

Sutton Bonington
Normanton on Soar

Kingston on Soar

VILLAGE NEWS

January and February 2023

THE SOAR VALLEY BUS NEEDS YOUR HELP!! Thanks to support from our many volunteer drivers over the past forty-three years, the Soar Valley Bus has successfully operated its fourteen scheduled, weekly services - from Normanton to East Leake, Loughborough, Costock, Rempstone, Ratcliffe, Long Eaton and West Bridgford. It also operates private hires and, where possible, day trips. Once again, however, a critical shortage of driver volunteers is putting these essential services at risk. Could you spare a couple of hours a month, so that no single driver is overloaded? Ladies, could this be an opportunity to combine shopping with one of the services?

The bus is for the benefit of all residents, young and old alike, for clubs and societies in the community to use and enjoy. If you have a D1 category on your current driving licence, you'll be able to drive a bus which is as easy your car - just a tad bigger! All training on the vehicle is completed in the village at no cost to you.

There is a driver rota but don't worry about being tied down by a commitment. If you can't drive on a particular day for any reason - however short the notice - you'll always be able to obtain cover. If you have some spare time to give to this vital community service, please contact Jean Corliss (672778 or 07815 733167) or Arnold Goodwin (674563 or 07768 273699).

GALLOPING GOURMET : Save the Day- Saturday 13th May

We had a fantastic evening in May this year when Galloping Gourmet got going again. But what is Galloping Gourmet?

1. It's a village tradition and has been going for over thirty years.
2. Gallopers meet for a drink and to get their tickets for the evening. They then tour different houses for starters, main course and desserts. At each house they meet and eat with a different group of people. Everyone then meets up at the end of the evening. During the evening many people from across the local villages meet and it's always a night to remember.
3. Finally, it helps raise money as part of *Christian Aid Week*.

For those who have galloped before we are always looking for hosts. If interested please contact Richard (e-mail richardshore6@gmail.com or call 07739 506 685). Please save the day and we will provide more information in future newsletters and through Sutton Bonington and Normanton Facebook pages.

KEN SKETCHLEY Ken's family would like to thank all who made his funeral such a special service. That includes all who helped with the service and most of all to everyone who attended and donated so generously. £132.50 was raised for St. James church and £132.50 for the RNLI.

SUTTON BONINGTON BONFIRE NIGHT Huge thanks to all those who came and supported Bonfire Night! We hope you had a brilliant time. Following feedback from last year, a number of changes were made to the event and we hope that this made your experience even better. We raised approximately £6,500 which will go towards buying much-needed school equipment and resources which will enhance the learning environment. Also, we can now provide a new oven for food tech lessons as well as a new notice board. Many thanks, once again, for your generosity.

SUTTON BONINGTON LIBRARY is open to welcome you on Tuesday and Thursday afternoons between 1pm and 5pm. In addition to borrowing books, your library membership allows you to use our free computers and WiFi, as well as access to our A4 printing facilities (fees apply). The library is a warm and inviting space and is open for everyone and anyone who needs it. For a small donation, tea and coffee is available – perfect for those chilly winter afternoons!

There's something for everyone here at the library, including an after-school Lego Club for children on Thursdays at 3.45 – 4.45pm. During opening hours, there's an assortment of colouring, puzzles and toys for toddlers to enjoy. For our adults, we currently have two groups running on a Tuesday afternoon. Crafty Chatter is a brilliant opportunity to bring your own projects to a friendly, helpful group. Community Cafe is a social space suitable for all with the opportunity to play games, complete paper puzzles, swap jigsaw puzzles or just sit and chat.

Upcoming dates

Crafty Chatter – 3rd January & 7th February – 2pm

Community Cafe – 10th & 24th January, 14th & 28th February – 2.00pm

Can't get to the library, or know someone who can't? No worries! Our home delivery service can bring a selection of great books straight to your front door. Please get in touch if this is of interest.

