

# County Life

## Get more out of life in your county

Residents' real life stories,  
what's on, prizes to be won  
and much more.

Foster family relive Civil War

Latest news from your Council

Bygones of mining at Bestwood

Help with weight loss

Get out with our What's On



# All the information you need

## nottshelpyourself.org.uk



Childcare providers



**Find:**

Support for young people with special educational needs (age 0 – 25)



Activities, groups and events in your area

Health and social care support and information



For more information call: **0300 500 80 80**



**Nottinghamshire  
County Council**



## Welcome to County Life

It's been an extremely busy 12 months since the last edition of County Life magazine.

At the Council, we are going through a huge amount of change at the moment to make sure that every penny goes as far as possible by looking at all the ways we can save money or deliver services differently.

I would like to be able to bring you good news about our financial situation but unfortunately it continues to deteriorate. We have seen our grant income from Government reduced year after year while, at the same time, we are seeing increased demand for many of our services as people live longer.

We are committed to making sure that the most vulnerable in our society get the services that they need. So we are developing new and imaginative ways of working. Examples of this can be seen on page 4, showing how working with partners in a new way will protect and enhance the services we provide to you and your family.

Throughout County Life you will find real life stories about our residents who have either used or helped to support our services, and I would like to personally thank everyone who came forward to share these moving and inspiring stories.

With winter behind us and hopefully better weather ahead, there are some great ideas in County Life to get out and about. The 'What's On' section on pages 14 to 17 has something for everyone, and if you want to get fit whilst also having fun then follow our self-guided walk on page 12 which will take you around the world-famous Sherwood Forest Country Park.

I hope you enjoy this edition of County Life and if you have any ideas for how it could be improved, please let us know by completing the Reader Survey on page 27 where you could also win a family ticket to the fantastic Nottinghamshire County Show.



**Alan Rhodes**

Leader of Nottinghamshire County Council

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If you would like to receive County Life in a different format, please call 0300 500 80 80. County Life is distributed for the County Council by The National Leaflet Company. If you have any comments about the delivery of your copy or are interested in advertising please phone 0115 977 4925 or email [marketing@nottscc.gov.uk](mailto:marketing@nottscc.gov.uk)

All information is correct at the time of print, March 2016.

# Doing things differently

Over the coming year some of Nottinghamshire County Council's services will start to be delivered in different ways. The following three examples show how working in a new way and with partner organisations, the Council will make its budget go further and gain new expertise to protect and improve its services.

## Nanda is getting Inspired

Nanda Richet regularly visits her local libraries in Cotgrave and West Bridgford and when she saw the advert to become a member of the new organisation 'Inspire' she was instantly interested.

Inspire is a new independent charitable organisation, which has been set up by Nottinghamshire County Council to deliver cultural services across Nottinghamshire. As a Community Benefit Society, it means that the organisation can save money and access different types of funding.

“The classes are great, the girls love the songs and it's also a chance for me to meet up with other parents.

**Nanda**

Regularly attending the Rattle, Rhyme and Roll sessions at her local libraries, Nanda explained why she and her two daughters love the sessions, “The classes are great, the girls love the songs and it's also a chance for me to meet up with other parents”.

Nanda joined Inspire as a member as she wanted to make sure activities like Rattle, Rhyme and Roll continue “I think it's really important that children are able to do activities like this locally, and setting up Inspire means that they will be able to continue”.

Becoming a member of Inspire means having a greater say in the way the services it provides are managed. Members get a say on how the society works and develops at its annual general meeting and will get a regular newsletter with special offers and discounts on events. Members are eligible to stand for election to Inspire's board and can get involved with friends groups.

Nanda is excited about the future of Inspire “I'm really looking forward to getting more involved, it will be nice to be able to have my say on cultural services and feel like I am making a difference locally”.

From spring 2016 Inspire will deliver on behalf of Nottinghamshire County Council services including Libraries, Archives, Arts, Community Learning and Skills Service as well as library and music services for schools.



**Inspire**  
Culture | Learning | Libraries



To find out more about Inspire and how to become a member visit [inspireculture.org.uk](http://inspireculture.org.uk)

Over 18,000 people have signed up already!



## New Highways and Fleet company for Notts



A new company called Via is set to take over responsibility for the majority of highways and fleet management services across Nottinghamshire, from July.

Nottinghamshire County Council have created the company in a joint venture with the CORMAC group, which is wholly owned by Cornwall Council. Via will provide these services under an initial 10-year contract. It will also be able to trade commercially for up to 20% of its

turnover. Profits will stay within the public sector and help to sustain the highways service to support the upkeep of Nottinghamshire's 2,500 miles of road and 93,000 streetlights.

The new company will benefit from CORMAC's experiences in Cornwall, where they have provided efficient services and made cost savings, combining the best of the private and public sector models. It will enable a more flexible operation to improve efficiency and secure additional income.

The majority of the 690 Highways staff currently employed by the County Council will transfer to the new company.

Reporting of highway related issues will continue to be handled by the County Council.



You can report issues by calling **0300 500 80 80** or visit **nottinghamshire.gov.uk**

## Consortium invest in exciting future for Sherwood Forest

Last autumn, Nottinghamshire County Council signed contracts with the RSPB-led consortium to build a new visitor centre and manage the world-famous Sherwood Forest Country Park.

The scheme is projected to save the County Council between £7m and £8m over the course of the 20-year contract with the RSPB, whilst preserving the unique and impressive natural habitats of Sherwood Forest Country Park.

The County Council will remain responsible for running the current visitor facilities and country park through the design and development phase until the new centre opens. The County Council has also ensured that safe and free access to the forest will be maintained by the RSPB and its consortium of partners.

The RSPB-led consortium (which also includes Thoresby Estate, Continuum

Attractions and The Sherwood Forest Trust) will now move forward with the planning phase of the project. Designs and detailed plans will be developed in consultation with the local community and stakeholders before seeking planning permission in the spring.

Construction could then start on site in December 2016 with the new visitor centre open to the public by late 2017. The visitor centre would be located

at Forest Corner, close to Edwinstowe village – providing a stunning gateway to historic Sherwood Forest for all. Following completion and opening of the new visitor centre, remediation work would then begin to return the current country park visitor centre site to the forest, in accordance with directives from Natural England, as it is situated within a Site of Special Scientific Interest (SSI).



For more information visit **nottinghamshire.gov.uk/sherwood**



# Your County News

## Budget balanced despite record fall in Government funding

When the budget consultation was published in December last year, the County Council had expected to have to reduce its spending by £62m over the next three years. This was on top of the £212m savings already achieved since 2010.

But despite careful financial planning, the Secretary of State for Communities and Local Government announced a further cut in the main Government grant paid to the County Council, leaving an additional budget shortfall of £9m to be found as part of the 2016/17 budget proposals.

Faced with such a substantial fall in funding and the need to balance the books, County Councillors reluctantly agreed to introduce the Government's social care levy – a 2% increase in Council Tax - to be used to solely protect services for the elderly and disabled.

In addition, Council Tax was increased by a further 1.99% to reflect the continued reduction in Government funding and increasing demand for social care services.

The changes will raise around £12m towards meeting the funding shortfall in 2016/17, costing the average council taxpayer an extra 80p per week.

## Planning permission agreed for groundwater monitoring at Misson

Although no applications to extract shale gas have been received by the County Council, Councillors recently approved a planning application submitted by Island Gas Ltd (IGas) to monitor groundwater at a site near Misson, close to the Nottinghamshire, Doncaster and North Lincolnshire boundary.

Government planning legislation requires groundwater monitoring to be undertaken for 12 months before any shale gas extraction can be undertaken.

Another planning application has also been submitted to the County Council by IGas to drill two wells at the same site to understand more about the geology of the area and the potential presence of shale gas underground.

The application will be considered by the County Council's Planning and Licensing Committee later this year.

If and when the County Council receives a planning application for shale gas extraction, local people will have the opportunity to comment on the proposals. Separate licenses will also need to be obtained from the Department of Energy and Climate Change, the Environment Agency and the Health and Safety Executive.

## Approved Trader Scheme

Nottinghamshire County Council's trading standards team is now working in partnership with Checkatrade to deliver their approved trader scheme.

