

THE RUDD

Ruddington athlete returns to Winter World Transplant Games

Mark Brown, who lives on Grange Avenue in Ruddington, will be travelling to Banff in Canada to compete in the Winter World Transplant Games, which take place from 23rd to 28th February. 25 years after having a life-saving kidney transplant, the 52 year-old will compete as a member of Team Great Britain in the downhill and curling events.

Team GB – who've all had either heart, lungs, kidney, pancreas, bone marrow or liver transplants – will be competing in a variety of sports. These include slalom, parallel slalom, giant and super giant slalom, snowboard, snowshoe events and curling. Teams from around the world will be competing, including Ethiopia for the first time!

This year's GB team is the largest to date, with 25 competitors. Six of these are live donors who are competing in the donor ski race. There are also three transplant children attending the "Nicholas Green" Camp, which takes place at the same time as the Games.



Amanda Findlay Eyecare

For Personalised Eyecare. Bespoke Eyewear



1a, Charles Street, Ruddington,

Tel: 0115 9212992

9, Bunny Lane, Keyworth,

Tel: 0115 9375521

Receive 10% off spectacles in February Bring this advert in to claim the discount.

The Games provide a wonderful opportunity for transplant athletes to enjoy their new lease of life and demonstrate the benefits of organ donation. Team GB members, who are managed by Transplant Sport (TSUK) – the charity responsible for the British Transplant Games – range in age from 17 year old kidney transplant recipient, George, to Sue, a heart transplant recipient aged 67.



Says Mark: “This is the eighth Winter Games I’ve competed in, having previously won medals in the giant slalom and snowboarding events. My greatest success has been at the curling rink. Whilst I’ve never curled other than when representing my country, I’ve managed to win four gold medals! Hopefully I’ll be able to retain the gold medal position but expect strong competition from America and the host country.”

Lynne Holt, Team Manager, adds: “Many of our transplant athletes have experienced near death situations and

long illness, and it is very gratifying to see them able to enjoy a full life, thanks to organ donation. Without this ‘gift of life’, many of them would not now be alive. Every member of Team GB has already had to ‘climb a mountain’ to get through the transplant, and with their courage and determination, will enjoy the thrills of being in the Rocky Mountains in Canada.”

Mark continues: “Whilst it’s great to win medals, the publicity from this international event will hopefully encourage others to sign on to the Organ Donor Register, but most importantly, discuss their final wishes now with their families”

More than 6,000 people in the UK are currently waiting for a transplant and sadly, three people die waiting every day. But with only 34% of the UK population registered as organ donors, more work needs to be done to raise awareness of donation and to urge those on the donor register to share their wishes with loved ones.

To register, and for more information please visit www.organdonation.nhs.uk or contact the NHS Organ Donor Line on 0300 123 23 23. To join the Anthony Nolan bone marrow donor register or for further information, please visit www.anthonynolan.org.

Ruddington Art and Craft Society

***“Creativity takes courage”
– Henri Matisse***

We are a new society inviting members to join us at our monthly meetings. Every second Wednesday in the month we meet at 7.30pm in The Next Episode on Wilford Road in Ruddington, to learn new skills and encourage local artists and crafters within the village and the surrounding area.

A series of educational sessions, practical demonstrations and discussions are planned and anyone with an interest in art and creativity is welcome. The Next Episode is a new café bar which serves food and drinks and provides a sophisticated space to socialise and share creative interests.

There are also opportunities for members to exhibit art and craft works; the picture opposite shows our Christmas exhibition in The Black Cat Cafe. We want to develop all of our members' skills, their appreciation of art and to promote the confidence to be creative. Our future plans include inviting established artists to give lectures and informative group sessions on a range of artistic topics.

In addition, we're planning tours and visits to galleries, museums, exhibitions and places of interest for members of the Society and the wider community.

And we intend to arrange related activities of an educational nature for schools, places of worship and other community groups.

Art trails and open studios in and around the area are on the agenda for the summer, in association with existing village events.



The annual subscription to the Society is currently £40 per year. Non-members are welcome, but with a small charge for each event, usually £5 per session. All are welcome and we also gladly receive any suggestions for activities and events.

