Taste of Rushcliffe Food Festival | 1-2 July
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Touting their talent
YouNG markets return

The YouNG market returns to Central Avenue in West Bridgford again this year on **Saturday 2 July**.

Alongside the Taste of Rushcliffe Festival (see pages 16-20 for more details), the YouNG market will give another group of young people an opportunity to demonstrate their entrepreneurial talents to the residents of Rushcliffe.

With over 20 stalls dedicated to young adults and what they can create, there will be a wide variety of high-quality goods on offer from the most creative youngsters in the borough.

There will also be live music performed throughout the day, giving an added opportunity for young people to showcase their skills.

The YouNG project is based entirely around helping young people gain the skills necessary to become successful. Running a stall or performing live at the YouNG market is an excellent opportunity for young people to gain valuable experience and skills that will benefit them in later life, for example event organisation, customer service, sales skills and public speaking.

In addition, courtesy of European funding (Erasmus+) and its vocational, educational and training funding, one of our lucky stallholders will get the opportunity to go to Rome and represent YouNG in October this year. It’s all part of the ‘YouNG goes Euro’ project which is aimed at helping young people to understand how to effectively trade in international markets.
Brilliant BBQs and safe summer food

Whether you’re sizzling sausages on the barbecue or preparing fresh fruit salad, make sure your food is safe this summer by following these simple steps:

• Use separate chopping boards and utensils for raw meat to avoid cross-contamination
• Use a cooler or freezer box to keep cold foods cool, helping them stay fresh even when outside
• Remember raw meat and poultry should be kept cold until ready to cook

• Ensure food does not sit outside in warm temperatures for more than one hour
• If you’re cooking outside on the barbecue, make sure meat isn’t placed directly above charcoal as this will cause burning and prevent even cooking
• To ensure meat is cooked all the way through, cut into the middle to check it isn’t raw or pink and that juices run clear – ideally, use a probe thermometer to check the temperature at the thickest point which should be 70°C. It is recommended that larger portions and joints of meat are precooked and then finished off on the barbecue to ensure thorough cooking
• Don’t forget that disposable barbecues can take longer to heat up and cook so allow plenty of time.
Making the most of your food this summer

Food waste is a big issue – it’s estimated that we throw away 7 million tonnes of food each year and most of it is edible. As well as being bad for the environment, the amount of wastage costs a staggering £12.5 billion a year!

Most commonly thrown away are fruit and vegetables, which account for 27% of thrown away food. Bread, potatoes and milk are also common waste products.

To avoid waste this summer, make sure you:
• Plan meals before shopping to avoid buying unnecessary items
• Make the most of fruit and vegetables by keeping them refrigerated – an apple can last up to two weeks longer if stored in the fridge
• Pay close attention to use-by dates on food packages. Freeze food that is approaching its use-by date and once defrosted, consume within 24 hours.

www.lovefoodhatewaste.com has plenty more tips on planning meals plus tasty recipes to tickle your taste buds into using leftovers, so they don’t end up in the bin!

Know your food labels

Most of us have seen labels and warnings on our food, but do you know what it all means? Here’s what you need to know about the food labelling:

Best before – these dates refer to quality rather than food safety. Foods with a ‘best before’ date should be safe to eat after the quoted date, but they may no longer be at their best, for example tinned or packaged foods such as biscuits or baked beans.

Use-by – these dates refer to food safety. Food can be eaten up to this date but it is not advised to eat after, even if it looks and smells ok, for example cooked meats, paté and salads. Always follow the storage instructions on packs.

Display until and Sell-by – these dates are just used specifically for certain shops, rather than as advice to shoppers so you can ignore them.

Shops aren’t legally allowed to sell products after their ‘use-by’ date. However, they can sell products after the ‘best before’ date, providing they make customers aware that this is the case.
Recycle your glass but leave your top on!

Glass is perfect for recycling – it can be recycled back into new bottles and jars over and over again, and glass products can use up to 90% recycled material.

In Rushcliffe, glass bottles and jars can’t be sorted at the same place as the other recyclable waste that you put in your blue bin, and so we ask you to keep your glass separate and take it to one of our recycling sites instead.

Our recycling sites are in handy locations – often near supermarkets and shops – so remember to take your glass along with you on your next shopping trip. If you’re not sure where your nearest site is, go to www.recyclenow.com/recycling-locator where you can get a full list of all of the sites near you.

