

The Magazine

a publication for
Burton Joyce and nearby villages



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Edition 1 of 6
2024

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EDITOR'S COMMENT

Welcome to our first edition of 2024. Having made the decision to combine adverts with content it seemed a daunting task at first. However working through it, it became more straight forward and I hope you agree the end result gives a more encompassing read.

Without our advertisers support The Magazine would be unable to exist so we hope you will give them the opportunity to service your requirements.

We are also delighted to welcome Alan Comerie as a Director of The BJ Magazine Ltd. Alan has given great support by organising distribution over the area in such an efficient way.

Please remember that we are a 'Not for Profit Company' and any surplus funds we have at year end are donated to local charities.

steve.swann@themagazine.org.uk

**THE CLOSING DATE FOR EDITION 2
is 16th MARCH 2024**

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This lovely painting was one of many sent to us by John Rowell who is an amateur Nottingham artist.

Burton Joyce used to host several painting exhibitions by local artists. Have they all gone away? In October we displayed the Soft Edges Art Group's exhibition in Hoveringham but they were the only one. We are happy to promote local art societies so please send us details or ever better some paintings to display here!

Ed.

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PARISH COUNCIL REPORT

MESSAGE FROM THE CHAIR

As the new year begins, we wish to continue promoting and celebrating the role of volunteering in all its forms across our community. The village remains fortunate to have so many activities and groups that enhance our lives, from the U3A, Village Society, Climate Action Group, Scouting and Sports Groups (football, archery, petanque, netball, cricket and bowls at the Poplars for example) to The Magazine, Parish / Borough / County Councillors, school and parent groups, the Village Hall and Community Market, Pop-Up Fayre and many more. All are supported or run by members of the community giving of their time to put something back into village life.

CEMETERY PATH RESURFACING NOW COMPLETE

A huge thank you to Balfour Beatty and their subcontractor Hanson for completing the retarmacking of the pathways in the cemetery as part of the 'social values' commitment to the village, following their involvement in the construction of the Gedling Access Road (Colliery Way). Cllr Laurence King, Chair of the Parish Council, who led on this initiative said

"This is a significant investment by Balfour Beatty and Hanson, with the aim of positively contributing to our community in the best way they can".



CHRISTMAS FAIR AND LIGHTS SWITCH-ON

The 2023 Christmas Fair and Lights Switch-On was once again a fabulous occasion, bringing the community together. We were delighted to support businesses in the expanded selection of stalls this year, both at the Old School Building and in the Cross Keys car park. We were pleased to use the Old School Building grounds to their full potential and extend the space available for the stalls.



Continued ...

Coordinating the event was a real team effort, from installing the lights display, to organising the stalls, entertainment and logistics. A huge thank you to our dedicated team of staff for making it such a success as well as to the wonderful contributors; The Trent Valley Singers, BJ Choral Society, BJ Community Brass, BJ Primary School, the Sherwood Chapter Harley Davidson bikers and all the stall holders.



POP-UP FOOD FAYRE

Following the great success of the trial 'Pop-Up Food Fayre' held in October on the site of the Old School Building, we continue to support this exciting new enterprise which will be held on the last Sunday of every month from 11am to 4pm. There will be a great selection of traders to tempt your taste buds offering hot food and drinks, right in the centre of the village. The next Fayres will be on Sunday 28th January and Sunday 24th February 2024. We look forward to seeing you there.



"A place to meet, mingle, share and enjoy"

Continued ...

COMMUNITY GARDEN

Progress continues on this exciting village centre project which aims to benefit the whole community. The plans are for a partially covered garden (illustrative example of covered structure below) with seating and planting which encourages people to meet and socialise, enables local groups to host outdoor events, promotes health and well-being and has an educational benefit. As soon as we have received the masterplan from the designers, we will host an open event and consultation to seek your views on the plan.



Continued ...

NEW PLAYGROUND GATE

We have liaised with parents and carers over recent months to re-design the entrance gate to Roberts Recreation Ground. After conferring with suppliers and inspectors to ensure the new gate minimised the risk of injury to playground users, the entrance had been reconfigured and a new gate installed. Our grateful thanks



to the residents who took time to discuss the requirements with us and to the grounds staff for installing the gates. Also, to Hanson and Balfour Beatty for keeping the costs down by stretching their tarmac supplies to include this section of the playground entrance too!

IIN OTHER NEWS

We were all distressed to see the damage caused to homes and property at the beginning of January from the floods and hear the public concern that has been voiced. We wish to facilitate a conversation for those effected by the floods and will be liaising with the Trent Valley Councillors with the aim of setting up a multi-agency public meeting in the village to discuss and address concerns. There will shortly be a "Section 19 Report" on the Nottinghamshire County Council's website which will detail what happened in the flood and whether the relevant Risk Management Authorities have exercised or will exercise their responsibilities. We would aim to hold the meeting once this report has been published. Grants and support are available to those effected by the floods from Gedling Borough Council, Nottinghamshire County Council and the Department for Environment, Food and Rural Affairs (DEFRA).

We will be participating in another meeting with Network Rail (NR) in the coming weeks to discuss rail crossing safety and assist in planning possible safety days to be hosted by NR. There remains considerable concern regarding safe crossing behaviours. However, the necessity to keep all our rail crossings open is consistently emphasised, but the need to work together with all village groups and stakeholders remains.

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Burton Joyce Choral Society

We are extremely sad to announce that, with deep regret, the choir feel that we are no longer musically viable, in what we are potentially able to perform as a choral society. To this end we have taken the difficult decision to disband the choir.

We have gone from over 60 members 10 years ago, to around 20 now, with hardly any men. There also appears little prospect, despite our efforts, of recruiting new members in sufficient numbers to alleviate the situation. This is despite making it through the pandemic, when we weren't allowed to sing, and out the other side!



The choir in 2015

The choral society was founded in 1966, and was comprised of mainly local people. Since then we have recruited folk from Carlton, Gedling, Lowdham, Woodborough, and the Park to name but a few locations.

We have sung a wide variety of longer works, ranging from Mozart's Requiem, Haydn's Creation, works by Handel, Mendelssohn, Verdi, Bach, Faure, Gounod, Gilbert and Sullivan, Vaughan Williams and more recently Faure, Rutter, Chilcott, and Karl Jenkins. Other performances have been of a selection of smaller works/pieces, both traditional and more modern. Performances have to the greatest extent been in the Village Hall, but also the Nottingham Albert Hall, St Mary's in the Lace Market, Southwell Minster, St Barnabas' Cathedral, and various other local churches around Burton Joyce and this side of Nottingham.

We have sung carols in the middle of the village in the cold, rain and wind; in care homes; and in supermarkets and the Victoria Centre for charity.

Continued ...

We have sung at weddings, and a member's memorial. We have made many, many donations to various charities. Our carol concerts in the Village have traditionally always been well attended and joyful occasions, not least the very last one in 2023.

Last November we were privileged to sing Verdi Requiem with around 150 other singers and a large orchestra, to a packed Southwell Minster: Something that will last long in the memory.



Angela Davis

Angela Hughes, and most recently, Nick Milburn. Heather Fox has been our Accompanist for an astonishing 43 years: Thank you so very much, Heather! Obviously many people have been involved in the choir for literally decades, and we take this opportunity to thank our Librarian Marion, who has sorted, acquired and cared for our music for many years. We are sad that our previous Chair, Angela Davis, who did so much for the choir and in other village organisations, was no longer fit enough to have been with us in the last four years or so: she only left us due to her ill health.

