

THE RUDD

Everyone will benefit from Census 2021

Households across Ruddington will be asked to take part in Census 2021 this spring.

The census, run by the Office for National Statistics (ONS), is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It's been carried out every 10 years since 1801, with the exception of 1941.



Ruddington resident, Leia Morales (pictured), is the Community Engagement Manager for Rushcliffe and has been working with Rushcliffe Borough Council as well as community groups and charities across South Nottinghamshire to raise awareness of the census.

Leia says, "Understanding the needs of the nation helps everyone from central government to organisations such as councils and health authorities plan and fund public services across England and Wales.

"Census outputs inform where billions of pounds of public funding is spent on services like transport, education and health – such as cycle routes, schools and dental surgeries. "

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Charities and voluntary organisations often use census results as evidence to get funding. The data helps businesses understand their customers and, for example, decide where to open new shops. Plus, those doing research, like university students and people looking into their family history, use census data. It provides important information on population diversity, allowing organisations to know whether they're meeting their responsibilities and triggering action where necessary.

Census 2021 will be the first census to be run predominantly online, with households receiving a letter with a unique access code allowing them to complete the questionnaire on their computers, phones or tablets.

"The census provides a unique snapshot of our communities," said Iain Bell, deputy national statistician at ONS. "It benefits everyone. Based on the information you give, it ensures millions of pounds are invested in emergency services, mental health care, school places, hospital beds, houses, roads, GPs and dental services.

"No one should miss out. Everyone can complete the census, either online with a new search-as-you-type capability, or on paper forms for those who need them."

Census day will be on Sunday 21st March, but households will soon

receive letters with online codes explaining how they can take part. The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there'll be a question asking people whether they've served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years and kept safe for future generations.

For more information and advice on how to answer the questions, visit www.census.gov.uk.

Image credit: RUDDINGTON.info

Village Market to return in April 2021

Ruddington Village Centre Partnership (RVCP), which runs our Village Market, took the difficult decision in January to cancel the markets which were due to take place on Saturdays 6th February and 6th March 2021.

The RVCP Committee felt that, in the light of the latest COVID-19 lockdown, it would have been inappropriate to hold the market on these dates. As the pandemic continues, the priority must be to keep residents, market stallholders and volunteers safe.

RVCP commented: “Clearly this is pretty rubbish news, and gutting that it was going to be our second birthday but, as a community-run market, we feel this is the right thing to do for our village.

“As with the last two ‘lockdowns’, we encourage you to seek out our traders online, check out our trader listings on our Village Market website and show them your support with orders for delivery and ‘click & collect’.

“Once again, these are tough times for small independent businesses, but together we can all keep them ticking over, and ready to stand with us again when we return.”

In the meantime, RVCP Committee Member, Mark Pinks, will be hosting more Instagram Live sessions with Ruddington Traders at 8pm on Thursdays 14th, 21st and 28th February – with more to follow.

This will include another “Instagram Live” with some of the usual stall holders on Saturday 6th February, which would have been a market day.

There’s still to be a “2nd Birthday” cake, too, plus a raffle to win a hamper of goodies from Ruddington traders in support of RVCP’s Charity of the Month.

The full details are available now on the market’s social media accounts.

The next Village Market is scheduled to take place on Easter Saturday 3rd April.

For the latest news on the Village Market, please visit www.ruddingtonvillagemarket.co.uk or follow the market’s pages on [Twitter](#), [Facebook](#) and [Instagram](#).

With thanks to Graham Wright and RUDDINGTON.info

Rushcliffe Country Park featured on Channel 5

Regular viewers of Channel 5’s “Walking Britain's Lost Railways” may have spotted our very own Rushcliffe Country Park in recent weeks!



In an episode with host Rob Bell, our park is showcased due to its historical links to a secret wartime factory that was once connected to a high-speed railway in the East Midlands.

The episode features an interview with members of the Friends of Rushcliffe Country Park, who share some of the dramatic history of the site.

To hear from our local volunteers, please scroll to 10 minutes along in this episode on the [Channel 5 website](#).

Vaccinations update



The NHS COVID-19 vaccination programme is underway in Nottingham and Nottinghamshire as part of the national roll out.

Anyone over 80 who has not yet received their letter can book online using <https://www.swiftqueue.co.uk/nottinghamc19vpatient.php> or by calling 0115 883 4640.

Letters are now being sent out to the over 75s and over 70s also.

