

# THE RUDD

## Team GB&NI top the table at WWTG!

Mark Brown has returned from the Winter World Transplant Games (WWTG) in Bormio, Italy as part of the table topping Great Britain and Northern Ireland team.



With a total medal tally of 29 for transplant recipients and 18 for donors and donor families, they returned home wondering if they'd have to pay excess baggage!

Mark, who lives on Grange Avenue, competed in the alpine events, snowshoeing and curling, with the help of funding from Howdens Nottingham Central where he works as a kitchen designer.

Mark is now looking forward to celebrating the 30th anniversary of his kidney transplant at St James's University Hospital in Leeds, in April this year.

Mark said: "The quickest race was the parallel slalom with the fastest competitor completing the course in just 17.65 seconds. I, however, took a little longer to get on the winners' podium.

"Starting on the Monday and finishing on the Friday, I competed in the curling competition, hoping to add to my tally of five gold and one silver in previous games. The tense games were well supported both at the rink and at home, as they were streamed live on Facebook.



"A close semi-final against a USA team that play regularly together saw us reach a final against the Swiss. After falling behind in the first end, team GB&NI won the next three ends to take the gold. Taking just over four hours in total, it was well earned!

"I also took part in the alpine events –

downhill between gates in the parallel slalom, slalom, giant slalom and super giant slalom. Whilst there wasn't a realistic chance of beating teams that have regular access to the slopes, it was still exhilarating to compete and complete the races.

"These were streamed live on Instagram and my brother James, (who had a successful kidney transplant 20 years ago at Jimmys), messaged in whilst watching. This was picked up by the people streaming the event, who then interviewed me at the finish line.

"The final event I competed in was the 2k snowshoe. This was a new event for me and probably the first and last time I'll do it! A number of fellow athletes sprinted off from the start, so I went with them until the first uphill!

"I then kept to a brisk walk and saved a final sprint to finish in 5th position – cheered over the line by my wife Jo, who was here all week waving flags, ringing cowbells, and encouraging and congratulating me throughout."

### **Organ donation – find out more**

There are currently almost 10,000 people in need of a lifesaving organ transplant in the UK and over 7,000 of these are on the active waiting list.

It's quick and easy to join the NHS Organ Donor Register. Call 0300 123 23 23 or visit [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) to find out more.

Mark Brown

## Nordic Walking in the Country Park

For a number of years now, on most Fridays you've been able to see a group of Nordic Walkers head out around Rushcliffe County Park at 10am.

Walking energetically, but not especially quickly, with poles, they walk for an hour, covering about 3k on average. The walk starts and ends with warming up/down stretches and is punctuated by short stops for balance exercises, coordination challenges and healthy lifestyle tips.

The group is led by Instructor and CEO of British Nordic Walking, Catherine Hughes, who's passionate about the many health and wellbeing benefits of this low impact, total body exercise.

Developed by cross country skiers in Scandinavia to help them stay fit during the summer, Nordic Walking is an all year-round activity. Rushcliffe Country Park with its varied paths, tracks and trails is ideal, and means the group can get out in all weathers, apart from the wettest or snowiest days.

The weekly group size averages between 8 and 12 women and men of varying ages and degrees of fitness. As well as an hour of excellent exercise, it's very much a social activity with plenty of chat to accompany the walking. Some walkers meet for more chat and coffee afterwards.

The technique is straightforward but is

a specific skill, so new members take part in a 60 minute workshop with Catherine before joining the group walk. Poles (which are different from trekking poles) can be borrowed to start with, so you can decide if it's something you want to take part in regularly.

Once you've been taken through the technique class, you can join in 'as and when'. There's no need to book in advance; just turn up as often as you can and pay on the day.



For more details, please visit [www.midlandsnordicwalking.org/learn-tonordicwalk](http://www.midlandsnordicwalking.org/learn-tonordicwalk) and contact Catherine through the website.

Or, you can email [catherine@midlandsnordicwalking.org](mailto:catherine@midlandsnordicwalking.org) or text Catherine on 07940 575 758.

