

‘ONE NEWTON’

ISSUE 3 SPRING 2018

Newton highlights...

So, spring is in the air, the eagerly awaited long Bank Holiday weekend is almost upon us and after the recent cold, snowy spell, the daffodils are slowly starting to show. Britain's weather forecasters are no doubt preparing to lure us with their usual promises of a long hot summer, BBQs and hosepipe bans! So what's happening in Newton? ...

Well, there is plenty to report on actually. We have great articles from our regular contributors plus an ever-increasing amount of interest and content from newcomers too in this, and future editions which makes all the effort worthwhile! There are events and services to promote, as well as a number of fun and family-friendly activities happening in our village over the coming months, so we hope there is something that you will want to get involved in. It looks like 2018 is shaping up to be a busy year here in Newton in fact! Here's just a few of the events and activities coming soon:

- ☀ **Nature projects to attract birds and other wildlife to our countryside surroundings**
- ☀ **The Great Newton Easter Egg Hunt**
- ☀ **Craft activities with a religious theme at Messy Church**
- ☀ **A new children's play area to open**
- ☀ **Right up your StreetFest (see separate flyer with this edition of One Newton)**
- ☀ **Newton's 5th annual Sports Day**

Newsletter distribution

We are always looking to expand our email distribution list in order to reduce Newsletter printing costs. These are currently funded by the Parish Council, subject to available budget. So, if you are online, please sign up for your copy by:

- Email – We need your email address and the first line of your Newton address so that we don't duplicate on delivery (contact methods below) or,
- Read the copy published on the Newton Parish Council website at www.newtonparishcouncil.com

We'd love to hear from you!

Remember, if you have feedback or would like to contribute content for a future edition, please don't hesitate to make contact.

****Deadline for summer edition – Wednesday 20 June 2018****

Summer edition distribution will be delayed slightly, to allow time to send in your StreetFest photos and feedback on what promises to be a great community and fund-raising event!

Hope to see some of you at 'Right up Your StreetFest'!

Here's how to make contact:

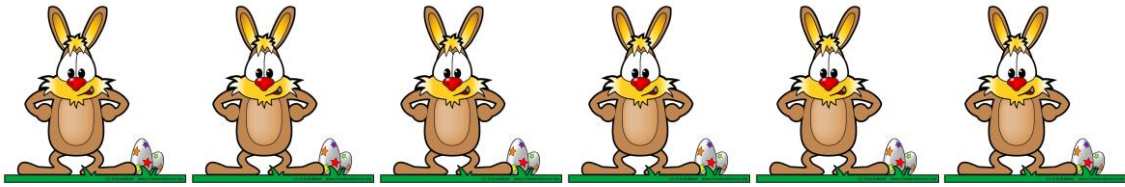
Telephone: 01949 21133

Email: newtonnottingham@outlook.com

Post: 15 Dakota Road, Newton, NG13 8ZY

With best wishes, Yvonne Stephenson, Editor





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There's still time to sign up your little darlings and it doesn't matter if you don't have any as 'BIG kids' are welcome too!

KIDS please bring along a decorated egg or basket for your eggs

GROWN UPS bring your own mug as we'll be serving tea and coffee!

EGG DONATIONS: Please supply one small pack of foil wrapped eggs per child and drop these off in advance at your nearest Easter Bunny HQ (16 Battle Close, 34 Anson Road or 32 Trenchard Close)

Shelford welcomes you to Messy Church!



Messy Church is for parents and children up to the age of about 11. We meet in **Shelford Village Hall from 4.00pm to 6.00pm** usually on the last Wednesday of the month. We begin with a range of activities and craft work, which usually includes painting and making a large collage for the story of the month. We sit together at about 4.50pm for about 15 minutes when there is a Bible story, a song and some prayers. Sometimes there is a short film or a role-play.

Then we pull out the dining tables, all sit together and enjoy a nice cup of tea. Of course, children's favourites also feature on the menu and there is always a pudding!

Some of our most loyal families are from Newton, and we really value their attendance. We have room for more people to join us and you will be very welcome, so why not give Messy Church a try? Forthcoming dates are:

- **28 March** **The story of Holy Week**
- **25 April** **Theme yet to be decided!**

If you would like to come along or get involved in some way, please make contact with David Hancock at hancock103@btinternet.com.