Slots at the Gamston Vaccination Centre at Gamston Community Hall may be limited in the coming weeks, but appointments can also be booked at the QMC and City Hospital at <https://www.swiftqueue.co.uk/nottinghamc19vpatient.php>, or on 0115 883 4640.

Health bosses are continuing to ask the public to wait for their letter before contacting the NHS to book an appointment.

The vaccine roll-out was initially being co-ordinated by Hospital Hubs who are

calling forward patients who meet the criteria based on the Joint Committee on Vaccination and Immunisation's recommendations.

However, new vaccination centres and local vaccination services within the community - like the one at Gamston - are also launching as and when they're approved, so there may be more vaccination centres available in Rushcliffe soon.

For more information about the COVID-19 vaccine please visit the [Notts CCG website](#).

Vaccine fraud - beware of scam text messages

As of 7th January 2021, Action Fraud had already received 57 reports from members of the public who'd been sent text messages claiming to be from the NHS, offering them the opportunity to sign up for coronavirus vaccinations.

The texts ask the recipient to click on a link which takes them to an online form where they're prompted to input personal and financial details. In some cases, the online form has looked very similar to the real NHS website.

Pauline Smith, Head of Action Fraud, said: "Remember, the vaccine is only available on the NHS and is free of charge. The NHS will never ask you for details about your bank account or to pay for the vaccine. If you receive an

email, text message or phone call purporting to be from the NHS and you are asked to provide financial details, this is a scam.”

How to protect yourself

In the UK, coronavirus vaccinations will only be available via the National Health Services of England, Northern Ireland, Wales and Scotland. You can be contacted by the NHS, your employer, a local GP surgery or pharmacy, to receive your vaccination. Remember, the vaccinations are free of charge and you won't be asked for a payment.

The NHS will never:

- Ask for your bank account or card details
- Ask for your PIN or banking passwords
- Arrive unannounced at your home to administer the vaccine
- Ask for documentation to prove your identity, such as a passport or utility bills

If you receive a call you believe to be fraudulent, hang up. If you're suspicious about an email you've received, forward it to report@phishing.gov.uk. Suspicious text messages should be forwarded to the number 7726, which is free of charge.

If you believe you're the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting www.actionfraud.police.uk.

Crime figures for Ruddington

For December 2020, these were as follow:

- 1 x forced entry & vehicle theft
- 1 x theft of bike
- 1 x burglary & theft of 2 vehicles
- 1 x vehicle theft, recovered
- 1 x catalytic converter theft
- 3 x theft from shop
- 1 x criminal damage

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

Traditional Tales – Story Time

Nottinghamshire Children's Centre Service is running two Traditional Tales events in February. It's an opportunity to come along (virtually, of course) and enjoy a fun story time session of traditional tales retold and imagined.



The sessions will take place on Wednesday 3rd February at 2:30pm and Wednesday 10th at 10am. Call the Children's Centre on 0115 977 3749 to book your place. Or visit www.nottinghamshire.gov.uk/childrenscenreservice to find out more.

“Thank you” from the Rotary Club of Rushcliffe

The Rotary Club of Rushcliffe would like to thank everyone who contributed towards the raising of around £6,000 for good causes during December.

Restrictions on movement due to COVID-19 meant we were limited to static collections and “no stopping” drives. Under such circumstances, to raise the above sum of money was a wonderful effort.



From the comments we’ve received, we know just how much people appreciated seeing the sleigh both at the static sites and on the streets. The club would like to thank the managers of NottCutts (Edwalton), Morrisons (Gamston) and the Keyworth Co-op (Parade) as well as the Trustees of the Methodist Hall in Tollerton for allowing us to site the sleigh on their premises.

The support from The Air Hostess pub at Tollerton and The Poppy and Pint in Lady Bay was appreciated, as well as the

generosity of Sunbelt Rentals for the loan of a generator.

The club is especially grateful for the support and enthusiasm of the many volunteer “Friends of Rotary,” who stayed with the sleigh on the days it was parked at the static sites.

If you’d like to add to the amount already raised for charity, please visit the Just Giving page on the Club website www.rushclifferotary.org.uk. You can also [find us on Facebook](#).

Best wishes to everyone for 2021 and, once again, many thanks for your generous support.

The Rotary Club of Rushcliffe
Charity Benevolent Fund No 1045750

Ruddington Diary

With Ruddington still in lockdown there is no diary for this month. For all events and activities, we suggest you contact organisers and venues, or check social media pages. The [Ruddington Mums Facebook page](#) and [RUDDINGTON.info](#) are two useful sources of information.