In the meantime, if you're in the park on a Friday between 10am and 11am, look out for a sociable band of Nordic Walkers and perhaps consider trying a new activity.

Dorothy Martin

## Rudd Awards shortlist announced!



The shortlist for the second Rudd Awards has been revealed, with 19 Ruddington favourites named as this year's finalists.

Launched by registered Community Interest Company (CIC), Ruddington Village Community Partnership (RVCP), in 2022, the Rudd Awards shine a light on the local businesses, individuals and community groups who are making a positive difference to life in Ruddington.

The 19 worthy nominees for this year's awards are represented across six categories and were shortlisted from more than 250 nominations.

In February, Ruddington residents and visitors were invited to put forward their favourite nominees in each category and give reasons for their selection.

The shortlist was then decided by a local independent judging panel, including Sarah Julian, local Broadcast

journalist and BBC Radio Nottingham Presenter; Parish Councillor Ken Piggott; and Economic Growth Manager for Rushcliffe Borough Council, Catherine Evans.

Mike Ader, Chair of RVCP CIC, said: "Once again, the awards committee and judging panel have been so impressed by the nominations received, and selecting our finalists has been an extremely difficult task.

"The calibre of entries really shows what a fabulous place Ruddington is to live, work and thrive and we're looking forward to celebrating everyone that supports our lovely village at the awards night."

The lead sponsor of the awards is Ruddington-headquartered and leading construction product retailer, Okarno Ltd, formerly known as Artex. As main sponsor, Okarno Ltd will be backing the 'Heart of Ruddington' award, to be announced on the night. This is an honorary award for the nomination which has shown an outstanding contribution to Ruddington.

Six other categories are sponsored by other locally based businesses, as noted opposite.

The awards, which launched in 2022, are one of several community initiatives set up by RVCP CIC as part of its aims to encourage everyone within the community to play an active role in the future of our prosperous, confident village.

The winners will be announced at the awards evening on **Friday 17th May 2024** at Ruddington's St Peter's Church, and will be compered by BBC Radio Nottingham Drivetime presenter, Verity Cowley.

The full shortlist can be found below:

**Volunteer or Fundraiser – sponsored by Ridge Clean Energy Ltd**

- Kimberly Ward
- Dan Clifford
- Sally Beards

**Sports, Leisure and Culture – sponsored by Frank Key Group**

- The Framework Knitters' Museum
- Ruddington Running Club
- Rudd Colts Under 9 Black Team

**Young Star – sponsored by Ideagen**

- Billy-Scott Ladkin
- Otilie and Emmeline Jones
- Amy Ratcliffe-Pugh

**Village Hospitality Business – sponsored by Quotient Sciences**

- Parkers Yard
- Philo's
- The Frame Breakers

**Village Retailer or Service – sponsored by True Story**

- The Honeycomb Christian Charity Shop
- Perkins Hardware
- Andy Hicks (postman)

**Community Group – sponsored by My Care, Ruddington Retirement Village**

- U3A
- Nappacinos
- Wednesday Club

For more information about the Rudd Awards, please visit: [www.rvcp.org.uk/awards](http://www.rvcp.org.uk/awards).

**Rushcliffe Community Assistance Directory**

**Are you looking for support, services, or activities in Rushcliffe?**

The Rushcliffe Community Assistance Directory is a comprehensive guide which includes information on a wide range of cost of living and wellbeing support, local social activities, and tips on staying well during the winter and spring months.

The directory can be accessed online at the Primary Care Network (PCN) website, under the Rushcliffe Social Prescribing page. This is where you'll also find the social prescribing health directories with information about what's happening in your local area.

From health and wellbeing services to local community groups and activities, the health directories are designed to connect you with the resources you need to thrive.

For more information, please visit: [www.rushcliffehealth.org/rushcliffe-social-prescribing](http://www.rushcliffehealth.org/rushcliffe-social-prescribing).



## Twinning

The Twinning Sub-committee of Ruddington Parish Council is making preparations for activities in the coming year.