Each trader under the scheme undergoes a rigorous vetting procedure that includes reference checks, a face to face interview and a criminal background check.

To find an approved trader in Nottinghamshire visit

[www.checkatrade.com](http://www.checkatrade.com)

 Nottinghamshire  
County Council

working in partnership with

 Checkatrade

Find out first with  
our latest news   
emails. Register at  
[nottinghamshire.gov.uk/emailme](http://nottinghamshire.gov.uk/emailme)





## Register now to recycle

Nottinghamshire residents now need to register their vehicle to use any of the county's 12 recycling centres.

The Council is facing huge budget pressures and this will help it to reduce costs by £200,000 each year by making sure its recycling centres are only used by people who live in Nottinghamshire. The new initiative will also improve the quality of the service, for example reducing waiting times.

All vehicles, including cars, vans and trailers, must be registered. It's quick, free and easy and you only need to do it once (unless you change your car or address). It's important to register otherwise you may be turned away when you arrive at your chosen centre.

For more information and to register online visit [nottinghamshire.gov.uk/registerstorecycle](http://nottinghamshire.gov.uk/registerstorecycle) or call **0300 500 80 80**. Registration is only open to Nottinghamshire residents (excluding Nottingham City).

## Notts Help Yourself

If you've ever felt overwhelmed by knowing where to start looking for information, 'Notts Help Yourself' could help. The new website is a one-stop-shop designed to help individuals and families find information about a whole range of services and support that are available locally.

'Notts Help Yourself' is the first place to go if you need to find information about childcare providers or support for children and young people with a special educational need or disability. The website can also help you if you want to know what social care or health support is available for both children and adults; or if you just want to find out about things to do in your local community.

The site enables you to search for the information in one place. You can filter the information using a range of options including the type

of service you're interested in, its location, the age group it serves, and any particular type of need or disability that it would need to cater for. You can also give feedback on the services you've used through 'Rate and Review', where you can recommend providers to others or make suggestions to improve services further.

'Notts Help Yourself' can be found at [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk). The website can be fully viewed on smartphones and tablets, as well as your computer, so you can also access it on the move.

Alternatively you can access 'Notts Help Yourself' in your local library, children's centre or by calling the County Council's Customer Service Centre on **0300 500 80 80**, who will also be able to help if you can't find the service you're looking for.

## Superfast broadband reaches over 60,000 local homes and businesses

More and more homes and businesses can do things superfast online, thanks to the ongoing roll out of the Better Broadband for Nottinghamshire programme.

In total, 98% of Nottinghamshire homes and businesses are expected to have access to superfast broadband by spring 2018, making Nottinghamshire one of the best digitally connected counties in the UK.

The programme is on target to deliver fibre broadband to almost 63,000 homes and business across the county with additional investment worth £9.2m already helping to bring fibre broadband to a further 17,000 rural homes.

For homes and businesses which can't access speeds greater than 2Mbps and which are not covered by the fibre broadband roll-out in the next 12 months, the County Council, in conjunction with Broadband Delivery UK (BDUK), can help towards the cost of a satellite broadband installation.

For further information visit [nottinghamshire.gov.uk/broadband](http://nottinghamshire.gov.uk/broadband)



# There's no place like a **foster** home

**Finding the right placement can make all the difference for a foster child. For Conor coming to the Sabin family has given him a place which he can always call home.**

Conor came to live with foster carers Tracey and Colin when he was 11, "He arrived with us 12 years ago on Father's Day" said Tracey, "I'll always remember it, as he had an envelope in his hand which turned out to be a Father's Day card for Colin. It was such a lovely gesture, Colin was really touched". Conor remembers first arriving as being a bit frightening but explained that it soon felt "like being part of any regular family".

“  
I'm part of the family and I don't feel like I have missed out on anything. **Conor**

Colin and Tracey have been foster carers for over 12 years with Nottinghamshire County Council and in that time have provided a home to 15 children. Describing what made

them become foster carers Tracey said "We were on holiday with our daughter and I was watching her playing on the beach by herself. It made me start to think about how nice it would be to have more children in the family". Tracey explained that the reason they approached the Council was because "You know everything is going to be done properly, you get excellent training and there is always someone at the end of the phone if you need some help".

After seven years living happily together as a family and with Conor approaching his 18th birthday his social worker talked through all his options. The Council promotes the extension of foster care placements beyond a young person's 18th birthday and Tracey and Colin reassured Conor that he was part of their family and welcome to stay.

Now aged 22, Conor is a mature and confident young man who is living life to the full. Conor works full time and in his spare time he enjoys fishing and is a Parish Councillor.

"I really enjoy being a Parish Councillor, I have learnt all about how the village works and I feel like I am making a difference and helping people get their issues sorted." said Conor.

Another one of Conor's hobbies is attending events with the Sealed Knot; one of the largest civil war



Conor





Colin, Tracey and Conor

re-enactment societies in the UK. Colin joined the society four years ago and Conor joined soon after, this provides them with a great way to bond and spend time together.

Involvement in the Sealed Knot has also stoked Conor's interest in English history, he explains; "Colin and I are Parliamentarians in the Blew Regiment London Trayned Bandes, he is a Musketeer and I am a Pikeman". They got to re-enact the battle scenes in the town when the new Civil War Centre opened in Newark. Describing what happened over the opening weekend, Conor said "We took over the whole town, the pubs and businesses really got involved and put out benches with

food and drink on for the re-enactors. The spectators made us feel so welcome, and as Parliamentarians we got to lay siege to the town".

As for Conor's plans for the future, he says he is taking things one step at a time. He's currently having driving lessons and saving up for a car. One thing Conor is certain about, is that in the future he'd like to become a foster carer himself and give another child the same happy and loving childhood he's experienced with his foster family. Explaining how he's been so fortunate, Conor said "It's all about finding the right family for the right foster child and that's what happened with me, I'm part of the family and I

don't feel like I have missed out on anything".



The council needs to recruit more loving foster carers just like Colin and Tracey, if you are interested visit [nottinghamshire.gov.uk/foster](https://www.nottinghamshire.gov.uk/foster) or call **01623 520 260** for more information.



# Fund helps **businesses** to really take-off

**Thanks to a grant from Nottinghamshire County Council, a local company has secured a lucrative new deal that has also helped one family to all find employment.**

Watnall based company Aero Fabrications applied to the Nottinghamshire Economic Development Capital Fund from the Council when they were seeking investment to improve their business and secure new work. This has paid off with the company recently securing a 10 year contract making wing skins for Airbus aeroplanes.

The story of Aero Fabrications is a familiar one, experiencing the turbulent years of recession alongside many other Nottinghamshire businesses. The company had been successfully making parts for corporate jets owned by large businesses for over 20 years, but in 2008 the financial crash meant that the orders dropped dramatically.

Company owner and founder Neil Gouldby described the consequences of this slump in business; "We had some really tough times but were determined to get through it and keep our staff employed. We managed by using the money we had in the bank to pay wages".



Ben Knighton, Neil Gouldby, Joe Knighton and Michelle Knighton

However, using the business' savings meant that when things picked up again the company didn't have the money in the bank to invest in expansion. In 2014 when the opportunity for the Airbus contract came up, Neil knew they could do the work but would need to invest in bigger premises and new equipment. Neil explained how they were successful at winning the contract; "We proved we could use an innovative new way of manufacturing the skins which made the process more efficient and the product more stable. This also meant that we could compete with foreign-based manufacturers with very low staffing costs".

Neil and his team started looking for sources of funding required for the new business model. "We secured 90% of the funding we needed but still needed the remaining 10% and that's when we applied to the County Council's Capital Fund." said Neil. After a thorough review process Neil was told that the grant had been approved and that they would be able to complete their investment.

The Nottinghamshire Economic Development Capital Fund was established in 2014 with funding of £6m from Nottinghamshire County Council. To date, over £2.5m has been approved towards 17 projects, creating just under 200 jobs. The remaining £3.5m is available until March 2020 to help support small and medium sized companies in Nottinghamshire to expand.



Photo courtesy of ©AIRBUS S.A.S.

Aero Fabrications used their grant to buy the specialist equipment they needed and expand their premises to house the machinery; it also meant they could take on more staff. Initially the organisation projected that getting the grant would allow them to employ 15 new staff and four apprentices, however they have already met those numbers and are in the process of recruiting again.