SUTTON BONINGTON METHODIST CHURCH Do come along to The Methodist Church for Afternoon Tea on ***Thursday 26th January and Thursday 23rd February*** between 2.30pm and 4.30pm. Enjoy sandwiches, cake and chat. Everyone welcome. Bring a friend along!



CLOSURE OF DISPENSARY SERVICES AT SUTTON BONINGTON

Village Health Group has taken the difficult decision to stop the provision of dispensing services at Sutton Bonington surgery. As required, NHS England has been informed and the last day of operation will be **Friday 27th January**.

The group would like to reassure everyone that this closure will not affect future provision of other services or the opening hours currently in place. Please continue to access appointments and services in the same way as at present.

As a result, *with effect from 30th December*, you will need either to take your paper prescription to the pharmacy of your choice or nominate the pharmacy which you would like to dispense your electronic prescriptions. Further information on nominating a pharmacy can be found at <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/prescriptions-in-the-nhs-app/nominating-a-pharmacy>. Help with any of this will be available from Village Health Group or from the pharmacy of your choice. There are a number of ways to have your prescriptions dispensed from a pharmacy:-

- You can be given a prescription by your doctor's surgery and take this to be dispensed by your chosen pharmacy.
- If you order a prescription online, you can have it sent electronically to a pharmacy of your choice. You can nominate a high street pharmacy, where you collect your medicines in person, or an online pharmacy who will send your medicines by post.
- If you have access to a smart phone or tablet you can use the *NHS App* or the *NHS Website* to nominate a pharmacy by:
 - Logging into the app or the website (if you are not registered you will need to register first) on your chosen device.
Go to **Prescriptions**. You will see the message : "Choose a pharmacy to which your prescriptions should be sent". Follow the instructions to nominate a pharmacy.
 - For online pharmacies you will need to register on the pharmacy's website. The *NHS App* or the *NHS website* will provide you with a list of these pharmacies.

If you are unsure of which pharmacy to choose you can find further information on www.nhs.uk or by telephoning *NHS 111*.

SUTTON BONINGTON PLAYScheme As we move towards the new year and people begin to plan and book holidays, please note that the Playscheme dates cover the two-week period Monday 30th July to Friday 11th August

SUTTON BONINGTON TENNIS CLUB Congratulations to both the ladies' and men's teams on coming top in each of their leagues this summer That means promotion to the next level...fantastic! For 2023, for the first time, the club has entered two teams into the Winter Indoor Leicestershire mixed league played at Loughborough University. Good luck. Coaching continues on Mondays and Saturdays at the club. Club play on Tuesday evenings is still happening throughout the winter. For any information about joining or playing tennis please contact Ash (*ash.mace88@ail.com*) or Jo (*jo@10ant.net*)

The ever popular quiz night is coming soon - look out for the posters early in the new year!

CHRISTMAS JOURNEY After the cancellations over the last two years, the village churches were pleased to welcome approximately 230 children from six local schools and the Village Playgroup to the Methodist Church for a re-telling of the Christmas story. This included meeting Mary in her kitchen when an angel came to see her; looking after the sheep on a hillside outside Bethlehem; hearing the animals in the stable recounting the birth of baby Jesus and visiting one of the wise men in his palace. Everyone enjoyed themselves very much. Many thanks to all the helpers.

SOAR VALLEY U3A will hold its next General Meeting at 2.00pm on Tuesday 31st January in Normanton-on-Soar Village Hall. Our guest speaker will be John Whitehead who'll be giving an account of the famous explorer, Ernest Shackleton, and his Endurance Expedition to Antarctica. A man whose leadership skills are recognised as still relevant today. *Soar Valley U3A (University of the Third Age) provides relaxed learning and leisure activities for retired people in your area. For more information, phone Membership Secretary Marilyn Wood (07812 913807) or visit our website by searching 'Soar Valley U3A'.*

DROP-IN FOR COFFEE AT THE METHODIST CHURCH which now has *Jigsaws, Puzzles, Book Swap and 'Bring your Own' Knitting and Sewing.* Meet every Monday between 09.30 and 12.00 noon. Pop-in for ten minutes or stay all morning! Tea, coffee, hot chocolate, teacakes and cookies. Everyone welcome.

