popular event is organised by the South Notts group of Nottinghamshire Wildlife Trust to raise vital funds to support local wildlife.

Before the advent of herbicides and fertilisers, flower-filled meadows were a familiar sight in Nottinghamshire. Sadly, 97% of species-rich grasslands in the county have disappeared since the 1930s.

Butterflies, bees, and previously common animals such as hedgehogs and some garden birds are under threat. The local group is taking action in Rushcliffe to improve places for wildlife, and to help educate young people about our natural heritage.

At the Fair, great value garden plants will be on sale and you can find information on how to make your own garden more wildlife-friendly. This year, we're highlighting the importance of soil creatures and how you can encourage these beneficial animals.

There's also a new wildlife craft stall, with our fabulous knitted wild woolly creatures and painted pebbles. An army of volunteers have been producing bees, butterflies, hedgehogs, owls and the iconic badger, which is the logo of Nottinghamshire Wildlife Trust.

Volunteer Anita Indcox, from Radcliffe-on-Trent said: "I get so much pleasure knitting these woolly friends and from knowing that the funds raised are helping to support wildlife in our area."



At the fair there'll be perennial and annual plants, homemade cakes, and wildlife craft items. Visitors can also win prizes at the tombola and enjoy a relaxing drink at the café.

The Spring Fair takes place on Saturday 19 May from 9.30am to 12pm at St Peter's Rooms.

Parking update

The March 2018 traffic patrol stats for the village were:

- 295 visits
- 615 observations
- 35 penalty charge notices

Ruddington & District Choral Society concert

What are you doing on 19th May? Watching the Cup Final or the Royal Wedding on TV? Or, maybe you're one of the lucky ones and have tickets for one of these events!

Why not round off your day at St Peter's Church and enjoy an evening of music by the father of English music, Henry Purcell, performed by the Ruddington & District Choral Society, the Ruddington Chamber Ensemble and soloists?

Purcell's music is amongst the greatest ever written. Composed for royalty and great events, his music is part of our nation's heritage.

It's music for great occasions: royal weddings, celebrating victories and singing England's praises. From the solemn and achingly beautiful to the glorious and profoundly spiritual, Purcell will enchant and mesmerise you.

So how about it? Come along to St Peter's at 7.30 pm on Saturday May 19th where you can enjoy some of England's greatest music on this great national day.

Works including Dido and Aeneas, the Funeral Music for Queen Mary, the Suite from Abdelazer and other much loved Purcell compositions are guaranteed to make it a day to remember!

For more details, please visit www.ruddingtonchoral.com or call 0115 921 1451.

Patricia Beale

Ruddington Summer Fayre

A reminder that this year's Sumer Fayre will take place on Saturday 21st July on The Green, between 12 noon and 6pm.

If you'd like a stall, the cost is £20 for a table and £50 for traders. Charities will be free and there's an Early Bird Discount of 10% for anyone booking before 21st May.

Newcomers can request a form by e-mailing office@ruddingtonparishcouncil.gov.uk, calling 0115 914 6660 or popping into the Parish Council Office.

We're creating a programme of events for the Summer Fayre and would like to hear from any local music or dance groups who'd like to take part.

We also need people to take part in "Ruddington's Got Talent" – please get in touch using the above contact details.

Labyrinth brings the Easter story to life

Pupils at St Peter's Junior School immersed themselves in the Easter story with the help of an interactive journey, which took them all the way from Palm Sunday to the Ascension, created by local churches.

The Easter Labyrinth, devised and run by members of the churches in Ruddington, involved pupils listening to a narration of the story through earphones from individual iPads while they followed an interactive trail of activities around the school's hall.

"As well as telling the story of the events of Easter Week, the trail also raises

questions about how the people involved in the story treat each other, aiming to help the children thoughtfully consider the events,” said organiser Ness Greenhalgh.

“We aim to help the children understand what we believe as Christians about Easter, while understanding that not everyone has a Christian faith.”

Stories in the “World’s Biggest Bedroom”

The “world’s biggest bedroom” was the venue for bedtime stories as children from St Peter’s Junior School celebrated World Book Day.



The school hall was transformed into a bedroom with sofas, bean bags, cosy rugs and blankets for the after-school event, where children, who came in onesies and slippers, were treated to traditional story-reading and mugs of hot chocolate.

