



‘ONE NEWTON’

ISSUE 4 SUMMER 2018

Newton highlights...

Way back in the introduction for the spring edition, I recall being a bit cheeky about our British weather forecasters making promises about long hot summers and here I am, putting together the summer newsletter during what has been the longest period of uninterrupted sunshine, high temperatures and virtually zero rainfall, I can really remember.

I was a primary school infant at the time of the much-mentioned heatwave of 1976. My principal memory of that summer is of being struck down with chicken pox and either measles or mumps in quick succession ahead of the school holidays. My Mum (one of very few stay-at-home Mums in our group of families and friends at the time) was descended upon by numerous other similarly afflicted children. When we felt a bit better, we spent a lot of time outside in the garden cooling down in the paddling pool from what I remember and it made the dreaded pox all the more bearable! ...

So what's been happening in Newton? ...

So, unless you've been in hibernation, you will know there's been lots of fun and family-friendly stuff going on in Newton over the past few months... The day of the Easter egg hunt was chilly and drizzly, but well-organised and extremely well supported by residents of Newton and their families ... In June, came Newton's first 'Right up your StreetFest' event which was lots of fun and caused a real community buzz (see feature on Pages 2-3). The new Kestrel Play Area was constructed and finally opened its gates on Sunday 8th July on the same day as our 5th annual Sport's Day... Newton also now has its very own Big Bug Hotel, constructed by children who attended Kid's StreetFest in June!

Newsletter distribution

With lots of door-to-door visits in the lead up to StreetFest, we've benefited from a massive uplift in the number of residents who will now receive their newsletter by email, thus reducing printing costs so thanks folks! We're also in the process of securing 2 pages of paid advertising from local businesses which will appear in the Newsletter over a 12-month period, the proceeds of which will be paid to Newton Parish Council to subsidise the printing costs that they currently fund on our behalf. So, if you are online, please sign up for your copy by:

- Email – We just need your email address and the first line of your Newton address or,
- Read the copy published on the Newton Parish Council website at www.newtonparishcouncil.com

Feedback & content

If you have feedback or would like to contribute content for a future edition, please get in touch as we'd love to hear from you!

****Deadline for autumn edition – Friday 19th October 2018****

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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Right up your StreetFest brings a community vibe to Newton!

Saturday 16th June 2018 marked the first StreetFest community event at Newton House Farm and what a great success it was too! We were pretty lucky with the weather and it was a great opportunity to bring the people of Newton together. Lots of people remarked on the positive, happy buzz that seemed to be in the air and it was great to meet with old friends and new. Thanks to all those residents who completed the post-StreetFest survey – We're making a few positive tweaks to the format for next year which we hope you'll love!

We owe a huge thank you to all those dedicated Newton residents, family and friends who helped in bringing the StreetFest idea to life... We started with no venue and zero funds and quickly got up and running with a kind offer from the Fisher Family of our rustic barn setting on Main Street, and sponsorship or donations received from a number of sources, namely **Newton Parish Council, Notts County Council, Newton Nottingham LLP, HCPS Lincs Ltd, ATG Global and David Wilson Homes East Midlands – Thank you all!**

Local businesses laid on activities, entertainment and catering for the day and evening and StreetFest was also supported by Shelford's Messy Church and Cadets from Newton 1936 Squadron during the afternoon. We also raised over **£500** for our nominated StreetFest 2018 charities, **Trent District Community First Responders and Ward E40 at Nottingham Children's Hospital.**

Finally a big shout out must go to Georgie and the team from Cropwell Young Farmers who gave up their coveted Saturday night out to serve us all at the StreetFest bar!

Check out some of our snaps from the day...

**Save the date
for StreetFest!
22nd June 2019**

**EARLY BIRD
TICKETS*:**

**£5.00 for kids and
£12.50 for adults!**

Request your 2019
tickets via the One
Newton Editor
(contact details on
front page)

* Offer available until
31st December 2018



Lara Engelbrecht tucks
into some candy floss to
boost the energy levels...
as if it were needed!

Lani Asher
models the
ever popular
unicorn on the
forehead face
art!



Josh Engelbrecht and Sam Shouler
show off some manly 'arm art' – It's the
way forward!



B
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AND
AFTER!
**Janine
Long** and
daughter,
Catherine
treat
themselves
to some
festival art
beautifully
applied by
Petra and
Lisa!