LUNCH CLUB Here are the dates for next year.
January 12, February 9, March 9, April 13, May 11, June 8, July 13, August 10, September 14, October 12, November 9 and December 14. We meet in Sutton Bonington Village Hall. Lunch is at 12.00 noon but if you want to join us for tea or coffee beforehand come for 11.30. Ring Sue James (673460) for more details.

SUTTON BONINGTON PARISH COUNCIL

Withdrawal of the Skylink Bus Service

Members of the Parish Council have met with Cllr Matt Barney, Nottinghamshire County Council Transport Councillor, Neil Clarke, and village representatives with regard to the bus service. (You may well know that the County Council is supporting the current service until the end of March). This was a productive meeting with several options being considered and, to strengthen our efforts, we intend to submit a petition in support of the continuation of bus services in Sutton Bonington and surrounding villages. You will be able to sign up at Pasture Lane Stores, Your Community Shop, Normanton-on-Soar Community Shop and the University Campus. It will also be available online via the Parish Council website.

Flooding

The Parish Council has worked very hard over the past two years to address flooding in the village. This has included clearing out two of the main drainage dykes, forming a *Flood Warden Scheme* and getting registered and trained by Nottinghamshire County Council. We now have a supply of signs and sandbags which we can use ourselves rather than relying on others to deliver these services. Despite heavy rain in the last few weeks we have suffered only minor surface water flooding due to blocked gullies on Main Street, Marle Pit Hill and Soar Lane, all of which have been reported to the County Council.

Roads/Transport

You may well know that Marle Pit Hill was closed recently - without notification. The Parish Council contacted VIA and Network Rail who claimed that the closure was an emergency and, therefore, no advance notification of the closure to VIA was required. We have argued strongly this was not the case. VIA are taking the matter further and a meeting with Network Rail is planned. We have also asked for a timetable for the works to be provided.

Civility and Respect Project/Pledge

There are growing concerns about the impact that bullying, harassment and intimidation are having on local (parish and town) councils, councillors, clerks and council staff and the resulting effectiveness of local councils. In response, The National Association of Local Councils, One Voice Wales and the Society of Local Council Clerks have established a *Civility and Respect Working Group* to help foster a culture change for the local council sector. The *Civility and Respect Pledge* is easy for councils to support, enabling them to demonstrate their commitment to fighting against poor behaviour across the sector and to driving through positive changes which encourage civil and respectful conduct.

Sutton Bonington Parish Council has taken the *Civility and Respect Pledge*.

MAKING YOUR GARDEN WILDLIFE FRIENDLY FOR WINTER Despite the generally mild conditions this year, colder weather will inevitably set in and put pressure on our wildlife. There is a wealth of information, both in print and online, which provides advice on small interventions and provisions that we can make to support them. In this short article I have attempted to summarise the main suggestions from a range of sources.

Things we can do now.

Beyond provision of food on bird tables, by far the most frequent suggestion is to be a bit untidy, or at least allow discrete areas of untidiness. Piles of leaves and twigs, however small, provide shelter for amphibians, hedgehogs and a range of ground dwelling invertebrates (which themselves serve as food for larger animals). Avoiding removal of dead stems (particularly hollow stems) and seedheads allows provision of shelter for insects and food for birds, and similar benefits can be achieved by fighting the urge to prune ivy whose berries are an important food source. Compost heaps provide shelter and warmth for hedgehogs, so be careful when turning over. They also seek shelter in bonfire piles so it's a good idea to check before lighting.