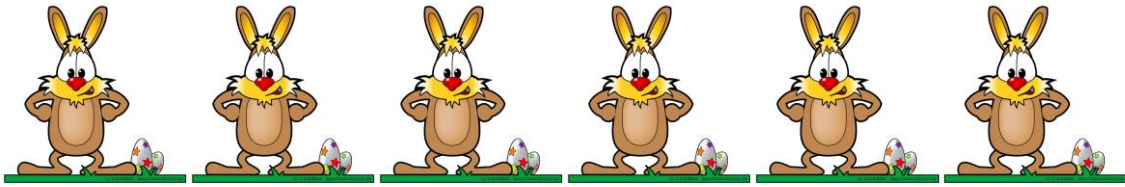
Good Neighbour Scheme transport available for East Bridgford Medical Centre patients living in Newton

If you are a registered patient of the **EB Medical Centre** and have transport difficulty getting to a non-emergency appointment, hospital visit, dentist, optician, chiropodist, etc, the EB Care Group operate a '**Good Neighbour Scheme**' that can help. Providing you are able to get in and out of a private car safely, a team of volunteer drivers provide transportation on the occasions that your family and friends cannot. A contribution to the driver's expenses is payable according to the mileage travelled.

The Good Neighbour Scheme works with the Medical Centre to facilitate appointments being met on time. The contribution for transportation from Newton to the Medical Centre is £2. If your appointment is of short duration (e.g. a blood test), the driver can wait and provide transport back to Newton at a return cost of £3. For visits to the Queen's Medical Centre, the City and Newark Hospitals, only a one-way trip is possible at a cost of £10, due to the duration of consultations and treatments.

If you need to use the Good Neighbour Scheme, please call the answering service on 07976 935476.

Provide at least **48 hours' notice** of your appointment and leave your name and phone number(s). The co-ordinator will call you back and confirm if a driver is available. For your security, our volunteer drivers carry a photo identity card. Upon completion of the journey, your contribution to offset expenses is given directly to the driver. On the occasions when family and friends may not be able help, the Good Neighbour Scheme will make best endeavours to get you to your appointment(s), on time.



‘ONE NEWTON’

Bird and bug box installation!

Not content with donating over 2,000 spring bulbs last autumn Meadfleet, who manage our public open space on the former RAF site, came up trumps again with a donation of over 50 bird boxes and some small bee/bug hotels which were recently installed in the woodland surrounding the green.

Our thanks go to Meadfleet and also to the small group of Newton residents who have given up their time on the weekend to help us install them!

It might take a season or two before we see some nesting activity, but if you spot anything and manage to capture any good photos, please send them in for publication in a future edition of One Newton!

* * * * *

The Big Bug Hotel Build!

We have some lovely walks from our own front doors here in Newton and with the new children’s play area due to open early in the summer, we’ve been inspired to create a larger Bug Hotel, but we need your help!

Once complete, it will be situated in the nearby woodland, giving something fun for children to keep an eye on for signs of ‘bug life’! Below is a photograph of what the finished ‘Hotel’ might look like...

We will source a number of old wooden pallets to construct several hotel ‘floors’ for our resident creepy crawlies to take cover in but the smaller items listed below are also perfect for this Big Build. So, if you have any of these that you’re planning to throw away or you are able to collect some of them whilst out walking in the countryside, please let us know so that we can gather a small quantity together for this fun project which will form part of the many children’s daytime activities at StreetFest on 16 June!

Cheers, Paul Stephenson



Photo courtesy of Meadfleet

ISSUE 3 SPRING 2018

Chipmunk Way and drainage matters!