Neil's approach is to employ people that have the right attitude and to then train them up on the job. He explained, "We are always happy to give staff any training they need. If staff are enthusiastic and hardworking we can teach the rest". This has also meant that local people recently made redundant from other companies have taken some of these newly created vacancies.

A good example of this is the Knighton family. On New Year's Eve Michelle Knighton and her two sons all got informed that they were being made redundant from their previous workplace. In less than a month, the whole family were employed and are now using their wealth of valuable skills at Aero Fabrications. Remembering the news of the redundancies Michelle said "It was just such a shock, we never expected that we wouldn't be reopening after the Christmas break and that we were

“ We had some really tough times but were determined to get through it. ”

Neil

all being made redundant". Michelle went on to explain what difference the new jobs had made, "I don't know what we would have done if we hadn't been able to get these jobs so quickly. It would have been a huge strain on the family having so many of us out of work, and just after Christmas as well!"

The future is looking bright for Aero Fabrications. This contract is one of the biggest in the organisation's history and will ensure there is work for the next 10 years. Neil said "A few years ago I was thinking about when it might be the right time for me to retire, since getting this contract and expanding the business I think my retirement plans will have to be put on hold!"

The Council is looking to re-open the Fund to new applications in the spring of 2016. If you are interested in finding out more about how the Capital Fund works, and the criteria to apply, please register your interest by email: [ecdev@nottscc.gov.uk](mailto:ecdev@nottscc.gov.uk).



# Outlaws and Oaks

Visit the home of Robin Hood on this walk along woodland tracks into the heart of historic Sherwood Forest, with an option for a shorter walk. There are no hills or stiles, but some paths may be muddy.

## Distance:

8 miles (13 km) or 6 miles (10 km)

## Parking:

Car park opposite Edwinstowe youth hostel. There is now a charge at weekends, on bank holidays and everyday throughout the summer (July to early September)

## Refreshments and toilets:

Sherwood Forest Art & Craft Centre.  
Sherwood Forest Visitor Centre

**1** From the car park at Sherwood Forest Art and Craft Centre in Edwinstowe, take the centre path (with the cricket pitch on your right) straight ahead towards the Sherwood Forest Visitor Centre, until you reach a junction of paths. Take the signed bridleway to the left, ignoring the signed path to the Visitor Centre, and go through the gate.

Follow this bridleway to pass through a gate, across a track, and through a second gate. Cross two more tracks, continue ahead to meet a metal gate by Dukeries Training Ground.

Pass through the gate and continue ahead. Follow the fenced bridleway ahead for 1km before reaching a metal gate.

**2** Turn left here along a wide track and follow it for approximately 1km.

(Optional shorter route: at the next junction of tracks turn left following NCN route 6 and follow this for 2km until reaching Centre Tree. Continue for a further 0.5km before turning left onto the bridleway at point 5).

Follow this across a junction of tracks, past a metal barrier and into woodland (signed to Warsop).

*Sherwood Forest once covered a third of Nottinghamshire and was a royal hunting preserve. By Queen Victoria's reign much of north Nottinghamshire was owned by aristocratic landlords; their estates are known collectively as the Dukeries.*

**3** Turn left at the next junction of tracks onto the signed public footpath. Follow this woodland path for 1km and at the next major junction turn right, following the waymarked footpath and follow this for a further 1km. At the next junction of tracks continue straight ahead, ignoring the wide track as it sweeps to the right.

**4** After ½ km turn left, signed Robin Hood Way, to cross a wide track and follow a path with fields to your right.

At a junction of tracks follow the path to your right, again following the route of the Robin Hood Way. Follow this path around to the left as it meets the road and then follow the bridleway as it bears left away from the road.

Note: this is also the National Cycle Network Route 6.

*Not long after you turn onto the Robin Hood Way you will see St Edwin's Cross. St Edwin was king of Northumbria in the 7th century. Killed in battle, his men gave him a secret burial in this forest clearing and a chapel was built on the spot. During the reign of King John, a hermit was paid to live here and pray but the chapel was banned under Henry VIII. The iron cross and tablet, erected by the Duke of Portland, mark the spot where it stood. Edwinstowe means 'Edwin's Burial Place'.*



Art & Craft Centre



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**5** Walk along this wide tree-lined avenue for approximately  $\frac{3}{4}$ km before turning right onto the signed bridleway, there is a handy bench here.

Follow this bridleway for  $1\frac{1}{2}$  km with fields to your right, until reaching a junction of signs within the Country Park. Take the second left and follow the signs to reach the Major Oak. From there follow the signs back to the Visitor Centre. Head towards the car park and follow the signed path back to the Craft Centre.

*Experts estimate that the Major Oak is 800 years old, its girth is 10 metres and the spread of branches is 28 metres. The Major Oak is not the only ancient tree in the forest; over 900 trees in the park are over 600 years old.*

This walk is from 'Routes and Rides in Nottinghamshire' which you can download from [nottinghamshire.gov.uk/walking](http://nottinghamshire.gov.uk/walking) or to get a printed copy call **0115 977 3169**.





# What's on?

Events and activities in Nottinghamshire  
April to July 2016



Family Fun



Arts &amp; Heritage



Great Outdoors

Delivered by **Inspire**

(W)

Suitable for individuals who use a wheelchair

## Untied Artists presents: The Boy Who Bit Picasso



**Saturday 9 April**  
Mansfield Central Library

**Monday 11 April**  
Sutton-in-Ashfield Library

**Wednesday 13 April**  
Worksop Library

**Saturday 16 April**  
Newark Library

An interactive theatre show for children aged 4 – 8. With storytelling, music and a chance to make your own art, this hands-on and hilarious family show introduces one of the 20th century's most influential artists through the eyes of a young boy. Originally co-produced with Oxford Playhouse. Inspired by Antony Penrose's book, 'The Boy Who Bit Picasso'. Booking advised. For performance times, ticket prices and to book go to [www.nottsc.gov.uk/popuptheatre](http://www.nottsc.gov.uk/popuptheatre) (W)



© Geraint Lewis

## Redstart Ramble



**Saturday 23 April**  
7 – 9am

Sherwood Forest Country Park  
Adults £5, children under 12 £3

Join RSPB's Carl Cornish for a gentle stroll through this ancient forest to search for the magnificent Redstart bird. This walk is not suitable for wheelchair users, very young children or dogs. Places are limited so booking is essential, call **01623 823 202**.



## Historical Bazaar



**Saturday 23**  
– **Sunday 24 April**  
11am – 4.30pm

Rufford Abbey Country Park  
FREE (£5 car parking)

Come along and get into the spirit of the 1940s. There will be traders specialising in 1940s clothing and equipment as well as living history displays. Call **01623 821 338** for more information. (W)

**Please note** a parking charge applies at Rufford Abbey and Sherwood Forest Country Parks at certain times. Visit [nottinghamshire.gov.uk/countryparks](http://nottinghamshire.gov.uk/countryparks) for more details.



## Paddle in the Park



**Saturday 23 April**  
9am – 9.30pm  
**Sunday 24 April**  
9am – 3pm

National Water Sports Centre  
FREE

The National Water Sports Centre's White Water Course will be open for a weekend of free events! There'll be paddling, competitions and demo boats that will be free to take part in and are suitable for all abilities.

[www.paddleinthepark.co.uk](http://www.paddleinthepark.co.uk) (W)



## Open Studios Notts – Bringing Artists into View Exhibition



**Sunday 24 April**  
– **Sunday 5 June**

West Bridgford Library Gallery,  
Worksop Library Gallery,  
Arnold Library Gallery,  
Southwell Library Gallery

FREE

Artists, groups and craftspeople taking part in this year's Open Studios Notts are once again opening their doors. This mixed exhibition of work created by local groups will be on display in library galleries. (W)







The Forgotten Queens



Lovely Lace



Woolly Flowers

**Writers Live:**  
**Joanna Courtney**  
– **The Forgotten Queens**



 **Tuesday 26 April 2.30pm**  
**West Bridgford Library**  
**0115 981 6506**

**Monday 13 June 2pm**  
**Mansfield Central Library**  
**01623 651 337**

**Wednesday 22 June**  
**2.30pm**  
**Workshop Library**  
**01909 535 353**

£3

Meet Joanna Courtney, author of an historical trilogy about three forgotten Queens.