Most of all we are grateful to those who have sung with us over the years, for the lovely memorable occasions we have been part of, but also to those of you who have supported us as members of our audiences...

THANK YOU...

Mary Spencer,
Chair BJCS,



At the Christmas Market 2014

We have also been a sociable group, having dinners, quizzes, and other social occasions over the years, including entertaining and performing with a French choir, here in the village. We have shared concerts with other local choirs, too.

We are grateful to the people who we were proud to have as our Musical Directors, including Alan Thorpe,



Nick Milburn Christmas 2014



Heather Fox

Photos David Davis

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GETTING AROUND

The Village Society is looking into ways local people may have problems getting access to places they may need to go, in the village and nearby.

Many people in Burton Joyce have mobility problems, whether it's a bit of stiffness or something requiring some form of aid, a walking stick, a walking frame, wheels to lean on or a wheel chair. Problems with sight and hearing also restrict a quite large part of our local population. And the environment has inherent difficulties, such as the steepness of the local terrain, and in some streets very narrow pavements, even sloping into the gutter.

Shops, public services, the school, the station, access to the riverside, public spaces like the park, the community space around the Old School, are all important to living a full life in Burton Joyce. So we are gathering information about any access problems people find. That means we're asking the readers here to tell us their thoughts (good as well as bad) and we'll be going around to do direct observations. And if there are problems to be put right, we'll be pressing for improvements. County, Borough and Parish Councils, private businesses, whether shops or services, Network Rail, Severn-Trent, and any other bodies with premises in the area will all be organisations to look at.

There is no cut-off date, and if you want to take part, even waiting for better weather, we'll be pleased to hear from you.

Contact Burton Joyce Village Society:

admin@burtonjoycevillagesociety.org. Telephone 0115 931 2213

Or the website <https://burtonjoycevillagesociety.org>. Or in writing, by hand delivery or post to BJVS c/o Old School Building Main Street Burton Joyce NG14 5DZ.

You can also use these contact routes to raise any local issues that concern you, request or pass on information, and even pay the 2024 subscription.

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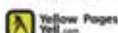
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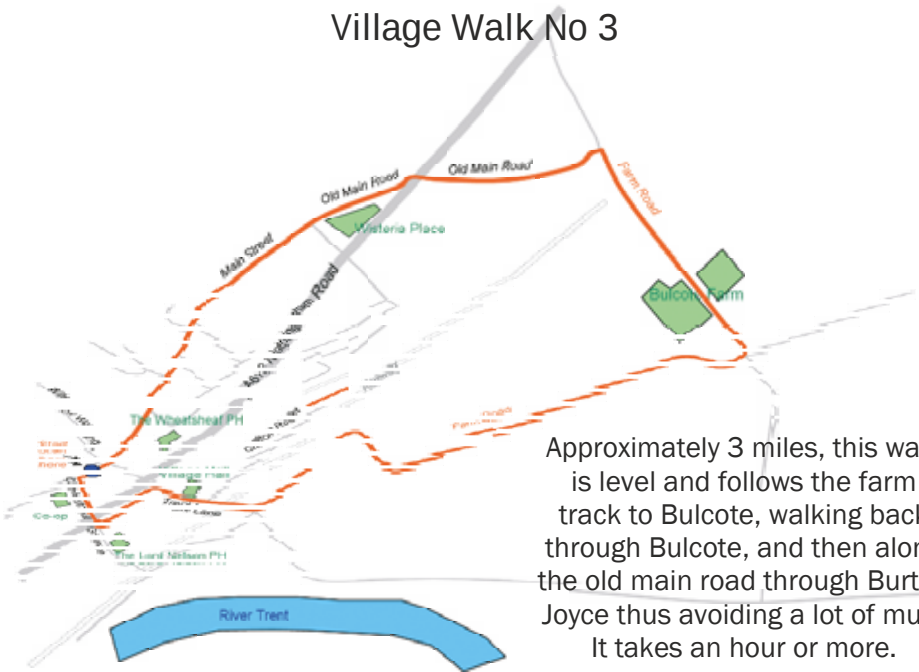


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Village Walk No 3



Approximately 3 miles, this walk is level and follows the farm track to Bulcote, walking back through Bulcote, and then along the old main road through Burton Joyce thus avoiding a lot of mud! It takes an hour or more.

Walk from Nola's towards the Co-op and turn left into Chestnut Grove. Cross Nottingham Road (A612) at the pedestrian crossing then turn left and walk parallel to Nottingham Road until you reach Trent Lane. Turn right towards the railway line, passing Burton Joyce Village Hall on your right. Cross over the railway line and turn left at the crossroads. This is a well maintained farm track allowing permissive access but be aware of farm vehicles and fishermen.

Follow this track past the allotments which are on your right and stay on the track following it round two bends until you reach the farm buildings and farmhouse at Bulcote. There is a waste bin to the right of the gateway. Turn left and follow the track towards the railway line again. There is usually fresh water for dogs outside the crossing cottage. Cross the railway line and turn left along Old Main Road. This will take you through Bulcote until it meets Nottingham Road again, the A612. Cross over the A612 road and continue along the Old Main Street. The first few houses you pass are in Bulcote and then you're back in Burton Joyce and can follow this road back to the centre of Burton Joyce.

This walk was followed by the Burton Joyce U3A dog walking group which meets on the last Friday morning of each month and achieved it's mission to avoid slippery muddy paths. Please refer to the U3A website for further information if you would like to join us.

Sally Smith



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THE BURTON JOYCE PLAYERS AMATEUR DRAMA GROUP

If you have recently moved into the village you may not know that The Burton Joyce Players are a drama group who perform 2 plays and a pantomime each year at our lovely Village Hall.

We have fun and our audiences really enjoy our shows. We welcome new members from all areas of Nottinghamshire.



Would you like to join us?

You may fancy being on stage or you may prefer helping backstage with set building, lighting, sound effects, costumes, props.

Would you prefer to help run the bar or take tickets on the door or help with publicity?

We have social events too.

Come and meet us. We are at the Village Hall on Mondays and Wednesdays from 7.30pm. Just pop in and say hello or call or text me, Deborah Craddock on 07484 860480

See our Facebook page for details of our productions.



BULCOTE PARISH COUNCIL

Council Meetings 2024
all at 7pm in
Old School Building, Burton Joyce

March 18th May 20th
July 15th September 16th
November 18th

Nick Leaves
Chairman
Bulcote Parish Council
M: 07968 227989



Burton Joyce

Climate Action Group



The Climate Action Group remain very active and are working on two initiatives at present.