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Mycah Richardson enjoys balloon modelling and bubbles courtesy of Steve 'McMagic' McGill

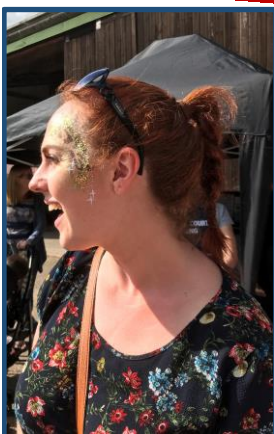


Neo Richardson and Lara treat themselves to a cheeky ice cream!

Daisy Parker, you rock the unicorn face art and shocking pink sunglasses!



L-R: StreetFest host, **James Fisher**, with **Paul Stephenson**, **Carole Fisher** and **Notts County Councillor, Neil Clarke**



Evidence if it were needed that you're never too old for face painting! **Vicky Malia** (left), **Georgie Cooper** (right), **Heather Richardson** and **Roxanne Engelbrecht** (below left and right), **Izzy Shouler** and **Roxanne** (below centre)



L-R: StreetFest bar staff, Cropwell Young Farmers, **Georgie Cooper**, **Joe Robinson**, **Alice Stubbs** and **Alisha Selby**





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Aspiring drummer? ... Read on!

Being a drummer comes with certain practical difficulties. As well as being perhaps the loudest instrument, the drum kit also takes up a lot of space! My parents always had a room in their house which was designated as 'the music room'. This was actually the room they used the least, and so became the place for my drum kit.

I made the switch to professional musician about seven years ago, and practice space, teaching space, and recording space has always been at a premium. When my wife and I moved to Newton, the first thing that attracted us was the quiet rural setting. The large plot size is what attracted us to the particular house we bought. By large plot size, what I mean is 'potential space for a music studio'.

When we first bought the house, a lot needed doing. Fortunately, my dad is an engineer, so between my wife and I, and my dad, we were able to do virtually everything ourselves, from a full rewire to a brand new central heating system. As soon as that was finished and we moved in, our attention turned to the construction of a music studio.

As I said, one thing that attracted us to Newton was the peaceful surroundings and so, much as I enjoy playing the drums, I also love a bit of peace and quiet. So, the last thing I wanted to do when moving to the area was disrupt that with my drumming, which meant soundproofing was priority number one!



The location:

Sound is extremely difficult to control. It passes through air very easily, and through solid surfaces even more easily. So, in a terraced house, it doesn't matter how much you bolster the walls!

The first thing we did was to choose a location as far from the house and any neighbours as possible. Our garden backs up to the field behind Fairway Crescent, so that edge of the garden was the ideal position. We were able to circumvent planning permission by sticking to permitted development guidelines. This covers things like total square footage, height of the roof and eaves, distance from a boundary, and location, relative to the forward elevation of the house.

The big dig!

After finalising the location, we spent nearly a year digging out the foundations. By 'we', I mean my dad and I, and by 'foundations', I mean an area of about 15 square metres to a uniform depth of around 2 feet. Anyone that has tried digging around Newton will know that the soil is mostly clay-based, so completing the job by hand within a year, between a nasty winter and lots of rain, was quite an achievement!

Next, we set about building two structures, an inner square room, and an outer walls and roof. The inner room doesn't come into contact with the outer shell at all. Each layer is fully insulated with solid Rockwool insulation, and there is a uniform one-inch airgap between the two layers. Everything is double layered, from the door and windows, to the ceiling. The room has a heavily insulated ventilation system, and power. This takes the form of a mains cable, for which we needed to dig a 2 foot ditch from the house to the studio. This meant more digging! ...



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It was worth all the hard work!

The entire process took about two years. The only time we got other people involved was when we poured the concrete foundation. The cement company poured it, and I drafted in a friend to help us spread and level it. My wife also helped out with some lifting, tidying, and painting. The vast majority of the studio, however, was built entirely by my dad and I, who also designed it from scratch. We based the design from a book dedicated to studio construction, which details wall, ceiling, and window construction methods, isolation, and soundproofing.

Since moving in to the studio, I have managed to centralise a lot of my teaching, as well as recording more music and videos. I run a YouTube channel, and regularly produce and record music, all from the comfort of my garden.

For those interested in the construction in more detail, I filmed and documented the entire process, from foundations to completion. The whole series has received hundreds of thousands of views from people all over the world, and is available to watch on YouTube. Simply searching for 'Building a Drum Studio' should yield the whole seven-part series. The hosting channel is simply called 'Jonathan Curtis'. You may recognise the field in the background!