Please contact any of the following committee members for more information:

- Chris 07376 544214 / email: thedesign4@googlemail.com
- Lynda 07816 231598 / email: lyosborne@gmail.com
- Debra 07875 564171 /email: debstaproductions@gmail.com

Iconic “Railbus” for Ruddington

Ruddington’s Great Central Railway (Nottingham) has revealed that the latest addition to its heritage fleet should mean it will be able to run trains here all year round.

Currently services are operated by its volunteers only through the summer, in the lead-up to Christmas and over some other half-term holiday periods. However, the imminent arrival of a Class 144 DMU Railcar (144003) from Porterbrook, to become preserved for heritage use, could see services increasing to 52 weekends a year.



Once it’s released from mainline duties during the first half of this year, and following a period of crew training and familiarisation, GCR(N) plans to use this bus-like train to extend its operations in Ruddington throughout low footfall and off-peak running seasons.

GCRN’s Commercial Director, Phil Stanway, says: “Love or loath them, since the mid 1980s, Class 142, 143 &

144 ‘Railbuses’ have been a low cost and efficient way of transporting passengers to their destination over lines which may otherwise have seen a large decline in services or in some cases, no services at all.”

He adds: “We are extremely grateful to our friends at Porterbrook for their support in agreeing to the sale of 144003 which will enable us to increase our offering here at Ruddington, and we look forward to her arrival once withdrawn from mainline operation.”

Rupert Brennan-Brown, Porterbrook’s Head of Communications and Engagement says: “We are delighted to be able to support the Great Central Railway (Nottingham) with a Class 144 Pacer. These trains were in many ways the saviour of the social railway, so it is fitting that one of these multiple units will meet the future needs of a community and heritage railway.”

With two 1st Generation DMU sets currently undergoing long term restoration in Ruddington, GCR(N) says this could eventually pave the way for larger scale DMU based events here – as seen at other heritage railways throughout the country.

144003 is being cared for on behalf of her new owners by the newly formed

GCR(N) 2nd Generation DMU Group. This is a group of existing GCR(N) volunteers, a large proportion of whom are said to have either current or previous experience of 2nd Generation DMUs on mainline operations and so bring to Ruddington a wealth of knowledge and experience.

Keep an eye out for further news on this heritage railcar, including its arrival date and inaugural running days, both here at RUDDINGTON.info and at www.grcn.co.uk.

Graham Wright via RUDDINGTON.info

Village Market announces first birthday line-up



As reported last month, visitors to Ruddington can join residents on Saturday 1st February to toast the success of its popular new village market.

Run by the award-winning Ruddington Village Centre Partnership (RVCP) team and located at The White Horse Inn, the market has firmly established itself on many people's list of "essential things to do" each month.

The opening market in February 2019 attracted 1,500 visitors, and RVCP

estimates that around 10,000 people have stopped by the monthly market over the year.



To celebrate the milestone, the RVCP team have joined forces with YouNG, an initiative run by Trent Bridge Community Trust.

They'll be offering a range of activities, including live acoustic music from talented young performers, close-up street magic courtesy of Mark Roberts, and birthday raffles. There'll even be the chance to win the market's very own birthday cake, thanks to Jaspers Cafe!

In addition, the team are promising more stalls than ever before, with 37 traders offering everything from freshly baked bread to tempting brownies.

You can keep up to date with Ruddington Village Market news by following [@ruddingtonvillagemarket](https://www.facebook.com/ruddingtonvillagemarket) on Facebook and Instagram, and [@ruddmarket](https://twitter.com/ruddmarket) on Twitter.

Mark Pinks, RVCP Team

Ruddington Diary

Community events & activities

Saturday 1st February

Ruddington Village Market - 9am to 12:30pm at The White Horse Inn. First birthday celebration! See article.

Sunday 2nd February

Café Church - 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.

Ruddington Baptist Breakfast Church - 10.30am St Peter's Rooms. Meet and enjoy croissants and drinks before doing activities together.

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

Monday 3rd February

Ruddington Craft Group - 'Stencilling' - St Peter's Rooms 10.00am - 12.00pm Tuition, materials and refreshments are included in the £3.50 cost. Newcomers are welcome to come and learn a craft. Contact Chris Gibson for more info: 07967 245308.