Bug hotels are recommended to maximise the survival of hibernating insects and other invertebrates. These are best placed in a sheltered, slightly damp location and don't need to be large, as any sized structure will encourage insects to gather together. Providing a bird box is particularly useful to allow protection from the worst of the weather. Wrens can lose up to 10% of their body weight over winter and will seek out nest boxes to roost in groups, so this can be a life saver for some species. If possible boxes should be sited between North and East to minimise exposure to the wettest winds in autumn/winter and strongest sun in summer.

Water supplies are critical to many animals, so leave ponds uncovered to allow birds and small mammals to drink and potentially find invertebrates to eat as food becomes scarce. If the surface freezes, it is preferable to melt a hole by sitting a pan of hot water on top rather than manually breaking ice as this can harm pond dwelling organisms. Alternatively, a couple of tennis balls bobbing around on the surface is often sufficient to maintain a small area of unfrozen surface.

Plans for future winters.

Hedgehogs cover a significant distance when foraging, so permitting a small hole in a hedge or at the bottom of a fence allows formation of a hedgehog highway through your garden.

Planting shrubs and trees which produce berries will provide a natural and sustainable means of providing winter food. Plants such as holly, crab apple, hawthorn, blackthorn, juniper and dog rose are good examples, but there are many varieties that can be grown and some may well fit with your garden better than others, so worth investing some time considering.

The steps contained here comprise the most frequent suggestions, but they are by no means exhaustive. Further ideas can be found online and through various wildlife and gardening organisations (woodlands trust, discoverwildlife.com, Leicestershire and Rutland wildlife trust - <https://www.lrwf.org.uk/>, gardeners world, RHS).

NORMANTON-on-SOAR PARISH COUNCIL would like to thank all the Ferry Volunteers for their help and support for what has been a very successful season and The Plough for putting on a buffet for them. The Parish Council is aware of the large amount of pennywort down by the Ferry's landing stage and along the riverbank. This has been reported to the Canal and River Trust who say it is not a quick fix but assure us that they are working hard to tackle.

A big thank you to the Normanton residents who turned out for the Christmas Light Switch-On, carol singing, mulled wine and mince pies on 2nd December where £121.66 was raised through donations for St. James church.

NORMANTON-on-SOAR MEN'S ASSOCIATION On Monday 30th January, there will be a quiz night at The King's Head, Sutton Bonington, preceded by a short AGM. The cost of £8.00 includes a fish 'n chip supper and transport. As the supper has to be pre-booked, the final date for booking a place is Sunday 22nd January. Contact John Herrington (646240).

On Monday 27th February there'll be a visit to the *Trent Astronomical Observatory* at Nottingham Trent University's Clifton Campus. This will include a talk on aspects of light pollution as well as a look at the Planetarium and a tour of the Observatory. The cost is £5 for members and £7 for non-members. There is a maximum of thirty places for this excursion and the closing date for booking is Saturday 11th February. Attendees will need to make their own way to the university to arrive in time for a prompt 7.00pm start. Parking will be available. Please contact Alan Dimelow (672188 or ardimelow@btinternet.com) for more details or to book a place.

WOMEN'S INSTITUTE The first meeting of the new year is on Tuesday 3rd January. The speaker, Peter Shuttleworth, lives locally and his subject is *Rock Hunting in Greenland*. The meeting on February 7th features a dance legend and champion, Gaynor Fairweather, who will be telling us all about *Dancing In The 60s*. Meetings are held in Normanton Village Hall and start at 7.30pm. Come and try the first meeting free of charge to see what a lovely group we are. Contact Sue James for more details (673460).

NOTTINGHAM ROOSEVELT MEMORIAL TRAVELLING SCHOLARSHIP

Explore America, broaden your horizons and supercharge your career. Applications open in January. The Nottingham Roosevelt Memorial Travelling Scholarship is a unique personal and professional development opportunity that unlocks the potential of 21-35 year olds by immersion in American society, industry and culture so you can realise your aspirations and benefit the wider Nottinghamshire community. Applicants pursue a project they are passionate about which will benefit from development by a visit to the United States.