And don’t forget to leave your top on – screw tops and lids on bottles can be recycled too so leave them on when you bring your bottles and jars.

Because our recycled glass is separated by colour at the bottle bank, it can be made straight into new bottles and jars, rather than construction materials which is what happens to mixed glass. This prolongs the earth’s natural resources and reduces the need for further mining.

Did you know?

Rushcliffe residents recycled over 2,300 tonnes of glass last year – around 70 articulated lorries worth!

**GLASS RECYCLING**

**Top tip:**

Please don’t put glass bottles and jars into your blue or grey bin.
Last year our contractors, Streetwise Environmental Ltd, collected 105 tonnes of fly tipped waste which had been dumped on Rushcliffe’s open spaces and roads, compared to roughly half that amount (57 tonnes) in 2014/15.

Of the 522 separate incidents of fly tipping we dealt with last year, the type of rubbish dumped ranged from industrial waste, household furniture, trees and garden waste to white goods, oil drums, tyres and gas bottles.

But we’re stepping up to tackle the tippers – we’re keeping a watch on the dumping hot spots across the borough to try and catch these criminals in the act, and we’re cleaning up quickly when fly tips occur.

We need your help to tackle the problem – if you see someone dumping rubbish or spot a fly tip, please report it online at www.rushcliffe.gov.uk/doitonline or call us on 0115 981 9911.

Fly tippers beware we’re watching YOU

Fly tipping is bad for the borough, it looks awful, ruins the beautiful countryside and is costly to clear up – and unfortunately it’s increasing.
Get a rest from the pests

Finding a wasp’s nest at home can be stressful, not to mention potentially painful if you get stung. But never fear, help is at hand from our pest control service who can deal with your wasp woes for just £51.60. We will visit and spray the nest which quickly destroys the wasps in most cases. If accessing the nest is dangerous, we’ll let you know and discuss alternatives.

It’s simple to arrange, you can book online at www.rushcliffe.gov.uk/pestcontrol or call us on 0115 981 9911. So don’t let wasps ruin your summer, let us take the sting out of your pest problems.

Unwanted items too big for the car?

If you’ve got bulky items that you need to get rid of but they’re too big to take to the tip, let us take the strain. For just £16 (and £7.75 for any additional items), we can take away any large unwanted items, such as furniture, mattresses or white goods.

To book a collection, call us on 0115 981 9911 or book online at www.rushcliffe.gov.uk/environmentandwaste (choose ‘Large unwanted items’). You just tell us what needs collecting and from where, select a date that suits you and then pay. Leave the item at the edge of your property by 7am on the day you’ve chosen and we’ll take it away for you.

And don’t forget, reuse is even better than recycling so please also consider whether your item can be donated to a charity shop or local community group first.
Get it logged
get it back!

Most of us are attached to our technology and wouldn’t want to lose it – just think of the contact details, photos and documents you have saved on your mobile or laptop.

To help reunite you with your equipment if it gets lost or stolen, make sure your property is registered with Immobilise, the national property register which links to the Police database.

Register yourself for free at www.immobilise.com or pop along to one of our Property Registering Surgeries with your mobile phone and we’ll get you started for FREE!

Surgeries are held on the first Saturday of each month (except in August) from 10am-12pm at Rushcliffe Community Contact Centre, West Bridgford Police Station.

Everybody needs good neighbourhood alerts

Keep up to date with what’s going on in your area. Sign up to Neighbourhood Alerts, free email updates with crime prevention advice and scam warnings from Police, Trading Standards and other partners. Register now at www.rushcliffecommunity.co.uk
Useful utilities help in an emergency

Many of you were affected by the burst mains water pipe in Epperstone in February, which left around 16,000 homes in Bingham, Radcliffe and the surrounding areas without water for over 12 hours.

To help vulnerable residents when situations like this occur, there’s now a free Priority Services Register, offered by your gas, electricity and water suppliers. If you’re registered and your supplier knows you have health issues, are vulnerable or have essential medical equipment in your home, they can provide additional support when the worst happens.

Who to contact?

If you believe yourself to be vulnerable (over 65, disabled or chronically sick), talk to your supplier to get onto their Priority Services Register.

Water – For Rushcliffe, the water supply company is Severn Trent Water. Contact them on 03457 500 500 or go to www.stwater.co.uk

Electricity and gas – Because there are many suppliers out there, we suggest you check your recent gas or electricity bill for your supplier’s contact details, and then get in touch.