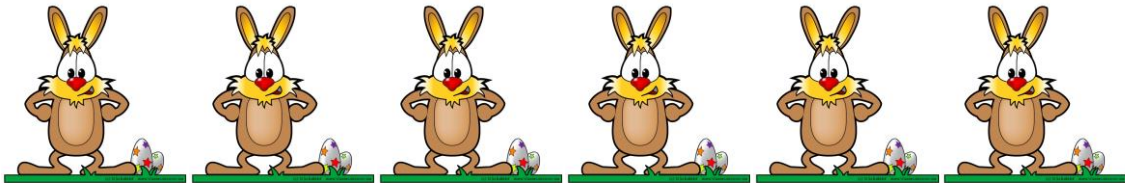
The Meadfleet Liaison Group (MLG) currently consists of residents, Yvonne and Paul Stephenson and Sarah Shaw. The group interacts closely with Meadfleet (and the original developers, David Wilson Homes and Bellway, where needed) on matters relating to our public open space. Planting and other projects which will enhance the area, within the confines of the annual management fees paid by existing residents are discussed, as well as issues when they arise. All this effort is with the aim of evolving a space that we can all enjoy!

Works to repair and enhance the Chipmunk Way border and fence line are now underway, jointly funded by DWH and Bellway. The longstanding waterlogged areas of the green are also being investigated by Bellway with a view to implementing a resolution. We are making good headway now so, watch this space!

* * * * *



Photo courtesy of Meadfleet



‘ONE NEWTON’

ISSUE 3 SPRING 2018

St Peter's C of E Academy Pre-School welcomes 2018

So it has been a busy half term, with Mrs Morrell becoming our new F1 Lead, bringing with her lots of new ideas for us to try out. We'd also like to welcome our new starters and truly hope they are enjoying their time with us at pre-school.

This half term we have been looking at Castles, Princes and Princesses ... a popular topic! We've used problem-solving skills and creative ideas to build a life-size cardboard castle and had great fun decorating it with crowns & shields! We've talked about how old castles are and what they look like and have asked the children to share their experiences if they have visited one.

This led onto looking at growth and decay over time, which gave us a chance to explore other things that might do the same! We looked at the American Horse Chestnut trees that we potted up in October and wondered why one is so strong and the other is wilting. We've also been looking at what happens to food when it goes off.....YUCK!

Back to the Castle theme we counted coins into a treasure chest, used fine motor skills to decorate a knight with jewels on his armour and made some box modelling castles for the children to take home.

We were also very lucky to have a visit from Nottinghamshire Fire & Rescue Service in January. We dressed up in firefighter gear and were lifted up into the fire truck. We learned all about the equipment firefighters use and how they deal with emergencies. At the end of the session, the Fire Crew switched on the fire truck lights and sounded the siren which was VERY exciting and VERY LOUD!

On seeing the children progress from making model castles to models of their own homes, we then started to look at the similarities and differences in ourselves, which included exploring how to keep ourselves safe and healthy.

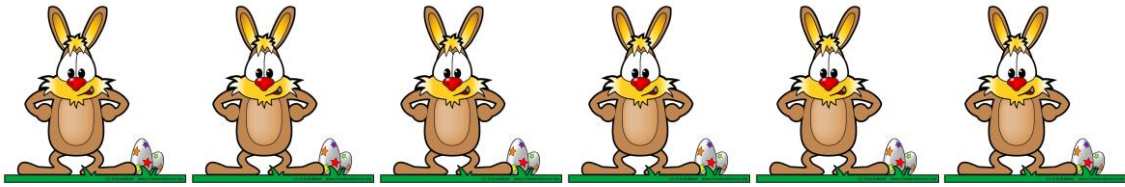
We've painted and drawn some fantastic portraits which are on display and we'd like to share a picture of some of these with you! Towards the end of term, we learned about how we 'take care', part of which is taking care of ourselves and this prompted us to talk about washing our hands, understanding why, when and how we should do it.

There has also been lots of listening games to help the children begin to tune into sounds and conversations which is an important skill. This will help them develop literacy skills later on in school life.



Find out more!

Places at our lovely preschool are currently available, so if you would like to know more about us, please do contact the Leader on 01949 20226 or email eb.stp.preschool@st-peters.notts.sch.uk.



‘ONE NEWTON’

ISSUE 3 SPRING 2018

Did you know that you have your own built-in natural Pharmacy?

You have all the tools you need to help heal yourself, they're just waiting to be tapped into!

- Do you regularly give permission to someone else to 'fix' you?
- Have you ever literally held your head in your hands in despair?
- Do you get so anxious it makes you feel sick, dizzy or disorientated?
- Have you had a thumping headache you just could not get rid of?