Since completion, I am steadily gaining more students, including some Newton residents. Our own Jon Sweeney who administers the Newton Facebook page bought his son Will a set of lessons for Christmas.

Come on – Give drumming a try!

I would like to invite any aspiring drummers in Newton for a free 30-minute trial lesson in the studio. Simply send an email to Jon@JonathanCurtis.co.uk with the subject **Newton Drummer**, and I would love to welcome you for a session. Please note that I can only do one of these sessions per person, and due to my being busy with paid lessons during school term time, this offer is strictly for a limited period until 7th September 2018.

I look forward to hearing from you!

Jonathan Curtis

Fairway Crescent, Newton





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How yoga can benefit your health

Yoga is more commonplace these days. It's no longer seen as something just for women who might sit cross-legged, contort themselves into a pretzel shape and chant! Interestingly, thousands of years ago, only men were allowed to practice yoga, women were banned! The physical postures were only practiced to enable the body to sit for long periods of time in meditation... How times have changed!

Over the past several years, yoga has become increasingly popular in the western world and amongst medical professionals and celebrities. Western science is starting to provide concrete evidence as to the efficacy of yoga, how it works to improve health, heal aches and pains and keep sickness at bay.

There are so many styles to choose from that it can seem a little confusing. We now have Pre- and Post-Natal Yoga, Hot Pod Yoga, Laughter Yoga and Remedial Yoga to name just a few. Hatha Yoga is one of the most popular forms – and the type we use in our classes – It combines physical postures (asanas), breathing exercises (pranayama) and relaxation (savasana). Here are some of the lesser known benefits of yoga that are sure to leave you surprised:



Yoga improves the immune system:

Your immune system literally needs to be fighting fit to ward off disease. Antibiotics and other medicines can help the body recover from disease but they don't help improve the body's immunity. If taken too regularly, antibiotics can also kill off some of your healthy gut bacteria, compromising the body's natural defence system. Yoga is one of the most effective natural immunity boosters that strengthens the body and relaxes the mind.

Toxins and constant stress can also weaken and drain your immune system. Viruses and bacteria reside quietly within us until something in the body's internal environment becomes imbalanced, at which point they rally into action and attack. Yoga helps lower stress hormones. The physical postures help by massaging the internal organs and the squeezing action helps move the lymph, which unlike the blood doesn't have a pump. This then helps to move toxins along the lymphatic system and release them from the body.

Yoga enhances cardiovascular fitness and aids weight loss:

Who knew that standing still in a yoga pose could increase your heart rate and help you to lose weight?! One of the most powerful sets of muscles are the thighs and they require a lot of oxygenated blood to power them. Have you ever done one of those fit bike tests only to find your legs give in before your lungs?

Many of the standing yoga poses actually create heat, burn calories and increase your heart rate as if you'd been for a very brisk walk or a light jog. In particular, one of the yoga flows (called the sun salutation) can leave you feeling like you've had a workout when repeated 6-10 times. Yet at the same time, it invigorates you without the wear and tear of some other sports.

You can also lie down, relax and lose weight too! Stress can create high cortisol levels which in turn can cause weight gain if not released from the system. Partially inverted postures help greatly too.

Yoga reduces muscle pain through mindfulness techniques:

Lots of research has gone into reducing / eliminating pain by practicing Mindfulness. Somatic yoga is mindful yoga coupled with the Alexander Technique and Feldenkrais. This unique type of yoga helps to retrain the brain to teach the muscles to let go of chronic tension and pain. It breaks patterns of tension which have arisen from habitual movements, accidents or injuries. I have seen outstanding results with this, including on myself in curing a frozen shoulder.

We are delighted to offer Newton residents **£5 off your first appointment** with this Newsletter.

Call for a chat to see how we can help on 01949 829311 or email on info@mabconsultants.co.uk.



**MIND & BODY
CONSULTANTS**



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The Big Bug Hotel Build at StreetFest 2018!

If you read the last edition of One Newton, you might recall that we were collecting items for a project to build a giant bug hotel. The big build took place in one of the barns at Kid's StreetFest in June, coordinated by David Hancock from Shelford's Messy Church and the end result was fantastic!

The hotel was constructed on eight wooden pallets and the composition of each of the hotel 'floors' and names of some of the children who helped with the build are detailed below.

