

THE RUDD

Covid-19 Ruddington Community Response Team

Help is on hand if you're self-isolating

The Covid-19 Ruddington Community Response Team are here to help if you're self-isolating as a result of the coronavirus pandemic. The team is made up of local volunteers who want to offer a "good neighbour" network for people who can't leave their homes at present.

The Community Response team can help with:

- Collecting free prescriptions
- Collecting shopping purchased via "Click & Collect" services or over the phone from local shops
- Dog walking
- Posting mail
- A friendly chat.

For everyone's safety, please wash your hands regularly and maintain at least a 1m distance when a volunteer calls at your home. Shopping and prescriptions will be left on your doorstep (your volunteer will knock or ring the bell).

To contact the team, please call 07954 073 115 or email ruddcovid19@gmail.com. You can also contact them via the Parish Council Office. For the latest updates, follow "Ruddington COVID-19 UK Mutual Aid" on Facebook.

If you're concerned about your health, please visit www.nhs.uk.



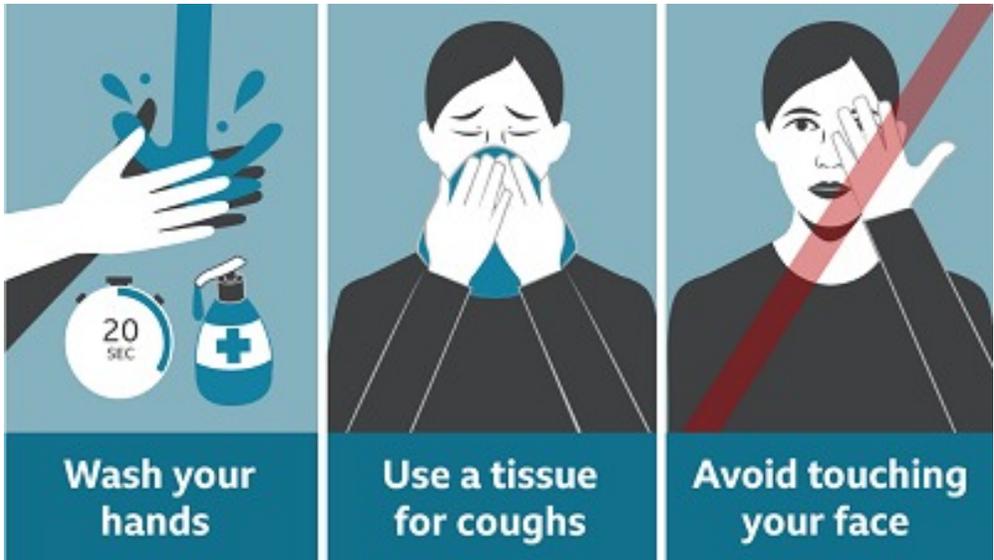
Coronavirus “Dos and Don’ts”

Let’s all do our bit and do
Ruddington proud

DO

- Follow the latest Government advice. That means staying at home for all but the most essential outings. Do take light exercise once a day if you can, however.
- Self-isolate for 7 days if you develop symptoms. If someone you live with has symptoms, stay at home for 14 days and a further 7 if you then develop symptoms yourself.
- Self-isolate if you have a health condition that puts you at a higher risk, or if you’ve recently been in contact with someone with symptoms.
- Visit www.111.nhs.uk for the latest advice if you develop symptoms.

- Wash your hands regularly for at least 20 seconds, using soap or anti-bacterial hand wash. Always wash your hands before and after going out, before preparing food or after coughing, sneezing or blowing your nose.
- Maintain a 2m distance from other people when you go out.
- Stay in touch with family and friends. Use the phone, send emails, write letters and use Skype, What’s App, Facebook Messenger or Zoom for video calls.
- Look after your neighbours. If someone you know is elderly, vulnerable or self-isolating, give them a call or drop a postcard through their door and offer to help. You can also point them to the Community Response Team (see front page).



DON'T

- Be selfish. That means no social gatherings with anyone you don't live with, no going out unless you have to, and NO PANIC BUYING! If everyone shops sensibly, there'll be plenty to go around. Stockpiling and hoarding means other people will go without – often those who are most in need.

