

THE RUDD

Framework Knitters Museum wins Lottery support

The Framework Knitters Museum on Chapel Street has received initial National Lottery support for an exciting new project called “A Right Good Yarn”.

Made possible by National Lottery players, the project aims to expand the museum into an adjacent property, purchased in 2013, and redevelop the existing space. The monies will also allow vital conservation and renovation works to take place.



Development funding of £114,300 has been awarded by the Heritage Lottery Fund (HLF) to help the Framework Knitters Museum progress their plans to apply for a full National Lottery grant at a later date.

“A Right Good Yarn” will transform the Framework Knitters Museum site, enabling new displays and exhibitions to be installed as well as providing an enhanced visitor experience.

Continued inside

The Village Newsletter is sponsored this month by:

Ruddington Grange Golf Club

0115 921 4139

ruddingtongrange.com

There'll be a new visitor route connecting the museum's three sites, as well as new and improved shop and café facilities. The additional space will also enable the museum to expand its popular programme of events, which include an annual 1940s day, a Victorian Christmas fair and the recent Steampunk day.

The museum aims to fully involve the local community in the project through a consultation process, as well as engaging new and existing volunteers and staff. Existing educational links with local universities and other institutions will be strengthened, and the museum will be better-placed to engage new and more diverse audiences, including hard-to-reach groups.

Commenting on the award, Chair of the museum's Trustees, Professor Julian Ellis, said: "We're delighted that we've received this support thanks to National Lottery players. We are excited about the future of this museum and plan to have the extended museum complete in time for our 50th anniversary in 2021."

Faye Stenson

All aboard the Santa Express!

Santa Special train services will once again be returning to Great Central Railway Nottingham (GCRN) this December. Heritage steam-hauled

services will run every Saturday and Sunday from Saturday 1st December, followed by three fantastic Christmas Eve services on Monday 24th December 2018 to really get you into the Christmas spirit.

All services will travel through the beautiful Nottinghamshire countryside with a very special guest on board – Santa Claus!



Always popular with children, our Santa Specials are a great chance for kids to tell Santa what they'd like for Christmas. All children will receive a quality gift during their journey and everyone will receive seasonal refreshments.

Booking is essential, so don't delay as these services are popular and tend to get booked up in advance.

All services depart from and return to Ruddington where our shop and café will be open for gifts, drinks and snacks, whilst the miniature railway (weather dependent) and model

railways will also be open for visitors to enjoy.

Find out more at www.gcrn.co.uk where you can download the Santa Specials leaflet with full information, including timetables, prices and a booking form.

Faye Stenson

Rotary Santa returns

The Rotary Clubs of Keyworth and Ruddington and West Bridgford have merged and Santa Claus will be visiting our village again this year, thanks to the newly-renamed Rotary Club of Rushcliffe.

Santa and his sleigh have become popular annual fixtures in Ruddington, touring our streets and estates each December to get everyone in the spirit and raise money for good causes.

As always, Santa will be joined by his little helpers, with volunteers from Ruddington Colts FC and the Friends of James Peacock helping to spread festive cheer around the village.

With seasonal tunes aplenty, Santa's visits are great fun for the children, so please show our local Rotary Club your support and give generously if you can.

Here are this year's dates and places:

Wednesday 12th December

Churchill Drive estate, Old Station Road and Pasture Lane estate

Thursday 13th December

Camelot Street, Clifton Road, Packman Drive and Rufford Road

Wednesday 19th December

Musters Road, Barleylands and Elms Park

All visits will take place in the evening between 6pm and 9pm.

The angels are back!

If, during December, you come across a little knitted angel bearing a message, please feel free to take him home. Or, you could give him to a friend, or take him to a new spot to be discovered by someone else.



Members and friends of Ruddington Methodist Church have been knitting for months and hope their efforts will bring a smile and a little bit of calm to folk as the Christmas bustle builds up.