Floor	Content	Kid's StreetFest Helpers
Rooftop Terrace	Old fence panels	Catherine
7	Brushwood, fir cones and straw	Catherine
6	Mesh, pipes, straw and bamboo canes	Catherine
5	Bricks, logs, leaf mould, soil and fir cones	Sam and Will
4	Bricks, bark, slate and brushwood	Enya, Lola, Chloe and Ethan
3	Pots of soil, fir cones and straw	Hermione and Gavin
2	Laurel, slate and old bricks	Gavin and Lizzy
1	Brushwood, plank ends, soil	Freddie and Taylor
Ground	Left empty for moving hotel to the woods	

During the build, David and the children came across several of the new residents, including ladybirds, spiders and woodlice. All seemed very content with their new accommodation and let's hope that many more different species of bugs and insects thrive in the hotel in its woodland setting!

Farmer Fisher kindly delivered the new 5* rated seven storey hotel on the front of his pallet loader truck and you'll find it in a nice secluded spot in the woodland at the back of the public open space here in Newton. Feel free to visit and see if any bugs and other beasts have taken up residence!



Newton ROCKS!

The second of our Kid's StreetFest Messy Church activities was all about painting Newton rocks. For a while now, there's been a bit of a craze sweeping the nation which involves decorating rocks and then hiding them in the great outdoors for others to find. If you spot one of our Newton Rocks, be sure to post a picture on the What's Happening in Newton Facebook page and then hide it somewhere new for the next person to find it!





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Parish Council News

Draft minutes from the July meeting are available on the NPC website at www.newtonparishcouncil.com and are also 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: Tuesday 4th September 2018 at 7.30pm

REMINDER - NEW VENUE BELOW!

Venue: Newton 1936 Squadron, ATC Building, Trenchard Close, Newton, NG13 8HA

* * *



Annual Parish Council Elections

At the recent elections in May 2018, Cllr David Simms stood down from the position of Chair after two years in the post and members thanked David for his support.

Newton Parish Council now welcomes local farmer and Councillor, James Fisher to the position of Chair, with Councillor Isobel Shouler being voted in as Vice Chair.

It's Official – Newton's second play area is now open!

Turn to Page 10 for details and official photographs of the grand play area opening event which took place on Sunday 8th July to coincide with Newton's 5th annual Sports Day!

Traffic calming measures to be installed in Newton

Budget has been secured to provide two interactive speed monitors in the village, encouraging motorists to observe the 30mph speed limits. The Council anticipates they will be installed on Main Street and Wellington Avenue in due course.



HGVs in Newton

The landowner, Newton Nottingham LLP, has written to all tenants on the Newton Business Park asking that HGVs visiting the site refrain from accessing their destination via Main Street and Wellington Avenue. Signage (pictured left) has also been installed directing HGVs to exit via the commercial road.

Notts County Council has also ordered clearer HGV signage which will be installed at the turning from Newton Lane onto Main Street directing incoming HGVs to the Business Park straight ahead to the commercial road.

The Council anticipates that residents will continue to see a significant reduction in HGV traffic using Main Street and Wellington Avenue.

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It does not necessarily reflect the opinion or policies of the Parish Council or its members.

Newton Parish Council is also not responsible for any use made of the information contained herein.



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What’s happening at Newton House Farm?

Well, most of the grains we harvested last summer have finally been sold from our stores. As the grain moved out, StreetFest moved in spurring us on to get the buildings cleaned and swept.

From our point of view StreetFest went without a hitch and I hope you all agree it was a wonderful event for our community. The barn is booked for next year on Saturday 22nd June 2019 so please save the date!

Hopefully by the time you read this it will be pouring with rain as the drought has hit hard on the farm. The wheat has died and will be harvested in July instead of the usual August harvest. The yield will be lower, but hopefully supply and demand will dictate a higher price. The oilseed now being harvested is just too dry and hard and cannot be crushed at the factory to extract the oil which is used for cooking and fuel. We have been combining at night or early in the morning to try and get the benefit of the dew to dampen the seed. Some farmers are adding water as the grain goes into store.

The potato crop, grown for KP, can be irrigated from the River Trent but we are restricted on the amount of water we extract by having a licence and the water metered. We will soon be facing a ban on extraction to preserve the ecology of the river when the flow is restricted. As arable farmers, we have to spare a thought also for livestock farmers who are already feeding their stock from the valuable winter silage. There will be no second crop silage if it doesn’t rain to make the grass grow so the drought is a serious concern for them.