1. Short term action - We are looking for volunteers to look after the young trees that have been planted along the River Trent. There are 17 or so groups of trees, pens, enclosed by fencing, from Gunthorpe to Stoke Bardolph. The idea is to adopt a pen and cut back weeds/ pick litter around the saplings as required. If you would like to participate please come to the Lord Nelson pub car park at 11.30 on Sunday 28th January or contact us through our Facebook page (and follow us) as there will be other dates to be confirmed or email burtonjoyceclimateaction@gmail.com

2. In the next few months, The Nottingham Energy Partnership (a climate change and fuel poverty charity based in Nottingham City) are rolling out Heat hub workshops for residents with homes that have an EPC rating of D to G. These are usually older houses made of single brick (that have not been additionally insulated), homes that have little insulation and/or that use oil for heating. The aim is to assess each property and, together with the homeowner, identify methods and routes to raise this to C or above. We are working with Nottingham Energy Partnership to put on an event in Burton Joyce. The date for the HEAT hub workshops has yet to be fixed but if you have been struggling to heat your home this winter and you are interested please email us burtonjoyceclimateaction@gmail.com so you can be on the list and watch out for further information on our Facebook page.

Helen Metcalfe on behalf of the Climate Action Group

TRIBUTES TO LOVED PETS

On Friday 5th January we said goodbye to our Cocker Spaniel 'Jackson'.

He was a Maris Drive resident & the neighbours certainly knew he was around. In fact the whole village knew when he was out & about. He used to pull on a walk to get to The Paper Shop as he knew there was always a treat on offer. He loved early doors in the Nelson & Keys & could never understand why he couldn't go in the co-op. He loved his walks by the River & around the fields. He had some special friends.. Lottie, Izzy, Bear, Wilson, Harry & Merlot to mention just a few. He loved playing chase with another dog followed by a 99 ice cream near the park.

Jackson Louis Williams
05/01/2010 - 05/01/2024



Dogs are not just dogs they are family.

Like the Queen said - Grief is the price we pay for love - and how true that is.

SIMON was a fabulous cat ,the best that there could be with his silver coat and almond eyes a beautiful cat was he Simon was a travelling cat such places has he seen, he would walk on his lead for miles and miles through the woods and by the sea.

Simon was a special cat a PAT CAT he became he brought laughter and joy to poorly folk who smiled when they heard his name.

Yes Simon was a fabulous cat those who knew him all agree and I'm so very lucky that he shared his life with me.



Chloe was the nicest dog and so much joy she gave with her soulful eyes and pretty face she soon made me her slave She loved long walks and picnics and laying in the sun and with her Christmas Snowman she had hours and hours of fun.

She loved to play at the seaside but she never liked the rain and life without my Chloe will never be quite the same..



Poems by Pauline

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Burton Joyce
Climate Action Group



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USED POSTAGE STAMPS COLLECTED FOR RNIB

Just to let you know that for a number of years I have collected used stamps for the above charity.

I am happy to send yours also if they have at least 1 cm of envelope around the edge of the stamp (UK and foreign).

SO, if you don't already, please start collecting, all the small packets I receive add up!

I posted off 3kg this last year which raised £60 for the charity at little time / cost to ourselves.

THANK YOU

If you have any please kindly pop through the letterbox of 16 Chesterfield Drive BJ.

Thanks Dil



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Continued ...

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Continued ...

Health Insights – Number Six. Blood in your Pee? See your GP!

Our kidneys are marvellous organs, they filter waste products from our blood, maintain our fluid balance and also play a part in blood pressure regulation. But as with many things their performance can deteriorate with age and they can be susceptible to a number of conditions that can affect our general health. So perhaps we ought to be on the lookout for signs that something might not be right.

The most serious sign of illness, is seeing traces of blood in our pee. This might be a urinary tract infection (UTI) which could need treatment, or it might be the sign of something more serious. So even if you only see evidence of blood in pee once, seek advice from your GP. As with many serious conditions early detection can make treatment more effective.

Kidney disease in the UK

The general term for deteriorating kidney function is chronic kidney disease (CKD). Around 7.2m people have early-stage CKD. Indeed, some element of reduction in kidney function will be a part of aging but there are things that can be done to slow that process. Around 3.5m million people in the UK have the later stages of CKD, when symptoms are likely to become increasingly difficult to manage. At an early stage there are usually no symptoms because the body can cope with reduced kidney function. Kidney disease is often only diagnosed at this stage if a routine test for another condition, such as a blood or urine test, detects a possible problem. If found at an early stage medicines and regular monitoring can help prevent it becoming more advanced.

Advanced symptoms for which you should seek advice from your GP are:

- weight loss and poor appetite
- swollen ankles, feet or hands – as a result of water retention ([oedema](#))
- [shortness of breath](#)
- tiredness
- [blood in your pee \(urine\)](#)
- an increased need to pee – particularly at night
- difficulty sleeping ([insomnia](#))
- [itchy skin](#)
- muscle cramps
- feeling sick
- [headaches](#)
- [erectile dysfunction](#) in men

CKD is not a curable condition but it can be controlled and progression can be slowed or even halted with medicines and lifestyle changes. Early detection will very likely improve the outcome.

Continued ...

Health Insights *(continued)*

Things you can do to keep healthy kidneys

Even if there are no signs of CKD we can help our kidneys stay healthy and slow down age-related loss of kidney function.



Keep
Hydrated



Don't Smoke



Keep Your
Weight
Down



Exercise
Regularly



Eat a Healthy
Diet Including
Fresh Fruit,
Vegetables
and Fish



Reduce Your
Intake of Salt,
Processed
Food, and
High Sugar
Drinks

Further Information

If you would like to know more about kidney health and CKD, such as treatments and diagnosis then go to the NHS website (<https://www.nhs.uk/conditions/kidney-disease/diagnosis/>) or Kidney Research UK (<https://www.kidneyresearchuk.org/kidney-health-information/stages-of-kidney-disease/>)

REFUSE, RECYCLING & GARDEN WASTE IN GEDLING BOROUGH

Gedling Borough Council have ceased sending out calendar reminders detailing when your bin is going to be emptied. For those familiar to online searches one can obtain a download of the collection dates for your house by using the link <https://apps.gedling.gov.uk/refuse/search.aspx>

 Search

Home » Online Services » Refuse Collection Days

Refuse Collection Days

Never miss out, we can send you a weekly reminder email telling you when your bin needs to go out and what bin it should be.

To find out your next collection day, please enter your street name only:

Street:

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Garden Waste

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We enquired if The Magazine could print pages to assist those unable to access the website. Unfortunately it is too complicated for us to do this but If you are in difficulty then ask a neighbour to do it for you. In exceptional circumstances we will print a calendar for you. Text or phone 07734 474031

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THE VOYAGES OF MEADOW PIPIT



From
Nottingham to
Chester by
boat

As the winter flood waters on the Trent began to subside and there was a hint of spring and warmth in the air, the boaters began to get itchy feet, and so did we.

Our friends were moving their boat from Gunthorpe to Sawley, so we decided to join them for a few days on the steps at Trent Bridge, just below County Hall.

The moorings there are lovely – looking out onto the wide river full of birds, rowers, and every now and again the Nottingham Prince and Princess trip boats taking parties up the river. After a few days enjoying the delights of Trent Bridge and West Bridgford, we were in wanderlust mode, so we accompanied our friends through Meadow Lane lock (which is across the Trent from the Nottingham Forest football ground) and up onto the Nottingham Beeston Canal.