In the past, we've entertained the Mayor and guests from our twin town of Grenay, France, who join us on Remembrance Sunday on an annual basis. Ruddington residents attend their ceremony in France, too.

In addition, we've helped with football tournaments both here and in France, choir visits, youth visits and other activities.



We're always on the lookout for new ideas and new volunteers. So, if you'd like to come and join us, please contact the Parish Council Office.

Or, if you have an idea for a trip to France with a village group (or if you want help with bringing a Grenay group to Ruddington), please get in touch.

You can call the office on 0115 914 6660 or email [office@ruddingtonparishcouncil.gov.uk](mailto:office@ruddingtonparishcouncil.gov.uk).

Paul Reedman

Twinning Sub-Committee

## Voter ID needed

Residents will be heading to the polls on **Thursday 2nd May** to take part in the Combined County Mayoral Authority and Police and Crime Commissioner elections.

At these elections, you'll need to bring photo ID to be able to vote at a polling station.

You only need to show one form of photo ID, but it needs to be the original version and not a photocopy.

Residents can use any of the following accepted forms of photo ID to be able to vote at a polling station:

- Passport
- Driving licence (including a provisional licence)
- Blue badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards.

If your accepted photo ID is out of date, you can use it to vote at a polling station if it still looks like you.

For more information about Voter ID, please visit [www.electoralcommission.org.uk/](http://www.electoralcommission.org.uk/). For details of how to register to vote and to register online, you can visit [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote).

## New Pentecostal Church for Ruddington

The original timing for announcing the launch of a brand new type of worship in Ruddington was rather unfortunate, to say the least. It was back in February 2020 – just a month before the COVID-19 lockdown!

Edwalton-based 'The Rock Church' managed to host only one of its Pentecostal-style services in St Peter's Rooms before further plans had to be put on hold due to the virus.

Undeterred, its members returned to our village last summer, led by Ruddington's new Location Pastor, Cathy Appelbee, (famously the owner of Wilbur the Cat), for a further trial service in St Peter's Rooms, followed by two more in Ruddington Methodist Church.

After a positive public response, the latter venue has been revealed as The Rock Church's permanent Ruddington home, with weekly worship beginning there on Sunday 18th February 2024.

Describing itself as "a 21st century church, with first century power!" the name The Rock Church isn't a reference to the music at its services, but rather that the designated villages of Ruddington, Cotgrave and Keyworth, which it sets out to reach, can be found in the consonants of the word 'ROCK'.

Cathy is working alongside church founders, Alistair and Kate Kent, and

says: "I'm so excited to be given the opportunity to build The Rock Church in Ruddington as I have a passion to help people explore faith, ask questions, and build a strong community and relationships with each other, in a world that's increasingly becoming digital, isolated and challenging!



"I love meeting up with people and chatting through questions. My heart is to serve the people of Ruddington alongside the other established churches, and to bring a different flavour of church into the mix.

"If you want to try something new in 2024, please feel free to contact me at [cathy@the-rock.org.uk](mailto:cathy@the-rock.org.uk) if you have any questions or would like to meet up. I look forward to hopefully meeting you very soon."

Ruddington Rock Church's services are now being held at the Methodist Church every Sunday at 4.30pm, rounded off with food and a chat at around 5.15pm. Everyone's welcome!

Graham Wright via [RUDDINGTON.info](http://RUDDINGTON.info)

# Ruddington Diary

## **Annual Parish Meeting & Parish Council Meeting to follow Tuesday 16<sup>th</sup> April 2023**

Commencing at 7.30pm. All meetings open to the public; you can share your views on any agenda item

### **Events in April 2024**

#### **Monday 1st April to Thursday 18th April**

**Volunteer Art Exhibition at the Framework Knitters' Museum Chapel** – Celebrating the creativity of the museum's volunteers. Runs during the museum's normal opening hours. If you're visiting during the week, please email [office@fwk.org.uk](mailto:office@fwk.org.uk) in advance to check availability, as the Chapel is a multi-hire space and other activities may be taking place.