The scholarship lasts six weeks and is open to anyone in employment, living or working in Nottinghamshire aged between 21 and 35. More details and past scholar experiences on our website. www.rooseveltscholarship.org



CLERGY VACANCY AT NORMANTON-on-SOAR AND SUTTON

BONINGTON As you may know, it is now four years since Rev. Michael Brock retired and, to date, there have been no suitable applicants for the advertised post which will be part of the St Mary's team at East Leake. Together with our Parochial Church Council friends in Sutton Bonington we arranged a meeting with the Archdeacon of Nottingham, The Venerable Phil Williams at which we suggested ways to make the advertisement and information more attractive in the hope that the church might have more success in appointing a priest to support our villages. The revised advertisement has now been published. We will keep you posted!

ST MICHAEL'S and ST ANNE'S CHURCHES Many thanks to all who supported the Remembrance Service and the Christingle Service. As a result we have been able to send £150 to the Royal British Legion, £150 to Combat Stress and £153 to The Children's Society.

Following our Harvest Service, we were able to send several bags of food and toiletries to The Friary in West Bridgford and £78 to Water Aid from the sale of fresh produce. Also thanks to all who supported the Advent Fair at St Michael's church which raised £768 for church funds. In the past we have given away our Christmas collections to various charities but we are financially unable to do so this year. Instead we shall give away a percentage of the amount when we have calculated the cost of gas and electricity.

WEEK OF PRAYER FOR CHRISTIAN UNITY A joint service between Anglicans, Baptists and Methodists will be held at 10.30am on Sunday 29th January in the Baptist Church.

ASH WEDNESDAY Lent starts on Ash Wednesday, February 22nd, and there will be a celebration of Prayer Book Holy Communion including the Imposition of Ashes at 9.30am in St Anne's church. Plans for additional activities during Lent have still to be finalised.

CHRISTMAS IN NORMANTON-on-SOAR It was good to be able to hold a number of events over the Christmas period. First, there was an excellent turnout for the switching-on of the Normanton-on-Soar Christmas Lights, with carols sung at the old conker tree and mulled wine and mince pies being enjoyed by all. A week later, the Candlelit Christmas Concert was held in St James church and the following day, the Village and Soar Boating Club Carol Service took place, led by The Rev. Canon Michael Knight. At this service, a cheque was presented to *Wenlo Riding for the Disabled Group* (based here in the village), which was St James' Charity of the Year 2022. On Christmas Day, a service of Holy Communion was once again led by The Rev. Canon Michael Knight.

VISIT OF ARCHDEACON OF NOTTINGHAM, THE VENERABLE PHIL WILLIAMS TO NORMANTON-on-SOAR On 29th January at 9:30am, Archdeacon Phil will be leading a service of Holy Communion at St James church. We hope that you will be able to join us for this service.

EASYFUNDRAISING SUPPORTING ST JAMES CHURCH Many thanks to all those who have been using *EasyFundraising* to buy goods online with St James church, Normanton-on-Soar, as the beneficiary. Although the amounts of commission received on each transaction are relatively small it all adds up and we have received over £300 from *EasyFundraising*. When buying goods or services online, whether it is Amazon, Boots, John Lewis, Lands' End or lots of other retailers, or booking your airport parking through NCP, please think about doing it through www.easyfundraising.org.uk. Once you have registered, you can follow a link to the retailer's websites and a small amount of commission comes to the church - without any cost to you! Thank you.

SUTTON BONINGTON BAPTIST CHURCH



Find out all that we have going on through our new website
www.sbbaptistchurch.org.uk

Week of Prayer 8th to the 14th January. We will be starting off the year by meeting together for extended times of prayer. If you, or someone you know, would like to be prayed for, please get in touch with us. You can contact us through our website, Facebook page or by e-mail.

