

THE RUDD

Well done Ruddington!

Friday 8th May was the 75th Anniversary of VE Day (Victory in Europe), which marked the end of the Second World War against Germany. Unfortunately due to the current pandemic, the planned events had to be cancelled.



When I used social media to promote an idea I had seen about Stay at Home Street Parties, I was delighted that so many residents and traders were enthusiastic about the idea.

I offered the ribbon that was earmarked for our village's planned celebration on Saturday 9th May to households to start their bunting-making. I had 125 requests – and Radio Nottingham interviewed me on their Breakfast Show on 6th May.



Thanks are expressed to the premises in the village who displayed a poster and to those residents who leaflet-dropped their neighbours to make sure everyone was aware of the idea, as not everyone engages with social media.

By 8th May, Ruddington was awash with red, white and blue decorations in and around homes and businesses. The day dawned dry and sunny. During the day and into the evening, Stay at Home Street Parties took place all over the village. Each neighbourhood creating their own celebration with music, dancing, fancy dress and BBQs, all socially distanced.

Churchill Drive was also renamed for the day as "Winston Churchill Drive".



Local traders provided numerous options to support the commemorations, including a VE Day limited edition hamper, afternoon teas, beer and takeaways.

Music was also streamed via the Frame Breakers Facebook page.

At 3pm everyone was invited to make a noise to unite the village and they did!

"Raucous Ruddington" appears in the Rushcliffe Borough Council video of celebrations across the Borough, as they arrived on Musters Road just before 3pm to capture the moment!

After the event, I asked some residents to sum up the day in 3 words:

- Joyful community spirit (Jennifer)
- Respectful, rejoyful and rejuvenating (Katie)
- Brought people together (Samantha and Emma)
- Absolutely bloomin' fantastic (Catherine)
- Sunny garden fun (Holly)
- Amazing community spirit (Jessica)
- Ruddy good day (Martin)
- Community, raucous, sunny (Rachel)
- Just blooming brilliant (Kelly)
- Eating cake happily (Claire)
- Neighbours, priorities, memories (Sandy)

Ruddington definitely showed its patriotism and its renowned community spirit, despite the unprecedented situation we all currently find ourselves in. It was also fun!

Barbara Breakwell

(Photos from RUDDINGTON.info)

Car parks at open spaces, tennis courts and skate parks now open

Rushcliffe Borough Council has safely reopened some car parks at open spaces, tennis courts and skate parks in the Borough.

Risk assessments have been completed with its teams and third parties to ensure all can be accessed in line with government advice.



All visitors to the sites are asked to ensure social distancing of two metres is maintained at all times.

Play parks remain closed at all sites but the following facilities are now open:

- The car park at Rushcliffe Country Park where parking is free and its refreshment kiosk and its picnic benches but with increased spacing between benches.
- Tennis courts at Bridgford Park and West Park in West Bridgford.

- Skate parks at both Rushcliffe Country Park and Lady Bay Skate Park in line with Skateboard GB's and Skateboard England's updated advice which can be viewed at www.rushcliffe.gov.uk/coronavirus.

Deputy Leader Cllr Debbie Mason said: "We're pleased these facilities can reopen but it's crucial everyone plays their part in using them safely and ensuring they continue to follow social distancing.

"We know our open spaces and recreation facilities are popular and so important to give people opportunity to take part in activities that assist good physical and mental health.

"We'll continue to review the sites to ensure they can be used safely. Please visit www.rushcliffe.gov.uk for the latest advice on our facilities and how you can access them in line with government guidelines."

Covid-19 testing for key workers

Essential workers can now book tests for themselves and their household via a new online portal issued by central government at www.gov.uk. This will make the process of getting an appointment quicker and easier, while reducing the burden on businesses.

Full details on who is eligible can be found here: <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>.

Open for business

As lockdown restrictions slowly start to ease, more of our village shops and outlets are opening up for business.

Of course, not all services can be offered at the present time, but please support our local traders where you can.



