



‘ONE NEWTON’ NEWSLETTER

AUTUMN 2017

So... it’s been a busy summer!

A willing team of locals coordinated the 4th Annual Newton Sports Day and the rain managed to hold off for a whole day in July. We welcomed the Deerstock music festival later in the month. I’ve had the pleasure of meeting Kevin and Karen Green who run a Mind & Body clinic here in Newton and also offer a range of yoga and somatic movement classes in the surrounding villages. It has also been a productive few months for the Parish Council over the summer, with great progress towards making some of our community needs a reality. As for my husband Paul and I, we did lots of camping and attended a couple of fantastic events not too far away from home with the University of Nottingham hot air balloon! More about those later ...

So, following the great feedback received when we launched a mini trial edition of our Newsletter at the Sports Day in July, I’m delighted to bring to you our first full quarterly edition!

Newsletter distribution update – We need your help!

- We’re keeping costs to a minimum, so if you are a Newton resident and have not already provided an email address, please do so if you have one and give us your support (contact methods below)
- If you are not online, please let us know your Newton address well in advance of the December Newsletter and we will arrange to hand deliver a copy
- A copy will also be made available on the Newton Parish Council website

A reminder of our aim with this Newsletter which is to:

- Appeal to residents across many age groups and draw our great community together
- Share creative, fun and informative articles, news, mutual hobbies and interests
- Provide welcome publicity for local events, activities, services and small businesses

We’d love to receive your input!

If you have content for the winter edition or would like to discuss an idea for a regular feature, please make contact in good time. We’re also very keen to hear from our younger readers!

How to make contact:

Telephone: 01949 21133

Email: newtonnottingham@outlook.com

Post: 15 Dakota Road, Newton, NG13 8ZY

In the meantime, here’s a snapshot of what some of our local residents have been up to over the summer months – Enjoy the read and I hope it encourages you to contribute to future editions!

****Deadline for winter edition – Sunday 26 November 2017****

With best wishes, Yvonne Stephenson, Editor





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4th annual Newton sports day

Over the last 4 years, the Sports Day Committee have worked hard to ensure this event brings our community together. Whilst there is definitely a focus on the children, the grown-ups have fun too and the afternoon provides a nice informal way to build new friendships. We have previously tried bringing in outside caterers which we have included in the ticket price with varying levels of success.

This year, the Committee decided on a ‘back to basics’ theme, with no caterers involved, so the only small entry fee was for those entering races, with additional funds being generated on the various stalls. However, this meant that we had no guarantee on the level of turnout and were very much at the mercy of the British weather!

Thankfully, luck was on our side this year and the 4th Newton sports day in July was a real success. Despite the rain threatening, the weather remained fair and lots of families joined us on the green, bringing their own picnics, gazebos (for those bad weather cynics!), chairs and a number of games, which were designed and run by the children.

As you might imagine, the adults certainly managed to get into the spirit of the afternoon and were very competitive, particularly in the sack race and Tug of War! However, the highlight was the children's Tug of War – Boys versus girls – which is clearly going to be a firm favourite in future years!

A big thank you from the Committee to all those who came along and gave their support ... We raised £100 which we will put towards buying our own Newton Tug of War rope so that we don't have to borrow one next year!

It would be fantastic to see even more residents at next years' event, so if you have any constructive feedback or ideas, please do let us know via the contact methods provided on the front of this Newsletter so that your input is considered when we get into planning mode.

In the meantime, we hope you enjoy the photos over the page, taken this year!

Best wishes, Pippa & Jon Sweeney

Comment from the Editor

A big ‘shout out’ must go to this Committee who take the time to organise this fun event and others, such as the annual Easter Egg Hunt for the benefit of our community. Ahead of next year, can I suggest Tug of War enthusiasts head to www.tugofwar.co.uk where they will find a whole ‘Getting Started’ section with lots of hints, tips and even an online tutorial? ... Let the training commence 😊



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Some great shots from this years' sports day courtesy of Pippa & Jon Sweeney... I'm assuming the one directly above and right is the aftermath of the grown-ups sack race or Tug of War! For the benefit of those not present, I'm not aware that any Paramedics were needed! ...