Joanna's The Chosen Queen was published in 2015, and The Constant Queen is out in April - published by Pan Macmillan. Booking advised, to book call the library on the number above. (W)



Inspire now delivers culture, learning and library services on behalf of Nottinghamshire County Council.



**Lovely Lace**  
**Exhibition**




 **Thursday 28 April**  
– **Sunday 5 June**  
**Mansfield Central Library**  
**Thursday 9 June**  
– **Tuesday 12 July**  
**West Bridgford Library**

FREE

This eclectic exhibition has been inspired by documents from our amazing Lace Heritage held within Nottinghamshire's Archives. Come and see a richly textured ceramic patchwork quilt, a wonderful variety of intricate patterned prints and an amusing array of contemporary personalised lace bobbins. (W)

**Heritage Talk:**  
**Death at the Archives**



 **Wednesday 4 May 2pm**  
**Workshop Library**

£3

Stories of murder, dastardly deeds and spooky happenings from letters and diaries held at Nottinghamshire Archives. Enjoy tales of the macabre inspired by the county's history. Booking essential, to book call the library on **01909 535 353**. (W)

For even more events visit [nottinghamshire.gov.uk/whatson](http://nottinghamshire.gov.uk/whatson)

**Wonderful Woolly**  
**Flowers artist led**  
**workshop**



 **Saturday 7 May drop-in**  
**11am – 2pm**  
**Workshop Library**

**Sunday 8 May drop-in**  
**11am – 3pm**  
**Mansfield Central Library**

**Saturday 14 May drop-in**  
**10am – 1pm**  
**West Bridgford Library**

FREE

This Craft Bomb workshop is guaranteed to make you smile - so why not take part and make some 'Wonderful Woolly Flowers'. Celebrate your making skills, learn new techniques and above all have fun! No need to book, all ages are welcome. (W)

**Dogs Are Welcome Walk**

 **Saturday 7 May**  
**10am – 12noon approx.**

**Sherwood Forest Country Park**  
**£3.50 per person and free to dogs**

We appreciate that some of our walks state 'sorry no dogs' – so to show that we don't dislike dogs (actually most of us are avid dog lovers!) we thought we'd put a walk on especially for dogs. Booking is essential, to book call **01623 823 202**.



Poppy Flower

## The Great Nottinghamshire Local History Fair



**Sunday 8 May**  
11am – 3pm

**Mansfield Central Library**  
**FREE**

Don't miss this fabulous day out for all the family. Join Robin Hood and explore local history displays, enjoy craft demonstrations, browse books for sale and see live owls at this wonderful annual fair! **(W)**



## Poppy Flower Box Artist Led Workshop



**Saturday 14 May**  
9.30am – 12.30pm

**Nottinghamshire Archives**  
**FREE**

Come and make a poppy and contribute to a commemorative flower box. The poppy filled box will become part of 'The Big Friendly Exhibition' that can be seen in Mansfield Central Library during summer 2016. Just drop-in, no need to book. **(W)**



## Holme Pierrepont Country Park Open Weekend



**Saturday 21**  
– **Sunday 22 May**  
10am – 5pm

**National Water Sports Centre**  
**FREE (reduced charge for activities)**

Join Holme Pierrepont Country Park for their Open Weekend and try all of the great activities they offer - including the Family Fun Park, the Wakeboard and Water Park and brand new activities for 2016! [www.nwscnotts.com](http://www.nwscnotts.com) **(W)**

## Young People's Music Workshop: Breakbeat with Si Tew



**Saturday 21 May**  
10am – 12noon

**West Bridgford Library**

**Saturday 28 May**  
10am – 12noon

**Mansfield Central Library**

**Saturday 28 May**  
1.30pm – 3.30pm

**Workshop Library**

**FREE**

This hands-on workshop offers a chance for young people to work with music producer and DJ Si Tew. Aimed at young people aged 11 plus. Just drop by! **(W)**



## Archaeology of the Birklands



**Saturday 28 May**  
2 – 4pm

**Sherwood Forest Country Park**  
**FREE**

Join Nottinghamshire County Council Community Archaeologists as they take you on a free guided afternoon stroll through the heart of Sherwood Forest. This event involves a walk of approximately three miles and participants require a certain degree of fitness. This event is unsuitable for young children, pushchairs and mobility scooters.

## Sherwood Through The Ages



**Sunday 29**  
– **Monday 30 May**  
11am – 4pm

**Sherwood Forest Country Park**  
**FREE**

Sherwood Forest has had a long history as a working woodland. Come along this Bank Holiday and meet some of the characters who shaped Sherwood's past and present – Romans, Normans and Saxons, Medieval craftsmen and their families, Civil War and World War One soldiers, even the odd Highway Man or two, and of course the modern day rangers. **(W)**

## Dave Charles, Family Entertainer



Thursday 2 June  
2pm – 4pm

Rufford Abbey Country Park

FREE

Dave Charles will be here to entertain you with magic, jokes and stories for this family friendly afternoon. Call **01623 821 338** for more information. (W)

## Sgt. Ringwood, Recruiting Sergeant



Sunday 5 June  
11am – 3.30pm

Rufford Abbey Country Park

FREE

Living History Character Sgt. Ringwood will be here depicting army recruitment circa 1914-1918. This will include an extensive military and social history display. Call **01623 821 338** for more information. (W)

## Glow Worm Walk



Saturday 11 June  
9.30 – 11pm approx.

Sherwood Forest Country Park

£5 per person

The intense glow from the female Glow Worm is described as one of nature's marvels, see it for yourself on this guided walk. This walk is approximately two and a half miles, it is not suitable for persons with mobility issues, pushchairs or young children. A low powered torch and insect repellent is recommended, well behaved dogs on leads are welcome. Pre-booking is essential, call **01623 823 202**.

## Birklands Bike Ride



Sunday 12 June  
10.30am – 1pm

Sherwood Forest Country Park

£3 Adults, £1.50 children.

Join the Ranger Team on a five and a half mile bike ride of discovery. All participants should be proficient cyclists. Pre-booking essential on **01623 823 202**.

## Harworth Brass Band



Sunday 12 June  
2pm – 4pm

Rufford Abbey Country Park

FREE

Come along to listen to the wonderful music of the Harworth Brass Band in the beautiful grounds of Rufford Abbey. Call **01623 821 338** for more information. (W)

## Earth & Fire International Ceramic Fair



Friday 24  
– Sunday 26 June  
10am – 5pm

Rufford Abbey Country Park

FREE (£5 car parking)

A riot of colour, scale and form; Earth and Fire is a celebration of all things clay! Buy direct from over 100 of the best UK and international potters. From garden planters and sculptures, to bowls, teapots, mugs, plates and eggcups, Earth & Fire is the best place to pick up unique handmade ceramics. For more information visit [www.earthandfireceramicfair.com](http://www.earthandfireceramicfair.com)

## Brother Oswald of Rufford Abbey



Sunday 7 July  
11am – 4.30pm

Rufford Abbey Country Park

FREE

Meet our living history character Brother Oswald, Lay Brother of Rufford Abbey. Learn about the Abbey buildings and the lives of the monks who last lived here nearly 500 years ago. Call **01623 821 334** for information.



## Southwell Library Poetry Festival 2016



Thursday 14 July  
– Sunday 17 July

Various prices

Nottinghamshire's exciting annual festival of poetry returns. Experience live readings, enjoy talks, take part in workshops and more. Don't miss this inspiring celebration of poetry. For updates about this year's festival visit [nottinghamshire.gov.uk/southwellpoetryfestival](http://nottinghamshire.gov.uk/southwellpoetryfestival) (W)



All outdoor events are weather dependent. Please contact the venue before visiting if in doubt.



# Linda has lost **weight** and feels great!

Many people struggle to lose weight, particularly later in life, but thanks to 'Everyone Health' Linda Staton has lost weight, improved her health and gained a new lease of life.

Being overweight can not only affect people's self-esteem but it can cause a range of serious health problems. When Linda decided she wanted to lose weight to help improve her type two diabetes, she turned to 'Everyone Health' who deliver weight management programmes on behalf of Nottinghamshire County Council.