According to RUDDINGTON.info, the latest list of traders who are open is:

- Amanda Findlay Eyecare
- Black Cat Cafe
- Co-op
- Cycle Clinic
- Dhaka Delhi
- Evans Pharmacy
- Ginos's Ristorante
- Happy Garden Chinese Takeaway
- Jasper's Cafe
- Kitchens by Mascari
- Mainwise Laundrette (closed for self-service)
- National Car Finder

- Nottingham Building Society
- Perkins Hardware
- Phoenix Flowers
- Ruddington Dental Practice
- Ruddington Fish Bar & Pizza
- Ruddington Post Office
- Ruddington Village Butchers
- Sainsbury's
- The Bottle Top
- The Grange Bakery & Newsagents
- The Frame Breakers
- The Old Bakehouse
- The Ruddington Arms / The Next Episode
- The Three Spices

Please contact individual outlets to find out which services are available. Or, visit www.RUDDINGTON.info/traders/.

With thanks to RUDDINGTON.info

Libraries and archives to reopen across Nottinghamshire

Nottinghamshire County Council's Libraries and Archive services, managed on its behalf by Inspire, have announced plans to resume services in line with Government guidance.

Plans are already underway to help facilitate the potential return of some libraries from July 6, in line with the 'third step' of the Government's

national recovery plan.

The County's Libraries and Archives closed on March 20 due to the Coronavirus restrictions and have been missed by communities across the county. Inspire are now planning how to resume services in a safe and socially distanced way.

The County Council have confirmed that the priority will be staff and customer safety, which means they will have to operate in a different way with a reduced service, limited capacity in buildings, additional cleaning measures and guidelines in place for social distancing.

Inspire will issue more details on opening times and range of services in the coming weeks via their social media channels and online on their website: <https://www.inspireculture.org.uk/>.

Send in your free tree pictures

Rushcliffe Borough Council is encouraging everyone who braved the cold last winter to collect free trees to send in their pictures of them growing in our communities.

The Council was delighted at the turnout last year, which saw thousands of residents in locations all across the Borough claiming their free trees.

Many will now be enjoying wonderful green shoots in their gardens, like this

great picture of a Crab Apple tree sent in by a resident in Barnstone!



Please send your free tree pics to media@rushcliffe.gov.uk.

Ruddington Diary

All physical events, activities and meetings due to be held in June won't now take place due to the need to maintain social distancing. There is therefore no diary for this month.

However, many activities are now taking place online. We suggest you contact event organisers or check social media pages to find out more. The Ruddington Mums Facebook page and RUDDINGTON.info are two useful sources of information.

We urge residents to still follow Government advice by staying at home as much as possible and, when it's necessary to go out, practising social distancing.

Covid-19 scams



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Scammers will play on anything in the media in order to scam people. During an already anxious and uncertain time, scammers use this to create further panic, forcing victims to part with their cash. Please find below the scams we're currently aware of. Please note that scammers are always coming up with new ideas to get cash from victims.

- Door knocking – Action Fraud have received reports of individuals targeting the elderly and vulnerable by offering to do shopping. The individual then takes the victim's cash / bank card and never returns.
- Fake websites – Action Fraud have received reports of individuals going online to order items such as face masks and hand sanitiser. The victim pays for these items up front & they never arrive.
- Phishing emails / texts – There have been many reports of fake emails / texts being sent. Please visit the National Cyber Security Centre for further information: www.ncsc.gov.uk/guidance/suspicious-email-actions.

- Scam telephone calls – Scammers continue to use the telephone in order to scam people, especially knowing the elderly and vulnerable are at home.

- Tips on how to work from home safely – During these times we're aware many of you are working from home and you have concerns around how to do that safely. Please visit the National Cyber Security Centre for guidance on this: <https://www.ncsc.gov.uk/guidance/home-working>.

Top tips for fraud prevention

1. Verify any unexpected contact is genuine by using a known number or email address to contact organisations directly – is this caller who they say they are? After hanging up, wait five minutes and make sure you can hear a dial tone before making any other calls, or use your mobile. NEVER allow an unsolicited caller remote access to your computer or devices.
2. Don't be pressurised into sending money – stop and think and check with a trusted source or person. It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you. Have confidence in yourself, if it feels wrong to you – it probably is.
3. Use someone you know and trust for shopping / other essentials. Don't

hand money over to someone on the doorstep.

4. Authorities like the DWP and HMRC will never ask for banking details like your password or PIN on the phone or in person. You will NEVER be asked to move money to a “safe account”. The Police will NEVER ask you to help in an investigation by moving money or withdrawing funds.