We urge residents to follow Government rules by following social distancing guidelines and wearing face coverings where required, such as in shops and when using public transport.

Please note that the Ruddington Village Market is set to return on Easter Saturday 3rd April – see separate article for details.

Make a “Nottinghamshire Recycles” pledge

Councillor Phil Rostance, Vice Chairman of the Communities and Place Committee at Nottinghamshire County Council, is encouraging Nottinghamshire residents to make a pledge to not only help the environment, but also raise money for charity.

At the start of the year, the County Council and its waste contractor partner, Veolia, launched the “Nottinghamshire Recycles pledge” campaign to encourage new recycling habits by asking residents to think of ways they can reduce, reuse and/or recycle more in their everyday lives.

The pledges made will also help raise funds for the Council Chairman’s charity, My Sight. For every pledge made, Veolia will donate £1 to My Sight Nottinghamshire.

This is a local charity dedicated to improving the lives of people living with sight loss in Nottingham and Nottinghamshire.

Councillor Rostance commented: “I know these are extremely tough times we are in, and for many reviewing our recycling behaviours may be low on the list of priorities right now.

“Whilst I’ve been spending more time at home during the pandemic, it’s

really made me appreciate my surroundings – things like having fantastic green spaces locally, the trees and wildlife around us. It’s so important we look to the future and help look after these precious natural resources.

“I’m encouraging residents from across the county to make a Notts Recycles pledge. It’s easy to do and will help secure a brighter future for us all.

“Pledges can come in all shapes and sizes and don’t have to be a big change; I want to help raise awareness that even simple everyday switches can have a big impact.

“From putting a separate bin in the bathroom to collect the plastic shampoo and shower gel bottles for recycling, to switching the pet food for your four-legged friends from plastic pouches to tins so they can be recycled.

“My personal Notts Recycles pledge is to continue teaching my 3 year old daughter about what items you can recycle, and why it’s important that we recycle and help the environment.”

You can find more information about the campaign and make a pledge at www.veolia.co.uk/nottinghamshire/nottsrecyclespledge.

To find out more about My Sight Nottinghamshire, please visit www.mysightnotts.org.uk.

Grant available for elite Rushcliffe athletes

Elite athletes across Rushcliffe are being invited to apply for grant funding to support their efforts in their chosen sport.



The Borough Council's Elite Sports Grant is available with grants of up to £400 that aim to reduce some of the financial burden of competing at an advanced level that can often create a barrier to achievement.

Funds may help with costs such as travel, training, accommodation, competition fees and equipment, specialist coaching and other specialist support deemed appropriate by the National Governing Body over the next year.

The grant could be used when much elite sport fully resumes once Central Government announces it is safe to do so.

Applications to the grant scheme are being encouraged from athletes who

are currently performing at international level within their sport with priority given to competitors in sports or disciplines represented at the Olympic and Paralympic Games or Commonwealth Games.

Applicants have until Monday 8th February to apply on the [Rushcliffe Borough Council website](#) and must be:

- A resident of Rushcliffe Borough or go to school within the Borough
- 14 years old or over
- Competing in a Sport England recognised sport
- Competing for their country/in the national training squad in their chosen sport
- Have amateur status
- Fully endorsed by their National Governing Body and National or International coach who must be suitably qualified and affiliated.

To accompany the application, a confirmation letter from their National Governing Body confirming an athlete's level of performance is also required.

Voting safely in the May elections

Residents in Rushcliffe will go to the polls on Thursday 6th May 2021 to have their say on who represents them

at the Police and Crime Commissioner and County Council elections. While the elections are still some time away, we're already making plans to help you stay safe when casting your vote.

There are a number of ways to have your say in the elections – you can vote in a polling station, by post, or by appointing someone you trust to vote on your behalf, which is known as a proxy vote.

Kath Marriott, Returning Officer for Rushcliffe Borough Council, said: "The elections are very important as they're an opportunity to make your voice heard and have a say on who represents you on issues that directly affect day-to-day life here in Rushcliffe.

"We're thinking about these elections now so that, however you choose to cast your vote in May, you can do so safely.

"We're putting arrangements in place to help you stay safe at the polling station; you can expect many of the measures you've become used to in shops and banks over recent months, such as hand sanitiser, social distancing signs and face masks. But you also have the option to apply to vote by post or by proxy."