They were also entertained with multi-media stories and poems from famous writers such as Michael Rosen and Benjamin Zephaniah, which were

broadcast on a big screen, and even took part in a relaxing yoga session.

“It was a wonderful cosy atmosphere and the children loved it,” said teaching assistant Dan Sinclair, who helped to organise the event.

“We’ve previously held the event outdoors in our woodland area, but the children seemed to enjoy being in the world’s biggest bedroom just as much!”

Le Jumelage/Twinning

We will soon be welcoming a group from our twin town of Grenay in France. The main focus of this visit is football.

On Saturday morning, 12th May 2018, two young teams will be competing against Ruddington Colts up at Jubilee Field.

We have also planned other activities, including trips to Notts County FC, Trent Bridge Cricket Club and the Transport Heritage Centre in Ruddington.

In total, our guests will be here for four days from 10th to 13th May.

Please help us to make our visitors feel really welcome in Ruddington, particularly by coming to watch the football and cheering on the players!

If you’d like to help out, we’d love to hear from you, especially if you can speak French and are good at washing up!

Please contact the Parish Council office by emailing office@ruddingtonparishcouncil.gov.uk or calling 0115 914 6660.

Councillor Jill Reedman

What our local kids think

Last month, some of the older children of the village told us what they they think about living in Ruddington. Now it's the turn of the Infant aged children – and here's what they had to say.

"I like Sainsbury's"

"All my friends are here and it's a very nice place"

"We have really good schools to go to"

"There are really nice places to go to like dancing and the Country Park"

"Going to the Parks as they have ginormous puddles and I like jumping in them when it's wet"

"We have a great football team, Ruddington Colts"

"Nice shops like Co-op to go in"

"I like going with my friends to Rainbows"

"The schools as you get to learn "

All these comments were from children who sit on their School Councils. These are groups of pupils within a school who are elected by their peers to represent them and their views.

The Councils are supported by a staff member and are actively involved in sharing their views in decisions which impact upon them.

Both our local schools are also part of the Rushcliffe Learning Alliance, which is a collaborative group of schools across South Nottinghamshire. This group also

has a Pupil Parliament, which representatives from each school attend. Even from this young age they are able to have their voices heard which can only be good for their future.

Barbara Breakwell

Ruddington Village Centre Partnership / Retail Growth Forum

Following on from the extraordinary meeting on 12th April, over 50 members of the community have stepped forward to volunteer their time towards initiatives to support our village centre.

A focus group of 10 members (with representatives from businesses, the community and the Parish Council) have met to form an independent Ruddington Village Centre Partnership (Retail Growth Forum) to discuss the next steps and generate a plan of action.

"The response from villagers offering to help has been very encouraging and this steering group will do its best to identify the short term and long term actions people can take to help regenerate the village centre" said Parish Councillor Ian Wilson.

We have a great community spirit and whilst it will take time to work through all of the ideas, it was clear that we need to prioritise and do a great job, rather than rushing something through half-heartedly.

The immediate priorities for us are to:

- Create a “Shop Local” campaign which will raise awareness of local businesses to all residents and visitors
- Engage with local businesses to generate a loyalty shopper scheme
- Talk to more residents and visitors about what they would like from the shopping area
- Pursue a parking approach which meets the needs of the village centre, this is likely to be different on different streets.

The focus group will meet again on 14th May, with a wider group meeting involving all 50 plus volunteers will happen shortly after.

If you'd like to volunteer to help with this initiative, please contact the Parish Council office at office@ruddingtonparishcouncil.gov.uk or call 0115 914 6660.

Janice Moore

Douglas comes to GCRN

Following successful testing on 25th March, Hunslet 2890 - "Douglas" entered regular service on the GCRN from Easter weekend.

The locomotive is a rebuild of an “Austerity” tank engine. However, the result of the conversion is both a very practical locomotive for heritage railway operation, and does rather more than just 'tip its hat' to the many products of the private locomotive

builders of Leeds, Stoke, Stafford, Bristol and elsewhere.

A wide variety of tender locomotives left the gates of workshops for export around the world that shared many features of this engine. The relatively small wheels and large cylinders were specified for tractive effort rather than speed.