5. Check for IDs and get them verified – genuine officials will be more than happy to wait while you verify their ID.

Top tips for fighting cyber crime

1. Pick strong passwords – choose three random words with a mixture of upper/lower case, numbers and special characters. Do not use the same password across sites. Enable Two Factor Authentication (2FA) on your accounts and devices that offer it, as this provides a second layer of security.

2. Be wary of phishing scams. Don't click on any links or attachments in unexpected emails.

3. Social media – for those of you who use social media, make sure that it is set up correctly, review your privacy settings to ensure your profile is appropriately locked down.

4. Use antivirus and ensure you are using the latest versions of software, apps and operating systems on your

phones, tablets, desktops and laptops. Update these regularly or set your devices to automatically update so you don't have to worry.

5. Backups – Always back up your most important data such as your photos and key documents to an external hard drive and / or cloud storage.

Nottinghamshire Police

D2N2 survey for local businesses

The D2N2 Growth Hub have created a survey to get feedback on the challenges local businesses are facing during the Coronavirus pandemic.



All responses will help shape the support available from Rushcliffe Borough Council, the Growth Hub and Rushcliffe Business Partnership when the recovery phase begins.

Please follow this link to complete the survey and help tailor the support available: bit.ly/2RHxaGb.

Meet our new Parish Councillor

Holly Law has recently been co-opted to the Parish Council and now represents Easthorpe Ward. Together with our other new councillors, who we're introducing one at a time in The Rudd, we'd like to welcome Holly on board.



"I have lived in Ruddington since October 2018 and have a 5 year old boy that attends James Peacock School," says Holly. I work full time as a Change Specialist for a large utility company and am an active member of the Labour Party. I attend local branch and CLP meetings for Rushcliffe and was involved in the campaign in the run up to the election.

"I also volunteer with the SFICE foundation, a small charity located in Nottingham whose main mission is to help reduce the effects of food poverty, isolation and ill health within

the city of Nottingham. In my free time you'll find me either on long walks at the Country Park, playing board games with friends or reading a good fiction and fantasy book."

Adds Holly: "I'm really keen to help local businesses to flourish through the Ruddington Village Centre Partnership by increasing footfall along High Street and Church Street. I'm also concerned about the new homes that are planned to be built on different green belt sites at Ruddington and the impact it's going to have on our existing amenities and infrastructure."

You can contact Holly via the Parish Council Office or email her at Holly.Law2014@gmail.com.

Crime figures for Ruddington

For April 2020, these were as follow:

- 4 x burglary
- 1 x forced entry
- 2 x theft of motor vehicle
- 3 x theft from motor vehicle
- 1 x attempted theft from motor vehicle
- 1 x theft of tools
- 1 x public order offence

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

“Masks for the Masses” added to museum’s permanent collection

Nottingham-based smart textiles developer, Footfalls & Heartbeats, is celebrating after its anti COVID-19 protective knitted “Masks for the Masses” have been given a place in the permanent collection of the Framework Knitters Museum.



Footfalls pivoted at the beginning of April 2020 to make facemasks on its Santoni knitting machines for the UK’s logistical, distribution and support staff who are one level away from the frontline in the COVID-19 crisis.

“Today is an incredibly special day for Footfalls. Footfalls has been asked to provide a couple of masks for the permanent collection of a museum. MoMa, The Louvre, British Museum or the Guggenheim? None of these is the recipient. The Framework Knitters Museum, near Nottingham, is the amazing place where our masks will

be part of the permanent collection,” said Footfalls & Heartbeats founder, Simon McMaster.

“For our team and our company this is a huge honour as the museum is the ‘font’ of all knowledge and history with respect to weft knitting. Weft knitting as we know it today was invented in Nottingham and Footfalls is very proud to be part of that history.”

“Our knitted textile sensors would not have been possible without all the advances made in weft knitting. And weft knitting was born with the invention of the stocking frame. Thanks Nottingham, without your creative history we couldn’t do what we do.”

The Framework Knitters Museum is delighted to welcome “Masks for the Masses” to its collection.

How to buy Footfalls & Heartbeats Masks

To buy Footfalls & Heartbeats “Masks for the Masses”, please follow this link: www.footfallsandheartbeats.com/masksforthemasses.



Nottingham students aged 2-60 years old continue with studies thanks to dedicated teacher

Students aged 2-60 years old across Nottingham have been continuing with their revision and learning thanks to the help of their dedicated language teacher.