You can help vulnerable or elderly friends or relatives to sign up to the Priority Services Register, although the customer will also need to be present during the phone call. Online registration is also available in most instances.
Councillors helping their communities

Did you know that all 44 of Rushcliffe’s Borough Councillors have a pot of money called a community fund which they can use to support their community and enhance the lives of residents?

Our councillors have supported a wide range of schemes over the past year, often clubbing together to fund certain projects. Here’s a few examples of how their money was spent in 2015/16:

- **£500** to buy community defibrillators
- **£625** to a homelessness charity in West Bridgford to fund new signs for their food collection van
- **£700** to support a community book festival event
- **£360** to a Scout Group to buy new tents
- **£400** to fund a school choir trip to London
- **£150** to Home Start Nottingham to support families

If you’d like to find out who your local councillors are, or get in touch with them, you will find their details at [www.rushcliffe.gov.uk/councillors](http://www.rushcliffe.gov.uk/councillors)
Rushcliffe has been named as one of NHS England’s ‘Vanguard’ sites with national funding to transform health and social care services.

As highlighted in the last issue of Rushcliffe Reports, Principia – the local partnership of GPs, patients and community services – is leading the development of a new model of care.

As services become more integrated, there will be more emphasis on prevention, with increased support to enable people to look after themselves. This will also include better information sharing between the community and the hospital and moving some specialist services out of hospital into community venues.

All Rushcliffe GPs have formed a new partnership called PartnersHealth which is playing a crucial role in driving these changes. Together, the twelve practices in Rushcliffe are already trying new ways of delivering services so they are more convenient and accessible to patients as well as providing better value for the NHS. Here’s two examples of how new projects are improving patient experience and the quality of care:
Osteoporosis treatment closer to home

An innovative community Fracture Liaison Service is providing intravenous (IV) treatment for osteoporosis in local GP practices rather than at the hospital. Patients are offered IV treatment at a GP practice local to them every 12 to 18 months, instead of going to an outpatient clinic at the hospital or having to take weekly medication which can have unpleasant side effects.

Says one osteoporosis patient from West Bridgford: "It was such a positive experience. The nurse really took on board my apprehension at having a drip but in the end I was very relaxed and it was all quite painless. Now I only have to go back for treatment about every 18 months which is much better than having to remember to take pills every week. I don't use the NHS a lot as I'm not an 'ill' person, so it's wonderful that it all comes together and the service is so good when you do need to use it."

The service is also providing better value for money by reducing the number of hospital outpatient appointments and follow-ups. Thought to be the first service of its kind in the country, the Fracture Liaison Service has been shortlisted for a national Royal College of Nursing award for its impact in improving patient experience, health outcomes and nursing practice.

Improving care for patients with long-term conditions

PartnersHealth has led a review of how patients with long-term conditions are cared for by their GP and practice nurse. All 12 practices have now signed up to a 'minimum standard' contract for how care is provided for conditions such as diabetes, respiratory illness, heart disease and stroke.

Standard ‘care planning templates’ are being used across all practices to ensure that care for patients with long-term conditions is consistent across Rushcliffe, no matter which practice a patient is registered with.

Practices are also using a tool to assess the risk of stroke. 137 patients have been identified as having increased stroke risk and been given anticoagulation medication since January 2016. An estimated seven strokes in Rushcliffe have already been prevented thanks to early risk diagnosis and treatment.

GPs have also improved access to appointments – with all practices now offering appointments up to four weeks in advance and open from 8am to 6.30pm (Monday to Friday) with no lunchtime or afternoon closures.

For more information please visit www.rushcliffeccg.nhs.uk or email principia.mcp@rushcliffeccg.nhs.uk

Follow us on Twitter @PrincipiaMCP and @PartnersHealth1
Making connections and staying independent

Metropolitan Connect is a free service, supported by Nottinghamshire County Council, which gives practical advice and short term support to enable people to keep their independence and live at home for as long as possible. They:

• Help to reduce, delay or prevent the need for social care and health services
• Help people to maintain their independence
• Reduce isolation and encourage befriending
• Connect people to services that can help and provide the right support
• Offer personalised advice and short term support
• Help to co-ordinate the services that people may need.

Metropolitan Connect is for adults in Rushcliffe who are at risk of deteriorating health and independence due to age, mobility, disability, long term health condition or bereavement.