The mooring outside the courts in Nottingham

After a night outside the courts close to the railway station, and the obligatory overnight stop outside Sainsburys to stock up, we carried on along the canal, which passes round the back of the Boots factory site, to Beeston, another of our favourite haunts. At Beeston there are some old cottages next to the lock which have been carefully restored and are now a museum with a coffee shop below and a delightful garden at the back – well worth a visit; however for us, no cafe beats Tony's Riverside Cafe next to the marina; Tony is a larger than life character, always full of banter, and his breakfasts are second to none. His lasagne is superb as well if you have a big enough appetite and nothing strenuous planned for the afternoon. We obviously had to stay and play sticky 13s and have a go at the meat raffle in the Riverside Bar on the Friday night, so on Saturday morning we carried on up the Trent to catch up with our friends again at Sawley.

From Sawley we cruised to Shardlow, which is the start of the Trent and Mersey Canal and an inland port. In years gone by, it was possible to start your journey to America from Shardlow; passengers were taken up the Trent and Mersey Canal and then to Liverpool where they would board passenger ships to cross the Atlantic Ocean. It was also a trans-shipment port, where cargo would be unloaded and transferred between canal boats and sea going vessels, and there are some impressive old warehouses and canal buildings.

Continued ...

Happily the old Shardlow buildings have survived to the present day; a stark contrast to the other end of the Trent and Mersey Canal at Preston Brook, where there is very little to see apart from a tunnel that is 0.7 miles long.

Having started cruising up the Trent and Mersey Canal, it seemed only sensible to carry on, and just maybe, provided there is enough water in the canals (unlike last year), we might finally be able to get onto the Lancaster Canal.

We safely negotiated the four big locks at the bottom of the Trent and Mersey Canal, the largest of which is Stenson lock, which is a massive 12'6" deep and has a coffee shop next to it with a fascinated audience watching your every move, and then on through Burton on Trent, where the locks become single locks (7' wide). When the canals were built, single locks were a way of saving water, and water was at a premium, so only narrowboats, which are 6'10" wide could go through them. In order to get from the North to the South of the country by water, boats must pass through Foxton Locks and Watford Locks (situated right next to Watford Gap service station on the M1) which are all single locks. If your boat is wider than 6'10", then the only way to get from one end of the country to another is to go by sea or on the back of a lorry. The locks are also different lengths depending which canal you are on, but at 58' Meadow Pipit can go pretty much anywhere.

The different canal companies guarded their water very jealously, and evidence of this still remains at Fradley Junction, where the Coventry Canal meets the Trent and Mersey Canal. Heading from Shardlow there are two locks below the junction and three above, but the Trent and Mersey Canal company wasn't going to let the Coventry Canal Company pinch any of their water. They built a lake by the side of the canal for the water from the lock immediately above the junction to drain into when it was emptied, and then the first lock below the junction would be filled with water from the same lake, thereby preventing any of their precious water from going into the Coventry Canal - ingenious! The lake is still there, and Fradley junction is a great place to sit in the summer and watch all the boats vying with each other to be first through the (single) locks as they turn out from the Coventry junction and clash with others already on the flight.

From Fradley the Canal meanders through the pretty village of Alrewas with its thatched houses, Etruria and The Potteries, past the Wedgwood factory, Stoke on Trent, and then through the Harecastle Tunnel and to Kidsgrove, where the canal turns orange due to the iron ore in the water.



The orange canal at Kidsgrove

Continued ...

From Kildsgrove to Wheelock (near Middlewich) there is a flight of locks known as Heartbreak Hill - 25 locks in 6 miles. We managed to persuade some friends to come for what they thought would be a relaxing weekend on board, and we got to the bottom in a day.



Heartbreak Hill

Next stop Middlewich - one of our old haunts, where there is a very pleasant pub with a beer garden just above King's Lock. Being ever optimistic about reaching the Lancaster Canal, we had managed to book a passage across the Ribble Link from the Leeds Liverpool Canal on the 2nd July.



Distinctive Lock

Rather frustratingly this was over a month away, but never mind - we were booked in and there was water in the canals. Whilst in the pub we got chatting to the locals and discovered that the famous Middlewich Boat Festival was going to be held in mid June. As we had time to spare we could go to Chester, get back for the Boat Festival and then head onto the Leeds Liverpool Canal and the Ribble Link after that. Fantastic!



Moored at Christleton

After sampling the best fish and chips in the world (in our view) from the chippy by King's Lock, where we discovered that the owner's Dad used to sell meat to Ian's Mum when he was a boy - it's a small world - we set off along the Middlewich branch taking us on to the Shropshire Union Canal and Chester bound. I was beyond excited - Chester is somewhere I had been wanting to explore by canal for years, and I wasn't disappointed, but more of that later.

At Barbridge Junction (where the other end of the Middlewich Branch meets the Shropshire Union Canal mainline) we turned right to go North West towards Chester and Ellesmere Port, where the Shropshire Union Canal meets the massive Manchester Ship Canal. The locks on this stretch suddenly change from single locks to double, apart from one totally iron lock at Beeston which has bent inwards so that although it used to be 14' wide, it isn't any more and boats can only go through one at a time - I suspect there's a reason why there was only ever one iron lock built on the canal system! Of course, when all of the other locks take two boats, and suddenly there is a lock that only takes one, there is the inevitable bottleneck and frayed tempers over who takes priority.

Along this stretch there are some very distinctive round brick huts by some of the locks - presumably for the lock keepers to use in years gone by. We spent a night at pretty Christleton on the outskirts of Chester with its picture postcard cottages.

Continued ...

We finally arrived in the heart of Chester and moored up just below Waitrose.

I was blown away by Chester - coming from the east of the Pennines I had always thought of York as the jewel of the North, but in my view, Chester beats York hands down, with its Tudor style half timbered buildings, split level rows of shops and ancient city walls. We arrived on race day, and the town was full of tipsy race goers - everyone was so friendly and wanting to chat to the boaters.



Chester

On exploring the City it quickly became clear that there is aristocratic influence in Chester; we spent a while in the swanky bar at the Grosvenor Hotel (owned by the Duke of Westminster) but didn't stay for too long as our pockets weren't deep enough, and drooled over the extravagant jewellery in Mappin and Webb next door.

We walked around the massive racecourse the next day and went to look at the River Dee, which used to be navigable from Chester Canal Basin on days when the tides were high enough for boats to pass over the weir - the only downside being that once over the weir, boats would have to wait for a tide big enough to take them back. Sadly that isn't possible any more as the locks taking you onto the river are



Chester's Tudor style half timbered buildings

silted up and no longer operable (we had a good look to see if there was any way we could have had a go) so we had to walk the route instead, I'm delighted to say that there are plans afoot to open the route up again, which would bring the potentially attractive little basin on the Dee branch back into use - it looks as though it was developed only a few years ago, but is now sadly abandoned looking with most of the units closed down. I understand the Inland Waterways Association are involved and are currently undertaking a feasibility study to look at this and the benefit it would bring to Chester as an added visitor attraction.

Continued ...

One of the challenges of boating is getting rid of rubbish, and we were amassing quite a collection of glass bottles that were starting to hamper our access in and out of our kitchen. Often supermarkets have recycling facilities, so off I went to Waitrose to ask if they had a bottle bank. They couldn't have been nicer - the answer was that they didn't, but when they learned that I lived on a boat they offered to dispose of them for me along with any other rubbish we might have. I duly returned to Waitrose with my sacks full of glass bottles which they took with a smile and told me to come back if I need to dispose of any more in the future!