Tuesday 4th February

Ruddington Methodist Church Woman's Fellowship - Cheese Shop - Webb, 2.30pm, Methodist Schoolroom. All are welcome.

Saturday 8th February

Wildlife Watch Group (8 to 13 year olds) - 'Re-wilding Britain' What has become extinct from Nottinghamshire? 11.00am - 1.00pm. Nature based activities, fun and games for 8 - 13 years old. Members and non-members welcome. Suggested donation: £3 per session. Please come dressed for the weather! For info, contact Geoff East on 07804 297 041 or at rushcliffewatch@nottswt.co.uk.

Tuesday 11th February

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

County & Borough Councillors' Surgery

Saturday 8th February

10am - 12 noon at St. Peter's Rooms.

This is your opportunity to speak with your Borough & County Councillors about local issues.

Wednesday 12th February

W.I. Meeting - 'When the Shute went up', the story of Dolly Shepherd, Pioneer Aeronaut - Malcolm Darroch at St Peter's Rooms, commencing 7.15pm.

Monday 17th February

Ruddington Craft Group - 'Flower Wreaths' - St Peter's Rooms 10.00am - 12.00pm. See 3rd February.

Ruddington & District U3A Monthly Meeting - 'Gamblers get the spots, families get the symptoms'- Paul Isherwood, 2pm Ruddington Methodist Church. Time for notices, reports, discussion, questions and socialising. Please bring your membership card.

Friendship Group - St Peter's Church (Vestry entrance) 2 - 3.30pm. Please join us for conversation, quizzes, armchair yoga, sing-a-longs, tea and cakes.

Tuesday 18th February

Ruddington Methodist Church Woman's Fellowship - Mercy Ships - Operations On Board, 2.30pm, Methodist Schoolroom, all are welcome to join us.

Thursday 20th February

Games Night at The Cottage Hotel - from 7:30pm. Board games night aimed at younger residents although all are welcome. Bring your own games or choose from the hotel's wide selection.

Ruddington Rhythm - Starting its 5th year - 8pm - 11pm at The Cottage Hotel, Easthorpe Street. All styles of music and song to tap your foot to or sing along with. Come and join our regular audience, you may win a raffle prize!

Friday 21st February

Ruddington Business Partnership – FREE networking at The Next Episode, 8am to 9am. Come along and meet other local businesses. No booking required.

Knit & Natter Group - 10:30am to 11:30am at the library. Meet other friendly crafters and get together to knit, crochet, natter, share skills or simply admire them! Free to attend, refreshments on sale.

"The Northampton Cobbler - How the Son of a Framework Knitter Changed an Empire" - see article.

Sunday 23rd February

'Bubbles' - 10.30am St Peter's Rooms. Group for the under 5s provided by Ruddington Baptist Church, all children must be accompanied by an adult. For more information call 0115 984 3523.

Monday 24th February

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 10am & 11am.

Wednesday 26th February

Ruddington Gardeners' Association - Annual General Meeting followed by Social Evening at The Hermitage, 7pm for 7.30pm.

Every Sunday

Ruddington Baptist Church at St Peter's Rooms. 10.30am. An opportunity to worship, pray and explore what God is saying to us together.

Spiritual Light Centre at Framework Knitters Chapel. 6.30pm - 8.00pm. Divine Service with a visiting Medium. Healing during service. Refreshments afterwards.

Every Monday during term time

Ruddington & District Choral Society at St Peter's Junior School. 15pm - 9.15pm.

Every Tuesday during term time

Ruddington Community Choir at Ruddington Methodist Church. 8.00pm - 9.30pm. £5.50 per session.

Every Tuesday

Nappuccinos at The Hub, 62 Musters Road. Every Tuesday 10am - 12pm. Group for parents with babies under 1. Homemade cakes, tea and coffee. For more information [visit: www.ruddingtonbaptist.org.uk/whats-on/nappuccinos](http://www.ruddingtonbaptist.org.uk/whats-on/nappuccinos) .

Every Thursday

Hatha Yoga at St Peter's Rooms. 12pm - 1.15pm with Kirsty Morley (07825 150 487). £6 for the first 2 classes, £8 thereafter. Fluid, focused movement & breathing techniques suitable for all. Please bring a mat.