In telling the story of locomotive building in the UK, Hunslet 2890 illustrates a type of which no example exists in the UK, but similar examples of which were sent around the world when the private builders would supply to specifications both offered by them and drafted by their customers.

We look forward to being able to explain to our visitors the place that this locomotive has in illustrating the design and evolution of steam locomotives and the export of engineering products around the world through the late 19th and first half of the 20th century.

Phil Stanway / GCRN Facebook

Ruddington Diary

Tuesday 1st May

Ruddington Methodist Church Women's Fellowship - 2.30pm. Kathy Powis - The Mary Rose. All are welcome to join us.

Saturday 5th May

Ruddington R.D.A. Spring Fayre - 10.00am - 12 noon St Peter's Rooms

Sunday 6th May

Dawn Chorus Walk 5.45am for a 6am start, Rushcliffe Country Park. Come and hear the early birds with us. Join Staff and Volunteers on a gentle early morning stroll celebrating International Dawn Chorus Day. The event is free but bring a few pounds if you fancy a hot drink and tea cake afterwards.

Ruddington Footpath Preservation Group - Ruddington to Gotham and return. Meet on The Green at 2.15pm.

Monday 7th May

"Swing Back to the 1940s" at the Framework Knitters Museum - 11am to 4pm. FREE entry to this wartime-themed extravaganza with fun, activities and refreshments for all the family. Feel free to dress up!

Tuesday 8th May

Rattle, Rhyme & Roll - Ruddington Library 11am - 11.30am. Free half hour fun session for babies & toddlers

Scrabble - Ruddington Library 2pm - 4pm All abilities welcome

Parish Council Meeting - Annual Meeting at St Peter's Rooms commencing at 7.30 pm. All meetings are open to the public where you can raise your views on any agenda items.

Wednesday 9th May

W.I. Meeting - 'Resolution Meeting' - Make your voice count at St Peter's Rooms commencing 7.15pm

Saturday 12th May

Wildlife Watch Group: "The Urban Worm is Coming" - 11am to 1pm. Go Wild for Worms! Meet at the Education Room, Rushcliffe Country Park. Members and non-members welcome. Under-8s to be accompanied by an adult. Please come dressed for the weather! Suggested donation: £2 per session. For more information, please contact Geoff East on 07804297041

geoff.east@virginmedia.com.

The May Ball at Blotts Country Club, Holme Pierrepont. In aid of the Friends of James Peacock and St Peter's Schools. Welcome drink at 7pm, followed by a 3 course dinner, live music, fun casino and raffle. Tickets cost £45 and are available on a 'first come, first served' basis.

Sunday 13th May

Ruddington Bowls Club Open Day - 2:30pm at Elms Park. Everyone welcome, whether you're a beginner and want to learn how to play lawn bowls or have some experience. See article for details.

Monday 14th May

Ruddington Craft Group - Encaustic Art/Making Boxes. St Peter's Rooms 10.00am - 12.00am. £3.00 - tuition, materials and refreshment are included in the cost. Newcomers are welcome to come and learn a craft, experience or expertise are not essential.

Tuesday 15th May

Ruddington Methodist Church Women's Fellowship - 2.30pm. A.G.M. followed by poems and cream tea All are welcome to join us.

Thursday 17th May

The Ear Foundation – Do you wear an NHS hearing aid? Come to our FREE walk-in hearing aid clinic. In St. Peter's Rooms between 11.30am to 12.30pm. No appointment required.

Ruddington Folk & Blues Night - 8pm at The Country Cottage Hotel. Come and enjoy live music of all kinds in a relaxing atmosphere.

Friday 18th May

Ruddington Business Partnership – FREE networking today and every 3rd Friday of the month, at The Ruddington Arms, 8am to 9am. Come along and meet other local businesses. No booking required.

Saturday 19th May

South Notts Wildlife Group Spring Fair - 9:30am to 12 noon at St Peter's Rooms. Stalls include garden plants, knitted wild woolly creatures and painted pebbles, homemade cakes and tombola.

Ruddington & District Choral Society concert - 7:30pm at St Peter's Church. Featuring the music of Henry Purcell performed by Ruddington Chamber Ensemble and soloists. Works will include Dido & Aeneas, the Funeral Music for Queen Mary and the Suite from Abdelazer. Details at www.ruddingtonchoral.com or call 0115 9211451.