Pretty Chester

After a couple of nights outside Waitrose we moved on to Chester Basin which involved going down a staircase of 3 locks, round an impossibly sharp bend, and under a railway bridge into the attractive and historic basin; watched all of the time by interested passers by, who even got involved in helping at the locks. From Chester Basin we made our way to the end of the canal, and the Ellesmere Port Historic Boat Museum, where the Shropshire Union Canal meets the massive Manchester Ship Canal. We stopped on the way at Stoak, only to discover that there is nothing there apart from a pub, and some attractive moorings where you can watch (and hear) the traffic on the M56 very close by. We spent a very pleasant evening sitting in the sunshine on the back deck watching the rush hour traffic jams on one side of us and the cows grazing on the other!

When you arrive at Ellesmere Port Museum there are two locks to go down in order to get to the museum moorings, which cost £10 a night and have to be booked in advance (as we discovered on arrival). Luckily there were plenty available, so we duly booked our mooring, went down the locks and moored up amongst some of the historic boats owned by the museum awaiting restoration. From there it would have been possible to go down a further lock onto the Manchester Ship Canal, but only if booked in advance with Peel Holdings (who own the Manchester Ship Canal) and at a considerable cost. There are some big ships on there, and it isn't a canal that is really suitable for narrowboats, so we have no plans to explore it by boat.

The Boat Museum itself is really interesting and even has a blacksmith working in one of the old forges making stuff to order, along with some excellent restored old boats and memorabilia and a fascinating video about the building of the Manchester Ship Canal, which was constructed in order to attract some of the lucrative shipping business from Liverpool Docks.

Continued ...

It worked - Manchester became an important inland port destination for many cargo ships and massive docks were built at Salford. I find it interesting how Manchester always seems to be in the forefront of progress - they were one of the first cities to have trams, which are a great success, and even now, when other cities are going bankrupt, Manchester is awash with cranes, construction and innovation; it must be something in the Mancunian genes!



Mooring outside the hotel at Ellesmere Port

Too tight to pay for a second night on the Museum moorings, we returned to Chester Basin the next day and spent a very pleasant afternoon in Telford's Warehouse (originally built by Thomas Telford in the 1790s for the unloading of boats and now converted into a waterside pub) in Chester Basin chatting to the locals. It's funny what plans can be hatched after a few drinks; I felt that I would liked to have spent longer at the museum, and in the basin at Ellesmere Port below the locks, we had noticed that there was a hotel on the other side where it would be possible for a boat to moor. Moreover, I had spotted a rather attractive looking coffee shop between the basin and the Ship Canal that was open in the evenings and looked like it could be a bit of fun. Enough said, the next morning off we set back to Ellesmere Port, back down the locks, and moored up alongside the hotel.

There were doors right outside our boat into the hotel restaurant, so that evening we went through them into the hotel bar for a drink to justify our mooring place. We then headed to the little cafe, which, as anticipated was really friendly and delighted to welcome visiting boaters (I don't think they get many) and they persuaded us to stay for their meal and Elton John tribute night the next evening.

The following morning I was outside the boat cleaning our windows when the Manager of the hotel appeared and very politely asked me how long we would be staying moored outside his hotel. I explained that we would be leaving the next day, and the reason we were moored outside his hotel was because the museum charged £10 a night, which he was very interested to hear. He agreed that we could stay for just one more night - I wonder if there is now a "No Mooring" sign outside the hotel!

Continued ...

That night we duly had a drink in the hotel bar (which was quite busy with hotel guests) in order to pay for our mooring before going to see our friends at the cafe. What a fantastic welcome and night we had; Elton John stole the show in his spangly outfit, and all the locals were up dancing and chatting, of course joined by us. The table laid for 9 next to us was a no show, but later in the evening a group of hotel guests that we had seen in the bar came looking for a meal, so they took it instead.

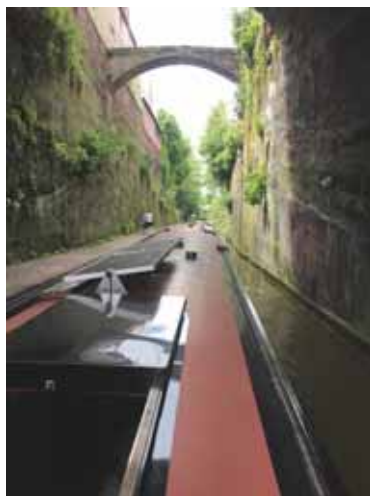
The next morning we left as promised. Up the two locks again, helped by a family who were visiting the museum; I was delighted to hear the Mother shouting to her children "come and watch this - a real live boat going through the locks - much more interesting than that historical stuff".

Back to Chester we went along what was becoming quite a familiar route, and back up the 3 rise locks. This time there were two boats coming down, and to my delight the Lock Keeper on duty waived us into the lock. This is an interesting procedure, and something we have experienced before - it is possible for 3 boats to pass on staircase locks, but not 4 - I'll try to explain. When in a lock chamber on a staircase lock, the levels of the two lock chambers when boats pass from one to the next

are the same, and the middle gates are opened to let the boat pass through. If there are three boats (in our case two coming down and one going up) the boats need to shuffle a bit like moving cards around on a table. One of the boats coming down moves forward into the lower lock chamber, the other moves across so that the boat going up can go forward into the upper lock chamber, the boat going down then moves across so that the other boat going down can move forward and join it in the lower lock chamber, and then the gates are closed and everyone continues on their way. The spectators loved it as I

explained the procedure that was going to take place and declared it was "better than watching the telly".

After a last night in Chester we made our way back to Middlewich where, after being drenched by a thunder storm, we eventually reached our destination and got a good mooring for the boat festival.



Leaving Chester



A tug on the massive Manchester Ship Canal



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From 1 February 2024 it will become a criminal offence to own an XL Bully dog in England and Wales unless you have an exemption certificate.

The first stage of the XL Bully ban came into force at the end of December meaning the breed was added to the Dangerous Dogs Act 1991.

This means it is now an offence to:

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- Or have an XL Bully in public without a lead or muzzle.



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If you're unsure and believe your dog is an XL Bully, please complete the registration as a matter of urgency.

You can find out more about the ban by inserting the links below into your browser,

[Prepare for the ban on XL Bully dogs - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/preparing-for-the-ban-on-xl-bully-dogs)

To apply for a certificate to keep an XL Bully -

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And for more guidance on the laws -

[Check if a dog is an XL Bully - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/check-if-a-dog-is-an-xl-bully)



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All counties, throughout the UK, have attractions and interests that residents, locals and visitors, constantly admire and appreciate. Be it architecture, history or scenic beauty, cities, towns and villages have many attributes and recognitions which attract and hold people's interests all year through. From castles, stately homes and gardens, country house estates, customs and heritage, through industrial achievements, to sports and more, there is a wealth to interest all. Nottinghamshire certainly has its fair share of interesting places to visit. The city of Nottingham attracts countless visitors year on year, along with the surrounding areas within the county.



Woodborough Hall is a Grade 11* Listed Hall and is located in the charming, picturesque village of Woodborough, Nottinghamshire, approx. 7 miles north-east of Nottingham. It is documented that a fortress was constructed, around the 7th century AD, on the site where the property now stands. Throughout the following centuries the history of the Hall is very interesting. Notably, during 1660, the property was built. In 2004 the Hall began being transformed into a hospitality venue.