The service launched in January and supports people with a wide range of issues including:

• help with benefit claims
• finding local support and leisure groups
• getting aids and adaptations fitted in the home
• finding alternative accommodation
• finding reputable tradespeople.

If you or someone you know would benefit from the service, contact them on 0115 9395 406 or connect@metropolitan.org.uk
Sound the alarm for satisfied customers

Our home alarms service has been given a resounding thumbs up by users – 95% of customers said they were satisfied with the service in the 2016 home alarm satisfaction survey.

The service has been running for over 30 years. It has more than 1,000 customers who are safe in the knowledge that, with the push of a button, they can speak to experienced operators who are always there to listen, offer advice or contact a key holder, family member or the emergency services if needed.

Half of the customers who filled in our survey had needed assistance and had pressed the alarm accordingly. Here's what some said about our service:

If you’re interested in getting a home alarm or would like a demonstration please contact us on the new telephone number 0115 981 9911 or visit www.rushcliffe.gov.uk/homealarms.

Domestic abuse services

At the end of last year, Nottinghamshire County Council commissioned Women’s Aid (WAIS) to deliver support to both female and male victims of domestic abuse across the county. We work closely with WAIS and other partners to ensure residents in the borough are appropriately supported if they have need of these services.

If you need help or advice relating to domestic abuse, contact the 24 hour WAIS helpline on 0808 800 0340 or go to www.wais.org.uk

More information on the services for victims of domestic abuse can be found on our website at www.rushcliffe.gov.uk/domesticviolence.
A tasty treat

Tempt your taste buds, excite your eardrums and celebrate the unique flavour of Rushcliffe this summer as we host the third annual Taste of Rushcliffe food and drink festival. It’s happening on Friday 1 and Saturday 2 July in West Bridgford so come along and see fabulous growers, makers, cooks and businesses from across the borough and beyond.

The Friday Night Fiesta comes to town on Friday 1 July. From 5pm-10pm the Croquet Lawn on Central Avenue will be awash with Brazilian Carnival fever in celebration of a summer of Olympic fun. There’ll be lots of tasty street food and drink on offer, including a licensed bar in a converted double decker bus. What better way to celebrate the journey from London to Rio? There’ll also be music and dancing for all ages plus samba performances and a workshop with the ABC School of Dance.
Taste of Rushcliffe Festival Market
Saturday 2 July

On Saturday 2 July, some of the best independent food businesses in the region will be showcasing their wares at the Taste of Rushcliffe Festival Market on Central Avenue. From rare breed meats, to locally roasted coffee and speciality cheeses – it’s an essential shopping experience and a great opportunity to meet new growers and producers. From 10am – 4pm there’ll be free cookery demonstrations in our kitchen plus informative masterclass presentations, nutrition education and fun children’s activities.

If you want to know more, www.rushcliffe.gov.uk/taste has details of what’s on the stage, when the activities are happening and which delicious food businesses will be attending.

Making our events smoke free

From this Summer, we are joining forces with Nottingham City Council and other district councils across Nottinghamshire to make all outdoor family events voluntary smoke free zones.

The ambitious move is part of the Nottinghamshire Health and Wellbeing Board’s focus to reduce the number of smokers across the county and the harmful impacts of tobacco on communities.
Here’s a TASTE of some of the delicious food businesses who will be attending the food festival on 2 July

**Ghar Ka Khana**

Rita and Jazz of Ghar Ka Khana, in Edwalton, are Indian food specialists and a family business offering authentic, homemade Indian sauces, marinades and much more. Their gourmet cooking sauces are prepared by Rita in her own kitchen using her original family recipes and they’re additive-free and bursting with the freshest ingredients. You can buy a selection of samosas and Indian snacks along with dips and marinades from their Taste stall or from their Edwalton shop, the Chai ‘n’ Coffee House.

Website: [www.gharkakhana.co.uk](http://www.gharkakhana.co.uk)
Email: gharkakhana@hotmail.co.uk

**Harringtons Fine Foods**

Harringtons Fine Foods is a family run butchers and delicatessen that was established in 2013 by Matt and Charlotte. They like to source great local meats and make their own sausages, burgers, pork pies and much more. They also have a wide range of cheese, olives and ready meals on the deli. Harringtons love doing events like the Taste of Rushcliffe festival to show everyone what they are passionate about, but you can also go to their shop on Hilton Crescent off Alford Road in West Bridgford.