Explaining why she was drawn to the 'Everyone Health' stall which she first saw at a family cricket day with her grandson at Trent Bridge, Linda said "I had been trying to lose weight on my own for a few months without any success and thought maybe they could help me".

Linda signed up for the 12 week programme which involved going to weekly classes at Keyworth Village Hall. Linda said she enjoyed the social element of the classes "We do exercise first, you go round in a circle doing different exercises for a minute at a time. It's great because it doesn't really feel like exercise, just fun".

The classes also provide nutrition advice which is tailored to people's individual needs. In Linda's case she needed advice on how to manage

“

I have lost two stone and my blood sugar levels have dropped.

Linda

her type two diabetes "I have to be really careful about my blood sugar levels so I was advised to avoid white carbohydrates. I have now swapped to brown rice and pasta which has really helped".

The results for Linda have been really positive, not only in terms of weight loss but also in improving her diabetes. Linda said "I am so pleased, I have lost two stone and my blood sugar levels have dropped down to a safe level". She also now exercises



If you would like to lose weight and improve your health, visit Everyone Health's website [www.everyonehealth.co.uk/nottinghamshire-county-council](http://www.everyonehealth.co.uk/nottinghamshire-county-council) or call 0333 005 0092.

outside the weekly classes “I have started walking with a few different groups, I really enjoy it. Being in a group makes it social, and doesn’t cost anything”.

Linda’s aim now is to keep going with her weight loss and get her weight into the healthy range. She also wants to continue her exercise regime, “I have joined the leisure centre and I will keep up my walking, I’m even thinking about entering a 5K walk”.

### Linda’s top tips

- Have a good breakfast to start the day, I have porridge with frozen berries. They are just as tasty as fresh ones but cost less and don’t go off
- Make sure you have regular meals, you need to be a bit organised but once you start doing it you soon get in the habit.
- Avoid snacking, but if you must have something pick a snack which is healthy, like a banana
- The best thing I did when I started was writing down everything I ate. I was really surprised when I saw it all on paper!
- Get out and have a walk, even if it is just a short one. It’s free and it will make you feel better, you quickly build up to walking further.

## New ‘Jump Avenue’ programme to improve children’s health

The child weight management programme, called ‘Jump Avenue’ was launched in Nottinghamshire in January to help educate children and their parents or carers about a healthy lifestyle in a fun and interactive way.

The aim is to help some of the 38,000 children in Nottinghamshire who are either overweight or obese through teaching them the importance of eating well and taking part in physical activity.

The free programme includes 12 weekly sessions, which take place at community venues across the county. Aimed at children between the ages of five and 11, the sessions are designed to be fun and interactive and include a range of

activities and games for families and children to take part in. Parents and carers can either book their child onto the sessions themselves, or via a referral from a health professional.

The ‘Jump Avenue’ programme forms part of Everyone Health’s range of weight management services it provides for people in Nottinghamshire, which it delivers on behalf of Nottinghamshire County Council.



For further information on ‘Jump Avenue’ and session availability, please call **0333 005 0092**. For further information on Everyone Health, visit [www.everyonehealth.co.uk](http://www.everyonehealth.co.uk)



# A mine of information

**Bob Gow spent his childhood in Bestwood village and then worked in the Bestwood colliery, now he leads a team of volunteers that keep the memories of bygone Bestwood alive.**

Bob was 17 when he started working in the mines in 1962, "It was my first job out of school. In those days people just fell into careers, not like today. I was always tinkering about with machines so I went into engineering". Bob continued "I chose to go to the mine because the apprentices there earned £5 a week, whereas at Raleigh they only paid £3 a week".

When Bob arrived at the mine as an apprentice engineer he had to go through six months of on-site

training before starting his five year apprenticeship. The work was tough and of the 14 apprentices that started with Bob, only eight completed the training. Describing working life in the mine Bob said "The work was a bit of a shock to the system, the type of mining we did meant that the roof was constantly collapsing behind you. Depending on where you were working the conditions varied, you could be working in the freezing cold or it could be so warm the miners were just in their shorts, hard hat and boots".

There was no such thing as a typical day at the mine, but Bob explained how they did all begin the same "Once I got to the mine I changed in the baths and put my clothes in my clean locker, walked through the baths and got my dirty clothes from my dirty locker and put them on ready for work at 6.30am. Along with my dirty clothes I would have my lamp, rescuer and my bag of tools. All of us on the morning shift would then be wound in to the pit and go on the locomotive two miles out to the coal face".



Left to right: Malcolm Carter, Bob Gow with fellow volunteers Rob Ritchie, Mick Sendall and Kevin Millington



“

We've had visitors come from America, Romania and even Siberia. **Bob**

Today Bob leads a team of six volunteers at the former sites of the mine at Bestwood Country Park which is managed by Nottinghamshire County Council in partnership with Gedling Borough Council. The volunteers maintain the original Winding House which was used for transporting Bob and his work mates down the mines and for bringing coal back up to the surface.

The building adjacent to the Winding House is the Dynamo House, a former electrical substation that once served the colliery. This building now acts as a visitor centre and community space where there is a display explaining the history of the park and colliery.

Every Saturday between 10am and 12noon the volunteers run tours of the Winding House, where they regale visitors with colourful stories that bring to life the camaraderie at the pit and in the village. Giving just one example Bob recalls, "When people in the village were ill or hurt, they didn't go to the hospital they went to the medical centre at the pit. We had an outbreak of TB and the nurses came and did

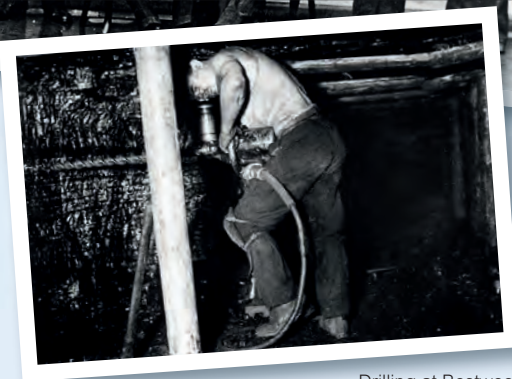
all the x-rays for the children at the pit. You couldn't imagine it now but at the time it was the centre of the community, the village and the pit were so interconnected".

Once the mine at Bestwood closed, Bob moved to various other mines before taking early retirement in 1994 after 33 years of mining. At this point he was approached by British Coal about getting a group of volunteers together to restore the winding engine. "When we first got into the building it was in a terrible state, as well as missing bits of machinery, a seized up engine and broken windows, the whole place had been taken over by pigeons." remembers Bob.

After three years of the volunteers giving up their evenings and weekends they got the winder to rotate and had made the building safe to enter. Following a Heritage Lottery Fund grant of nearly £1m in 2009, work was completed to make the Winding House building accessible to the public, a lift was put in and the adjacent Dynamo House was restored as a community and park facility.

Bob explains how the Winding House now attracts visitors from around the world "We've had visitors come

No.1 Rescue Team, 1911.



Drilling at Bestwood Colliery, 1940s

Photos above:  
Top: Courtesy of A J Parr and [www.picturethepast.org.uk](http://www.picturethepast.org.uk)  
Bottom: Courtesy of [www.picturethepast.org.uk](http://www.picturethepast.org.uk)

from America, Romania and even Siberia. It's so important for people to understand the history of the mines, coal from places like Bestwood is what put the great into Great Britain, without the coal industry we wouldn't be where we are today".

To see the winding engine for yourself, the volunteers at Bestwood give free tours of the Winding House every Saturday 10am-12 noon, and the Friends of Bestwood Country Park and the local Women's Institute run a café from 10am to 1pm in the Dynamo House.



For more information visit  
[nottinghamshire.gov.uk/  
bestwoodcp](http://nottinghamshire.gov.uk/bestwoodcp)

Turn over for more on the fascinating history of Bestwood County Park.

# The birth of **Bestwood** and its royal roots

Today Bestwood Country Park is popular with families who want to walk, cycle or simply relax. Long before the park was used as a colliery it was again a place of leisure and one which had royal approval.