And before we get any complaints... the photo here on the right is of the sports day tuck shop and **NOT** this very happy little boy's lunch 😊





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Newton’s very own Deerstock music festival

Have you ever wondered what is going on at the end of the track where that Deerstock flag appears at the beginning of July and flutters in the wind until month-end? Well, we did the same and were curious about it so we booked tickets 4 years ago and have attended with family and friends ever since. Being a resident of Newton, it's an absolute delight to have Deerstock on our doorstep. The festival is run entirely by volunteers and proceeds go towards a range of both national and local charities, so it's all for a good cause.

The atmosphere is fantastic and we attend with our children who have an amazing time. It's a small festival with a family friendly vibe, great music and lovely people. Of course, it's impossible to book the British weather for this type of event, but we always enjoy ourselves, come rain or shine. There is also an undercover stage where you can dodge the rain, so don't let the weather put you off!

There are plenty of food outlets, a bar serving real ales and soft drinks, a cider tent, bouncy castle, arts and crafts stalls, animals for the kids to pet and even free camping! So in all, it's an absolutely great weekend and we are already looking forward to next year... Maybe we will camp onsite, but then again, maybe we will just walk home as it's not exactly far to travel!

Dates for Deerstock next year are 20th – 22nd July 2018, so if you fancy giving it a try for a day or even the whole weekend, keep an eye out for tickets going on sale via the website at www.deerstock.co.uk or on the Deerstock Facebook page.

Thanks to Donna Stowe from Newton for sharing her experience and these great photographs!

*Clearly the rain wasn't a problem for these Deerstock revellers!
The challenge is on for next year – Can **YOU** fit more than 7 people in a pop-up festival tent?!*





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August on the farm at Newton

August is the time for harvesting the wheat, barley and field peas before preparing the fields for the next crop. The seed for next year's harvest of oilseed rape is about to be sown. This year's crop was harvested in July and sent straight to a crushing factory in Liverpool, where it will be transformed into cooking oil. The wheat we are harvesting is stored on the farm and supplied to the end user over the next year.

In Britain we have traditionally used American wheat to make our bread but, with careful plant breeding (not GM), we now have our own varieties that can be used. Bread wheat sells at a higher premium price, however, the wet weather in August can spoil the quality and render the wheat unusable other than for animal feed which sells at a much reduced price. We are awaiting the test results to find out the quality of our wheat this year. Wheat is traded as a commodity on the world market, shipping is relatively cheap and it is traded mainly in US Dollars across the world. The falling Pound against the Dollar and the Euro has helped our prices, but the main effect on value is global supply and demand. If the world has good crops, the price falls. We are such a small country here in England that the yield from our crops has little or no effect on price.

As mentioned in my last article, the peas we grow here on the farm are not supplied to the frozen food industry but instead, dried and used to make mushy peas. There is a large demand for these from the Middle East, especially Egypt, but again if the wet weather has spoilt the quality of our crop, they may instead be used for high protein animal feed with the loss of premium price.

The combine harvester collects the grains and the straw is expelled at the back of the machine. The straw can be chopped as compost for the next crop or left in rows (swathes) ready for baling. You may have seen straw baled in cubes and these are heavy, high density packages suitable for economic lorry transport to areas where there are no arable crops grown. Some baled straw is now transported to power stations where it is burned to produce electricity.

The round 'swiss roll' shaped hay bales you see are used by livestock farmers and these are rolled out just like carpet and used for animal bedding. The bales you see wrapped in plastic are cut grass, which is wrapped to exclude air which then enables the grass to 'pickle' to produce high quality animal feed in an anaerobic environment. Black plastic is the most widely used for silage whereas the green plastic is usually haylage sold into the equestrian industry. Pink wrapped bales have become very popular recently as part of a 'Wrap it Pink' campaign with donations made to raise awareness of breast cancer charities.

You may have noticed some of these as you turn off the old A46 towards East Bridgford. We use our own hay, haylage and straw for the horses at livery on the farm.

An interesting statistic to finish on for this quarter ... If we as a nation eat only food produced in Britain from 1st January next year, with no imports or exports, by 5th August it is anticipated that our country would run out of food! There's an interesting topic for Brexit negotiations ...

More about potatoes, sugar beet and Christmas trees in December!