Telephone: 0115 923 2256
Email: harringtonsfinefoods@gmail.com
Facebook: [facebook.com/harringtonsfinefoods](http://facebook.com/harringtonsfinefoods)
Vork Pie

Vork Pie produce handmade vegetarian and vegan pies and scotch egg style snacks. They’re a small business, started by Sophie just over a year ago, making speciality pies that are tasty and filling. Pies are made in small batches using fresh and natural ingredients and organic flour. This year two of their pies won awards at The British Pie Awards. Vork Pie started with The Original Pie but they now have 5 flavours of pie and 3 scotch egg type snacks! As well as Central Avenue on 2 July, you can find them at West Bridgford Farmers Market and in outlets around Nottingham.

Website: www.vorkpie.co.uk
Email: hello@vorkpie.co.uk
Twitter: @VorkPie
Facebook: facebook.com/vorkpie

Pasticceria Lorena

Pasticceria Lorena, Italian for ‘Lorena’s pastry shop’, makes handmade Italian pastries, gateaux and biscuits from quality ingredients. Lorena bakes to order from her home kitchen in Wilford Village and specialises in delivering stunning Italian dessert tables for weddings and other functions. Lorena launched her business two years ago at the very first Taste of Rushcliffe Festival and is excited to return for the third time to bring you a selection of her most popular miniature pasticcini, cakes and biscuits.

Website: www.pasticcerialorena.com
Email: info@pasticcerialorena.com
Facebook: facebook.com/pasticcerialorena
Insects are an important part of our everyday life. They provide food for animals higher in the food chain and pollinating insects, such as bees, are vital for food production as they pollinate our crops.

Over 1,500 species of insects pollinate plants in the UK, including many different species of bees, hoverflies, beetles, butterflies and moths. Pollinating insects are under pressure from habitat loss, pests and diseases. They often struggle to find the food and shelter they need for nest building as a result of landscape changes. The Council works to provide essential habitats for these insects, including developing wildflower meadows on land throughout the borough.

There is a national campaign to provide for the needs of pollinators and everyone can play a part. Whether you’re a farmer, a gardener or manage a green space, you too can support bees by following these five simple tips in your garden or landholding:

- Grow more flowers, shrubs and trees
- Let patches of your garden grow wild
- Cut your grass less often
- Don’t disturb nests and hibernation sites
- Avoid or reduce use of pesticides.

For more advice on how to support bees and other pollinators to thrive, visit www.beesneeds.org.uk
Get back to nature

If you feel like getting back to nature whilst the weather is warmer, we have a list of Rushcliffe’s best green spaces to visit to get you started.

Our Nature in Rushcliffe leaflet gives you locations and details of 32 green spaces in the borough where you can visit and be at one with nature. To start exploring, go to www.rushcliffe.gov.uk/natureinrushcliffe

Helping you to support biodiversity

The Council is offering grants of up to £750 to anyone interested in improving diversity of the plant and animal species on their land. The biodiversity grant scheme aims to help pay for specific expenses incurred in supporting biodiversity.

There are a range of projects that may qualify for a grant. They include buying tools and materials, training, publicity and developing sites such as hedgerows or ponds.

Applicants can apply for between £100 and £750 and must apply for the grant before starting any work.

Proposals must demonstrate a clear benefit to biodiversity and we recommend getting advice first to ensure your project would be acceptable for a grant. If you’d like advice before applying, discuss your project with Nottinghamshire Wildlife Trust at www.nottinghamshirewildlife.org or East Midlands Farming and Wildlife at eastmidlandsfwag.co.uk

To see more about the scheme or to apply go to www.rushcliffe.gov.uk/grants
Rushcliffe’s young elite

Following on from the Spring Rushcliffe Reports where we introduced you to three of the elite junior sportspeople we are sponsoring, now here’s three more:

Joel Leon Benitez

Joel, from West Bridgford, is the top ranked U18 pole vaulter in the UK, ranked 2nd at U20 level despite only being 17. He was selected for the GB and Northern Ireland team that took part in the World Youth Championships in July 2015 in Colombia and competed for England at U20 level at the indoor international in March. Joel’s next goal is selection for the World Junior Championships in Bydgoszcz, Poland this summer, to win the English Schools Championships and break the Championship record.

Zyggy Chmiel

West Bridgford based Zyggy is a member of Nottingham Kayak Club where he competes in Marathon Canoe Racing. Last August, he took part in the British National Marathon Championships and received silver in the K1 and K2 events. He represented GB at the Junior European Championships in July and at the Junior World Championships in September, picking up the silver medal at both of the K1 events.