#### **Monday 1st April**

**Easter Activities at the Nottingham Heritage Transport Centre** – Follow the Easter Egg Trail and meet the Easter Bunny. Other heritage attractions open as usual. Full details TBC. Keep an eye on <https://gcrn.co.uk/node/61> for the latest info and ticket details.

#### **Friday 5th April**

**Ruddington Methodist Church Women's / Men's Fellowship Programme** – 2.30pm, £2. West Bridgford Fire & Rescue Service talk about their work. Refreshments follow.

#### **Tuesday 16th April**

**A talk by Malcom Daroch entitled 'When the Chute Goes Up', the Adventures of a Lady Parachutist** – 2.30pm in the Chapel at The Framework Knitters' Museum on Chapel Street. Tickets cost £6, including light refreshments, and are available from the Museum or by calling 0115 921 5253. Organised by the Friends of the Museum.

#### **Sunday 21st April**

**Spring Road Transport Rally at the Nottingham Heritage Transport Centre** – A celebration of road vehicles, large and small. We welcome classic cars, buses, and lorries. Representing a wide range of eras and purposes. Other Heritage Centre attractions open as usual. Adults £2.50, children free!

#### **Friday 26th April**

**Comedy Night at The Cottage Hotel** – Doors open at 7pm, comedy starts 8pm. Tickets are £12 each. Purchase from the hotel or pay over the phone.

#### **Saturday 27th & Sunday 28th April**

**Miniature Traction Engine Rally at the Nottingham Heritage Transport Centre** – Miniature traction engines live in action. Admire the marvels of scale engineering. Chat to owners, builders and enthusiasts. Other Heritage Centre attractions open as usual. Adults £2.50, children free!

### **Regular events**

#### **Every Monday**

**Nappuccinos** – 10 am to 11 45 am at The Hub, 62 Musters Road. A group for parents and carers with babies aged under 1. Coffee, cake and chat.

**50+ Fun Fitness/Zumba Gold** with Erika – 10am & 11am at the Village Hall. First class free. Call 07967 190 442, email [erikazumba@hotmail.com](mailto:erikazumba@hotmail.com) or visit [www.50plusfunfitness.co.uk](http://www.50plusfunfitness.co.uk) for info

**Ruddington Running Club** – Meet at 5:55pm at the lower Asher Lane entrance to Rushcliffe Country Park for a 6pm run lasting 30 to 35 minutes. More info on the Club's [Facebook page](#).



**Ruddington & District Choral Society** – Term time only – 7.15pm St Peter’s School. Further info: [www.ruddingtonchoral.com](http://www.ruddingtonchoral.com).

### **First & third Mondays of the month**

**Ruddington Card Making & Craft Group** – 10am to 12 noon at St Peter’s Rooms. Tuition, most materials and refreshments included for £3.50 fee. Newcomers welcome, no experience is necessary.

### **First & Fourth Mondays of the month**

**Heat’n’ Eat** – 12.30pm to 2pm at St Peter’s Church. Two course hot meal with soft drink. £1 per person. Booking essential, via Eventbrite Heat n Eat Ruddington. Email [ruddoffice@gmail.com](mailto:ruddoffice@gmail.com) if you have any dietary requirements.

### **Third Monday of the month**

**USA General Meeting** – 2pm at the Methodist Church. Speaker, information about interest groups and a cuppa.

### **Every Tuesday**

**Swing into Shape** – 60+ class, 11am to 11:45am at the Village Hall, Wilford Road.

**RACS Kids (term time only)** – age 7+, Art & Craft sessions. 5pm to 6pm at the Framework Knitters’ Museum Chapel. £10 per child including all materials. Email [Ruddingtonacsociety@gmail.com](mailto:Ruddingtonacsociety@gmail.com) for info.