Kathy Powis

Mischief Makers

During the school summer holidays, the annual “Summer Reading Challenge” was held at our local library. This year, it was called “Mischief Makers” to celebrate 80 years of the Beano comic.

Children aged from 4 to 11 were invited to read six library books to enable them to complete the Challenge and collect rewards along the way.

216 children started the Challenge and 133 (62%) completed it. This was 25% more than the number of children who started the challenge last year. There was also a 4% increase in the number finishing it. The Library team are delighted with the results.

Well done to all who took part!

Barbara Breakwell

Parking update

The October 2018 traffic patrol stats for the village were:

- 485 visits
- 741 observations
- 37 penalty charge notices

Crime figures for Ruddington

For October, these were as follow:

- 5 x theft from a motor vehicle
- 1 x theft of a vehicle

- 1 x theft from a property
- 2 x theft from a business
- 4 x burglary
- 6 x criminal damage
- 3 x violence to a person
- 1 x road-related offence
- 1 x other crime

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

Loyalty Card December offers

December will see a new wave of offers from the dozens of village businesses that have signed up to the Ruddy Good Loyalty Card. You can check out the latest offers at RUDDINGTON.info or by scanning the QR code on the back of your card.



Initial feedback on the scheme, launched in October by the Ruddington Village Centre Partnership, has been extremely positive so please continue to support our local outlets.

Ruddington falls silent

On the 100th anniversary of the end of the First World War, Ruddington paid a heartfelt and moving tribute to the 61 warriors from the village who gave their lives in the service of our country.

Just as the guns had fallen silent at 11am on 11th November 1918, so too did the hundreds of people massed around the War Memorial on Church Street, who'd come to remember the fallen.

The ceremony included bell-ringing at St Peter's Church and a flag parade by local organisations. It was lovely to see so many young people taking part in such an important event.



There were hymns and prayers led by Reverend Sam Hackett of Ruddington Baptist Church, wreath-laying which was begun by the Ruddington Royal British Legion and included flowers laid by Cathie and Nicolas, visitors

from Grenay, our twin town in France. And, of course, the playing of the Last Post.



The final act in the Memorial Garden was the unveiling of a new bench marking the centenary of the armistice, commissioned by the Parish Council. This was done by Councillors David Hall and Jill Reedman (pictured above).

The commemoration then moved indoors into St Peter's Church, where Reverend Andrew Buchanan conducted a Service of Remembrance.

Whilst our tribute was taking place here in Ruddington, Twinning sub-committee members Ernie and Doreen Gadsby and Paul and Ann Tarlton-Weatherall went to Grenay to represent us at the French 100th anniversary memorial. As expected, the weekend was a very moving yet enjoyable affair.

Councillor Paul Reedman

Light up a Life Appeal

This Christmas, Nottinghamshire Hospice – who have a charity shop on Ruddington High Street – are inviting families and friends to celebrate the lives of loved ones by dedicating a light on our Christmas tree in our annual Light up a Life Appeal.

On Wednesday 5th December, there'll be a memorial service at St Mary's Church in Nottingham followed by a torch-lit walk across the city to the hospice Christmas tree at Castle Rock Brewery Yard. The tree will be officially lit when the procession arrives. Mulled wine, hot chocolate and other refreshments will be provided at Castle Rock.

This unique celebration is free to attend and open to everyone, regardless of faith. You're welcome to join us at any stage of the evening.

The timings for Light up a Life are as follows:

4 pm: Memorial Service at St Mary's Church, Nottingham, NG1 1HN

5 pm: Torch-lit procession leaves St Mary's Church for Castle Rock Brewery Yard

6 pm: Lighting of the Tree of Life at Castle Rock Brewery Yard, 12 Queensbridge Rd, Nottingham NG2 1NB. You can find out more at www.nottshospice.org.