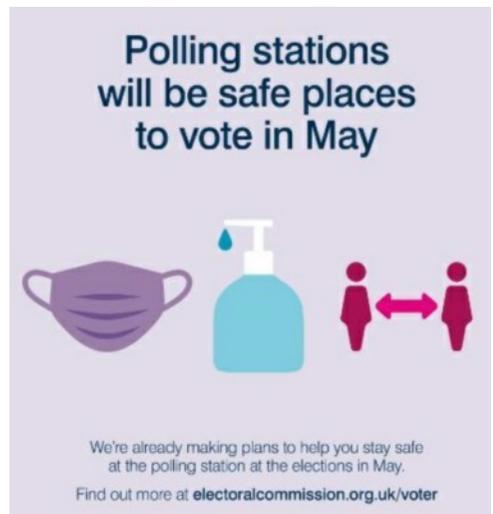
Ailsa Irvine, Director of Electoral Administration and Guidance at the Electoral Commission said: "The choice on how to vote at this May's elections is

yours – you can have your say in person, by post or by proxy.

"If you're thinking about voting by post, you can apply now. This will make sure your application is processed early, and your postal vote can be sent to you more quickly. It's easy to apply and you can find out how by visiting [the Electoral Commission website](#).

"You need to be registered to vote in order to have a say at the elections – the easiest way to register is [online](#)."

Residents can visit the [Elections 2021 page](#) on the Rushcliffe Borough Council website to find out more about the elections on Thursday 6th May 2021. The page will be updated with new information as it becomes available. If you have any questions, you can also contact your local elections team at Rushcliffe Borough Council by emailing elections@rushcliffe.gov.uk.



Could you be a transport volunteer?

Community transport schemes across Nottinghamshire are seeking more volunteer drivers to help vulnerable residents attend COVID-19 vaccination appointments.

The schemes provide transport for people who have difficulty using public transport and those who have no other means of travel.

Volunteer drivers have helped people in their communities throughout the pandemic by transporting them to medical appointments, collecting shopping and prescriptions, and most recently, making sure they can attend vaccination appointments.

Could you spare a few hours a week to become a volunteer?

While most schemes require access to your own car, some also recruit volunteers to drive minibuses.

Those wishing to volunteer can call 0115 969 9060 to be referred onto their local community transport organisation, or contact them directly.

Nottinghamshire County Councillor, John Cottee, Chairman of the Communities and Place Committee, said: "Community transport schemes are often a lifeline to those more vulnerable in our communities.

"Without the support of dedicated volunteers, it wouldn't be possible to deliver these vital transport links across Nottinghamshire. And now, with vaccination centres opening across the county, they'll be joining the fight against coronavirus in their communities.



"We've seen so many examples of people going the extra mile for others throughout the pandemic, and those who can spare a few hours a week and have access to their own car are encouraged to contact their local community transport organisation.

"It's also important that those needing support with transport register with their local scheme."

In Ruddington, our local scheme is run by Rushcliffe Community & Voluntary Service. You can register by calling 0115 969 9090 or emailing transport@rushcliffecvs.org.uk. Or, find out more at www.rushcliffecvs.org.uk.

BE SAFE ONLINE

Enter to Win!
Nintendo Switch,
IPAD, Amazon
vouchers and more!

Competition:

Create a piece of work to educate your peers on how to protect themselves from Cyber Crime.

How to enter:

Speak with your school to enter.

Closing date is 22/02/2021

  #NOTTSCYBERCOMP

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NOTTINGHAMSHIRE
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**SIDDIQUI
EDUCATION**

Make sure you look after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. Public Health England's "Every Mind Matters" campaign is designed to help everyone manage their mental health more positively.

The coronavirus outbreak means that life is changing for all of us for a while.

It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated.

It's important to remember it's OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass.

There are some simple things you can do to help you take care of your mental health and wellbeing during times of

uncertainty. Doing so will help you think clearly, and make sure you're able to look after yourself and those you care about.

For expert advice on looking after your mental health and wellbeing, including specific tips while staying at home, visit the [Every Mind Matters website](#). You can also create a free, [NHS-approved Mind Plan](#) and receive tailored advice for your mental wellbeing.

TOP TIPS FOR DEALING WITH ANXIETY **NHS**

TIP 01
Try a short breathing exercise

TIP 02
Learn how to manage anxious thoughts

TIP 03
Keep a mood diary

WHEN THINGS AREN'T SO GOOD OUT THERE...
MAKE INSIDE FEEL BETTER.
Visit [Every Mind Matters](#) for more tips and advice

Better Health every mind matters

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