**Ruddington Community Choir** – 8pm to 9.30pm at the Methodist Church.

### **Alternate Tuesdays**

**Ruddington Library (termtime only)** – 10:30am to 11am. Under 5s activities: Rattle Roll & Rhyme, Storytime & Craft.

### **Every Wednesday**

**Friends of Rushcliffe Country Park** – 8:30am to 2pm. Meet at the Visitors’ Centre in the Park. Conservation activities, learning opportunities and socialising. For

more information, visit the [FoRCP Facebook page](#), contact the Country Park Rangers on 0115 921 5865 or pick up a joining leaflet from the Visitors’ Centre.

**Coffee Club** – 10 am to 12 noon at St Peter’s Rooms. For over 55s.

**Move and Mingle** – Wellbeing Walks in Rushcliffe Country Park. 10:30am except Bank Holidays. 30 to 60 minute walks at three levels, led by trained walk leaders to aim to improve walkers’ physical and mental wellbeing in a friendly group of people. Meet by the lake at a point approximately 50m to the left of the Education Room and outdoor café. To find out more, email [rushcliffemandm@gmail.com](mailto:rushcliffemandm@gmail.com) or call Duncan on 07969 330 846.

**The Ruddington Pantry** – 12:30pm to 1pm at St Peter’s Rooms.

**Renew Café** – 2:30pm to 4pm at The Hub, 62 Musters Road. Arts, crafts and games.

**Ruddington Shotokan Karate Club** – 5:30pm to 7:45pm Ruddington Village Hall, Wilford Road. Come and see us for a chat or have a go; first lesson free. Contact 07986 858 608 or email [SenseiRSKC@outlook.com](mailto:SenseiRSKC@outlook.com).

**Easy Living Yoga** – 6.30pm to 7.30pm at the studio above Unit D, Compound Strength & Conditioning. £10 per class or £40 for a 5 class pass. 20% discount for gym members. Accessible to all. Book online at <https://easylivingyoga.setmore.com>.

### **Every other Wednesday**

**Bloomin Dementia** – Music in Mind by The Joyful Jukebox. 10:30am to 12 noon at the Village Hall. Singing & dancing. Free. **10<sup>th</sup> & 24<sup>th</sup> April.**

## **Second Wednesday of the month**

**Women's Institute** – 7:15pm at St Peter's Rooms. **10<sup>th</sup> April: Annual General Meeting.**

## **Last Wednesday of the month**

**Ruddington Gardener's Association** – 7pm at The Hermitage. **24<sup>th</sup> April: 50 Top Tips for Better Vegetables with Simon Smith.**

## **Every Thursday**

**Coffee Morning** – Ruddington Library 10:30am to 12noon (small donations for refreshments).

**After School Drop In** – Ruddington Library (term time only.) 3:45pm to 5pm.

**Youth Work Sessions (term time only)** – 6:15pm to 8:15pm at The Village Hall. For Years 6 & 7 pupils. 50p per session. Sports / games, arts & crafts, cooking. For more info, please visit [www.nottinghamshire.gov.uk/youthservice](http://www.nottinghamshire.gov.uk/youthservice).

**Ruddington & District Royal British Legion** – 8pm at St Peter's Rooms. Social, fundraising and welfare activities. All welcome – you don't need to be a current or former member of the Armed Forces.

## **Every other Thursday**

**Framework Church** - 11am to 12:30pm in the Chapel at the Framework Knitters' Museum. A relaxed and informal group meeting.

## **First Thursday of the month**

**Hearing Aid Clinic** – 10am to 11am at St Peter's Rooms in the Committee Room. Visit the website at [www.heartogether.org.uk](http://www.heartogether.org.uk) for more info. **4<sup>th</sup> April, 6<sup>th</sup> June.**

**RACS Art & Craft Sessions** – 7.30pm to 9.30pm at Ruddington Methodist Church. Coffee, tea and cake provided. Membership £50 per year. Non members £10 per session. Email [Ruddingtonacsociety@gmail.com](mailto:Ruddingtonacsociety@gmail.com) for info.

## **Third Thursday of the month**

**Ruddington Rhythm** – 8 pm, The Cottage Hotel, Easthorpe Street. All styles of music. £3 entry. Free raffle. Contact Ron on 07850 770 477 for more info.