Don't be alone on Christmas Day

Please join us for a Christmas lunch and social at The Hub, 62 Musters Road, Ruddington NG11 6HW, organised by Ruddington Baptist Church. Whether your family has flown the nest, are too far away, or it's just complicated, come and join us and other folk for a warm and friendly get together on Christmas Day.



Doors open at 1pm with welcome drinks and nibbles, then at 2pm we'll sit down for Christmas dinner with all the trimmings, including pudding, drinks, general goodies and the chance to be sociable.

Pre-booking is essential – please book by Friday 21st December. There's a suggested voluntary donation of £5.

We may be able to help with transport; please discuss this with us when booking. For more details and to book, please contact Gwynneth on 07980 938 574. Find out more at www.ruddingtonbaptist.org.uk.

Christmas Food Bank appeal

On Saturday 8th December, there'll be collections in both the Co-op and Sainsburys in Ruddington for our local food bank. The NG11 Food Bank at Clifton is run by the Trussell Trust, who reported a 13% increase in food bank use nationally in the past 6 months compared to this time last year.

The food bank provides a three day emergency food supply to people in crisis, who've been referred for support. The winter months, and especially Christmastime, are particularly hard for people living in poverty. Increased expenditure on gas and electricity can mean having to choose between food and warmth.

Ruddington shoppers have donated generously in previous years and we hope to do well again this year. Our volunteers will be collecting in Ruddington supermarkets between 9am and 3pm on Saturday 8th December, so please come and say hello! Any donations of non-perishable foodstuffs are welcome, but we'll be giving out lists of suggested items if you'd like one.

Anyone living in Ruddington and unable to provide enough food for themselves or their family can be referred to the NG11 Food Bank, which is held at the Hope Church at the bottom of Southchurch Drive in Clifton. The volunteers are friendly and

welcoming, and the food bank is open every Tuesday and Saturday from 9.30 to 11am. To find out more, please call 07538 916 757.

Councillor Jill Reedman

Long-awaited work completed on footpath

Nottinghamshire County Council have now completed work on tarmacking Footpath Number 5, which links Vicarage Lane Playing Field to 50 Steps Bridge.

The long-awaited works mean that residents no longer need to trudge through mud and standing water during the winter months to reach the village centre or Rushcliffe Country Park – at least, on this stretch of the route. The route across the Playing Field itself has not yet been tarmacked, although the County Council hopes to extend the new surface next year if funds are available.

The path on the other side of 50 Steps Bridge, which is gravelled, is owned by Artex so the Council isn't responsible for its surface.

Thanks to Graham Wright at RUDDINGTON.info.

A large print copy of the Village Newsletter is available to read in the library.

Ruddington Diary

Saturdays & Sundays from 1st to 23rd December, & Monday 24th December

Santa Specials at GCRN – see main article.

Saturday 1st December

Ruddington Christmas Fayre – 12 noon to 5pm. Stalls offering food and drink, Christmas gifts and decorations and much more. Kids' activities, bell-ringing and singing from local choirs. Santa will of course be on hand! Events will also take place in St Peter's Churchyard. The Framework Knitters Museum will be hosting their popular 'A Dickensian Christmas' event to run alongside the Fayre, with stalls, refreshments and activities for all the family from 11am - 5pm.

Sunday 2nd December

Café Church – First Sunday of the month – 9.30am – 10.50am at St. Peter's Church, followed by Holy Communion for those wishing to stay. Come and join us for Café breakfast, alongside games, a short talk, discussion, with options for quiet reflection, prayer, drama, art, crafts, liturgical service and music. Something for everyone.

Ruddington Footpath Preservation Group

– '50 Steps' – Railway Line – Country Park . Meet on The Green at 2.15pm.

Monday 3rd December

Ruddington Craft Group – Christmas Crafts. St Peter's Rooms 10.00am – 12.00pm. £3.50 – tuition, materials and refreshments are included in the cost. Newcomers are welcome to come and learn a craft, experience or expertise are not essential.