Nicola Warren who lives in Lambley, but teaches in Ruddington, Lambley, Calverton, Lowdham and Burton Joyce, has been working flat out 6 days a week to ensure pupils are not left behind when it comes to their linguistic learning.

As schools, nurseries, colleges, and universities suddenly closed, many students were left wondering how they would continue with their studies.

Nicola says “It was and still is a very worrying time for everyone, particularly with the uncertainty of how educational settings will re-open safely. Some of my students felt a sense of panic as many are due to sit A Levels and GCSEs this year and next year.

“I felt heart-broken as they had already put in so much hard work, so I felt it my duty to do all I could to help them through these testing times. So with the wonders of the internet I turned my weekly group classes online using Zoom and Facebook Live.

All my pupils jumped on board with the changes and haven’t look back since.”

Nicola previously worked as a secondary school teacher but always dreamed of setting up her own language school. Her passion for languages was first ignited at secondary school where she studied both French and German; she loved how different languages all sounded so very different.



She continued with her language learning at A Level and she successfully achieved A Levels in French, German, Spanish and Economics. She opted not to go to university at 18, but instead studied later on in life and learnt Portuguese and, for her degree in her 40s, graduated in French and Spanish.

Nicola now runs her highly successful language school “The Language Tree” and has done so for the last 5 years.

“With my younger students we enjoy a group session of 30 minutes following the award winning La Jolie Ronde Programme where the focus is based around fun French or Spanish learning through songs, stories, dancing and role plays.

“These group sessions are a great way for this age group to catch up with friends plus other family members can join in. My GCSE and university students tend to prefer a different approach as the aim is more on speaking, listening, reading and writing skills so I offer one to one online classes here.

“My adult learners are also extremely important so again I offer one to one classes, mainly because many are at varying levels of competency and with a wide range of reasons for learning, many of whom 'wishing they had continued with languages when they were younger.’

“Feedback for all areas of my online teaching has been amazing, with many who have been struggling with daily routine saying my online teaching has given them a great structure to their week,” she added.

For more information about Nicola’s Online classes, call 07837 676 287 or email nicolawarren67@outlook.com. You can also follow The Language Tree on Facebook: www.facebook.com/TheLanguageTreeNottingham/.

Campaign to support mental wellbeing

Public Health England (PHE) has launched a campaign to support people to manage their mental wellbeing during this difficult time.

PHE’s *Every Mind Matters* platform has been updated to include a range of new resources, designed specifically to help manage mental wellbeing during coronavirus.



This includes a tailored COVID-19 Mind Plan, COVID-19 specific content for individuals and their loved ones, and support for specific mental wellbeing issues such as anxiety, stress, low mood and trouble sleeping.

The website also signposts people to activities such as mindful breathing exercises, help reframing unhelpful thoughts and muscle relaxation. Visit <https://www.nhs.uk/oneyou/every-mind-matters/> to find out more.

Ruddington Village Market goes virtual

Following success in May, Ruddington Village Market makes a virtual return this month for another "Instagram Live" event. The idea came about after looking for ways for the market to stay open online during lockdown.

"The market's various social media channels have got a few thousand followers, so we wanted to find ways to leverage that audience during the lockdown, to help promote Ruddington businesses. We started in March, simply posting special offers from market stalls, but then came up with the idea of a live broadcast," says Mark Pinks, editor of the market's social media, and member of the team behind the market - the Ruddington Village Centre Partnership.



May's event included live broadcasts from Ruddington businesses including Phoenix Flowers, The Bottle Top, Black Cat Cafe, The Frame Breakers and Ruddy Fine Gin, and gave viewers a chance to see behind the scenes.

"It was more of a success than we expected," Mark added. "The story got picked up by BBC Radio Nottingham, and even made the front page of BBC Nottingham online!"

June's event will include live broadcasts from more Ruddington businesses, plus many other stallholders from the regular market. To watch, simply tap the market's profile picture on Instagram @ruddingtonvillagemarket from 12pm on Saturday 6th June.

To find out more, including news of when the market hopes to relaunch, follow Ruddington Village Market on Facebook and Instagram @ruddingtonvillagemarket, or Twitter @ruddmarket.

Mike Ader, Chair of Ruddington Village Centre Partnership

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