Parish Council meetings

Tuesday 25th February

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.

“The Northampton Cobbler”

The Friends of the Framework Knitters Museum have arranged a talk called “The Northampton Cobbler – How the Son of a Framework Knitter Changed an Empire” in the Museum Chapel on Friday 21st February 2020 at 2:30pm. The talk will be given by Francis Luckcock.

Tickets for the talk cost £5, including refreshments, and are available by calling 0115 921 5253 or 0115 984 5375. You can also buy tickets from the Museum shop during normal opening hours. From Wednesday 5th February, these will be Wednesday to Saturday, 11am to 4:30pm (Sunday opening hours, 1pm to 4:30pm, will start on Easter Sunday).

Self-management for arthritis

Self-management means managing your arthritis symptoms yourself using a variety of methods to address both the physical and mental impacts of the condition. Arthritis affects people differently, so self-management means individuals can choose the strategies that best suit their needs.

Keeping active

Staying active is essential for people with arthritis to strengthen the muscles around affected joints. Exercise can be as effective for pain as prescription painkillers, but getting

started can be daunting. Beginning with something you enjoy, whether that’s walking, swimming or Tai Chi, means you’re more likely to carry on in the long term.

Pacing your activities

Living with arthritis can be exhausting and fatigue can set in. It’s important to rest during these periods, but not to overdo things to compensate when you have more energy.

It’s good to talk

Why not join our next Nottingham Arthritis Action Group on Thursday 5th March? We meet every six weeks and provide opportunities to meet others living with arthritis, share experiences and exchange tips and ideas in a friendly environment. We also welcome expert speakers on a range of topics.

Meetings are held at St Mary’s Church Wollaton Park, Wollaton Hall Drive, Nottingham, NG8 1AF from 2pm to 4pm. Forthcoming dates are Thursdays 5th March, 9th April and 14th May (please note these are subject to change). We welcome a £2 donation from attendees.

To find out more, please call us on 02037 817120 or email info@arthritisaaction.org.uk.

Ruth Smith, Area Coordinator, Arthritis Action

Thomas James supports Scouts

Ryan and Jayne of Thomas James Estate Agents are pictured presenting the 1st Ruddington Scouts with the proceeds of their fundraising at December 2019's Christmas Fayre.



The estate agents, who recently moved to new premises at 20 High Street, raised a fantastic £327.18. The funds will be used to help our local Scouts provide more facilities and activities for their members. Well done Thomas James!

With thanks to RUDDINGTON.info

A brief history of Ruddington and District Probus Club

Probus is part of The Rotary Club, which pursues a policy of charitable fundraising from its members and the general public. Some years ago, it was decided that older Rotary Club members who no longer work shouldn't be expected to contribute financially or physically to these activities.

As a result, separate Clubs were formed for PROfessional and BUSiness retirees, hence the name "PROBUS Clubs". Each Club writes its own constitution, elects its own officers and arranges its own meetings, with no central organisational body. Ruddington and District Probus Club was formed in 1983.

The size of each Club was determined by the accommodation available, with the Ruddington and District Probus Club generally managing to accommodate around 50 members with a waiting list in the first 10 years or so. The Club met on the first and third Wednesdays of the month for lunch and to listen to a talk from external speakers or one of its own members.

Members of the Ruddington and District Probus Club ranged in age from mid-50s to mid-90s, with a wide range of occupations represented over the years. In the last 10 years of its life, the Club struggled to find officers, resulting in some members taking on the role of President more than once.

Eventually, the Club was disbanded after the 2019 Christmas Lunch. The dozen or so remaining members continue to meet informally for lunches.

Dr Donald Hawthorn, Hon. Sec. 2019

Events Team call-out

Further to some of its members leaving, the Parish Council Events Sub-committee (Events Team) needs some more local residents to boost its ranks. The Events Team are responsible for planning and supervising a range of events throughout the year, including the Parish Council's annual Summer Fayre.

In addition, the Events Team arranges for our popular mascot, Ruddy Duck, to appear at events and visit local attractions such as the Framework Knitters Museum to help raise our village profile. Looking after the costume is another big responsibility!

In the past, some of the Events Team members have also been Parish Councillors but this isn't a requirement for the role.