Conservative Club Adults Christmas Party – 12pm, open to all over 21, non-members

welcome, tickets £5, includes buffet, singalong, bingo, Sticky 13's and a raffle.

Tuesday 4th December

Methodist Church Women's Fellowship – Subject TBC. 2.30pm. All are welcome.

Wednesday 5th December

History Society – 8pm St Peter's Rooms. Giants of the Sky, The Zeppelin in World War One – David Skillen. Visitor fee £2.50, this includes refreshments.

Friday 7th December

Conservative Club Children's Christmas Party – 4pm, open to all , tickets £5, includes buffet, disco and present from Santa.

Saturday 8th December

Wildlife Watch Group (8 to 13 year olds) at Rushcliffe Country Park – 11am to 1pm. 'End of the year wildlife Hootenanny' Say hello goodbye to the new and old year. Members and non-members welcome. Suggested donation: £2. Please come dressed for the weather! For info, contact Geoff East on 07804 297 041 or at rushcliffewatch@nottswt.co.uk.

Christmas Gift Tag Workshop – in the Chapel Art Gallery at the Framework Knitters Museum from 1:30pm to 3:30pm. Come and create a giant Christmas gift tag using stamps, punches and inks. Alex will guide you through the process. Cost £15. Tea and cake will be available. Please book in advance by contacting Helen at the museum on 0115 984 6914 .

Retro Disco in aid of the Mustard Seed Project – 7:30pm to 12 midnight at St Peter's Rooms. Music from across the decades. Prizes for the best fancy dress

prizes from 70s, 80s, 90s and 00s. Photo booth and tuck shop. Adults only! Tickets cost £5 and are available from Perkins' Hardware on High Street or email info@mustardseeduganda.com.

Monday 10th December

Ruddington Craft Group – Party. St Peter's Rooms 10.00am – 12.00pm. £3.50 – tuition, materials and refreshments are included in the cost. Newcomers are welcome to come and learn a craft, experience or expertise are not essential.

Come and sing 'Handel's Messiah' with Ruddington & District Choral Society – 7:30pm at St Peter's Church. See main article.

Tuesday 11th December

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

Scrabble – Ruddington Library. 2pm – 4pm All abilities welcome.

Wednesday 12th, Thursday 13th & Wednesday 19th December

Rotary Santa visits – 6pm to 9pm. See main article.

Wednesday 12th December

W.I Meeting – "Christmas Party" at St Peter's Room, commencing 7.15pm.

Monday 17th December

Ruddington & District U3A Monthly Meeting - 2pm Ruddington Methodist Church. Guest speaker Heather Roberts 'Police Convoy to Malawi' plus time for notices, reports, discussion, questions and socialising. Please bring your membership card. For further details or information on

how to join please email rudd_u3a@yahoo.com.

Tuesday 18th December

Methodist Church Women's Fellowship – Subject TBC. 2.30pm. All are welcome.

Thursday 20th December

Christmas Fun at Bloomin' Dementia – Join us for song time and enjoy a cuppa and a mince pie or two at The Cottage Hotel on Easthorpe Street from 11am to 2pm. We also have two hampers to raffle. To book a place and a mince pie, call into the Bloomin' Dementia hub at 4 Easthorpe Street, call 0115 984 3703 or email heather@bloomindementia.org.

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 & 12.30pm. No appointment required.

Ruddington Folk & Blues Night – 8pm at The Country Cottage Hotel. All styles and types of music and song PLUS The Ruddington Community Choir with favourite carols and festive songs.

Friday 21st December

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.

Christmas Day (Tuesday 25th December)

Christmas Lunch & Social – from 1pm at The Hub, 62 Musters Road. See main article.

Thursday 27th to Sunday 30th December

Winter Holiday Trains at GCRN – times TBC. Visit www.gcrn.co.uk for details and booking info.