Warm regards, James Fisher, Newton House Farm



*Pictured from left to right:
Robert Bingham, myself, my
son Adam and Dylan Roberts.*



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Mind & Body Consultants

We are Karen and Kevin Green and specialise in helping people to become healthier, fitter and pain free. We established our business 20 years ago and run a private clinic from our home here in Newton. We also offer 10 weekly Yoga and Somatic Movement classes in Bingham and the surrounding areas. The latter is particularly good for helping with trauma after an accident, injury or, perhaps pain resulting from a habit such as one so many of us suffer from... sitting at a desk! Rather than thinking of this as exercise, it is more about involving your brain in the movements and re-training the muscles to let go of chronic tension ... Think of it as your muscles have simply forgotten what to do and your brain has gone on holiday! These techniques will help you to release tension and learn how to move again in an easier, pain free manner. You may have suffered an accident, be dealing with chronic pain, stress or simply overdone the gardening. Maybe you are experiencing tiredness or weight issues, feeling bloated or just lost your sparkle! We are here to help you get more life out of your years and to enjoy your social activities, hobbies and sports again.

I'm Karen, a former British Martial Arts champion with over 35 years' experience in the Health and Fitness business. Establishing the first Sports Injury Clinic at Bingham Leisure Centre, I ran GP referral schemes and later set up clinics at Southwell Leisure Centre and in Bingham. I now provide remedial yoga classes and 1-to-1 sessions and specialise in Somatic Movement.

My husband, Kev, is a former Police Officer of 24 years and was once a keen squash player and gym goer. A painful back condition left him unable to work for 6 months or participate in sport. Kev began his rehabilitation using yoga therapy after much persuasion from me and made a full recovery, resigning from the Police Force to become a Yoga Teacher and Remedial and Full Movement Practitioner. Kev now offers hands on clinical appointments which include assessment, remedial massage, mobilisation and applied yoga.

Kev and I are delighted to provide a regular slot for the Newsletter and plan to share our hints and tips on how you can improve your health – Often making small step-by-step lifestyle changes can achieve great results! Whilst it is vital to see a GP if your pain persists, here's something you can try at home which will help ease general muscle aches in your back, hip or buttock:

1. Stand with your feet hip width apart, knees slightly bent and with your back close to a wall
2. Place a tennis ball between the muscle that's causing you discomfort and the wall
3. Lean on the ball with just enough effort so that it's not too painful
4. Slowly move from side to side, up/down or in a circle to massage the point
5. Repeat a few times but not so it's sore (around 6 to 12 repetitions up to 2 or 3 times per day)

Soaking daily in a bath with Epsom salts (try Westlab, available from most health food shops) is another great way to ease pain. You can also lie on a firm surface with knees bent, placing your hands on your stomach. Breathe in and let your belly rise, breathe out more slowly and let it sink down, repeat for around 5 to 10 breaths or until you feel more comfortable.



**** Special offer for all Newton residents ****

£5 off your first appointment with this Newsletter until the end of November 2017. Claim yours now by calling us on 01949 829311 or 07775 655539. Visit our website for more about what we do at www.mabconsultants.co.uk.

We hope to hear from you soon! Karen & Kevin Green





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News from our Parish Council

The Newton Parish Council meet monthly to discuss and vote on important matters which concern our community. Residents are welcomed at these meetings, so please support them when you can!

Draft minutes from the recent September meeting are now available on the NPC website at www.newtonparishcouncil.com and will also be posted on the village noticeboards.

Next meeting: 25 October 2017 at 7.30pm; Venue: Security Building, Wellington Avenue, Newton



Defibrillator training opportunity!

A defibrillator for public use is now installed in Newton on the front of the Security Building at the end of Wellington Avenue and the cabinet can be accessed by dialing 999 in an emergency. If you are a Newton resident and keen to learn how to use this potentially life-saving piece of kit in our community, please express your interest by contacting our Parish Clerk, Bill Banner at billbanner@onetel.com. The first evening training course took place on 3 October, facilitated by trained First Responder Oliver Beer at the Squadron Building on Trenchard Close. 14 residents attended what was apparently a really interesting and informative session. A second 2-hour evening training session will be scheduled soon if there is sufficient interest.