Sunday 20th May

Bark for Life Cancer Research UK - Rushcliffe Country Park 10am - 3pm. An

excellent event for dogs and their owners every time. Charity Walk, contests, stalls and the most fun you can have on four paws.

Monday 21st May

Ruddington Craft Group - Encaustic Art/Iris Folding. St Peter's Rooms 10.00am - 12.00am. £3.00 - tuition, materials and refreshment are included in the cost. Newcomers are welcome to come and learn a craft, experience or expertise are not essential.

Tuesday 23rd May

Amenities Committee Meeting - at St Peter's Rooms commencing at 7.30 pm. All meetings are open to the public where you can raise your views on any agenda items.

Saturday 26th to Monday 28th May

Summer Exhibition & Sale of Artwork & Creative Textiles - at the Framework Knitters Museum. Free entry. For more details, or to discuss exhibiting your works, please email helen.brownnett@frameworkknittersmuseum.org.uk or call the museum on 0115 984 6914. All commissions made will go towards museum funds.

Wednesday 30th May

Ruddington Gardeners' Association - "Lilies and Companion Plants" with Richard and Leigh Woods at The Hermitage. 7pm for 7.30pm.

Thursday 31st May

Griswold Gang at the Framework Knitters Museum - 11am to 3pm. Join the Griswold Gang for school holiday craft activities! Fun for kids of all ages. £1 donation per child.

Have your say about development in Ruddington!

You may recall from recent issues of The Rudd that the Parish Council has recently embarked on a Neighbourhood Plan project. Neighbourhood Plans are a community's way of having a statutory say in the planned use of land in their area – something many residents have a view on, especially in light of the Rushcliffe Local Plan to grow the village in the coming years.



Although the Neighbourhood Plan will not have the power to alter Rushcliffe's proposals, it will give legal weight to residents on how developments throughout the village take shape. It does this by consulting residents, forming planning policies based on their views, and holding a referendum on the final plan.

The process takes time and can be fairly technical, so the team recently employed Urban Imprint, a planning consultancy from Macclesfield, to help with the process. The Neighbourhood Plan team would like all residents, young and old, to have their say about the future of

Ruddington, and will soon be hosting a series of consultation exercises to gather your views on planning aspects such as housing, roads, and green spaces.

Look out for a leaflet coming through your letterbox soon, which will contain details of an upcoming survey and two consultation events at St Peter's Rooms on 5th June from 3pm to 8pm, and 9th June from 10am to 4pm.

You can find out more about the Ruddington Neighbourhood Plan at www.ruddingtonnp.org.uk or by searching for 'Ruddington Neighbourhood Plan' on Facebook and @RuddingtonNP on Twitter.

Councillor Mark Pinks

RVP: “Your Vision for the Future”

Ruddington Village Plan: update and news

In February, you may remember reading about the progress being made by the RVP Team.

Committee members meet monthly and work hard with other organisations to ensure that the development priorities identified by the villagers of Ruddington stay on track as far as possible.

Active links with the Parish and Borough Councils are important, as

well as with a wide range of other community services.

By the time you read this, the first Adult Education “taster session” will have taken place in the village, hopefully meaning that there’ll be a few more iPad-confident residents than there were a few weeks ago!

Look out for future sessions about photography, local history and family tree research.

Here’s a summary of just some of the progress made since February:

- Following a meeting with Nottinghamshire Highways department, plans are being made to create a “drop off” parking space on Church Street for the Medical Centre.

- The Nottinghamshire Buildings Preservation Trust is interested in helping to ensure a positive future for one of the village’s vulnerable buildings.

- In conjunction with the renewal and updating of the existing Village Trails, consideration will be given to improving the access, signage and upkeep of the Rorke's Drift graves in Shaw Street cemetery.

- The development of an Emergency Plan for the village is well underway. This is something which many

communities have as a “stand by” for a significant event which needs a coordinated response to ensure the safety and well-being of local residents.

You will appreciate that some of the more ambitious aspirations (detailed in the RVP action plan) may take years to come fruition; many depend on the involvement and co-operation of other local organisations but others are achievable over a much shorter time scale.

Look for further updates and progress reports in future newsletters.