Come & Sing: Handel's "Messiah"

Once again Ruddington & District Choral Society invites all lovers of Handel's "Messiah" to celebrate the coming Christmas and join them in singing this glorious work. This ever-popular community event has become very much part of the village, the Rushcliffe area and the choir's calendar. There's no need to be a choir member – the only qualification is that you love the work and enjoy singing!



All the great choruses – from "Every Valley" to "For Unto us," to the "Hallelujah" to the mighty "Amen" and everything in between – will be there making it a night to remember. It's the perfect event to get you into the Christmas spirit as we again celebrate this work which is so much part of our Christmas tradition.

So, come along and sing in St Peter's Church in Ruddington on Monday December 10th (7.30 pm start). If you have your own score then bring it

along, if not we can provide one. However, if you just want to come along to listen and enjoy the music then we'd love to see you – it's all part of the start of Christmas in Ruddington!

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

Pat Beale

Ruddington Girlguiding needs you!

We are a good sized district consisting of two Rainbow packs, two Brownies packs, one Guide pack and one Rangers section.

We provide exciting, fun and inspiring sessions for girls aged from 5 to 18. We offer a wide variety of activities such as camping, DIY, arts and crafts, First Aid training, bicycle safety and theatre trips to name but a few.

To enable us to keep offering these opportunities to local girls, we need to recruit more adult volunteers.

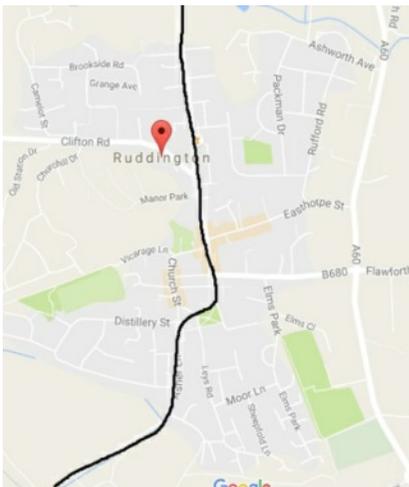
Are you aged 18 or over? Could you give up a few hours a week or month to join Girlguiding? We guarantee you'll have a blast! If you'd like to know more, please email ruddingtongirlguiding@outlook.com.

Sandy Flavill, District Commissioner Delegate

Christmas tree shredding

Would you like your Christmas tree shredded? If so, just let the Parish Council office know by Friday 21st December 2018 – preferably by e-mail or phone – and make sure you leave your address and contact details.

As the number of trees to be shredded keeps on growing, we're once again spreading the collection over two days. On Monday 7th January, we'll collect trees from houses on the Clifton Road side of Wilford Road, High Street, The Green and Asher Lane (i.e. to the left of the black line shown on the map). On Tuesday 8th, we'll collect from houses on the Loughborough Road side of these streets (to the right of the black line).



Please leave your tree out before 9am on the right day and the Parish Council Groundstaff team will collect and shred it.

Success for Neighbourhood Plan policy event

The Neighbourhood Plan team held its latest consultation event last month to great success. Following the results of the summer survey, the team have prepared a vision and a set of planning policy aims for Ruddington, and we invited villagers to give feedback on our progress so far.

Residents attended St Peter's Rooms on Saturday 10th November and gave their views on the team's "emerging policies", including ideas for the village centre, housing, and the environment. If you were unable to attend the consultation event but would like to give your views on our planning policy ideas, a survey is available online at ruddingtonnp.org.uk/survey2, or in paper form from the Parish Council office at St Peter's Rooms. The survey will be open until 15th December. Once it closes, the team will begin the final stage of drafting the Neighbourhood Plan, opening a final round of public consultation in the spring, concluding with a village referendum later next year.

For more Neighbourhood Plan news, see ruddingtonnp.org.uk, or search "ruddingtonnp" on Facebook and Twitter.

Councillor Mark Pinks

Ruddington Farmers' Market seeks stallholders

Another new initiative to attract shoppers into our village centre – aimed at both residents and visitors – will be trialled early next year. Now organisers are looking for local traders interested in having a stall.

The idea of a Ruddington Farmers' Market has been doing the rounds since just after Easter – when Ruddington Parish Council called an Extraordinary Meeting. This was to see what help it, and our community, might be able to offer local businesses during tough times for traditional shops.

Attended by around 140 concerned villagers, the emergency meeting came in the wake of long established and valued Ruddington traders such as Horspool's Bakery, Grice's of Ruddington and Barclay & Cook being lost. But it was the sudden closure over Easter of 60 year old family greengrocer's Glyn Thomas Ltd – which many saw as the life and soul of our High Street – that prompted some decisive action.

This came in the form of the new Ruddington Village Centre Partnership (RVCP), which has already successfully launched a new village Loyalty Card in partnership with RUDDINGTON.info alongside

funding and support from the Parish Council, Wig Wag Creative and Nottingham City Transport. Its various volunteer sub-groups have been working over the summer on different projects – another of those being a regular outdoor market.

Andy Hunt from The White Horse – which is also part of Ruddington's Loyalty Card scheme – has come forward to offer his pub's beer garden and car park as the possible location for a regular Farmers' Market. It's set to be trialled on Saturday 2nd February 2019 from 10am to 4pm – and could become a monthly fixture if the first one is a success.



Andy told us: "We've wanted to do this for a while and now feel the time is right, with what's happening in the village, and using our covered area. If we get more than 10 stalls we will use the car park area. Also if we have people who want to come with trailers, etc. we will also use the car park. I have spoken with RVCP as they

wanted to do something similar and this is a great way for the village to ‘dip its toe in the water’, so to speak.”

Stella Dickie of the Partnership explains: “The RVCP has been investigating the possibility of setting up a Saturday market in the heart of the village. The White Horse’s event is therefore timely, a great venue and we hope it will attract many local suppliers who will complement what Ruddington has to offer.

“For the first market we would like at least 15 stalls offering quality crafts and produce. It would be great to have a mixture of stalls showcasing our local craftspeople and offering delicious food and drink to consume there and then and provisions to take away. It would be fabulous if many of the stallholders are local to the village but we would love to hear from anyone interested in making this first market a success.”

Organisers are also offering a stage for young musicians and performers to show off their talents: “So, if you would like to be one of the stallholders or performers to help get the Ruddington Market off to a flying start please get in touch” says Stella.

If you’d like a stall, wish to perform or more information, please contact Andy at The White Horse as soon as

possible on 0115 984 4550 or at info@whitehorse-inn.co.uk.

Graham Wright via RUDDINGTON.info

Meet the Grange Bakery and Grange News

Grange Bakery offers an array of cooked and cold breakfast and lunch items to go. They also serve homemade cookies, cakes and proper coffee. Meanwhile, Grange News sells papers, magazines, traditional sweets, greeting cards and mobile phone top-ups. They also have three busy vans that cater for the breakfast and lunchtime trades around the city and beyond, and also provide outside catering at a good price.



Ruddington has recently drawn in new array of exciting new businesses. However, in this “Meet the...” article, we wanted to talk to a business that’s

stood the test of time to find out what their secret is.

The Grange Bakery and Grange News have been serving our community for 12 years, although locals will have noticed a few changes recently.

Thomas Alton now runs both family businesses from one unit, moving the bakery from the High Street into his newsagents at 4-6 Church Street. But it doesn't stop there as Thomas is moving his business with the times too.

Q. Why did you move?

A. It made sense for lots of reasons. Our customers want a newspaper with their breakfast or lunch. The bakery grew out of the High Street premises very quickly and the newsagents had lots of space, so we've installed two brand new kitchens. I'm mid-way through the re-design to bring our interior up-to date.

Q. What is your secret?

A. Our staff. We're only as good as them and we have a good bunch. Because of that we keep our loyal customers.

Q. What's the most popular thing on your menu?

A. Obviously, you can't go wrong with a bacon cob! But honestly, we cater for all tastes. Our salad boxes are very popular and our free mince pie with a hot drink is a total winner.

Q. What time do you open?

A. Officially at 7am, but we're here from 5am and our early morning regulars are here by 5.45am for their breakfast. Soon, we'll start opening both businesses 7 days a week.



Q. What are your thoughts on the "shop local" campaign?

A. We're completely behind it. Our locals can make a big difference by doing the smallest of things, like buying their newspaper from an independent shop like ours. This allows us to stay open and keep our delivery service running. Our older customers completely rely on this service. We're also looking out for more paper-boys and girls, so please pop in if you'd like a round (age 13 and over).

Q. Why are you based in Ruddington?

A. This is home, where else would we want to be?

For catering or paper delivery enquiries, please call 0115 984 4117.

Sarah Godfrey

Assistance dog charity needs volunteers to look after broods

Assistance dog charity Canine Partners is looking for more volunteers that can open their homes to the charity's brood stock.

The puppies born will grow up to be amazing assistance dogs for people living with physical disabilities across the UK, boosting their partners' confidence and independence.

Volunteers look after the canine partner mums, known as brood bitches, and are also responsible for taking care of the new-born puppies until they're around seven weeks old.

Brood bitches live out in volunteer homes and spend most of the year as a well-trained family pet.

"Looking after the puppies involves plenty of stroking and cuddling, as well as introducing the puppies to play," says Sian Evans, Canine Partners' Brood Stock Coordinator.

"It also involves weaning the puppies onto solid food and critically starting off the early socialisation process."

Each brood is expected to have approximately four litters, one litter per year, before being retired.

The volunteers, also known as brood bitch holders, do not need any experience as all the relevant support

and training will be provided by the charity.

"I have brood bitch Winnie and look after her, making sure she is healthy and ready for when she has a season and then to have her pups," says Hazel Clutton, one of the charity's volunteer brood bitch holders.

"The charity is always behind you and the breeding department is always on the end of the phone, so even if you've never had a dog, they're there for you every step of the way."

To apply you must be aged 18 or over, live within the designated area, have time to devote to the brood and her litter, have space within your home, have access to a car and be willing to drive the brood bitch on essential journeys such as vet appointments.



Becoming a brood bitch holder is a highly rewarding voluntary role. If you're interested, please visit caninepartners.org.uk/get-involved/volunteering/brood-bitch-holder/ to find out more, or call 08456 580 480.

Buggyfit at Rushcliffe Country Park

Buggyfit is an outdoor exercise class that's completely designed with the needs of new mums in mind, allowing you to bring your babies in the pram or buggy. After having a baby, life appears to absorb all your time with "baby activities" and clinic visits. However, studies show that taking time out for yourself, especially to exercise, is fantastic not only for your fitness levels but for your mental state too, relieving stress, improving stamina and making for a happier mum.

Buggyfit comes with the added bonus of exercising with like-minded women, enabling you to make new friends and benefit from the social fun these classes bring.

Buggyfit classes incorporate cardiovascular and fat-burning exercises with strength training and toning, concentrating on the specific areas that need work after childbirth. The great thing is that this mix produces maximum results for each class member as it not only tones those problem areas but helps to raise the metabolic rate and aid in weight loss too.

The benefits of Buggyfit include:

- Effective and safe postnatal workouts with a postnatal qualified and motivated fitness instructor
- Improved posture and stronger core muscles
- A chance to meet other new mums and benefit from group support
- Babies can come too, so you can lose weight without losing sight of your little one
- Helps relieve stress and post-baby blues
- Exercise in the fresh air, soak up some vitamin D and enjoy the endorphins!

Buggyfit sessions take place in term-time on Wednesdays at 10:30am at Rushcliffe Country Park. We meet in the car park. For more information please visit www.thismummycan.co.uk.

Sarah Woodhouse

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