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To commence I opted for WILD MUSHROOM ARANCINI. Flavoursome, this made an excellent start to the dining experience. For main I selected PAN-FRIED CHICKEN BREAST (Truffle & Garlic Pomme Puree, Tenderstem Broccoli, Pan Jus). Having a splendid, enticing aroma and complementing flavours of ingredients, this succulent, tender and perfectly presented dish absolutely warranted 'Compliments to Chef'. The Head Chef, with the



brigade, certainly ensure very memorable dining occasions. My choice for dessert went to ETON MESS. A splendid delectation.

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Magic Gems for the New Year

I will consider in a little more detail three small plants whose season peaks in the New Year.

They all thrive on caring and knowledgeable neglect and take a few years to make an impact, but they all love Burton Joyce conditions and once settled will give the greatest pleasure in these rather bleak months as long as you live on the plot and for your successors if they have any joy of gardens.

There are many gardens that advertise snowdrop days and display great swathes of them. Some particularly those with undulating woodland can be quite stunning and people may feel they cannot replicate this in a small garden.

Snowdrops thrive and bulk up quickly if left alone which indicates they need to be under a long lived shrub or tree or in grass. Now is the time to look for an area of bare soil or thin grass with suitable shade in summer; say around a forsythia or flowering currant or a deciduous tree like an acer or cherry. The ground needs no preparation or fertiliser but it is important not to then think in May you would like to brighten it up with some bedding. They do need to be left alone.

If you are starting from scratch think about a dogwood with coloured winter stems say Cornus Sibirica (red) or Cornus Midwinter fire with brilliant orange stems. These detract the eye from the dying leaves of the snowdrop and make a good show in their own right all winter.

Snowdrops do not do so well with me in the border which I cover with compost in the winter and where I plant tulips and other bulbs to make a show in April and May.

Never buy dry snowdrop bulbs; cadge some still in growth from a friend in the green or come to us for a trowel full.



Cornus Midwinter fire



Aconites - under a Beech tree

Aconites, my next choice are similar in preferring to move while still in growth and of course like the same type of position but try to find a different spot. The photo shows them in grass under a Beech tree. I started with fifty under a Cherry tree years ago and they seemed quite expensive. My wife who had a generous nature planted hers close together to make an impact. I of a rather mean turn of mind spread them out (to make them go further) so they hardly showed next year. After a few years the whole area was evenly covered as the seedlings spread and made an even show.

Continued ...

IN OUR GARDEN (Continued)

I moved a fair number of these seedlings in subsequent years to the bottom of the large lawn (an old tennis court). It is interesting that they have arranged themselves in a regular strip starting a few feet away from the shade of the trunk of the Beech tree coming to a stop where the leaf cover ends and allows the grass to thrive and suppress them. I have seen it recommended to put snowdrops and aconites together. I much prefer enjoying each on its own as they have such different character in both leaf and flower.



Aconites - in the lawn

The Cyclamen I have considered in earlier issues were *C. hederifolium* which are the most prolific and make a wonderful show in Autumn, *C. coum* is quite vigorous but should be kept separate as the other might swamp it. The first flowers come in December and a succession follows well into February and March. The colour varies from a rich magenta through pink to a somewhat dingy white. I think the darker ones make a better impact. The leaf as in all cyclamen is of equal importance and in no case is unsightly. For some years I have introduced a lovely variegated form I got from Jackie on Lambley Lane . This is definitely an asset. Fig 3 shows the variety of the leaves. Indeed , I think any time you look at a cyclamen you should take your eyes off the flowers to study the leaves themselves. We got three small ones from Stones in Lambley (very good value) for display by the front door ,all lovely red flowers but the patterning on the leaves was completely different and a picture in itself. These very pretty small plants on sale every Christmas are bred for the florist trade and do not make good garden plants. Cyclamen cannot be easily divided and have very fine deep roots. Moving them as large corms sets them back. Unless pot grown it is best to propagate and spread by seedlings which with care move easily.

We always prick out a few boxes of our favourite colours and move them on next year. For many years I had a patch under a winter flowering cherry. The cherry has now died but the cyclamen come up under many shrubs which they find suits them.

The secret with all these three plants is not to go pricking around and improving the bare soil with a fork. A bit of careful hand weeding will let the goodies thrive.



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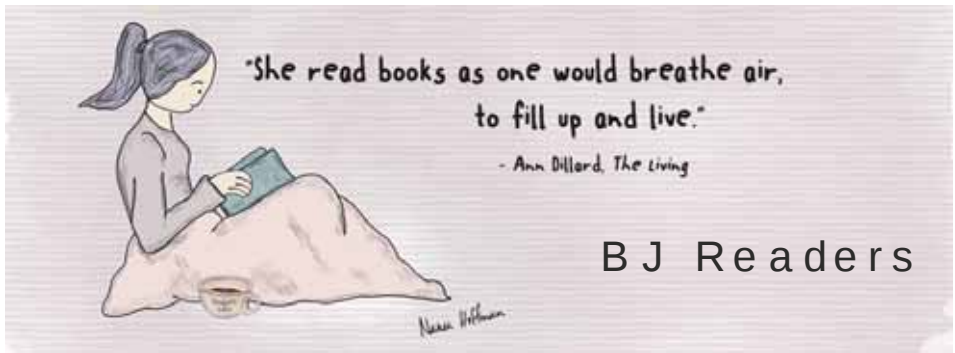
or write to him at;

28A High Street, Arnold, Nottingham, NG5 7DZ.

Tom holds regular surgeries around Gedling.
Further details can be found on his website
tomforgedling.com/surgeries and his Facebook
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Literary Addiction

I am writing this in the first half of Jan with a large glass of Tanqueray Sevilla 0% gin. It's Dry January and I am badly missing my 6 pm cold glass of chardonnay.

And so, it occurred to me that this was a timely moment to write on the theme of Addiction in Literature, an apt follow on from the copious amounts of high spirits at Christmas.

What, exactly, is addiction? The NHS defines it as '*not having control over doing, taking or using something to the point where it could be harmful to you.*' I guess then that this must cover all things from chocolate to crack cocaine.

I suspect that any of us who's nursed a hangover and then gone on to have a drink that very same night has fleetingly questioned their level of dependence. Where does the line fall between social drinking and alcoholism? Does even asking yourself that question suggest you are an alcoholic?

Addicts have been portrayed in a myriad of literary genres. Sometimes pitiful, often comical, invariably troubled, but what these addicts hold in common is a hatred of their condition, and a deep-seated sense of self-loathing.

A Million Little Pieces by James Frey (2003) is a 'sprawling and manic' memoir of life in an Ohio rehabilitation clinic. The narrative is visceral, brutal, profane, and often violent. Frey's story is conveyed in plain words, few adjectives, simple sentences, and frequent repetition. The book gives off a strong Hemingway feel, which has jarred with some. Others have described it as no less than the *War and Peace* of addiction. Manic though it may be, plenty of tender moments take place. Frey's vivid descriptions of evolving friendships amongst an immensely diverse crowd are powerful. As a mother, the most moving aspect of this memoir for me was Frey's description of the confusion and desperation of his parents and their heartfelt but bewildered attempts to understand what had brought their 23 year old son to systematically destroy his own life chances. If you're seriously interested in what's inside an alcoholic and why, to the addict, death is infinitely preferable to giving up, then read this book.

Whether addiction springs from disease or decision is a recurrent theme, and each reader will draw their own conclusions based on their own life experiences.