- Call 111 if you develop a persistent cough and/or a high fever. Visit www.111.nhs.uk instead for advice and self-isolate for 7 days. If your symptoms get worse, it's then OK to call 111. Don't go to your GP, pharmacy or a hospital, and don't call 999 unless it's an emergency.

- Go to work if you can work from home. Of course, this isn't possible for everyone. But where it is, your employer must make any necessary arrangements, such as remote access to IT systems and software, to enable home working.

- Touch your eyes, nose or mouth unless you've just washed your hands. If you cough or sneeze, use a tissue and throw it away afterwards. Sneeze into your arm if you don't have a tissue.

Changes to local bus services

In response to fewer people using public transport, Nottingham City Council (NCT) has changed its timetables to run only core services at

reduced frequencies. This means that NCT 3, which connects Ruddington and Clifton with the city centre, has been withdrawn for the time being.

However, NCT 10, which runs to the city centre via Wilford and West Bridgford, is still operating. Buses are running at 30 minute intervals during the day, with hourly services in the early mornings and later evenings. The new timetable is the same for every day of the week and can be viewed at nctx.co.uk/services/NCT/10. All buses now terminate at The Green.

NCT has postponed the fare increases planned for 29th March and has also extended concessionary travel to before 9:30am on weekdays.

At the time of writing, the L22 and L23 (run by CT4N) and 863 (run by the County Council) buses are still operating to their normal timetables. The Kinchbus 9 has been suspended. For the latest news, please visit www.ct4n.co.uk, www.nottinghamshire.gov.uk and www.kinchbus.co.uk respectively.

In line with Government advice, please only use public transport for essential journeys and practise social distancing at bus/tram stops and on board. Where possible, don't pay by cash and use smartphone apps, smart cards or contactless instead (available payment methods vary by operator).

Councillor surgeries cancelled

Due to forthcoming Bank Holiday weekends and the Covid-19 outbreak, the monthly Borough and County Council surgeries have been cancelled until further notice. However, you can still contact your Councillors by email and phone using the following details.

Borough Council

Councillor Mike Gaunt

71 Clifton Road

Ruddington

Tel: 07811 955 290

Cllr.mgaunt@rushcliffe.gov.uk

Councillor Gary Dickman

2 Main Street

Bunny

NG11 6QU

Tel: 0115 984 7830

Cllr.gdickman@rushcliffe.gov.uk

Councillor Jen Walker

71 Clifton Road

Ruddington

Tel: 07970 460 680

Cllr.jwalker@rushcliffe.gov.uk

County Council

County Councillor Reg Adair

95 Loughborough Road

Bradmore

NG11 6PA

Tel: 0115 984 7412

Mob: 07818 036 057

Cllr.reg.adair@nottscc.gov.uk

Ruddington Diary

Due to the Covid-19 outbreak, all events, activities and meetings due to be held in April (and likely beyond) won't take place. There is therefore no diary for this month. Some activities may be taking place online and we suggest you contact event organisers or check social media pages if this might be the case.

Whilst it can be safely assumed that everything is cancelled, postponed or suspended, we've received specific information about, or been asked to publicise, the following:

- The WI Spring Fair on 4 April and the AGM on 8 April are cancelled.
- All Arthritis Action Group meetings are suspended until the end of June. A free, online programme has been developed to encourage people with arthritis and other musculoskeletal conditions to become more active. It contains moving images to illustrate each movement. www.arthritisaction.org.uk/living-with-arthritis/resource-centre/exercises/.
- All Council surgeries and Parish Council meetings are suspended until further notice (see separate articles).
- The RDCS May concert, "God Above, Man Below," has been rescheduled for May 2021.

**PLEASE STAY AT HOME AND
PRACTISE SOCIAL DISTANCING!**

Medal for Mark at Transplant Games



Ruddington's Mark Brown and his fellow Team GB athletes have triumphed once again at the World Winter Transplant Games, taking away team silver medals in curling. At least, they would have taken them away – but the medals were stuck on a container in China due to the coronavirus outbreak!