Newton village hall progress

Following negotiations with Newton Nottingham LLP, the Council has been offered the opportunity to see the former RAF Guardroom (located on the right, just beyond the gates on Wellington Avenue) converted into a new Village Hall for our community. It is a sizeable building, centrally located and is perfect for conversion using the existing sturdy walls and foundations. During the summer, there have been numerous visits to the property and proposed plans are now being drawn up by an architect for costing purposes. Watch this space!

A word on bins ...

Three grit bins have been ordered and will be strategically placed around the village for use by residents when the going gets slippery... Future grit supplies will be delivered to Newton's 'Snow Warden', James Fisher, so that bins can be topped up.

Additional dog foul bins have been requested for Newton – Dog owners, please be considerate to others and dispose of your dog's mess in the bins provided!

Children's play area:

A 25-year lease has been signed with Newton Nottingham LLP for a children's play area to the rear of the open space behind Hampden and Battle Close. Resident feedback has been taken into account and the selected site is now based on a slightly amended stretch of ground at 'Location B' as shown on the original questionnaire distributed in 2016. The play area will be of robust timber construction, in keeping with our woodland surroundings. With the lease in place, the Council has submitted a funding application with a response expected by the end of November 2017. If successful, the Council will be working hard to ensure that the play area is open for spring 2018.

The Council is keen to hear from our younger residents and plan to host a pre-Christmas social for children, parents and carers during early December when drawings of the proposed play area options will be on display, enabling attendees to have their say! If funds are confirmed and the Council is able to go ahead with this event, please keep an eye out for further information...

SAVE THE DATE!
3 December 2017 (afternoon)
Children's Play Area Workshop
Security Building,
Wellington Avenue, Newton
Refreshments will be provided



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A word from our Borough Councillor, Nigel Lawrence

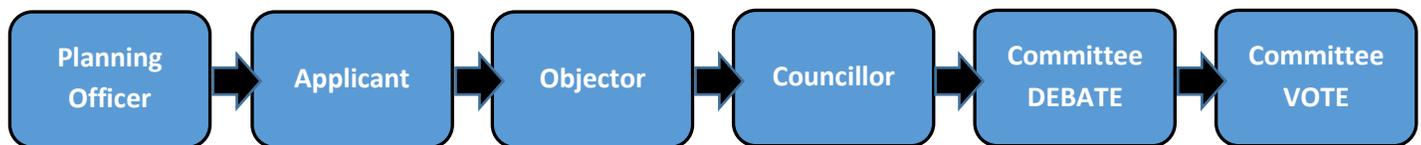
I would like to say how delighted I am to see the start of a Newsletter for Newton and look forward to providing articles of general interest relevant to my Borough Council duties. During the last couple of years, Rushcliffe Borough Council had noticed that although we remain a high performing authority, there was room for improvement in a number of areas. So, we undertook a piece of work to see how we compared with similar districts. Well, as they say... the results are in and we’re making some positive changes!

Probably one of the most notable improvements relates to the Planning Committee, comprising of 11 Councillors, who are responsible for reviewing those planning applications referred to them for a decision. Approximately 1,400 planning applications are received by the Borough Council annually. The majority of these are reviewed and approved by our Planning Officers, with around 6% being escalated to the Planning Committee who meet monthly.

So, what’s changing? – In future, members of the public will have an opportunity to speak during these meetings, when previously only Ward Councillors were permitted to do so. This will require a certain amount of discipline to ensure that meetings are conducted effectively and to schedule, so this is what will happen:

1. It will only apply to applications which are referred to the Planning Committee – This happens when the Ward Councillor (me for East Bridgford Ward, which incorporates Newton) disagrees with the conclusion of the Planning Officers and refers it to the Committee
2. When you apply for planning permission (as the ‘Applicant’), you may give reasons why your application should be granted. If it is referred to the Committee, you will be notified a week or more in advance and given the opportunity to attend the monthly meeting. You must give notice if you wish to attend and will be granted up to 3 minutes to present your case
3. If you have objected (‘the Objector’) to a planning application which is referred to the Committee, you will also be notified, required to confirm if you plan to attend the meeting and given 3 minutes to present your objections
4. Only one objector may speak so if more than one attends the meeting then you must decide between you (preferably in advance) who is best placed to speak on your collective behalf. Again, 3 minutes is permitted
5. Finally your Councillor has a chance to explain their reasons for bringing the application before the Committee
6. There is no cross-examination of speakers, though the Chairman may seek clarification of the points raised

In summary, the order of play for planning applications brought before the Committee is as follows:



Meeting tips:

- You are not obliged to speak at Committee and your case will not be disregarded if you choose not to
- Applicants and Objectors wishing to present their case should come prepared with strong, valid reasons so that points can be made succinctly and effectively in the time allowed

Best regards, Councillor Nigel Lawrence



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Up, up and away... at Poacher 2017 & Chatsworth Country Fair!