What if you could use just a few simple techniques that are so easy and natural to do? Read on to find out how...

Some of you reading this may have experienced rubbing your tummy to relieve a stomach ache (or doing that to help your children). Or rubbed yourself when you've banged your leg or fallen over? This is just one example of tapping into your ancient healing system. We seem to have become far too disconnected from what's going on in our own bodies these days. We busy our brains with so much technology, TV and endless To Do lists that we don't seem to notice those early signs that something is wrong. If we do, we often dismiss the thought with a very British 'stiff upper lip'...

You might notice a slight ache in your back, but hope it will go away by itself because you're just too busy to do anything about it! Months later, you end up at the Doctors because 'your back just went when you were fastening your shoes'! Have you ever noticed when experiencing back pain you might put your hands in the small of your back and arch backwards slightly, or massaged around your kidney area? Well this is your intuition telling you what to do to help heal the pain. If you spend several hours a day sitting at a desk or bending over something, the body will only cope with this for so long before something will 'go'. To balance things out, the back wants to move in the opposite direction, for example, by doing a back bend.

Here's a few examples of techniques you can use to help:

1. **Be mindful of your body** – In other words, listen to the signals it's sending you and act early. If you've heard the term **Mindfulness** – this means Paying attention, in the Present moment, on Purpose. This isn't a 'hippy' concept, it's just about noticing what's happening and acting on it, rather than ignoring things.
2. **Headaches** – Try the Crown Pull. This releases mental congestion, foggy and headaches. Essentially, it presses the refresh button! Take slow breaths whilst performing these exercises:
 - Starting with your four fingers of each hand, place them into the centre of your forehead so the fingertips touch and your thumbs are at your temples, firmly sweep them apart across your forehead down to your temples and round the back of your ears and off your head
 - Move your hands up and over your skull and continue pulling the hands apart with firm pressure from the centre down to the side of your head
 - Continue to work in this manner from the centre of your head, outwards over your head to the base of your neck
 - Finally, let your fingers rest on top of your shoulders, curl your fingers under and firmly draw them forward, letting the hands relax off your shoulders. Repeat as many times as you need
3. **Anxiety or fear** – Tap the back of your opposite hand in between your fourth and little finger knuckles, halfway down your hand. Tap for 1 minute, repeat on the other hand
4. **Back pain** – Try 'Arch and Melt'. Lie on a firm surface with your knees bent so your back is flat and comfortable. Inhale and press your tailbone down into the floor making a small arch (without pain). Exhale and, twice as slowly, let your back melt back into the floor. Repeat the exercise 5 to 10 times. If you prefer, you can do this seated, just gently arch and release your back

These are just a few of the exercises you can do to help yourself, but please note they are not a substitute for seeing your GP in the first instance. If you are interested in learning more about Energy Medicine, Mindfulness or Somatic Movement, 'One Newton' readers can try one of my classes at Gunthorpe Village Hall for **FREE!**

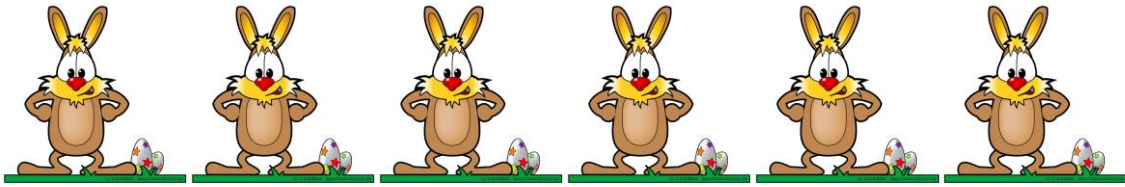
Tuesdays, 9.30am to 10.30am – Somatic Yoga

Thursdays, 9.30am to 10.30am – Movement and Mindfulness

To book your free class, please contact Karen via email at karen@mabconsultants.co.uk or call 07775 655539.



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ISSUE 3 SPRING 2018

Spring is in the air at Newton House Farm!

Being an arable farmer with no livestock to look after means that the winter months are generally a quieter time on the farm. We do however have two dogs, three cats, four ducks, five chickens and four geese which sometimes wander onto the road to provide our very own countryside version of traffic calming... So please always drive with care through our lovely village and obey the speed limits!