Megan Langton

Swimmer Megan attends South Wolds Academy in Keyworth and is part of the famous Nova Centurion Swimming Club performance programme and Nottingham Leander swim club. She took part in the Midland Swimming Spring Championships in May 2015 and came away with gold, silver and bronze medals. Megan has competed in the national championships three years running in a range of events and distances and took part in four national finals last summer.
From Rio to Rushcliffe our Summer of Sport

Celebrate the Rio Olympic and Paralympic Games this summer – come for a run on one of our specially created grass running tracks. Use them as part of your training programme, race against your friends or organise your own athletics competition. Tracks will be marked out for use over the school holidays at the following places:

- Rushcliffe Country Park, Ruddington
- Bridgford Park, West Brighdorf
- Gotham Road Recreation Ground, East Leake
- The Grange, Vicarage Lane, Radcliffe-On-Trent
- Ambleside Play Park, Gamston

Calling all clubs
Try it, love it, do it

To mark the half-way point of the Olympics (13-14 August) and the Paralympics (10-11 September), we’re working with sports clubs in Rushcliffe to get more people active by organising their own events over both weekends. Taster events, family fun days, barbeques, inclusive activities, organised matches or tournaments are ways in which people can get involved.

We’re looking for sports clubs to sign up to be part of the programme and they’ll receive an event pack which includes bunting, water bottles, posters and flyer templates in return. To sign up your sports club or for more information, visit www.rushcliffe.gov.uk/tryitloveitdoit

Rushcliffe’s weekend of sport

Rushcliffe Sports Awards

Nominations for the 2016 Rushcliffe Sports Awards are now open, until September. If you know someone who dedicates their time to sport and goes above and beyond, please nominate them. Visit www.rushcliffe.gov.uk/sportsawards for categories, criteria and an online nomination form.
Party Mania
children’s parties

Have your kids got a birthday coming up? Our popular children’s parties are available throughout the year with a wide range of options - from brilliant pool inflatable flume sessions to amazing bouncy castle or sports activity parties.

We’ll provide party food, drinks and everything you’ll need to make it an occasion to remember. If you book and pay for your party by 31 August 2016, you’ll receive 5% off the price – so get in touch with your local leisure centre to get the party started!

Calling all 16-25 year olds – summer’s coming... are you ready?

Keep busy during the summer break by joining Expressions fitness and you’ll get £50 off your membership to kick-start your summer fitness regime. Contact the leisure centre of your choice to take advantage of the offer.

Summer swim crash courses

With a summer off, what better time to learn to swim or improve your technique? All Parkwood Leisure centres are running crash course swimming lessons over the summer holidays. As well as beginners, courses for children over 3 years old, we have rookie lifesaving crash courses and stroke improvement classes. Contact the leisure centre of your choice to book your place.

Want to earn while you learn?

Then a Recreation Assistant Apprenticeship with Parkwood Leisure could be just for you! The apprenticeship lets you gain recognised qualifications such as the National Pool Lifeguard Qualification, and gain relevant work experience. For more information please contact Robert Linthwaite on 0115 989 2916 or Robert.Linthwaite@Parkwood-CommunityLeisure.co.uk, or apply online at www.leisurecentre.com
Forget the Biggest Loser! Are you going to be Rushcliffe’s second BIGGEST WINNER?

Our article ‘Be a winner, by being a loser’ in winter Rushcliffe Reports, attracted a lot of interest. Parkwood Community Leisure and Rushcliffe Borough Council are again joining forces to look for four more volunteers who want to achieve their fitness goals in 3 months.

Are you looking to lose weight, tone up, improve your health and wellbeing or just be able to run and catch the bus? If so we would like to hear from you – and in return you will get free use of our leisure centres, including free swimming, gym and fitness classes for 3 months.

Each participant will be assigned a qualified fitness instructor who will help them achieve results and provide advice and exercise plans. The overall winner after 3 months will receive a year’s FREE Expressions membership, worth over £390. During the course of the 3 months, participants will be encouraged to give regular updates on how they’re doing, the ups and downs of the programme and be happy to participate in any form of promotions of the campaign.