Continued ...

The book attracted considerable controversy following its exposure as 'semi-fictional' (as in, half-true!) on the Oprah Winfrey show, and the furore that followed this revelation is almost as interesting as the book itself. That said, in the words of Mark Twain, one should never let the truth get in the way of a good story. This is a good story, and – semi-fictional or not – much can be learnt from it.

Columnist Daisy Goodwin picked *Brideshead Revisited* as the book she would choose to prevent or cure alcoholism. Anyone familiar with the story will fondly remember adorable Lord Sebastian Flyte and his teddy bear, Aloysius. Sebastian had everything - looks, charm, status...but he loses everything he loves and ends up a broken man in a foreign monastery without faith, hope or sobriety. *Brideshead* shows us the capacity of the aristocracy to consume copious amounts of alcohol whilst remaining resolutely elegant. Sebastian's fate is a sobering reminder that there is a downside to a life of Cocktails at 6 (am/pm). This brilliant moral maze and alcoholic abyss is a classic reminder that whatever the vintage, and however well cut the glass or suit may be, a drunk is a drunk.

Demon Copperhead by Barbara Kingsolver, (2022) contains no fine vintages, and no crystal glasses, but plenty of beer and crystal meth. Ironically set against the backdrop of Virginia's beautiful Appalachian Mountains in the 1990s, this is the story of a generation lost to opioids and poverty. Deprivation was rife in this part of the 'rust belt' and options to get out were limited. Drugs provided a devastatingly attractive escape option. Many addiction stories began with the use of the highly addictive prescription drug Oxycontin; a drug which easily paved the way to harder drugs. However, this book is no thesis on the evils of drug taking, but rather an inspired reimagining of David Cooperfield. Born in a trailer to his adored, drug-addicted teenage mother, Demon trips and fumbles his way through life encountering myriad angels and devils in human form. The Peggots, who do their best to stand by him; Stoner, his mother's cruel and controlling partner. And Dori, his pathetic addict of a girlfriend, who introduces him to opioids in a transcendent scene that goes a long way to explain the addictive nature of narcotic oblivion.

Finally, an article on addiction is not complete without a mention of Douglas Stewart's *Shuggie Bain*. This is an inspired novel about growing up in poverty in Glasgow during the Thatcher years and is well-deserving of its Booker Prize. But it is Stewart's gut-wrenching portrayal of the powerless situation of being the child of the addicted parent that remains with you.

If Addiction is your tipples, then do not overlook *The Patrick Melrose Trilogy* by Edward St Aubyn, described as '*the most powerful depiction of the full life cycle of addiction from childhood trauma to chaotic dependency to tentative recovery*', or *The Girl on the Train* by Paula Hawkins, a thriller about a hardcore people-watching recovering alcoholic. And finally... try *Shaken and Stirred* a delightful collection of short stories published by Everyman.

Well, cheers everyone. Off to freshen up my 0% gin with another slice of lemon. Roll on 1st Feb.

Jo McCarthy - BJ Readers - jomccarthy37@hotmail.com

February is a time when we start to see life again in our gardens. Bulbs are coming into flower, little buds are starting to appear and there is a sense of anticipation for the flowers and foliage soon to appear.

Let's take a look at some jobs you can be doing in your garden this month;

- Brighten up your home with some colourful houseplants
- Feed the birds, our feathery friends need some extra help this month
- Ensure frost protection is in place for those chilly winter nights
- Plant up any empty pots you have with winter colour.
- Plant out bare-root fruit trees, fruit canes and bushes
- Look for dull areas of the garden that can be brightened up with colourful evergreens or striking stems of deciduous trees and shrubs.
- Get chitting your potatoes
- Sow under cloches broad beans, peas, radish and summer cabbage

Looking Good This Month

Camellia are coming into bloom this month and wow do they make a statement! The flowers are truly stunning and so intricate in their form. These evergreens are ideal for shady areas in the garden. Camellia also require ericaceous soil, so be sure to plant in ericaceous soil or mix some slow release camellia feed in the soil when planting. For early colour and interest, it doesn't get much better than Camellia. A fun fact, did you know tea comes from the Camellia plant? Camellia sinensis is the tea plant.



Camellia

Continued ...

Also Looking Good This Month
Mahonia is another evergreen which comes into its own this month. Often bearing rather spiky leaves and growing quite tall, these shrubs are well known for their yellow flower spikes at this time of year. If you are wanting something a little smaller in size and with softer foliage, look out for 'Soft Caress'. Reaching just 3ft in height, this is a versatile shrub that can be grown in the garden or in a pot. It is a perfect choice for some February colour.



Mahonia 'Soft Caress'

Look out for these fantastic plants in your local garden centre today!
The gardening season is just getting started and there is lots to look forward to in the year ahead.

Enjoy your garden with Hollybeck!



February



Our gardens are coming back to life. Get gardening this month with grow your own. We have an extensive selection of soft fruit including gooseberries, honeyberries, raspberries and so much more.

Browse our vast selection of trees and shrubs. We are always well stocked and have a fantastic choice of evergreen and deciduous plants.

Seed potatoes are now in stock, just £2.99 for 10 or £7 for 30

Seasonal plants are arriving on a regular basis now. Look out for British grown herbs, strawberries, seasonal bedding and more!

Come and visit us today!

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February

As the gardening season gets going again, we have everything you need to kickstart your 2024 garden

Seed potatoes are now in stock, just £2.99 for 10 or £7 for 30

Seasonal plants are arriving on a regular basis now. Look out for British grown herbs, strawberries, seasonal bedding and more!

Our animal feed and bedding department is always open for those ever important essentials.

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1st Burton Joyce Scout Group

The scout group is for Boys and Girls. Beavers 6-8 years, Cubs 8-10 years and scouts 11 years – 16 years.

It has been an enjoyable time for all our young people during the autumn term with variety of exciting activities and challenges.

It was good to start up a new scout group in September which is slowly growing and are meeting in the Carnarvon Rooms in Burton Joyce.

A selection of activities that the youngsters have enjoyed have been both indoors and outside have included:-

Playing games, exploring GPS and ordnance survey map familiarisation, discovering and identifying new places (Geocache), First aid including allergies and burn awareness, cooking including on an open fire, making a fire pit, anti-bullying awareness, making bird boxes, outside hunt (at the Grove), shadow puppetry, assorted crafts, civic awareness e.g stone painting and prayers for Remembrance Sunday, and making up shoe boxes (Christmas gifts) for homeless charity. The year ended the term with Christmas games and parties.

Some have enjoyed a visit to Warhammer games workshop.(parents may need to ask their children about Warhammer).

A trip to the clip and climb to have ago at climbing. A sleep over and the district cubs Christmas party when Paul Smith cub assistant leader received his 25 years of scouting certificate. Well done to Paul.

A visit to see the pantomime at Burton Joyce village hall and attended the Remembrance Sunday Parade.

Our leaders have been doing a brilliant job, organising and running the activities.

To continue successful growth of the group we need more adults prepared to become leaders or other volunteers. In return for volunteering an hour or two each week, we will provide training, support, guidance and a whole lot of fun!