## **Every Friday**

**Ruddington Running Club** – Meet at 6:55am at the lower Asher Lane entrance to Rushcliffe Country Park for a 7am run lasting 30 to 35 minutes. More info on the Club's [Facebook page](#).

## **Alternate Fridays**

**Ruddington Library at 2pm** - Ruddington Writers (contact Trevor Jones); Crafty Chatter (Bring your own projects – small donation for refreshments.)

## **Every Saturday**

**Methodist Coffee Morning** – 10:30am to 12 noon.

**Soccer Schools** - 11am to 12 noon at Jubilee Playing Fields. Open to all children in Reception and Year 1. First session FREE for new players then £5 per session. Run by Ruddington Village FC in association with Score Football Coaching.

## **First Saturday of the month**

**Ruddington Village Market** – 9am to 2pm on The Green. Over 75 stall holders offering quality crafts, produce and provisions to take away.

## **Second Saturday of the month**

**Rushcliffe Wildlife Watch** – 11am to 1pm, meet outside Education Room, Rushcliffe Country Park. Sessions cost £2-£3. Email [rushcliffewatch@nottsswt.co.uk](mailto:rushcliffewatch@nottsswt.co.uk) for details.

## **Alternate Saturdays**

**Family Lego Club** – 10:30am to 12 noon at the library.

## **Every Sunday**

**Ruddington Shotokan Karate Club** –

10.30am to 12 noon at Ruddington Village Hall, Wilford Road. Come and see us for a chat or have a go; first lesson free. Contact 07986 858 608 or email [SenseiRSKC@outlook.com](mailto:SenseiRSKC@outlook.com).

**The Ruddington Pantry** – 4pm to 4:30pm at St Peter's Rooms.

**Pentecostal Church** – an alternative church service at the Methodist Church, 4:30pm. Followed by food and a chat at around 5.15pm. Email [cathy@the-rock.org.uk](mailto:cathy@the-rock.org.uk) or visit [www.the-rock.org.uk](http://www.the-rock.org.uk) for more info.

**Spiritual Light Centre** – 6:30pm to 8pm at St Peter's Rooms, Church Street. Divine service with a visiting medium. Healing during service. Refreshments afterwards.

### **First Sunday of the Month**

**Coffee & Cake** – 10:30am to 12 noon, St Peter's Rooms. Call Sylvia & Derek Sanderson on 0115 984 3523 for more details.

**Classic Car Gathering** – Nottingham Transport Heritage Centre. 10am to 1pm, weather permitting.

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## **Talk at the Framework Knitters' Museum**

The Friends of Ruddington Framework Knitters' Museum are beginning their 2024 season with a talk by Malcom Daroch entitled 'When the Chute Goes Up', the Adventures of a Lady Parachutist.

It will be held on **Tuesday 16th April** at 2.30pm, in the Chapel at The Framework Knitters' Museum on Chapel Street.

Tickets cost £6, including light

refreshments, and are available from the Museum or by calling 0115 921 5253.

Barbara Harrington-Tucker

## **The future of healthcare in Rushcliffe**

Residents registered with Rushcliffe GP practices are invited to learn more about the future of healthcare in the area, in a dedicated event on the changes and exciting advances already underway to local health and wellbeing services.

'The Future of Healthcare in Rushcliffe' event takes place on **Thursday 27th June**, from 2pm to 6pm, at Cotgrave Welfare Scheme, Woodview, Cotgrave NG12 3PJ.

Book your free place on Eventbrite at [www.eventbrite.co.uk/e/future-of-health-in-rushcliffe-tickets-829175414987?aff=oddtcreator](http://www.eventbrite.co.uk/e/future-of-health-in-rushcliffe-tickets-829175414987?aff=oddtcreator), so you can find out more about local services and have your questions answered.

At the event, you can also chat with local GPs and other health and care experts, meet local voluntary sector groups, representatives from Rushcliffe Borough Council, and fellow residents to hear more on the shared vision for the future of health in the Borough.

You can read more at the News section of RBC's website: [www.rushcliffe.gov.uk/news-area/](http://www.rushcliffe.gov.uk/news-area/).