If you’d like to take part, please send a brief summary of why you should qualify for this unique opportunity and what you hope to achieve (no more than 100 words) with your full contact details to marcos.szysler@parkwood-communityleisure.co.uk by 31 July 2016.
Swimfit
Swimfit is a fantastic fitness class in the pool for juniors and adults, involving stamina swimming and exercises. You must be a swimmer to take part and a free swim assessment is included in the session.

Summer swim offers
Why not take advantage of our summer swim passport, which gives you unlimited swimming at four leisure centres over the 6 week summer holidays. It’s great value at £19.99 for juniors or only £44.99 for a family passport.

We are also offering swimmers the opportunity for signing up for unlimited swimming for £23 a month. Contact your nearest centre for more details.

Swimming lessons for children at East Leake Leisure Centre
East Leake Leisure Centre offers children’s swimming lessons all year round with their Activ Swim programme. The sessions take place from 4-6pm every weekday and 8.30am–12.30pm on Saturdays.

Before starting, children need to attend an assessment day with their swimming kit to make sure they are placed in the right class. The next assessment day for new swimmers is Saturday 16 July from 9-11am.

Our leisure centres
For more information or to take up any of the offers on these pages, contact your local leisure centre:

Bingham Leisure Centre – The Banks, Bingham, Nottingham, NG13 8BL
01949 838 628 | email bingham@parkwood-communityleisure.co.uk

Cotgrave Leisure Centre – Woodview, Cotgrave, Nottingham, NG12 3PJ
0115 989 2916 | email cotgrave@parkwood-communityleisure.co.uk

Keyworth Leisure Centre – Church Drive, Keyworth, Nottingham, NG12 5FF
0115 937 5582 | email keyworth@parkwood-communityleisure.co.uk

Rushcliffe Leisure Centre – Boundary Road, West Bridgford, Nottingham, NG2 5FF
0115 923 4921 | email rushcliffelc@parkwood-communityleisure.co.uk

East Leake Leisure Centre – Lantern Lane, East Leake, LA12 6QN
01509 852 956 | email eastleakeleisurecentre@carillionplc.com
Summer fun and games

Games are synonymous with summer, so if you fancy a knock about or a kick about, here's a rundown of our facilities for hire in West Bridgford:

**Bridgford Park, Central Avenue** – we have two full sized tennis courts which are managed in partnership with Activeace. Advance booking is required – 'Pay and Play' rates are £5 per hour for adults and £3 per hour for juniors. Flexi-court passes are available for £55 per household and offer access to all our courts in West Bridgford all year round.

To enquire email: admin@activeace.co.uk or call: 0115 933 8363.

**West Park, Loughborough Road** – managed in partnership with Activeace, there are four mini tennis courts and one full size court for you to hire. Advance booking is required, see details above, and mini courts are £2.30 per hour.

Also at West Park are two pavilions, the Sir Julien Cahn pavilion and a sports pavilion, and a grassed sports field which is used for cricket.

**Alford Road, West Bridgford** – a large grassed area which is used as both a recreational open space and sports venue. There are three adult and two junior sized football pitches, as well as a rugby pitch which are available for hire. The site also has a changing and toilet facility.

**Gresham Sports Park, off Wilford Lane, West Bridgford** – the facilities at Gresham include a state of the art 3G floodlit football pitch and six full-sized grass football pitches and one mini grass one. There's high quality changing facilities and extensive car parking.

To enquire about our facilities, go to www.rushcliffe.gov.uk/leisure/parksandpitches email communityfacilities@rushcliffe.gov.uk or call 0115 914 8553.
Harnessing business knowledge for career futures

In March, we hosted a launch event for the Careers and Enterprise Company (CEC), along with Nottingham City Council. The CEC is a national company which has provided funding to join up employers and secondary schools to help young people with their future careers.

The event was a real success – 15 local schools attended, bringing more than 40 students with them and over 30 representatives from local businesses came too. The event provided a great chance for schools and businesses to hear more about the CEC and the opportunities it brings for Rushcliffe. It also gave the students a unique opportunity to speak to senior figures from local business to ask them about the prospects available in the line of work they’re interested in for their individual career journeys.

The CEC programme works by recruiting Enterprise Advisors, high calibre people from the business world who work with schools to motivate, inspire and support young people in making informed choices about their future. Enterprise Advisors work closely with leadership teams in schools and colleges to develop their careers and enterprise strategies and employer engagement plans, drawing on their own local business networks.