King Charles II

The park started out as a deer park and medieval hunting lodge for royalty, until the mid-17th century when King Charles II gifted the land to his mistress, Nell Gwynn, and their illegitimate son, who became the 1st Duke of St Albans.

The popular story is that Charles II and his guests, when staying in the lodge, would tease Nell for sleeping in and missing a good morning's sport. Charles II offered to gift to Nell, "All the land she could ride around before breakfast," and was surprised the next day to find Nell sitting for breakfast before the King and all the guests. It was claimed she had ridden out early, dropping handkerchiefs

along her route, and the encircled area became Bestwood Park.

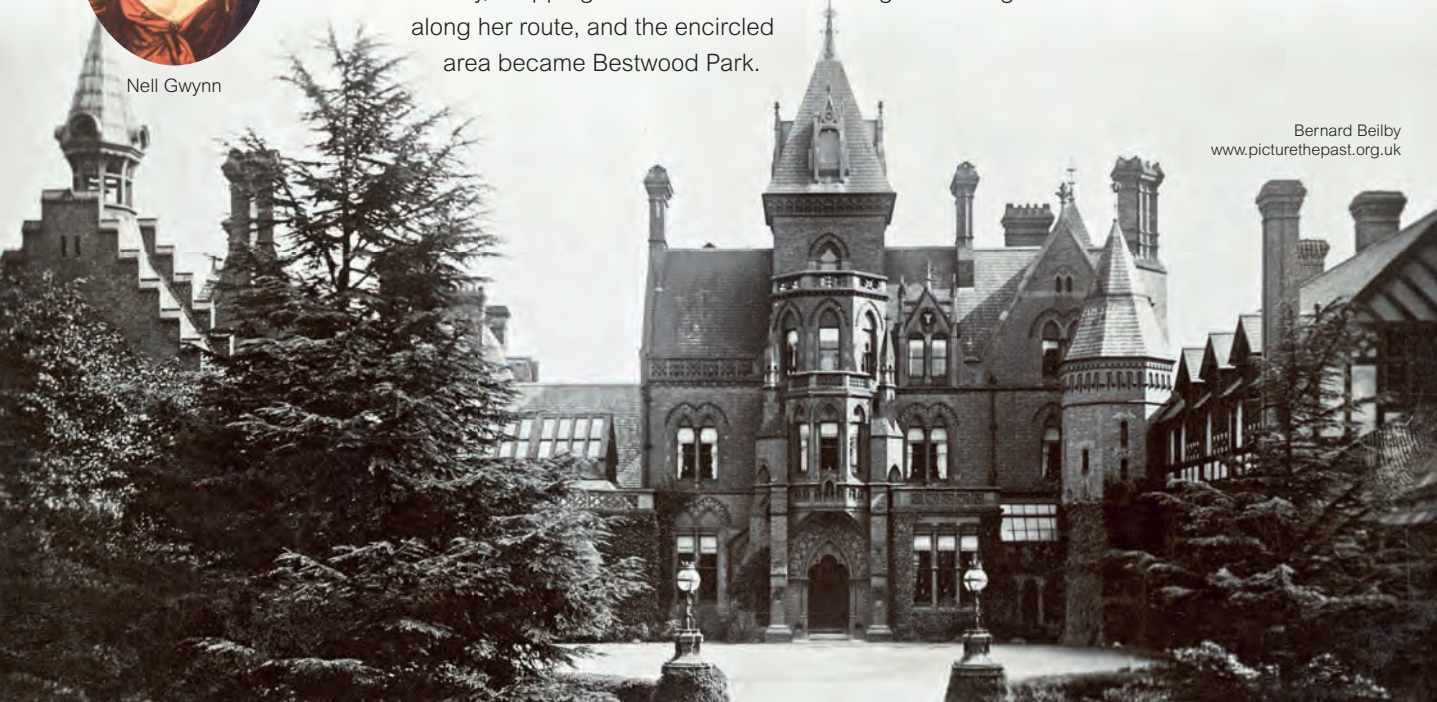
In 1872 the 10th Duke of St Albans leased the land to a family called Lancaster, who were mining engineers from Scotland, and the Bestwood Coal and Iron Company was formed. The company built houses for the workers, a church and a school – which still stands today.

In 1968 the pit closed because of geological problems, the coal seam became too difficult to work and the labor needed to mine it made the operation too expensive. For 12 months, coal came from Linby Pit and was washed at Bestwood. But in 1969, the pit was closed and demolished, except for the Winding House and Dynamo House which were listed grade II by English Heritage.



Nell Gwynn

Bernard Beilby  
www.picturethepast.org.uk



# Your Council Tax

## What is Council Tax?

Local services provided by County and District Councils, plus the Police and Fire services are all paid for by Council Tax and Government grants, and in some cases through charges for services. The amount you pay for Council Tax is based on the value of your property.

## What does Council Tax pay for?

Your final Council Tax bill is made up of different charges for the public services provided. Your bill is then made up of contributions to the County Council, your District Council and Police and Fire.

To find out more details about how your Council Tax is spent and the services delivered, visit the relevant website listed on this page.



**Nottinghamshire County Council**  
nottinghamshire.gov.uk

These services include care services for older and vulnerable people, road maintenance, public transport, libraries, country parks, schools and other education services, community safety and development.



**Ashfield District Council**  
ashfield-dc.gov.uk



**Bassetlaw District Council**  
bassetlaw.gov.uk



**Broxtowe Borough Council**  
broxtowe.gov.uk



**Gedling Borough Council**  
gedling.gov.uk



**Mansfield District Council**  
mansfield.gov.uk



**Newark & Sherwood District Council**  
newark-sherwooddc.gov.uk



**Rushcliffe Borough Council**  
rushcliffe.gov.uk

Services provided by the District and Borough Councils include collection of household waste, leisure, parks and sports centres, planning and development, car parks and housing needs.

The District or Borough Councils also collect the contribution from residents who have Parish Councils in their area. This charge, known as a precept, is used for providing Parish Council services.



**Police and Crime Commissioner**  
nottinghamshire.pcc.police.uk

The Police and Crime Commissioner works to ensure that local policing meet the public's and victims' needs. The Commissioner also brings different community safety and criminal justice partners together to tackle crime and disorder.



**Nottinghamshire Fire & Rescue Service**  
notts-fire.gov.uk

Notts Fire and Rescue Service prevents fires and other incidents by helping improve safety at people's homes and businesses around the county through support and education work – and, if the worst does happen, they respond to fires and other incidents when people need them most.



# Delivering **value** **for money** services

## Your Council Tax

Faced with having to reduce its spending by £62m over the next three years and with a substantial fall in funding, Nottinghamshire County Council have introduced the Government's Adult Social Care Levy – a 2% increase in Council Tax, which is to be used to solely protect services for the elderly and disabled.

In addition, Council Tax was increased by a further 1.99% to reflect the continued reduction in Government funding and increasing demand for social care services.

The changes will raise around £12m towards meeting the funding shortfall in 2016/17, costing the average council taxpayer an extra 80p per week.

In total, the County Council will spend more than £1 billion during 2016/17 providing services to people living in Nottinghamshire, raising £314.7m from local tax payers.

The County Council receives dedicated grants from Government to fund public health and schools. All other income for the Council (including Council Tax) is used to deliver high quality services.

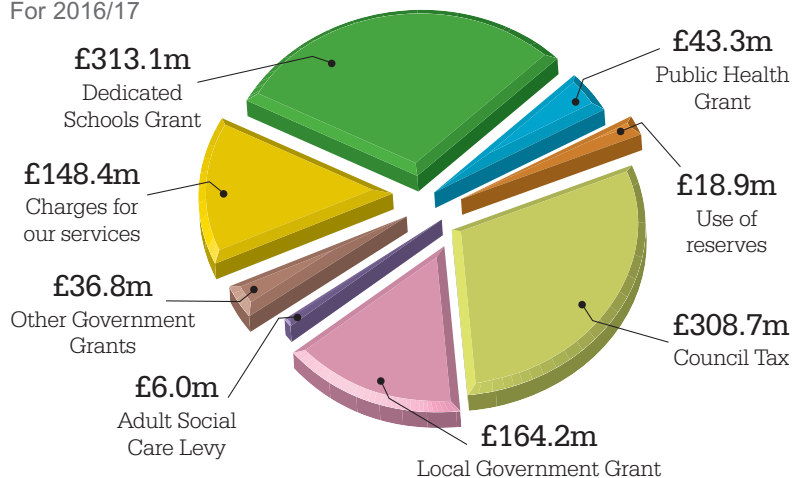
## Your Council Tax payment 2016/17

Band A	£ 843.90
Band B	£ 984.54
Band C	£1,125.19
Band D	£1,265.84
Band E	£1,547.14
Band F	£1,828.44
Band G	£2,109.74
Band H	£2,531.68

The actual amount you pay will depend on your individual circumstances (whether you receive single person discount, student or disability exemptions etc) and additional amounts for your District or Borough Council, Fire and Police services.