You may have noticed the horses grazing in the fields around the farmyard. These fields are mainly unsuitable for growing arable crops and as we choose not to keep our own livestock, we run what is generally known as a ‘do it yourself’ livery yard whereby horse owners who do not have their own facilities can keep their horses on the farm. For a monthly charge, we provide a stable, grazing and other facilities such as off-road riding tracks and the owner is responsible for all the exercising, time and labour that is necessary when keeping a horse.

At this time of year, crops already in the ground are not growing or, at least, are doing so very slowly due to the cold temperatures, which means that we leave all other planting until the warmer spring months. It is also often too wet and muddy to travel onto the fields with our farm machinery. However, we have finally harvested the last of our sugar beet. It was our turn on the rota to supply the sugar factory in Newark and we may sow the empty field with wheat if conditions allow because wheat germinates at low temperatures.

In general, any crops planted in the autumn are known as winter crops, such as winter wheat and winter oilseed rape and those planted in the spring, being spring wheat and spring oilseed rape. If you walk along the footpath at the back of Trenchard Close and round to the A46 where the sugar beet was, the first field (known as ‘Tup Close’) and the second field (‘Ash Holt’) are now sown with winter wheat, whereas the field on leaving the wooded area (‘Far Fosse’) will be sown with spring wheat just as soon as the weather improves and we can get onto the field. All our fields and woodland have names generally dating back in history which enables us to record all farming activities as required by law and also to instruct our workers where to carry out day-to-day operations. We even have a field known as ‘Oliver’s Hole’ where legend has it, Oliver Cromwell placed his cannon during the Civil War in the historic siege of Shelford Manor.

This quieter period at the farm allows us to spend time on machinery maintenance and other tasks such as hedge cutting and loading last years’ produce out of our stores and onto lorries to send to the end users. At the moment, we are busy emptying one of our grain storage barns ready for StreetFest in June and we’ve also managed to make room for a holiday before the busier seasons are upon us. Soon, we will be planting this years’ spring crops of wheat, sugar beet and potatoes and so, the cycle goes on – There’s never a dull moment here!

With warm regards,

James and Carole Fisher and the team at Newton House Farm



Dogs Trust UK brings its training initiative to Nottinghamshire

About us

Dogs Trust is the UK’s largest dog welfare charity. Through its network of 20 Rehoming Centres across the UK (and now one in Ireland) the charity cares for over 16,000 stray, unwanted and abandoned dogs each year. Dogs Trust has a non-destruction policy, and will never put a healthy dog to sleep. In February 2017, Dogs Trust, launched a new Dog School Nottinghamshire, offering training classes and lessons to local pet parents. The school is part of a significant initiative aimed at preventing problem behaviours in dogs and supporting their owners, to help keep more dogs in their homes. There are currently 22 successful schools across the country.

The Nottinghamshire team & what we offer

Led by Head Coach Chelsea Martin, we provide a fun, stimulating and informative environment for dogs to learn basic obedience and household manners, whilst working with their owners to identify and prevent unwanted behaviours. Dog School classes are unique in that they combine training skills with exercises to prepare your dog for everyday life.

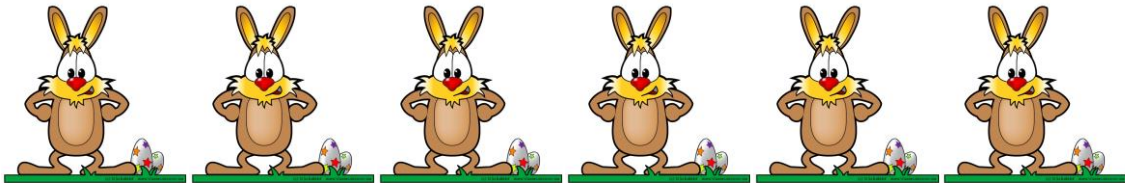
Classes are offered for puppies, rescue dogs and adult dogs. Each class has two trainers present and a maximum of six dogs in attendance, so owners will receive lots of individual help and support.

Chelsea said, “I’m extremely excited about this opportunity and if we can help build a strong, healthy and happy bond between dogs and their owners, I would see that as a huge success. That’s what Dogs Trust is ultimately about.”