The Games, which took place in Banff, Canada, in February, saw a 25-strong Team GB compete in a range of sports including skiing, snowboarding, snow shoe events and curling.

Whilst the curling team were hoping to retain their gold medal from 2019, they were beaten into second place by an accomplished Canadian team in the gold/silver playoff. Nevertheless, this was a fantastic effort and Team GB deserve our congratulations!

Mark, who also took part in the downhill skiing event, funded his own presence at the Games by organising a 76 mile bike ride from Nottingham City Hospital, where he receives aftercare for his kidney transplant, to St James' Hospital in Leeds, where the transplant took place in 1994.

He would like to thank Howdens Joinery, where he works as a Kitchen Fitter, and West Riding Kidney Patients' Association for their generous donations.

Well done Mark and we hope your medal arrives soon!



Transplant patients owe their lives to the generosity of others, who donate the 'Gift of Life'. Please help to raise public awareness about transplants and sign up on the Organ Donor register. To register, and for more information please go to www.organdonation.nhs.uk, or contact the NHS Organ Donor Line on 0300 123 23 23.

National recognition for Ruddington café owner



100 specially-invited female entrepreneurs have celebrated their achievements at an exclusive reception in the House of Lords, hosted by f:Entrepreneur. And Julie Smith, who owns The Black Cat Café on High Street in Ruddington, was one of them!

Julie, who also co-owns Black Cat Accounting, attended a business breakfast on Wednesday 4th March where inspirational businesswomen were recognised for their achievements.

f:Entrepreneur is run by Small Business Britain, which says it established the #ialso100 hashtag to reflect that women in business rarely have a single-job career.

On being listed in the #ialso100, Julie summed up: "I'm honoured, and indeed humbled, to have made the list this year. The women I met at the House of Lords were strong, independent, knowledgeable and

focused – and I can't believe that I've been chosen to stand amongst them."

Organisers explained: "The aim of f:Entrepreneur is to showcase multi-achieving women like Julie in the #ialso100, to provide lessons of challenge and success for all small business founders – both men and women. The #ialso100 is a collection of female entrepreneurs, recognised for inspiring their peers and communities through their businesses and wider activities.

The campaign is built around a programme of content, stories and events including roundtables, Q&A sessions and panels as well as larger all-day events which took place in the lead-up to International Women's Day on 8th March."

Well done, Julie!

Graham Wright via RUDDINGTON.info

Crime figures for Ruddington

For February 2020, these were:

- 1 x theft of fuel
- 3 x theft from shop (one suspect identified)
- 1 x theft from car
- 2 x theft of catalytic converter
- 1 x suspect seen accessing car boot
- 1 a garage break-in
- 1 x distraction burglary.

Young campaigners plant 270 trees

Young environmental activists from St Peter's Junior School have been planting 270 trees in the school's grounds to help improve the environment and combat climate change.

The school was supplied with the trees by the Woodland Trust as part of an action plan by the school's "Green Team," which aims to reduce the school's carbon footprint and impact on the environment.



The team, made up of 52 seven-to-11-year-olds from all year groups in the school, was formed earlier this year after children said they'd like to do more to protect the planet.

"I'm very proud of the children's commitment," said deputy head Ian Mawer, who co-ordinates the group. "We have an amazing 52 children who wanted to join the Green Team, and although we were initially going to have a small committee, we didn't want to turn anyone away.

They've shown a huge amount of enthusiasm and come up with lots of ideas for things we can do to help St Peter's have a positive impact on the environment."

The tree-planting is part of a larger action plan from the Green Team, which has already seen them recycling crisp packets and plastic pens in school. In the future, they also hope to encourage the school to think more about the products it buys to reduce packaging, and to encourage pupils to think about steps they can take at home and in the wider community.

Hear 2 Help clinics to launch

Further to the closure of the Ear Foundation in March, a new service will be stepping in to provide regular drop-in clinics for hearing aid users. Covid-19 permitting, Hear 2 Help aims to launch its Ruddington clinic on Monday 22nd June at St Peter's Rooms from 11:30am to 12:30pm. The other dates for 2020 are 26th July, 4th August, 28th September, 26th October and 23rd November.