## Where the Council's budget comes from

For 2016/17



## Adult Social Care Levy

In addition to the increase in Council Tax the County Council has also approved an additional Government precept solely for Adult Social Care of 2%, the impact of this increase is:

Band A	£16.54
Band B	£19.31
Band C	£22.06
Band D	£24.82
Band E	£30.33
Band F	£35.85
Band G	£41.36
Band H	£49.64

## Investing in Nottinghamshire

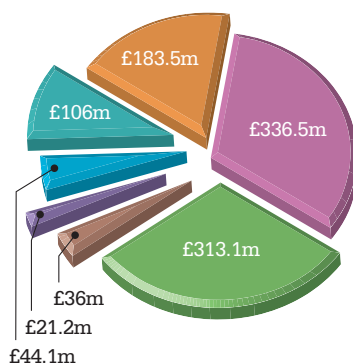
Major schemes for the Council's 2016/17 investment programme, which is worth £112m, include:

- **Ongoing investment of £30m** until 2017/18 to fund the School Places Programme to ensure that sufficient school places are provided across the county.
- **Continuing investment of £19m** until 2017/18 to improve the condition of school buildings.
- **£18m** to finance road maintenance and improvements and investment in cycling, walking and public transport schemes.
- **£8m** to carry out the Hucknall Town Centre Improvement Scheme over the next two years.
- **£6m** investment in the Better Broadband for Nottinghamshire Project which aims to ensure that 95% of Nottinghamshire premises are able to access high speed fibre network capable of delivering superfast broadband.
- **£4m** to fund the development of a new Sherwood Forest Visitor Centre.

For further information visit [nottinghamshire.gov.uk/counciltax](http://nottinghamshire.gov.uk/counciltax) or call 0300 500 80 80.

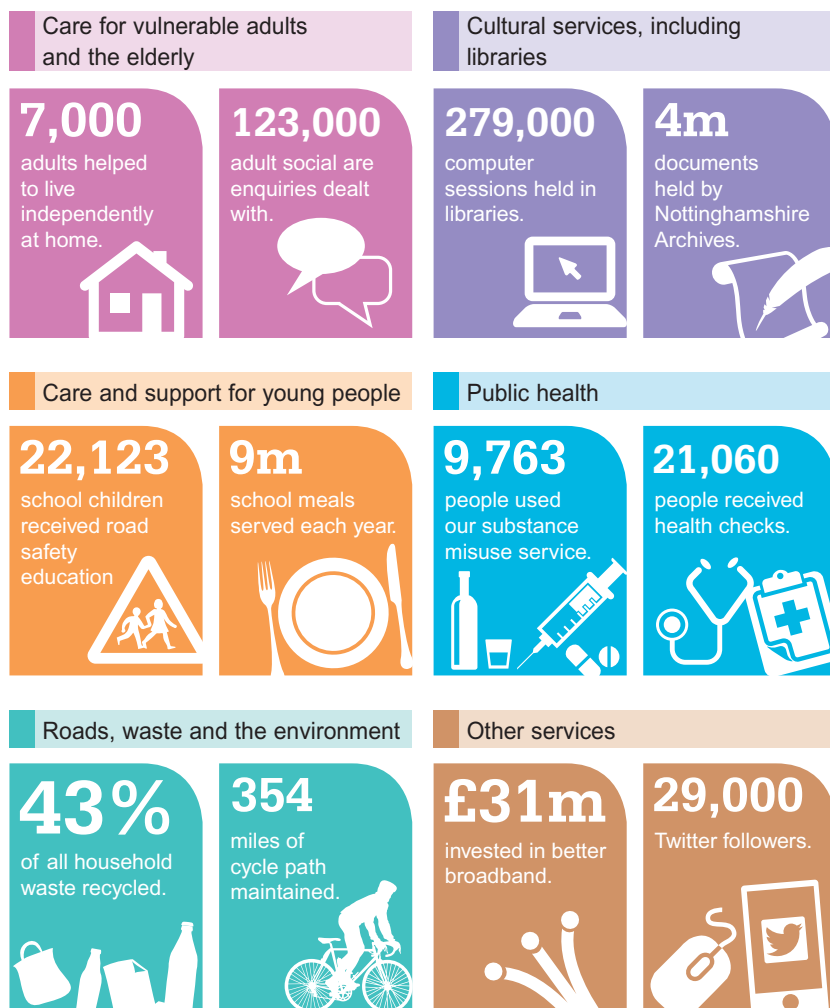
## How the Council's budget is spent

For 2016/17



Care for vulnerable adults and the elderly	£336.5m
Care and support for young people	£183.5m
Roads, waste and the environment	£106m
Cultural services, inc libraries	£21.2m
Public Health	£44.1m
Other services	£36m
Schools	£313.1m

## Just a few examples from over the last year



All information correct at the time of print, March 2016.



**You are safer at home, work and on the roads than ever before thanks to Nottinghamshire Fire and Rescue Service (NFRS)**

In 2015, firefighters attended just over 9,500 emergency calls, which, for the third year in a row, meant numbers falling below 10,000. This is due in no small part to the commitment and dedication of NFRS staff, who are working to help prevent incidents happening in the first place. We actively visit people at home, at school and in other places to provide support and education in your area.

NFRS staff carried out nearly 8,400 Home Safety Check visits during last year, fitting life-saving smoke alarms, just in case the worse does happen. We also carried out 2,086 visits to businesses, helping to make thousands of employees safer at work.

However, there is still more work to do to reduce incidents further meaning that, in different ways, NFRS is busier than ever before.

We need £41.2m this year to continue *creating safer communities*, in what is a demanding, changing environment. The Nottinghamshire and City of Nottingham Fire Authority has therefore approved a council tax increase of 1.95% for the services that we provide. This represents an extra £1.41 per year contribution for those living in a Council Tax Band D property - helping us to continue delivering a service that prevents fires and other incidents and ensures firefighters will be there when people need them most.

**Where the money comes from:**

<b>£41.2m</b>								
<b>£22.3m</b> Council Tax			<b>£8.9m</b> Government Grant			<b>£10m</b> Business Rates		
<b>What does this mean for you?</b>								
Property Band	A	B	C	D	E	F	G	H
Annual Increase*	£0.94	£1.10	£1.25	£1.41	£1.72	£2.03	£2.35	£2.82
Total Amount	£49.23	£57.44	£65.64	£73.85	£90.26	£106.67	£123.08	£147.70

\*specific contribution to NFRS

For more information, please visit: [www.notts-fire.gov.uk/counciltax.asp](http://www.notts-fire.gov.uk/counciltax.asp)



**Delivering high quality language services for over 25 years**

# Professional interpreters required

**Are you a professional interpreter with experience of working within the public sector?  
Are you passionate about providing excellent customer care?**

If your answers are yes, you can join our professional interpreter freelance pool. The Language Shop provides high quality interpreting services to the NHS, local authorities and other public sector organisations.

**Please send your C.V. to [bookingsnls@newham.gov.uk](mailto:bookingsnls@newham.gov.uk)**

[bookingsnls@newham.gov.uk](mailto:bookingsnls@newham.gov.uk)  
[www.languageshop.org](http://www.languageshop.org)





# Reader Survey



If possible please fill in this survey online at [nottinghamshire.gov.uk/countylife](http://nottinghamshire.gov.uk/countylife) - it'll be simpler for you and saves the Council money. If you need to return the survey by post send your completed form to:

FREEPOST RTCU-CTYJ-XXKA (County Life readers' survey), County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP. All completed forms must be submitted by **Friday 6 May 2016**. No stamp required.