Rachel’s Harvest

Sunday 19th August 2018

Autumn marks the end of the farming year, all will be safely gathered in and the cycle will start all over again.

Before that, we will host ‘Rachel’s Harvest’ on behalf of the Clifford Family, local agricultural contractors based in East Bridgford. They sadly lost their beautiful daughter Rachel to bone cancer in 2016, shortly after her 18th birthday. During her 18 month battle with the disease the family were supported by the Teenage Cancer Trust who opened a new, specially designed ward at the QMC in Nottingham during her treatment. Since 2016, the family has raised in the region of £53,000 for the Trust.

This fund-raising event at Newton House Farm is based around vintage and modern combine harvesters demonstrating the harvest process with working and static displays along with refreshments. All are welcome to come and see a bit of farming history and to help raise funds for this important charity in Rachel’s memory.

The harvest will commence at 12 noon

**Entry is £3 per person
(children under 14 free)**



There is rarely a dull moment with farming – We grow crops to sell in perhaps 18 months and often without knowing the likely yield or market price. Last year was too wet, this year too dry.

So what’s next? Well there’s Brexit and wondering where we will be selling our produce in the future. Current exchange rates make us question what on earth 2019 will hold for us! All of these things make farming rather an exciting challenge and a strange industry to be in.

Best regards, James and Carole Fisher and the team at Newton House Farm



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The Kestrel Play Area opens its gates!

The Parish Council were delighted to mark the opening of Newton's second play area on Sunday 8th July with a fantastic family-friendly event.

Parish Council Chairman, James Fisher invited Vice Chair, Councillor Isobel Shouler who led the play area project to address residents. Isobel, with the help of fellow councillors and Parish Council Clerk, Bill Banner, applied for and secured significant funding from WREN and other sources in order to complete the project. Speeches were made and without further ado, the ribbon was cut by Notts County Council Leader, Kay Cutts alongside fellow County Councillor, Neil Clarke.

The children had a fabulous time testing out their new play area equipment and were also treated to goody bags, face painting and cake!

Andrew Hallsworth (Marlow Photographic) was on hand as the Parish Council's official photographer to capture the days' events...



Left to right:
Councillors
Clarke,
Shouler,
Cutts and
Fisher





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Community planting initiative

The Parish Council recently voted to provide funds towards the supply of a number of larger shrubs and trees to soften the view towards the new Kestrel Play Area in a number of areas.

Local resident and landscaper, Paul Stephenson, proposes to organise a community planting event so that all labour is without charge and therefore available spend is maximised on plants. This will take place over a weekend during the coming autumn so look out for details on the What’s Happening in Newton Facebook page in due course. If you’re not online, please make contact with the One Newton Editor if you’d like to get involved (contact details on front page).

Newton’s 5th Annual Sports Day

The opening of the play area was rounded off with yet another successful sports day afternoon on the green and provided the perfect opportunity for family and friends to get together and enjoy the sunshine.

Keeping it simple, residents were invited to bring their own chairs, blankets and picnics and set up alongside the race track to watch or compete in the various races and the infamous Tug of War match, when the new rope got its first airing.

Superman (aka Paul Martin) announced the races and both children and adults alike joined in the fun.

Thanks as always go to Newton residents, Pippa and Jon Sweeney and others who put in so much effort to make Sports Day happen every year!





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**East Bridgford St Peter's CE Academy
Pre-School**

Kneeton Road, East Bridgford, Notts NG13 8PG

Tel. (01949) 20226

eb.stp.preschool@st-peters.notts.sch.uk



Providers of high quality childcare and education for children aged between 3 years to school age in a safe, caring & stimulating environment

Pre-school sessions available (term time)

8.30am – 11.30am (3hr morning session)

Optional add on 11.30am – 12.30pm (lunch club)

8.30am – 3.30pm (full day including lunch club)

Nursery Education Funding (15 or 30hrs) for 3 & 4 year olds available

Full day wrap around care (including school holidays/inset days) available in conjunction with onsite Out of School Club

Contact the Pre-School Leader by telephone or email for more information, to arrange an appointment to look around or to register a place for your child.

Advertising

We are actively seeking a limited amount of paid advertising to help subsidise quarterly One Newton printing costs.

So, if you have your own business or know of a small local company who might benefit from promoting their products or services within our community, please get in touch with the Editor to find out more. 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.