## Swapping and sowing seeds for spring

It's now over a year since Ruddington's last remaining public telephone box, in front of our War Memorial, was saved for future generations by being put to a completely different use.

Adopted by Ruddington-based charity, The Mustard Seed Project (Uganda), for just £1, since being launched in October 2022, the kiosk has served as a seed exchange dubbed 'The Mustard Seed Box'.



With spring now in full swing, charity Trustee Clement Dixon thought it would be a good time to remind villagers about this free facility for anyone who enjoys nurturing both vegetable and flower seeds in window boxes and pots, or planting them in gardens and allotments.

“By providing this seed library, the charity aims to create a meaningful focus in the centre of the village which, hopefully, will promote interest in and continuing support for our work,” explains Clement. “It’s hoped the sharing of seeds and plant cuttings by

children and families will be a reminder that planting and growing are essential parts of life, both in Teso and here in the UK.”

He adds: “Please help yourself to a packet of seeds and return any you don’t need. If you have any left over from your own stock, please put them in the seed library where they’ll be much appreciated and help keep up a plentiful supply for others to enjoy.”

### **About The Mustard Seed Project (Uganda)**

The Mustard Seed Project (MSP) is a fundraising group set up by former James Peacock school teachers, Sally Squires and Jayne Henson, who were inspired by their visit to the Teso area of Uganda in the summer of 2016.

Since then, incredible progress has been made, all with the invaluable support of the children and parents of our Ruddington schools, together with a wide range of village and Rushcliffe folk.

Sally says: “A heartfelt thanks to all our supporters for making a HUGE difference to the lives of rural Ugandan families in 2023. Whether you attended the Fashion Show, took part in a sponsored walk, or bought a chicken, your efforts have changed lives for the better.

“We’ve managed to fund a knitting machine, which the enterprise project team are using to knit school jumpers

to sell, so impoverished communities can earn funds to send their children to school, provide enough food for their families, and afford vital medication.

“In other news, the football team is going from strength to strength and the Notts County kit looks as good as new! The sheep gifted to the groups this year are also multiplying quickly and helping alleviate poverty.”

Sally adds: “In February, I was delighted to visit the projects alongside a team from Nottingham Trent University to film a documentary that will showcase the success of the projects. We successfully won a grant to film these enterprises.”

Graham Wright via [RUDDINGTON.info](http://RUDDINGTON.info)

## **RBC further pledges to make play parks smoke-free**

Rushcliffe Borough Council (RBC) is pledging to raise awareness that all its play parks are smoke-free, to further protect the health of children and residents from the dangers of second-hand smoke.

Signage at all the Borough’s 11 parks is now in place, so park visitors are even more aware of the need to not smoke in places where children play.

It’s part of RBC’s tobacco control action plan of health initiatives to support a smoke-free Borough, which includes keeping all play parks in the Borough and all its community events smoke-free zones.

To further address the dangers of smoking, RBC has signed the Nottinghamshire County and Nottingham City Declaration on Tobacco Control, which encourages partners across public and private organisations to commit to taking action on smoking.



As part of the declaration, RBC is working to improve the health of its workforce and make a positive contribution to the local community, which includes working with health partners to drive awareness, education and action for a healthier smoke-free community.

The declaration follows the Government’s ambition to make England smokefree by 2030, tackle inequalities in smoking prevalence and protect future generations from the harms of smoking, which is one of the biggest causes of death and illness in the UK.

For advice and resources on giving up smoking, you can visit [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/).



## Electric blanket warning

Over two thirds (69%) of electric blankets were found to be unsafe at recent testing events across Nottinghamshire, including one blanket that was 43 years old.



Residents across the county were offered the free safety tests as part of a winter safety and cost of living initiative by Nottinghamshire County Council's Trading Standards team, in partnership with Nottinghamshire Fire and Rescue Service. In 2022/23, electric blankets caused three fires in Nottinghamshire, which sadly resulted in two fatalities.