Gavin Walker

March crime figures

Our local police force is now providing us with monthly crime statistics for the village. For March these were as follow:

- 1 x shed break-in
- 1 x drive off from the petrol station
- 3 x criminal damage to vehicles
- 3 x theft
- 1 x burglary
- 1 x robbery

For crime prevention advice, please visit www.nottinghamshire.police/advice.

Asher Lane Public Inquiry

The Public Inquiry into the appeal against the decision by Rushcliffe Borough Council to refuse planning permission for 175 homes off Asher Lane began on Tuesday 17th April under the appointed Inspector, Nick Fagan.

After opening speeches by Counsel for both sides, the first person to give evidence was Parish Councillor Paul Reedman, who made a statement against allowing the appeal, issued jointly by Ruddington Parish Council and Ruddington Action Group, before answering questions from the Inquiry.

Rushcliffe Borough Councillors Jean Greenwood, Martin Buckle and John Lungley also spoke against granting planning permission, as did numerous other residents of Ruddington.

The Inquiry continued on Wednesday 18th April, opening with evidence from Jan Witko, Principal Highways Officer at Nottinghamshire County Council. Evidence was heard from Neil Bennison, a Highways Consultant, on behalf of the appellant on Thursday 19th April in the morning.

The afternoon session heard evidence from Richard Mapletoft, Planning Policy Manager, and Kirsty

Catlow, Area Planning Officer, both for Rushcliffe Borough Council, and concluded with evidence from John Wakefield, a Planning and Landscape Consultant, for the appellant.

Friday 20th April saw a site visit to Ruddington, led by Nick Fagan, and attended by representatives from both sides and interested parties.

The group visited the site which is proposed for development, as well as the High Street / Kirk Lane junction, where the appellants propose to install traffic lights, and the Kirk Lane / Loughborough Road junction.

After lunch, the Inquiry concluded with closing statements by Mr J. Owen, Counsel for Rushcliffe and Mr Paul Cairnes, QC, Counsel for the appellants.

Judgement in this matter has been reserved. A decision may be given in a few weeks but could be delayed because of the complexity of the case.

Councillor Paul Reedman

Do you want to stay independent, active and well?

Connect is a community-based service offering short term help when you need it. They offer free practical advice and information,

and can put you in touch with other local services that can help you deal with whatever issues are affecting your independence.

For example, they can help with completing forms for benefits, blue badges etc; provide support for you to attend appointments or find housing; or simply boost your confidence with getting out and about in the community.

Connect will be at St Peter's Rooms on Wednesday 16th May from 10am until 12 noon. You can also contact them on 0115 939 5406 or email connect@metropolitan.org.uk.

If your health and independence is at risk because of age, mobility issues, disability, health conditions or bereavement, then this service is for you.

Barbara Breakwell

Out of hours GP services

Did you know that as Rushcliffe residents you can now benefit from additional GP appointments?

These evening and weekend appointments are available at East Bridgford Medical Centre, Castle Healthcare Practice on Wilford Lane, West Bridgford and Keyworth Medical Practice.

They are available between 6.30pm and 8pm weekdays and between 8.30am and 12.30pm at weekends.

If you request one of these appointments, you will be offered a slot at one of the three locations with a Rushcliffe GP, Nurse or Healthcare Assistant, depending on your problem.

This is not a walk-in service. All extended hours appointments are pre-bookable only by contacting your own GP practice.

Bowls Club Open Day

Ruddington Bowls Club will be having an Open Day on Sunday 13th May at



Elms Park. Events will start at 2.30pm.

Everyone is welcome, whether you're a beginner and want to learn how to play lawn bowls, or you have some experience and wish to find out about the Ruddington Bowls Club.

Bowls will be provided and the only gear you need is a pair of flat, smooth shoes.

For more details, please call the Club's Hon. Secretary, Brian Tolley, on 0115 921 2844 or 07790 959 943.

Brian Tolley

Urgent – help wanted!

The twice-monthly café selling homemade cakes at Rushcliffe Country Park is in urgent need of more volunteers to keep it running.

It's a great asset to the Park and also raises funds to be spent on the facilities. If you could help out at the café once a month, or even once every other month, please contact the Rangers' Office on 0115 921 5865.