Churches Together service at the Baptist church 29th January at 10.30am. We are meeting together for the *Week of Prayer for Christian Unity* to pray for each other's churches and for our shared events. This will be as part of a contemporary worship service.

Sunday in Person and online Our services are all held in person at 10.30am. We continue to make services available weekly on Zoom - live from church. Contact us through our website for a Zoom link or to access our catch-up service on YouTube.

Families, children and youth at the Baptist church on Sundays. Groups begin at 10.45am for one hour (fifteen minutes after the start of our morning service). We have dedicated teams running *Crèche* (babies, toddlers and pre-schoolers), *Roots and Shoots* (primary age children) and *Revelation* for secondary age children. For *Roots and Shoots*, family members are welcome to attend or you can drop off your children and then join us at 11.45pm for coffee. Please contact us via the website if you'd like more information.

Rock Solid is a fun-filled youth club for years 7-9 at the Baptist church and meets every Tuesday night between 7.45pm and 9.00pm. Make new friends and enjoy discussions, games and lots of laughs. Please contact us through our website or simply call Brian Beach (07747 697006). We will be delighted to see you.

DONATIONS GRATEFULLY RECEIVED

Sutton Bonington Methodist Church : £30

QUIET SPACES AT ST JAMES' CHURCH, NORMANTON ON SOAR At 6.30pm on Tuesday 24th January we will be holding a Taizé-style service to welcome the new year. You are very welcome to come along to this short service, using some of the lovely Taizé music with readings and quiet stillness. The next Julian group meeting will be on Tuesday 28th February at 6:30pm. All are welcome to these contemplative groups. These regular monthly Julian meetings encourage one another in the practice of contemplative prayer. Julian of Norwich's writings encourage us to be still, silent and receptive in God's presence, trusting Him to make Himself known to us. After a brief introduction, our times together are based on the simple idea of spending about twenty minutes in silence, waiting on God, and are open to anyone who would like to come. You can find more information on the website: www.thejulianmeetings.net or e-mail sue.archbold@btinternet.com (842341).

ST JAMES' CHURCH CHARITY OF THE YEAR Each year, St James church, Normanton-on-Soar, supports a local charity and over the years we have donated £12,500 to local causes. In 2022 we supported *Wenlo Riding for the Disabled Group*, based at Bowleys Barn Farm, Normanton. *Wenlo* offers adults and children with physical and/or learning difficulties an opportunity to ride, carriage drive and look after horses to help their health, confidence and self-esteem. They aim to teach new skills and promote independence by encouraging their riders to take charge of their horse in a safe and secure environment. Their riders can enjoy a variety of activities in addition to lessons. Some may want to compete in regional and national events organised by RDA UK, others can enjoy riding in the beautiful countryside right on our doorstep, others just long to be around horses, stroking, grooming and exploring the sensory experience at their pace. We are pleased that St James church PCC agreed to support this charity.

We have also supported The Carpenter's Arms, based in Loughborough, a Christian abstinence-based residential programme for people aged 18-65 and challenged with homelessness due to an addictive lifestyle. Baskets for groceries are opposite the main door of the church and we are grateful to people in the village who add a little extra to their grocery order and donate it to The Carpenter's Arms. Many thanks to John Simpson who regularly takes these items to The Carpenter's Arms, and he tells us how pleased they are to receive our donations.

We are now seeking nominations for St James church Charity of the Year 2023. Please pass nominations to Brian Archbold and they will then be discussed at a forthcoming meeting of the Parochial Church Council.

CONTRIBUTIONS FOR THE NEXT ISSUE please to Arnold Goodwin (674563) Christine Elliott (844045), Penny Shuttleworth (07588 395508) or Geoff Parnell (672639) by Monday 6th February. *This will cover events for the months of March and April 2023.* Our e-mail address is villnews@yahoo.com.