All the blankets that failed safety tests were exchanged for free, for new electric blankets that meet current safety standards. The unsafe blankets failed testing for a variety of reasons including their age, worn fabric, faulty controllers, scorch marks from overheating, dangerous wiring and damaged heating elements.

Many of the blankets that were brought in for testing had un-sleeved plugs. This means they were at least 36 years old, as it's been a legal

requirement since 1987 for all plugs supplied to be sleeved.

Worryingly, one of the blankets found to be unsafe was just a year old. The owner had purchased it from an online selling platform. The plug attached to it didn't comply with UK laws and the blanket had prominent scorch marks on it; however, the owner had been unaware of these and was shocked to discover she'd been sleeping on a dangerous blanket.

To stop a faulty electric blanket from causing a house fire, Nottinghamshire County Council's Trading Standards team advises residents to check them regularly. If the electric blanket (or its flex) shows any of these 10 danger signs it needs to be checked by a qualified electrician or replaced:

- Scorch marks
- Fraying fabric
- Exposed elements
- Creasing or folding
- Soiling
- Damp patches
- Tie tapes damaged or missing
- Worn flex
- Loose connections
- An old BEAB safety mark (a round symbol) – this means the blanket is more than 10 years old.

Even without any of these warning signs, it's recommended that electric blankets are replaced every 10 years.

## Partnership signed to help supercharge visitor economy

Nottinghamshire County Council (NCC) and the region's official place marketing organisation, Marketing Nottingham and Nottinghamshire (MNN), have struck a landmark deal for the visitor economy division of MNN – Visit Nottinghamshire – to promote the County's tourism offer.

The 18-month deal will see Visit Nottinghamshire promoting the county's tourism, hospitality and events offer. The Council has also officially backed Visit Nottinghamshire's ambition to gain Local Visitor Economy Partnership (LVEP) accreditation from Visit England, which it applied for in March.

LVEP status would boost Visit Nottinghamshire's commitment to providing effective local leadership, promotion and governance in the tourism sector of the region. The move would be hugely beneficial to Nottinghamshire, unlocking benefits such as access to specialist training, expert advice, and toolkits, as well as support on Government bids for funding.

Latest visitor economy annual data reveals that tourism is worth more than £2.05 billion to the local economy, thanks to almost 33 million visitors to the county and city combined. This helps support more than 20,000 jobs in this sector.

Councillor Keith Girling, Cabinet Member for Economic Development and Asset Management, said: "This is a positive move for Nottinghamshire's visitor economy. It strengthens our position to showcase the whole of the county and what it has to offer, especially with the upcoming Devolution.

"Visit Nottinghamshire, as the lead destination management organisation for the area, is best positioned to promote the county at a local, regional, and international level.

"By working in partnership with other councils and stakeholders in the city and county, we'll continue to build momentum and create a thriving visitor economy."

Visit Nottinghamshire will work closely with the County Council, Nottingham City Council, and district and borough councils, to develop a destination management plan.

The six main themes of the plan are:

- Making even more of the global brand of Robin Hood and Sherwood Forest
- The county's fascinating history and heritage
- Green and active – making the most of the county's countryside and green spaces
- Local produce and crafts
- Sport as a spectacle
- Contemporary culture.

# Play area refurbishment for Rushcliffe Country Park coming soon!



Exciting plans to refurbish Rushcliffe Country Park's play area have been revealed as part of £175,000 of investment to local facilities from Rushcliffe Borough Council (RBC).

The park will see the changes after the Easter holidays in April, with works including replacing the existing central space net with a new Kanope Tower multi-play unit featuring 14 different play elements and a new wooden trail.

This will offer panoramic views of the park, increase play opportunities with a new pendulum pod swing and a fully inclusive wheelchair see-saw.

Existing equipment will be refurbished and improved with the full scheme adding 28 new play elements and 47 additional user activities.

The works will be completed by Bradmore-based playground equipment supplier, Proludic Ltd, who've designed the updated features.

It follows over £200,000 of investment in the nearby skatepark and BMX track at the site in recent years.

**Edited and produced by Ruddington Parish Council**

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