Find out more or sign up for classes with your canine companion...

Call the team on 0115 855 9372, check out our website at www.dogstrustdogschoo.org.uk/dog-school/nottinghamshire or search ‘Dogstrustdogschoo’ to follow our wider activities on Facebook.



'ONE NEWTON'

ISSUE 3 SPRING 2018

Parish Council news

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

Residents are welcome to attend these monthly meetings and there is an open session early in the agenda when members of the public are invited to raise matters of interest, so please do come along when you can!

Next meeting: Wednesday 28 March 2018 at 7.30pm

Venue: Security Building, 61 Wellington Avenue, Newton

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**Newton residents are cordially invited to the
2018 Annual Parish Meeting on**

Wednesday 16 May at 7.30pm

Venue: Security Building (address above)

Do come along to hear more about the work of your Parish Council, planning matters and other important activities going on in our community, whilst enjoying some refreshments and nibbles with your neighbours!

This is your meeting so if you have any questions, it would really help your Councillors to provide considered responses if you could submit these in advance to the Parish Council Clerk (Bill Banner) by email to billbanner@onetel.com or letter to 25 The Green, Radcliffe-on-Trent, Nottingham, NG12 2LA.

Newton's second children's play area coming soon!

The new play area equipment is ordered and the NPC Play Area Sub-Committee is currently finalising the installation schedule with third party supplier, HAGS. The official opening is expected to take place late spring so watch out for a date and further details to be announced soon!

HGVs on Wellington Avenue

Despite signage, Newton continues to experience problems with heavy lorries using Wellington Avenue to gain access to the commercial hangars on the former RAF site.

The road surface is also fast deteriorating as a result. Rest assured, these issues are being escalated with Rushcliffe Borough Council as permission for commercial use of the hangars is apparently subject to no heavy vehicle access via Wellington Avenue. Here's hoping for a positive outcome on this soon!

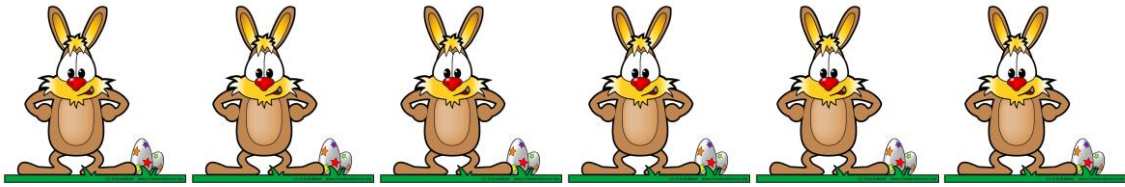
Respect our speed limits!

This is a significant topic at the Newton Parish Council meetings and work is underway to seek funding for the implementation of appropriate traffic calming measures.

Hot spots are of course Main Street and Wellington Avenue and it is very concerning that it is not just those passing through, but also some Newton residents who frequently disregard our speed limits!

1. **PLEASE** observe the speed limits and signage
2. If there is someone impatient behind trying to harass you into speeding up – Ignore them. They are at fault, not you!
3. Encourage your visitors to respect our speed limits too!





‘ONE NEWTON’

ISSUE 3 SPRING 2018

Advertisement Wall

We are now seeking a limited amount of paid advertising to help subsidise our quarterly One Newton printing costs. So, if you have your own business or know of a small local company who would benefit from promoting their products or services within our community, please do get in touch with the Editor to find out more (contact details on front cover). Depending on the level of interest and in return for a very reasonable annual advertising fee, we are able to offer a quarter, half or full page advert which will appear in the next four editions of the Newsletter.

Newton's 5th Annual Sports Day
will take place during the summer
holidays at the usual venue on
**The Green, off Anson Road,
Newton**
All are welcome!
**Look out for a flyer through your
letterbox soon confirming the
date and further details!**

**Nottingham Rushcliffe
Armed Forces & Veteran's
Breakfast Club**
**The Goose at Gamston
Ambleside
Gamston
Nottingham
NG2 6NA**
**We Meet
Monthly on the last Saturday
For breakfast
09.30am - onwards**
Good Food & Good Banter
Find us on:
facebook.

Newton's 5th Annual Sports Day

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