As a member, you'd need to attend regular Sub-committee Meetings to discuss and organise forthcoming events. You'd also be expected to attend at least some of the events to make sure everything goes smoothly on the day.

If you're technically or design-minded, you could also get involved in running the Events Team Facebook page and/or creating materials such as posters and banners to help promote events and activities.

As with any committee, there's an element of hard work and commitment involved. However, many of the organisational duties are supported by Parish Council staff, so the Events Team don't have to do everything themselves!

Joining the Events Team will give you the chance to make new friends, meet lots of our local residents and – best of all – have your say in the type of events that are held in Ruddington in the future. It's a great opportunity to get more involved in our vibrant village life.

To find out more, or for an informal chat about joining the Events Team, please contact the Parish Council Office.

Crime figures for Ruddington

For December 2019, these were as follow:

- 1 x break-in to vehicle
- 3 x theft of number plates
- 1 x vehicle theft
- 3 x theft of fuel
- 3 x theft from shop (one suspect arrested)
- 2 x property break-in / burglary
- 1 x use of forged bank notes

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

New estate agency opens

Ruddington can now boast a new, independent estate agent and lettings agency – with the launch of Benwell Daykin at our former chemist’s shop at 12 High Street.

Since RUDDINGTON.info revealed last October which business would be taking over these historic village centre premises, the necessary permissions were obtained and a total refurbishment carried out in readiness for the official opening of the fresh and vibrant offices on 6th January.

Co-owner Ricky Benwell, who grew up in the village and is the driving force behind the new venture, says: “I’ve been an estate agent now for about 10 years, working for various businesses in the city, but thought the time was right to branch out on my own.” That’s when Ricky sat down and had a conversation with family member Shaun Daykin, who has a background in financial services. “Shaun wanted to get into the property industry and I wanted to set up on my own, so we went into partnership – leading here, to Benwell Daykin” explains Ricky.

However, Shaun is set to be more of a ‘silent partner’ in the new enterprise, with Ricky working full time in the new Ruddington offices on lettings whilst Nick Aston (pictured with Ricky) will

be the sales valuer. “Nick’s got over 18 years’ experience in property – I worked very closely with him at a previous employer for six and a half years – and I don’t just regard Nick as a colleague now but as a friend” says Ricky. “We’ve been well received in the village so far, with a growing number of appointments in the diary, and we’ve also found the traders in the shops around us have been very welcoming and willing to help, so that’s been great.”



In turn Benwell Daykin is keen to support other Ruddington businesses – having already installed the new ‘Cloud’ VOIP Telephone System launched by WigWag.

The new Benwell Daykin branch at 12 High Street is open Monday to Thursday 9am to 5.30pm, Friday 9am to 5pm and Saturday 9am to 12pm. You can email them at info@benwelldaykin.co.uk, call 0115 990 2007 or simply call in.

Graham Wright via RUDDINGTON.info

SlimmingWorld celebrates!



Ruddington's Tuesday Morning SlimmingWorld group, held at the Jubilee Club House on Loughborough Road, is celebrating its first anniversary with its members achieving an astounding combined weight loss of 140 stone!

The group is run by Consultant Yvonne, who appears in this month's SlimmingWorld Magazine after having lost an awesome 10 stone herself, thanks to the support of SlimmingWorld.

Yvonne also runs two other groups in

Ruddington at the same venue: Mondays at 5pm and 7pm, as well as Friday morning sessions at 9:30am at Grange Hall in Radcliffe-on-Trent.

Says Yvonne: "The fabulous members of my other SlimmingWorld groups have already achieved an amazing 20 stone weight loss between them. Huge congratulations to them and, of course, to my Tuesday morning members, too."

If you'd like to get that "SlimmingWorld Feeling," call Yvonne on 07717 307 007.



Edited and produced by Ruddington Parish Council

Tel: 0115 914 6660 **Email: office@RuddingtonParishCouncil.gov.uk**

Website: www.RuddingtonParishCouncil.gov.uk

Tweet to: [@RuddingtonPC](https://twitter.com/RuddingtonPC) **Facebook.com/Ruddington Parish Council**

Views expressed in the newsletter are those of the contributors and may not be those of the Parish Council.

For copyright information, please contact Ruddington Parish Council or visit the website above