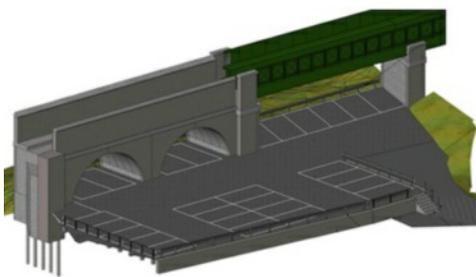
Run by GN Foundation and Dementia Friends, the drop-in clinics will provide hearing aid maintenance (batteries and re-tubing), advice and support to NHS hearing aid users. Advisers can also signpost users to other services and rehabilitation as required.

To find out more, please email info@heartogether.org.uk.

“Factory flyover” continues railway reunification

Volunteers from Ruddington’s heritage railway are celebrating reaching another milestone in its “reunification” project to create an 18 mile train line all the way between our village and Birstall on the outskirts of Leicester.

The tracks comprising Ruddington’s Great Central Railway – Nottingham (GCRN) and Loughborough’s Great Central Railway (GCR) are set to be rejoined once the 500m gap in the middle is bridged – meaning services will then be able to run between the two for the first time since 1969. So far, RUDDINGTON.info has told you about the installation of the new bridge over the Midland Main Line in 2017 and repairing the existing canal bridge at Loughborough in 2018/19.



Now GCR reports: “The next piece of the jigsaw is the section across a factory car park (pictured above). It’s right next to the new bridge over the Midland Main Line bridge we’ve

already built. If our fundraising goes well, we’ll build the bridge over Railway Terrace road at the same time – it will save on construction costs to do both together.

It’s about 50m of new railway in total but a vital part of connecting the two halves of the Great Central Railway. We hope to incorporate two bridge decks recovered from Reading into this phase.”

Unfortunately, this section alone will cost approximately £3million – roughly the same amount as has so far been raised and spent on “reunification”!

GCR adds: “The good news is, as we begin fundraising for this Factory Flyover section (as we’re calling it) we already have £100,000 in the kitty! That’s because many generous people like you are still contributing every month towards Reunification. If you are giving to the ‘Bridge to the Future’ or ‘Crossing the Canal’ campaign, your Standing Order will now go towards the ‘Factory Flyover’.”

However, as shown opposite on GCR’s map of progress so far, even if the Railway Terrace road bridge and factory car park crossing are constructed at the same time, there’s still an embankment which needs to be rebuilt, a second embankment requiring repairs and an overhaul

of the A60 road bridge before reunification work is complete.

Ruddington Community Choir supports “Bake a Difference”

Ruddington Community Choir has raised an amazing £180.37 for JUNO Women’s Aid by taking part in their “Bake a Difference” campaign.

The initiative, which ran from 25 November to 10 December 2019, was timed to coincide with “16 Days of Activism” – the UN campaign to end violence against women and girls.

JUNO Women’s Aid is a non-profit organisation that aims to empower women, children and teens in Nottinghamshire to live free from domestic abuse.

Donors, volunteers and staff work together to give women safety and support, and help them find the strength to move on.

With the help of fundraising initiatives like “Bake a Difference,” JUNO supports over 6,000 women and 3,500 children a year in Nottingham and throughout the county. Every pie, cake and quiche baked by Ruddington Community Choir will help support this vital work. Well done to the Choir for supporting such a fantastic cause!

You can find out more about Ruddington Community Choir at their Facebook page and read about JUNO Women’s Aid at junowomensaid.org.



As reported in January, GCRN already has plans to run heritage trains from Ruddington throughout the year once an iconic “railbus” joins its fleet later in 2020. If all goes to plan, those journeys could be considerably longer in the future, but that will be quite a few years (literally) down the line.

If you’d like to donate to the Reunification East Midlands project you can do so via The David Clarke Railway Trust at <http://www.gcrailway.co.uk/donations/donateprocess.php>.

Graham Wright via RUDDINGTON.info

Bowls Club says “thank you”

On behalf of the Ruddington Bowls Club, I am writing to express our gratitude for the financial support the Club has received from Ruddington Parish Council, Notts County Council and Rushcliffe Borough Council towards essential repairs to the two pavilions at Elms Park.