The Friends of Rushcliffe Country Park

Ruddington – a village of surprises

During April, Ruddington was very surprised when the popular vegetable and fruit shop, known always as Thomas's, suddenly closed down. The shock in the village was palpable. Other shops have shut down, but nothing has caused the reaction like this closure.

This was not just a shop, it was a meeting place. It was where you could pick up one apple or a pounds' worth. The older people could buy enough single items to make a healthy stew, with no waste – important in this day and age.

The second surprise was the ripple effect which spread to the East Midlands Today news programme, who interviewed locals on the effect that losing this shop had had.

Surprise number three was to be found in a full page article in the Nottingham Post extolling the joys of living in Ruddington, with sorrow expressed about the closure of THAT shop.

The fourth surprise in this village was initiative. But why should that surprise us? This is what village life is made of. Our initiative came from the local Post Office, who decided there was only one thing to do and that was to start selling vegetables. Loose vegetables, so that the stew could still be made, so that the elderly members of our community could see that someone was thinking of them.

We have heard nothing but good words from everyone for this, and we think the Patel family who run the Post Office should be given a huge vote of thanks. Whilst everyone else moaned and groaned, they did something about it. It might be on a small scale and we don't know how it will grow, but they've planted a seed (a vegetable seed of course!) and have let the community know that this is what village life should be like, and indeed is, here in Ruddington.

Again, grateful thanks to the Patels from, Lorna, Pat, Judy and all members of the Wednesday Coffee Morning Club.

Lorna McCullough

New Slimming World group

Yvonne Tompkin has transformed her life by losing 8 stone and is using her success to shape a whole new career, helping other people change their lives and achieve their weight loss dreams too.



She says: "When I first joined Slimming World as a member, I never dreamed that I would end up helping other people to lose weight but now I just can't wait to get started. After losing 8 stone and completing my training, it's a privilege for me to be able to pass on the experience, insight and understanding that helped me, so I can give members the support they need to get to target.

"As someone who's lost weight myself, I know the challenges people can face, which is why, along with the group, I'll be there to support every one of my members all the way to their chosen target weight."

"I'd tried to lose weight so many times before by following numerous diets, but they were never sustainable because I'd always get tired of restricting what I ate. I thought I was destined to struggle with my weight for the rest of my life, but when I came to Slimming World it was different. I never felt like I was on a diet.

"The eating plan encourages you to eat lots of tasty, filling foods like pasta, rice, potatoes and lean meat and fish. You're never hungry and no foods are banned, so there's no deprivation. I couldn't believe I'd found a way to lose weight without starving myself."

Yvonne's group will be held at The Jubilee Clubhouse on Loughborough Road every Monday at 5pm or 7pm from 28th May. For more information or to join Yvonne's group, either pop along on Monday 28th May or call her on 07717 307 007.

Yvonne Tompkin



More than meats the eye at Ruddington Village Butchers

Our ever popular village butchers is the go-to local shop for all your favourite steaks and fillets. But did you know about their “Caerphilly selected” range of cheeses? Owner Shane Ginty has been stocking cheeses for some time now, with an ever changing variety available.



"I pride myself on offering the highest quality of meats," says Shane, "but offering cheeses is something different to what you might expect from a butcher. As well as our regular staples of Stilton, Red Leicester, Lancashire and mature Cheddar, we have all sorts of speciality cheeses. These include Bouncing Berry (a blend of Cheddar and cranberry), Cornish Yarg (a mild, creamy Cheddar, wrapped an edible

rind of nettle weeds) and Black Bomber (an extra mature cheese that really bites back!)"

And if that's not enough to get your mouth watering, Shane's collaboration with The Frame Breakers pub has also been a big hit, with the pub menu offering Shane's sausages based on their Rock Mild and Bullion ales.

April even saw Shane's St George's Day speciality sausage at The Frame Breakers, based on their seasonal St George's Ale. "I really enjoy collaborating with other Ruddington businesses, and love serving the customers of Ruddington. It's a fantastic, vibrant village, with so much on offer. I hope our High Street shops, cafes and pubs will be around for a long time to come!"

Here at The Rudd, we say "shop local, and support your village butchers!" Stay up to date with Shane's offers on Facebook at “Ruddington Village Butchers”.

Mark Pinks

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