If you’re involved in a local business and would be interested in helping the young people of Rushcliffe to realise their potential, we’d love to talk to you. Please email econdev@rushcliffe.gov.uk or visit www.d2n2lep.org/skills/d2n2-enterprise-adviser-network
On target for better broadband

Superfast fibre broadband is now available for 95 per cent of homes and businesses in Nottinghamshire – a year ahead of the national target set by Government.

The Better Broadband for Nottinghamshire (BBfN) partnership between Nottinghamshire County Council and BT has successfully completed the first part of its fibre broadband programme, on time and within budget. Work on a second phase of work, extending fibre broadband coverage even further, to 98 per cent of premises by 2018, is now pressing ahead.

This has been a huge civil engineering programme, with hundreds of miles of fibre cabling deployed and new fibre broadband cabinets installed in towns and villages across the county.

It is important to remember that upgrades are not automatic – to make the most of this new superfast infrastructure, people need to sign up to a fibre service with their chosen provider.

If you’d like to know more go to: www.nottinghamshire.gov.uk/business-employment-and-benefits/better-broadband-for-nottinghamshire-programme

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Satellite broadband

For those who aren’t covered yet by the superfast broadband, the Government has committed to giving access to 2Mbps download speed to every premises in the UK.

As part of this commitment, Nottinghamshire County Council, in conjunction with Broadband Delivery UK (BDUK), is offering the option of a subsidised satellite broadband installation for eligible premises. To find out more and see if you are eligible please visit: www.nottinghamshire.gov.uk/business-employment-and-benefits/better-broadband-for-nottinghamshire-programme/basic-broadband-for-all
Vital venues for your event

Whether it’s a wedding reception, kids’ party or an exercise class, don’t forget we have a selection of fabulous venues that you can book for your event – at a reasonable price too.

Sir Julien Cahn Pavilion, West Park, West Bridgford – an attractive and spacious pavilion with a cricketing heritage and a great view overlooking the cricket pitch. This venue has bags of parking, making it a great choice for parties, discos and community gatherings.

Lutterell Hall – a lovely 1920s building in a central West Bridgford location. It’s ideal for wedding receptions and celebrations of all kinds, especially as it’s next to St Giles Church and within walking distance of West Bridgford Registry Office, West Bridgford Methodist Church and Holy Spirit Catholic Church. It’s very popular for children’s parties, meetings and ‘one-off’ events too.

Gamston Community Hall – handily located near the Morrisons supermarket, this is a multi-purpose facility, popular for indoor sports, fitness classes, playgroups, children’s parties, community gatherings and educational classes.

For more details or to book any of our venues, go to www.rushcliffe.gov.uk/venues email communityfacilities@rushcliffe.gov.uk or call 0115 914 8553.
There is a village hall with a playing field and playground, and clubs and societies to suit all tastes, including cricket, gardening, reading and walking. There is also a society to support the Grantham canal, which runs past the edge of the village. For more details, check out the informative parish council website at cropwellbishop-pc.gov.uk

Cropwell Butler is a mile to the north of Cropwell Bishop. It’s picturesque with its small village green a central feature. It has a chapel and a pub, The Plough, and Sheldon Field plays host to a couple of local football clubs.

The village sprang to prominence in May 1941 when it was used as a ‘Starfish site’, when waste ground was set alight as a night time decoy to German bombers aiming to bomb Nottingham. Vital infrastructure was saved without loss of human life.

If you decide to go for a drive around the Vale of Belvoir, be sure to visit the Cropwells on your way back – they’re well worth a visit.
Here comes the sun

Here are details of two wonderful family events coming your way…

Lark in the Park
Wednesday 3 August

Rushcliffe Borough Council’s flagship free family fun day, with a packed programme of shows and workshops, exhibitions plus fairground rides, inflatables and market stalls. The theme for 2016 is Heroes. Join us in Bridgford Park on Wednesday 3 August, 10am to 4pm. Dress as your hero or idol and join in the fun.

Go to www.rushcliffe.gov.uk/larkinthePark for more details.

Sunday Funday
Sunday 11 September

Our award winning annual fun day with our partners in health, NHS Rushcliffe Clinical Commissioning Group, on Sunday 11 September, 12pm to 5pm at Rushcliffe Country Park. Learn how to eat well, move more and live longer. Have a go at a variety of fun sports and watch cookery demonstrations from trained chefs and sample their delights. Have a mini health check and find lots of useful information on staying healthy.

Find out more at www.rushcliffe.gov.uk/sundayfunday