Strong winds and heavy rain caused considerable damage to the roof of the main pavilion last winter, and similar circumstances this January caused damage to the older pavilion which provides changing facilities and storage. Had repairs not been carried out as soon as possible, water ingress could have seriously damaged the interiors of both buildings.

We wish to thank Allen Wood, the Chairman of Ruddington Parish Council, Reg Adair, the Deputy Leader of Nottinghamshire County Council, and the Councillors who represent Ruddington on Rushcliffe Borough Council, for their generous response to our appeal for assistance.

The substantial financial support provided by the local authorities has enabled both pavilions to be repaired. Thanks to this support, the Club can continue to offer bowling facilities for the people of Ruddington and the surrounding area to enjoy.

Dr. Brian Tolley, Hon. Secretary

Mobile Youth Service to return

The Mobile Youth Service was hoping to return to Ruddington in April, but this has had to be postponed due to Covid-19.

However, it's hoped that the service will still be able to run when the current restrictions have been lifted.

The Mobile Youth Service is for young people aged 10 to 19 and will be delivered by qualified youth workers on Monday evenings from 6.30 to 8.30pm.



The aim is to give young people a safe place to socialise, opportunities to meet friends, have fun and take part in a range of enriching activities.

All youth workers have been recruited using the safeguarding standards applied by Nottinghamshire County Council.

For more information about the Mobile Youth Service, please contact Patrick Manning at patrick.manning@nottscc.gov.uk.

Meet our new Parish Councillor

Ylenia Astegiano has recently been co-opted to the Parish Council and now represents Flawford Ward. Together with our other new councillors, who we'll be introducing in future issues, we'd like to welcome Ylenia on board.



"I'm a 29 year old Italian that moved to England in 2014 for the first time, fell in love with it and decided to build a life here," says Ylenia. "Back in Italy I grew up in a little village, a bit like Ruddington, where I was involved in the local youth clubs and the community club, running events. I was also part of the marching band and the church choir.

"I work as a wine advisor in Loughborough and I've been living in Ruddington since autumn 2019 with my husband, after a year in West Bridgford. I look forward to being part of the community here in the village."

Ylenia adds: "After the decision of the Parish Council to co-opt me to fill one of the vacancies for Flawford Ward, I'm keen to put my skills and energy to good use in promoting the village and its unique identity."

You can contact Ylenia through the Parish Council office or email yleniaastegiano@gmail.com.

Calling all young entrepreneurs!

Are you aged between 16 and 21, with a great idea for a market stall? If so, Ruddington Village Market would love to hear from you!

We're working with YoungNG to give you the chance to try out your ideas with some great benefits:

- A FREE stall at Ruddington Village Market
- Free business start-up and brand coaching
- Free book-keeping and stock control coaching
- Free social media coaching
- On-site marketing support

Find out more at www.ruddingtonvillagemarket.co.uk/yep.

The Market is currently suspended due to the Covid-19 pandemic. However, the scheme will restart when the current restrictions have been lifted.

Covid-19 and the Parish Council



The Parish Council has now closed all its buildings in response to the Covid-19 outbreak and recent Government announcements. This means that all room hire bookings are cancelled until further notice.

All Parish Council meetings have now ceased until further information is available from the Government. If you need to speak to a Councillor, you'll find their contact details on our website in the About Us / Councillors & Staff section. Note that some Councillors can only be contacted via the Parish Council office.

At the time of writing, the Parish Council Office remains operational but is CLOSED to the public, so please don't visit St Peter's Rooms. You can call us on 0115 914 6660 between 9:30am and 12:30 pm, Monday to Friday, or email office@ruddingtonparishcouncil.gov.uk.

We're still aiming to produce The Rudd every month as usual, although we won't circulate printed copies. Please visit our website to read or download the newsletter in PDF format, or email us at the above address if you'd like to be added to the mailing list.

For the latest Government and NHS guidance on coronavirus, please visit www.gov.uk and www.nhs.uk.

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