Paul, myself and various trained crew members like to indulge in a spot of hot air ballooning when we have time. We became involved in the sport some years ago when a very good friend of ours and one amazing lady, Dr Janet Folkes, a former lecturer at the University of Nottingham and world record-breaking Pilot, persuaded us to give it a try. We didn’t need much encouragement and soon became regular members of her crew! Sadly, Janet passed away from cancer back in 2012, but we continue to fly the University of Nottingham hot air balloon as much as weather and time will permit us with our new Pilot, Ian Warrington whom Janet introduced us to before she died... It’s not just about the flying, we love the camaraderie and every aspect from inflation and launch to retrieving the balloon from its eventual landing spot - Contrary to popular belief, the balloon doesn’t return to the same place like a boomerang! It goes where the wind thermals and direction take it and a Ground Retrieve Team ‘chases’ the balloon with its Pilot and passengers to its final destination – This is preferably a nice accessible field, without crops, nor livestock and a friendly farmer or landowner who will allow us to drive the balloon trailer onto their land in order to deflate the balloon and pack it all away until the next time! Janet was passionate about ballooning and loved to encourage newcomers to the sport, especially young people. We fly on behalf of the University and with Janet’s wishes front of mind and I thought I would share a little about 2 events we attended this year with G-NUNI – the balloon’s aircraft registration (‘G’ which stands

for Great Britain and ‘NUNI’ which represents the University).

Lincolnshire Poacher 2017 – International Jamboree

Those of you involved in the Scouts or Guides will have heard of this Jamboree I’m sure. It’s a week-long event which runs every 4 years during the summer at the Lincolnshire Showground. This year in its 40th anniversary year, Poacher attracted over 5,500 10-17 year olds from 25 different countries who like us, camped onsite all week, plus a further 2,000 youngsters for a one-day Junior Poacher event!

G-NUNI was one of over 70 activities available to participants to get involved in throughout the week and whilst the showground is a rather windy and open site to launch from, we were fortunate enough to provide a few early morning and evening flights from the Main Arena for some lucky children and volunteer staff. During the daytime when the wind thermals make it too unstable for flying, we rigged up the basket and burners and provided tuition to around 800 enthusiastic children and teens. With the University’s support, we hope to attend NorJam 2018 at the Norfolk Showground, so if it’s something you’re involved in maybe we will see you there next year!



Not an ideal amount of weight to have in the basket, but when it's too windy to fly, these Poacher attendees found another use ... "How many boys can you fit in it?" they asked... Who are we to disappoint?...

Chatsworth Country Fair, Chatsworth House, Derbyshire

This is an annual event which takes place after the August Bank Holiday and before the children go back to school. Aside from a huge showground filled with countryside pursuits, stands, celebrity cookery displays and a daily schedule of events in the Grand Ring, it is a great hot air ballooning meet with around 50 Pilots and their hot air balloons attending this year. Weather conditions were pretty perfect too, with wind speeds mostly in single digits for our morning and evening flying slots.

We’ve attended the Fair for several years now and the meet provides us with a great opportunity to camp in the grounds of this lovely estate just over an hours’ drive from Newton! 2018 dates are 31 August to 2 September, 14’s and under go free. My advice, book discounted day or weekend tickets online in advance at www.chatsworthcountryfair.co.uk and take a picnic!



*Photographs & article provided by
Yvonne Stephenson, Editor*



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Advertising wall:

Like all good things, our Newsletter is starting out small and we're very happy to promote local events, clubs and small businesses on behalf of our residents. If you would like us to do so or have a feature that you would like to share, please send us your requests. Space is limited and there is no charge for advertising at this stage, however in time that may change, or we may request a donation in support of a local charity, if appropriate:

