

THE RUDD

Award for Wilwell Farm Cutting Working Party

The team behind environmental and conservation work at one of our local nature reserves have been honoured with a Celebrating Rushcliffe Award. The Wilwell Farm Cutting Working Party were presented with the 'Environmental Group or Project of the Year' award at The Becket School on Wednesday 28th November.



Working Party members Tim Williams (pictured) and Ian Workman received the award from John Scott-Lee, who represented the category's sponsor, Streetwise.

Tim has been involved with Wilwell Farm Cutting, managed by Nottinghamshire Wildlife Trust, for many years – showing local groups around the Nature Reserve and demonstrating his extensive knowledge of nature, particularly insects, as well as raising money for the Trust.

With thanks to Peter Davison

The Village Newsletter is sponsored this month by:

Ruddington Grange Golf Club

0115 921 4139

ruddingtongrange.com

“A Stitch in Time”

A talk by Debbie Bryan

Debbie Bryan, owner of the award-winning venue in the Lace Market, Nottingham, will be giving a talk in the Old Chapel at the Framework Knitters Museum on Chapel Street entitled “A Stitch in Time” on Tuesday 29th January 2019 at 2pm.

As well as running her craft shop and cafe, Debbie has travelled widely promoting the revival of Nottingham lace. She will be talking about vintage lace and how it’s provided inspiration for the modern burst of creativity. She’ll also be bringing examples of vintage lace to illustrate her talk.

Tickets cost £5, including refreshments, and can be obtained from the museum during opening hours or by telephone from 0115 984 5375 or 0115 921 5253.

Barbara Harrington-Tucker

Business Christmas

Window Display Competition

Thank you once again to all those businesses that entered the competition, now in its sixth year. The number of entries was down from last year, but the enthusiasm and ingenuity shown by those who did participate was amazing.

My hat goes off to all of you for the wonderful displays you produced!

Some businesses that didn’t enter also had potentially winning window displays, so hopefully we’ll be able to encourage you to enter in 2019.



The results for 2018 are: 1st place – Amanda Findlay Eyecare (pictured), 2nd place – Phoenix Flowers, 3rd place – The Old Bakehouse Tearoom and Highly Commended – Urban Retreat.

Councillor Marion Pell

Photos of Ruddington Co-op

The Village Museum is helping the Co-op to source photographs for a planned community wall at the Ruddington store. Do you have any photographs showing the Co-op or its workers taken between 1940 and 2000?

If you’d be happy for your photos to be scanned and included in the new display, please contact the Village Museum on 0115 914 6645 or email enquiries@ruddington-museum.org.uk.

Gavin Walker

Ruddington Village Market to launch next month!

Next month sees the launch of the brand new Ruddington Village Market. The recently-formed Ruddington Village Centre Partnership (RVCP), in collaboration with The White Horse Inn, have launched a website – www.ruddingtonvillagemarket.co.uk – to support the initiative, providing details of the market, and an online form for prospective stallholders to apply.

The market will be held in the grounds of The White Horse Inn on Saturday 2nd February from 9am to 1pm, and hopes to attract a variety of stallholders, including sellers of fruit and vegetables, meats, dairy produce, street foods and crafts, plus performances from local talent.

As reported last month, the idea of a market began to gather pace following the formation of the RVCP. This is a joint group of Ruddington traders, parish councillors and residents, brought together to pursue ways to promote the vibrancy and prosperity of the village centre in the wake of a number of retail closures, not least Glyn Thomas' greengrocers.

The RVCP has already had great success last year with the "Ruddy Good Offers" Loyalty Card, with well over 30

businesses offering discounts on a range of products and services, and had great fun producing the "Twelve Days of Traders" Christmas promotional video, which featured on BBC Radio Nottingham and in the Nottingham Post.

The group now hopes to capitalise on this momentum with the first Ruddington Village Market, and are appealing to residents and businesses to show their full support for the event.

Mark Pinks, Parish Councillor and founder member of the RVCP, said, "We really hope this is the first of many Ruddington Village Markets, and that it becomes something the village is known for. We're appealing to all Ruddington residents to get behind it and make it a big success".

The group are also looking for sponsorship from local businesses to help promote the event by assisting in the production of flyers, posters, vinyl banners and canvas bags. To apply for a stall, visit www.ruddingtonvillagemarket.co.uk, or to offer sponsorship please use the contact form on the website or email enquiries@ruddingtonvillagemarket.co.uk.

Councillor Mark Pinks, on behalf of RVCP

Loyalty Card January offers

January 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 just by scanning the QR code on the back of your card.

The scheme is going really well so far, but we need your continued support to keep our precious local businesses open. So next time you decide to buy something, think “Shop Local!”

Cycling success for Ollie

Oliver Peckover was supported several years ago with a Parish Council grant for his cycling and was also supported through the County Council talent programme. He has gone a long way since then with the support of family and friends.

Ollie is 20 years old and has lived in Ruddington all his life. Over the years, he’s represented the East Midlands in multiple cycling disciplines, including three consecutive years at the UK School Games.

Over the winter of 2014/15, he was invited to ride in the Revolution Track Series (a series of events on an indoor velodrome, held in London, Manchester and Glasgow) as an under-16 rider and was also asked to represent Team Sky.

In 2014, Ollie was the under-16 National Circuit Series Champion and in 2016 he became the second ever under-18 rider to ride 10 miles in under 19 minutes in the UK.

For the last two years, he’s been riding against professional riders all over the country, gaining some excellent results. In August this year he became the East Midlands Men’s Road Race champion after a 90 mile road race held in the Vale of Belvoir that included riding up Harby hill seven times.



Ollie also holds the course record on several local 10 mile time trial circuits. He then got a fantastic opportunity with a competition organised by Zwift (an online training programme) and Team Dimension Data (Mark Cavendish’s team), with the winner gaining a place on the under-23 Team Dimension Data continental squad and a professional contract.

There were 29,426 cyclists enrolled worldwide at the start of the programme, of which only 3,267 completed all the tasks.

After finishing all the training activities, including workouts, group rides and races over an eight week period, Ollie advanced to the semi-final stage after making it into the top 10 under-23 year old riders.

Then commenced another two weeks of riding and testing to make it into the top three for the finals, which saw Ollie attend a Team Dimension Data training camp in Cape Town, South Africa, in November.

Whilst out there, he helped to distribute some of the bikes donated by the Zwift Academy to the Qhubeka Charity which was founded in 2005.

The charity provides bikes to South African communities to enable residents to travel further and faster to places that are hard to access. Typical journeys including fetching supplies, travelling to school and work, visiting clinics and getting medical assistance or providing emergency help after a disaster – things we generally take for granted.

To date, the charity has provided more than 80,000 bikes to local communities. Zwift are donating one bike for every 10 people who

graduated from the initial eight week training programme.

Unfortunately Ollie was unsuccessful in the Cape Town finals. However, he'll carry on racing for a UK-based team during 2019 and hopes to go one step further next year.

Nadine Peckover

Crime figures for Ruddington

For November, these were as follow:

- 1 x theft from a motor vehicle
- 1 x theft from a property
- 1 x theft from a shed
- 1 x burglary
- 2 x criminal damage
- 1 x assault
- 1 x drink driving offence
- 4 x theft of fuel from the petrol station

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

Parking update

The November 2018 traffic patrol stats for the village were:

- 463 visits
- 577 observations
- 27 penalty charge notices

Another great Christmas Fayre!

Well we certainly got Ruddington's Christmas celebrations started on Saturday 1st December with the Christmas Fayre! Although the day started a little grey and rainy, it brightened up during the afternoon to create a lovely atmosphere with festive music playing down the High Street and in St Peter's Rooms.

Music was a theme throughout the afternoon, with several great performances by both the Ruddington Community Choir and the Ruddington and District Choral Society.

This culminated in carol singing outside St Peter's Church, followed by the church bells ringing through to the end of the event.



The children were well entertained by the excellent Marvo the Magician, and there were teacup rides and trampolines on the High Street. Santa was kept very busy in his grotto before taking to his sleigh to delight the

crowds through the village streets. There was an excellent Treasure Hunt through the churchyard and a chance to "Hunt the Snowman" around the village, along with the ever popular Hook a Duck!



Shopping opportunities were available on the High Street and in St Peter's Church, with both visiting traders and our own excellent village retailers putting on great offers.

Meanwhile, our fantastic pubs and cafes all offered great refreshments, with additional food and drink stalls outside St Peter's Rooms proving very popular.

We also had the launch and world premiere of the "Twelve Days of Traders" promotional video which was shown in The Frame Breakers and then several times on the large screen in the church. Check it out on <http://ruddington.info/traders-christmas-ad-launched-dec2018/> if you missed it.

For those who liked the chance to win some goodies, there were plenty of opportunities on offer.

The Parish Council-run raffle for Bloomin' Dementia - our nominated charity for 2018/19 - included a magnificent 40 plus prizes. The winners were drawn by Freedom Dance stars Mila and Rudi.

Refreshments were also sold in St Peter's Rooms in aid of Bloomin' Dementia and a total of £312 was raised.

A cheque has since been presented - pictured below.



We'd like to thank everyone who supported, donated, attended and enjoyed the Christmas Fayre – we're already thinking about next years' event!

The Parish Council Events Team

Christmas tree shredding reminder

If you've asked the Parish Council to collect and shred your Christmas tree, our Groundstaff team will collect it on

Monday 7th or Tuesday 8th January, as explained in the December issue of The Rudd. Don't forget to leave your tree outside by 9am on the day of collection!

If you've forgotten to book a collection, don't worry. You can take your tree to be recycled at West Bridgford Recycling Centre on Rugby Road.

Can you donate food and clothes?

From Monday 7th to Friday 11th January, you're invited to donate clothing and non-perishable food to the local homeless charity, The Friary.

If you put your items in a bag and place them on top of either your grey or blue bin, the Rushcliffe Borough Council refuse collection teams will collect them during their usual rounds.

The charity would particularly welcome donations of bottled water, cartons of juice, tea, coffee, crisps, cereal bars, biscuits and tins of soup, fish, fruit and custard.

Warm winter accessories are also always appreciated, such as hats, scarves, gloves and socks.

Last year this initiative collected 10 tonnes of goods that went directly to those in need.

Barbara Breakwell

Ruddington Diary

Wednesday 2nd January

History Society – 8pm St Peter’s Rooms. Framework Knitting and the Ruddington Museum – Kathy Powis. Visitor fee £2.50, this includes refreshments.

Sunday 6th January

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 – Grantham Canal: Towpath from Gamston & return . Meet on The Green at 2.15pm.

If you’d like something included in The Rudd, please contact the Parish Council office.

The copy deadline for the next edition is 15th of the month.

Monday 7th January

Ruddington Craft Group – Brooches. St Peter’s Rooms 10.00am – 12.00pm. We meet on the 1st and 3rd Monday of each month at 10.00 until 12.00 except for Bank Holidays and the whole of August. Tuition, materials and refreshments are included in the £3.50. You may like to bring your own basic equipment such as pencil, ruler, colouring pencils and scissors. Newcomers are welcome to come and learn a craft, experience or expertise is not

essential. We participate in a variety of crafts.

Tuesday 8th January

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

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

Environment & Policy Committee Meeting – at St Peter’s Rooms commencing at 7.30pm. All meetings are open to the public, you can share your views on any agenda item.

Wednesday 9th January

W.I Meeting – “Ruddington Mustard Seed Project” at St Peter’s Room, commencing 7.15pm.

Saturday 12th January

Wildlife Watch Group (8 to 13 year olds) at Rushcliffe Country Park – 11am to 1pm. Meet at the Education Room. Members and non-members welcome. Suggested donation: £2. Please come dressed for the weather! Kids under 8 welcome but must be accompanied by an adult. For info, contact Geoff East on 07804 297 041 or at rushcliffewatch@nottswt.co.uk.

County & Borough Councillors’ Surgery – 10am to 12 noon at St. Peter’s Rooms. This is your opportunity to speak with your Borough and County Councillors about local issues.

Tuesday 15th January

Methodist Church Women’s Fellowship – New Year Celebration with Men’s Fellowship. Fish and Chip lunch, 12 o’clock, please note the time.

Thursday 17th January

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 Cottage Hotel, Easthorpe Street. All styles of music and song to entertain you in this relaxing and comfortable venue.

Friday 18th January

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.

Monday 21st January

Ruddington Craft Group – Felt Making. St Peter's Rooms 10.00am – 12.00pm. We meet on the 1st and 3rd Monday of each month at 10.00 until 12.00 except for Bank Holidays and the whole of August. Tuition, materials and refreshments are included in the £3.50. You may like to bring your own basic equipment such as pencil, ruler, colouring pencils and scissors. Newcomers are welcome to come and learn a craft, experience or expertise is not essential. We participate in a variety of crafts.

Ruddington & District U3A Monthly Meeting - 2pm Ruddington Methodist Church. Guest speaker Rosemary Gibson "Grantham Canal" 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 22nd January

Parish Council Meeting – at St Peter's Rooms commencing at 7.30pm. All meetings are open to the public, you can share your views on any agenda item.

Saturday 26th January

Quiz Night supporting Rainbows Hospice – St Peter's Rooms 7.30pm. Quiz for all ages, charity raffle and bar. £5 per person, max 6 people in a team. Contact matt.winn1@hotmail.co.uk for tickets.

Tuesday 29th January

'A Stitch in Time' – a talk by Debbie Bryan in the Chapel at the Framework Knitters Museum at 2pm. Tickets cost £5 including refreshments and are available from the museum or by calling 0115 984 5375 or 0115 921 5253.

Wednesday 30th January

Ruddington Gardeners' Association – "Introduction to Bonsai" with Corin Tomlinson at The Hermitage. 7pm for 7.30pm.

Sunday 3rd February

Café Church – see January entry.

Ruddington Footpath Preservation Group – Route TBC. Meet on The Green at 2.15pm.

Spiritual Light Centre at Framework Knitters Chapel. Every Sunday 6.30pm – 8.00pm. Divine Service with a visiting Medium. Healing during service.

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

A52 Nottingham Knight and Wheatcroft junctions

Public Information Events – 18, 19 and 26 January 2019



Highways England is holding public information exhibitions on proposed plans to improve the A52 Nottingham Knight and Wheatcroft junctions as part of the A52 Nottingham Junctions scheme.

The Nottingham Knight and Wheatcroft junctions suffer from severe congestion at peak travel times, leading to long queues on all approaches.

You can attend one of our public information events to meet the project team, ask questions and view more details of on proposals:

Date: Friday 18
January 2019
Time: 1pm to 5pm

St. Peter's Rooms
Church Street, Ruddington,
NG11 6HA

Date: Saturday 19
January 2019
Time: 10am to 4pm

St. Peter's Rooms
Church Street, Ruddington,
NG11 6HA

Date: Saturday 26
January 2019
Time: 10am to 4pm

**Notcutts Garden Centre
Car Park**, Landmere Lane,
Edwalton, NG12 4DE

We have identified solutions to improve both junctions, which include:

- Widening the approaches to provide additional traffic lanes
- Increasing the size of the existing roundabouts to allow better movement of traffic
- Introducing traffic signals to manage traffic safely and effectively
- Additional link roads

Contact us

 0300 123 5000

 www.highwaysengland.co.uk/projects/a52-nottingham-junctions

 A52NottinghamJunctions@highwaysengland.co.uk

 @HighwaysEMIDS

 A52 Nottingham Junctions team,
Highways England, Floor 5,
2 Colmore Square,
Birmingham,
B4 6BN.

Meet our new Parish Councillor

Leo Lanzoni has recently been co-opted to the Parish Council and now represents Manor Ward. Together with our other new councillors, Gavin Walker (Manor) and Chandler Wilson (Camelot), who we'll introduce in the coming issues of The Rudd, we'd like to welcome Leo on board.



“I am 32 years old and have lived in Ruddington since I was born,” says Leo. “I have previously worked at The Country Cottage Hotel and Welcome Finance at Ruddington Fields Business Park. I moved to the Co-op on Church Street in 2006 and have worked there ever since. I’m a member of Ruddington Community Choir and in the past, I was also part of Ruddington Players / Ruddington Footlights, which used to put on plays and other performances.”

He adds: “My particular areas of interest include housing, traffic and parking, and protecting our High Street economy. I’m also passionate about promoting our village identity and improving the facilities and activities on offer for young people in Ruddington.”

You can contact Leo through the Parish Council Office.

Superfast Broadband comes to Ruddington

Nottinghamshire County Council has confirmed that the postcode area NG11 6NL in Ruddington now has access to superfast “Fibre to the Cabinet” (FTTC) Broadband.

If you live in this area, you can contact your preferred Broadband provider to request an upgrade. Please take some time to research the market and make sure you get the best deal!

For more information, please visit www.nottinghamshire.gov.uk and search for “Broadband.”

A time to reflect and remember

2019 is the commemoration of 80 years since the beginning of World War Two, during which the great upheaval of the “Evacuation Programme” took place.

Drawn from the spoken memories of her husband, former Headteacher of

James Peacock School, Beryl Callon, has written and produced a book. "But For The Sake Of A Tiny Wasp," was inspired by a simple question: "What is an evacuee, grandpa and what did they do in the war?"

It's an honest account of Ron Callon who, along with his five-year old brother Len, and two older sisters, Lillian and Joan, was unceremoniously plucked from a loving family and evacuated to West Sussex.

Here, on 1st September 1939, a chance moment in time led to what was to become a memorable and nostalgic journey through life. The book tells of the evacuee experiences of two young boys; the happy memories, traumas and moments of loneliness and fear. Later, it reveals how these experiences had a lifelong effect on Ron's future development as an individual.

To enhance the story, "But For The Sake Of A Tiny Wasp" also includes historical facts, personal photographs and original newspaper extracts from the war years.

In post-war years, the Callon family settled in and around the Nottinghamshire village of Gotham, and, over the years have laughed – and cried – together at the revelation of Ron's stories. Ron and Len live in

close proximity to one another and are able to regularly share the emotional moments of their evacuation.



For a number of years Ron ran his business – Callon Tools Ltd – from Charles Street in Ruddington whilst Beryl was Headteacher at James Peacock until her retirement. In 2019 along with the commemoration of 80 years since the beginning of WW2, Beryl and Ron, at the respective ages of 86 and 89, will celebrate 64 years of marriage and the 68 years of record keeping which has culminated in the publication of this book.

To purchase a copy of "But For The Sake Of A Tiny Wasp," please contact Elaine Wright on 0115 921 3498, Jill Bennett on 07738 0131 62, Hazel Lunn on 07912 350 490 or visit www.troubador.co.uk.

Christmas Food Bank Appeal 2018

Christmas is said to be a time for giving and that is definitely true in Ruddington! Our annual appeal for food bank donations took place on the second Saturday in December. Shoppers at the Co-op and Sainsbury's were very generous, donating at least 10 trolleys full of lovely stuff which meant a number of trips were necessary to deliver it all to the NG11 Food Bank.

A few people preferred to give money and we were happy to purchase much-needed items on their behalf. Donations have to be weighed in at the Food Bank and their manager, Wendy White, estimated that we had collected more than a quarter of a ton of food.

She said "Ruddington should be very proud. Together, we really do make a difference in what is a country with deep pits of poverty. Slowly but surely, working together, we will overcome this with God's love and grace".

Many thanks to everyone who contributed to our appeal, and also to the volunteers who helped out on the day. Liesbeth, volunteering for the first time with her son, Peter, said "Count us in for helping next year. It's

such fun to do!" We could do with more help so why not join us next time? Festive headgear isn't essential!

Ruddington has Food Bank collection points in the Co-op, Sainsbury's, the Honeycomb and at St Peter's Rooms. NG11 Food Bank is currently short of tinned carrots, tinned custard, tinned sponge puddings, tinned meat and bottles of squash.



If you, or someone you know, are experiencing a financial crisis and need help to make ends meet, the NG11 Food Bank may be able to help with a food parcel, advice and support. They can be contacted on 07538 916 757.

Councillor Jill Reedman

Neighbourhood Plan moves one step closer

Last month saw the completion of another important step for the Ruddington Neighbourhood Plan, as it concluded a six week survey on 15th December to gather views on a set of planning policy ideas. In conjunction with an open day in November, the survey attracted opinions from almost 200 residents and businesses, providing a wealth of feedback for the team to begin formalising a complete set of statutory planning policies for Ruddington.

Over Christmas, the team were busy analysing the results of the survey in partnership with planning consultants Urban Imprint, and began work on a Design Guide that will aim to steer the look and feel of future developments.

The progress comes at a significant time for the village, with Rushcliffe Borough Council expected to announce its decision on the release for development of three Green Belt sites within the parish as part of its Local Plan soon, and the recent approval by the Planning Inspectorate of outline planning permission for 175 new homes on additional Green Belt land north of Asher Lane.

Last month also saw the launch of a campaign by Bloor Homes to promote and consult on their preparatory plans

for 170 houses on Green Belt land west of Wilford Road, hosting a public consultation day at St Peter's Rooms in early December and inviting feedback by 11th January through its website, www.wilfordroadruddington.co.uk.

The Neighbourhood Plan team now intends to press ahead with added determination, hoping to consult on a full draft Plan in the coming weeks, pass through examination and referendum, and put Ruddington's planning policies into force as soon as possible. You can find out more about the Neighbourhood Plan at www.ruddingtonnp.org.uk, or follow its progress on Facebook and Twitter as 'ruddingtonnp'.

Councillor Mark Pinks

Calm January – Mindfulness in Ruddington

Local mindfulness teacher Jakki Pritchard has settled into Tuesday evenings in the Chapel at the Framework Knitters' Museum to run free taster sessions and mindfulness courses. The space is perfect to practise mindfulness as it has a peaceful and tranquil feel.

With its enlightening and life changing qualities for both mental and physical health, mindfulness has never been more applicable for our busy, stressful lives.

An 8 week mindfulness course uses meditation to train our “awareness” of our thoughts, feelings and body sensations. Moment-to-moment awareness gives us freedom to choose how to respond skilfully and calmly when life is difficult, rather than reacting automatically.

With self-compassion at its core, the course teaches us to be kinder to ourselves, more contented and to appreciate life more fully. We cannot get rid of stress or anxiety, but mindfulness changes how we relate to it and our relationship to it - leaving us feeling happier, calmer and more peaceful.

An 8 week mindfulness course is proven to improve mental health by reducing stress by 40%, anxiety by 58% and depression or low mood by up to 50%. It’s just as effective as antidepressants.

Mindfulness is also proven to positively impact our physical health by reducing blood pressure, boosting the immune system, helping to manage chronic pain and increasing sleep quality. For improving fitness, mindfulness helps you manage a healthy weight and increases reaction times and stamina.

The next free taster session will be held on Tuesday 15th January from 7pm to 8pm. The 8 week course starts on Tuesday 5th February, from 7pm to

8.45pm. For bookings or more information, please visit www.exercisemindfulness.co.uk.

Jakki Pritchard

Volunteers wanted for Walking Bus!

Could you be a safe part of walking to school?

We need your help to walk with groups of children to and from school in Ruddington on weekday mornings and afternoons.

Benefits

- Keep kids safe
- Enjoy regular exercise
- Connect with a neighbourhood
- Meet new people
- Support parents
- Be part of a team
- Training and program gear provided

Responsibilities

- Attend training
- Adhere to Walking Bus procedures
- Reliable attendance
- Agree to background check
- Commit to at least one morning/afternoon a week

To find out more, contact Rachel Szyzler at rachel.szyzler@nhs.net or call 0115 883 7848.

Rudd slimmers lose 1.63 TONNES!

Super slimmers in Ruddington have lost a whopping 200 stone in weight that's equivalent to 17 people. Together, the members of Ruddington's Slimming World group are now 1.36 tonnes lighter than they were when Consultant Yvonne Tompkin took over the group at the end of May 2018.

The 101 members, who attend the group every week, follow Slimming World's Food Optimising eating plan, created by the organisation's team of expert nutritionists. The plan encourages them to fill up on satisfying foods such as pasta, rice, potatoes, lean meat and fish, pulses and fruit and veg. Some members have lost an incredible 5 stone!

Member Lauren says: "Filling up on lots of satisfying foods means you're never hungry, so I've never felt as though I was on a diet and I can still have my little treats. I'd always been overweight but Slimming World has changed my life".

Another member, Vicky, adds: "The support you get from the group is invaluable. Every week we encourage each other and share tips and recipes. On top of that we have lots of fun! Following the plan is so easy and enjoyable. I feel like a new person. The support and inspiration the members get from our Consultant, Yvonne, has also been integral to our success. Because Yvonne has lost over 10 stone in weight herself, she understands the ups and downs of slimming and can offer help and advice based on her own experience. Without her I don't think we'd have achieved nearly as much."

Yvonne says: "I'm delighted that my members have lost weight so beautifully and all of them are now feeling happier and healthier. Slimming has never been more important. There are lots overweight people in and around Ruddington and I just want to help even more people to make real changes for life. There's no better job satisfaction than that!"

Yvonne's group is held at Jubilee Club House on Loughborough Road on Mondays at 5pm and 7pm, and Tuesdays at 9:30am. For more information or to join Slimming World, call Yvonne Tompkin on 07717 307 007.

Edited and produced by Ruddington Parish Council

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