## Did you find this issue of County Life:

- Interesting  
 Parts of it were of interest  
 Not interesting

## Do you like the look and layout of the magazine?

Yes  No  Don't know

## Which features do you like?

- What's On pages  
Yes  No  Don't know
- Your Council Tax  
Yes  No  Don't know
- News  
Yes  No  Don't know
- Stories about real people  
Yes  No  Don't know
- Competition / prize draw  
Yes  No  Don't know

## What else would you like to see?

\_\_\_\_\_

## What would you like to see less of?

\_\_\_\_\_

## In the future how would you prefer to read County Life?

Print  Web  Email

## Did you know this publication was produced by Nottinghamshire County Council?

Yes  No

## Do you have any other comments on County Life?

The Council is committed to ensuring that our services are delivered fairly. To enable us to check that what we are providing is fair and effective, we would be grateful if you would answer the questions below.

## What is your age?

Under 16  16-25  26-35   
36-45  46-55  56-65  66+

## Do you consider yourself to be disabled? Yes No

Are you Male  Female

## What is your ethnic origin?

White  Black  Asian   
Chinese  Mixed   
Other (please specify) \_\_\_\_\_

## What is your postcode?

\_\_\_\_\_

Thank you for taking the time to complete this survey.

# WIN tickets to



Newark Showground, Saturday 14 and Sunday 15 May 2016  
Advance tickets £10, gate tickets £15, under 17s go free.  
Free car parking. We have six pairs of tickets up for grabs!

**CELEBRATING** the best of Nottinghamshire, including the UK's best produce and trade alongside superb equine events, livestock classes and farming heritage.

Extreme sports, live music, urban free runners, cookery demonstrations and a field gun display are set to be this year's highlights along with dance groups, gymnastic clubs and circus skills. The sound of music will fill the showground as the music marquee returns with jazz quintets, ukulele bands and more. For more information visit [nottinghamshirecountyshow.com](http://nottinghamshirecountyshow.com) or call 01636 705796.

Complete the survey above and your details below to be entered into the free prize draw to win tickets - you can enter online too.



Name

Address

Daytime phone

Email

# Technology assists Sinead's independence

When Catherine Northey contacted Nottinghamshire County Council about getting an epilepsy alarm for her daughter Sinead, she never realised how much of an improvement assistive technology could make to both of their lives.

18 year old Sinead has a brain injury and learning disability which has also led to epilepsy, short term memory problems and some issues with coordination. Mum Catherine initially contacted the County Council Adult Social Care team to get a device to alert her if Sinead suffered a seizure in the night.

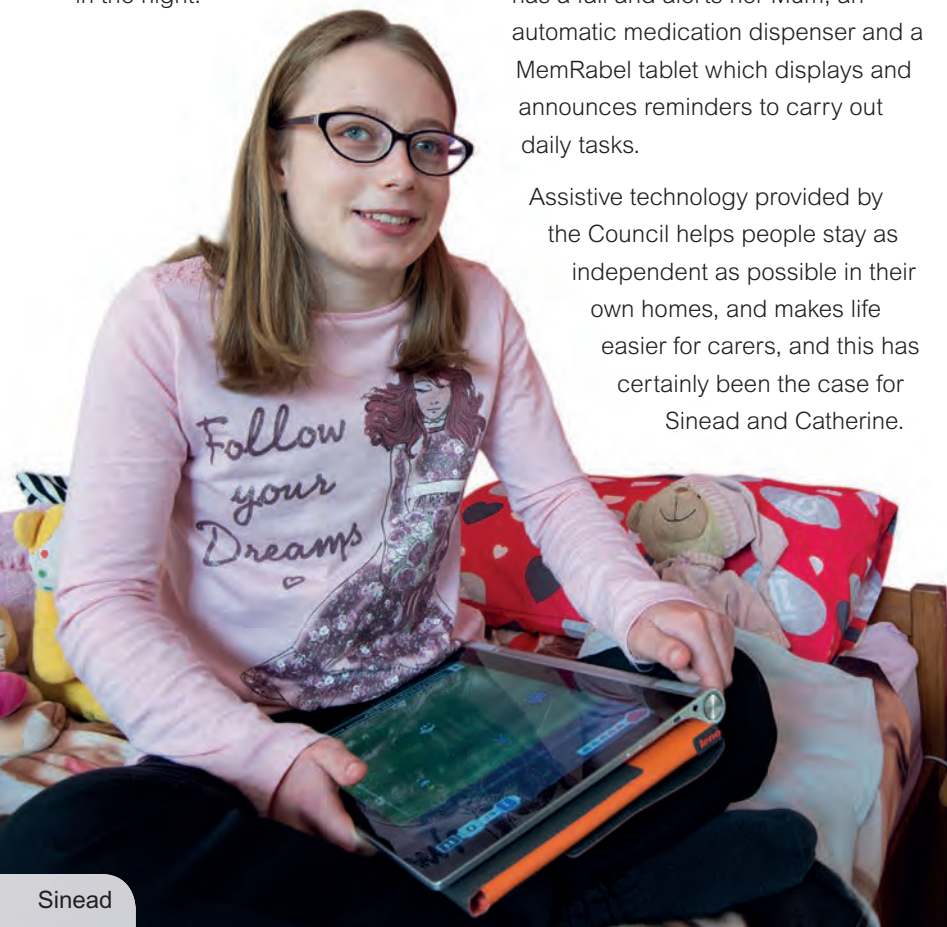
As well as an epilepsy alarm the team suggested a range of other devices which they thought might help both mother and daughter. After further discussing Sinead's needs with Catherine, the Council provided Sinead with a pendant which automatically detects if she has a fall and alerts her Mum, an automatic medication dispenser and a MemRabel tablet which displays and announces reminders to carry out daily tasks.

Assistive technology provided by the Council helps people stay as independent as possible in their own homes, and makes life easier for carers, and this has certainly been the case for Sinead and Catherine.

Sinead is now able to take her own medication with the electronic tablet dispenser. **Catherine**

Due to her short term memory problems Sinead was previously very reliant on her mum to remind her to do everyday tasks. Since getting the MemRabel reminder tablet that has all changed, "It has really made such a difference, as I used to feel like a 'broken record' repeating the same things over and over every day". Catherine continued "Now the MemRabel is taking the strain off and making Sinead feel responsible and a lot more independent. She will often come to me and say, I'm going in the shower now mum, or I'm just having a drink now".

The automatic medication dispenser is another example of assistive technology which has



Sinead

## Connecting people with help

The new Connect service can help county residents who might be struggling with keeping active or managing personal affairs, or who might be feeling lonely. All these things can happen so easily as a result of getting older, poor health, family moving away or losing loved ones. This might involve finding information about local services, activities and opportunities or with money issues, housing problems, or health management.

If you, or someone you know, might benefit from the advice and support of Connect to achieve something positive, you can talk to someone by calling:

### **Bassetlaw:**

NCHA on 0115 844 3541

### **Ashfield, Mansfield and Newark & Sherwood:**

Age UK on 01623 488217

### **Broxtowe, Gedling and Rushcliffe:**

Metropolitan on 0115 939 5406



Sinead and Catherine

helped Sinead manage her day to day tasks. Explaining its benefits Catherine said "Sinead is now able to take her own medication with the electronic tablet dispenser. It means she can do this without my assistance and it's been a real confidence booster making her feel grown-up".

a seizure. I feel much better knowing that I can be by her side if she is taken ill rather than finding out after she's had a seizure." explained Catherine.

Starting a course on animal care at Portland College in September, Sinead is excited about her future. Catherine is hopeful that assistive technology could help with this too, "At the moment Sinead can't get the bus on her own, it would be too much for her, but the team at the Council are looking into what types of assistive technology we could use to help. It's early days but if it happened it would be an amazing step forward for Sinead".



Sinead's MemRabel tablet

The new devices have also given Catherine real peace of mind "The epilepsy alarm is allowing me to sleep much better and I no longer check on Sinead during the night as I know it will wake me up if she has



If you would like more information on assistive technology contact the Customer Service Centre on **0300 500 80 80**.





# Your Councillors

## ASHFIELD

### Hucknall



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