If you think you could contribute in this way please contact Rachel our Group Scout Leader on:-

Mobile: 07930271455

Email: rachelbowser6@gmail.com



Shoe boxes for homeless charity



Fabulous turnout from the Scouts, Cubs, Beavers and Brownies at Burton Joyce's Remembrance Day parade and service, paying respect and remembering those lost in conflict.

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We're all feeling a little deflated during these cold, dark months aren't we? Aside from jetting off

to Tenerife there's not much sunshine to be had!! However, there is another option.....come and see us at Core!!!

Alright, it's not as glamorous as sitting on your sun lounger with a nice cocktail but we have plenty to do, make a fab cuppa and always promise a warm welcome!!

We offer over 40 activities and services, we're based in Calverton but are open to all surrounding Villages (as long as you bring your Passport!!)

This is just a snapshot of our timetable:

Mini show Mondays - This is a fun and interactive show, sit and watch or join in with the singing!

Carpet Bowls/Soup and Bingo/Walking Group/Line Dancing/Table Tennis – Every Wednesday

Chair Based Exercise – every Tues and Thurs

Knit and Natter – every Mon and Thurs

If you've never heard of us before and would like to know more, you can either go to our website – calvertoncore.org.uk or follow us on FB – The Core Centre. If you aren't on the dot com (as my dad says!!) then please call us and we'll post out our latest 'What's on' Leaflet. Or simply call for a chat with one of our wonderful volunteers!!

We hope to see you soon

Sam, Becky and Jane ☺

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January Update

New year at Carlton le Willows

It has been lovely to see all students back in school after the Christmas break. As with every term we have hit the ground running with so much for students to get involved in.

In lessons, Year 7-9 have all been provided with knowledge organisers – a booklet of core knowledge and information relating to what they will be learning in each subject this half term. These organisers have proven to be valuable tools for supporting home learning and also keeping parents up to date with what their children are learning in school.

Students in Year 11 will be working their way through a range of revision resources provided at our first ever Pie Night and getting themselves prepped for another round of trial exams later this term. This spring term is a crucial few weeks for Year 11 as the exam season draws nearer. We have been delighted to see so many accessing intervention sessions held after school as we know these are key to performing well at GCSE.

Lower down the school students have been issued this week with a new enrichment timetable, which contains a multitude of after school clubs for them to enjoy. This term staff are offering everything from a song writers course, geography society and a debate club to Samba drumming, Lego robotics and Warhammer clubs. This is in addition to the sports clubs for football, netball, fitness and athletics.

Members of the drama club (CLW stars) are currently working their socks off, now rehearsals have started for the next Academy whole school show. Matilda will be performed next term and anyone who has had a peek behind the scenes knows it will be a treat not to be missed!

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“Pardon?” How many times have you said this and the person has repeated what you haven't heard fully? Or was the response words to the effect, “Nah, don't worry” and the conversation moved on?”

Hello, I'm Helen and I'm Nottinghamshire's only qualified and currently active lipreading tutor.

In this, the first of what I hope will be a series of articles, I want to explore ideas, hints and tips for those of us who are hearing aid wearers, alongside reciprocal help for 'hearing people' to show how they can be a 'hearing aid'.

The RNID has published the **“Prevalence of deafness and hearing loss**

- One in five adults in the UK are deaf, have hearing loss or tinnitus.
- 12 million adults in the UK are deaf, have hearing loss or tinnitus. That is roughly 10.1 million people in England, 1 million people in Scotland, 610,000 people in Wales and 320,000 people in Northern Ireland.
- In the UK more than 40% of over 50s have hearing loss, rising to 70% of over 70s.
- By 2035, we estimate there'll be around 14.2 million adults with hearing loss greater than 25dB HL (Decibels in hearing level) across the UK.
- An estimated 1.2 million adults in the UK have hearing loss severe enough that they would not be able to hear most conversational speech.”

If you find yourself having to say pardon several times in a conversation, even if you have hearing aids, here are some tips you may find useful alongside your residual hearing.

1. Make sure the light is on the person who is speaking.
2. Don't stand too close to the person speaking, about 3 feet away is usually a suitable distance if you have a hearing aid.
3. Ask the subject of the conversation.
4. A closed question should get a yes or no answer, rather than a repeat of the words you may not have heard correctly.
5. Watch the body language of the person who is speaking, it can give you a lot of clues about the type of conversation.

Looking at hints and tips such as these, along with the lip shapes that are formed in speaking the English language are the key aspects of a lipreading and hearing loss management class.

So, from the individuals taking part in this journey, let's look at the wider world.

As we approach World Hearing Day on 3rd March 2024, the theme decided on this year by The World Health Organisation (<https://www.who.int/campaigns/world-hearing-day/2024>) is:

“Changing mindsets:

Let's make ear and hearing care a reality for all!”

“World Hearing Day 2024 will focus on overcoming the challenges posed by societal misperceptions and stigmatizing mindsets through awareness-raising and information-sharing, targeted at the public and health care providers.”

Here's to supporting these aims from the World Health Organisation and

“Never say it doesn't matter.”

Helen Barrow

Lipreading and Hearing Loss Management Consultant

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CODEWORD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

25	17	3	17			9			22	5	11	14
	15			11	8	7	18	3		7		23
6	3	8	23	13		12		21	25	14	7	21
	23			1		3		10		14		22
	22	23	5	12	23	6	11	11		8	11	24
3				3		17				3		23
2	25	3	3	5	17		12	8	7	4	3	6
25		8				14		23				4
23	12	3		19	6	3	3	16	7	5	12	
9		12		8		17		7			23	
7	20	23	12	3		7		3	5	3	20	1
11		5		24	7	4	3	6			3	
5	3	9	17			3			26	25	17	9

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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12	25
13	26

ANSWERS
PAGE 69

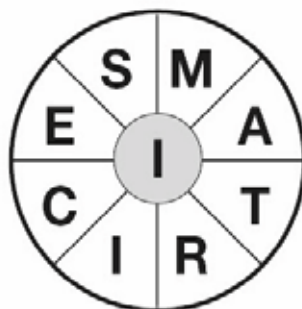
SUDOKU

Fill in the grid so that every column, row and each of the 3x3 boxes contains the digits 1-9. There is no guesswork involved, solve the puzzle using logic.

6					9		4	
8		4	1	6				9
	3				8	1	6	
		3					8	
1			3		6			5
	8			4		9		
	1	9					3	
5				3	4		9	1
	4		8					7

WORDWHEEL

You have 10 minutes to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate:
25, average; 35, good;
45, very good; 60 or more, excellent.



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**Our next lunches -
15th February
21st March
Starting at Midday**

We will be serving
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Small hall in Burton Joyce & Bulcote Village Hall

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Armchair Exercises

11:00am - 12:00pm

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Fridays

Coffee Morning

10:00am - 12:00pm

Pop in for delicious homemade refreshments and good company.



Friday (Last of each month)

Lunch Club*

12:00pm - 1:30pm

We are welcoming those over 65 in our local community to join us for a delicious homemade lunch.



Saturdays

Cinema Club*

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Monthly Meetings

Second Thursday in the month Burton Joyce Village Hall 7.00 pm start

Future Meetings

- | | |
|--------------------------|---|
| 8 th February | 'The rapid pace of change in Journalism' –
Natalie Fahy of The Nottingham Post |
| 14 th March | A Musical Evening with Heather Fox and
Tina Hewitt |
| 11 th April | 'People around the World' with Margaret Hutchby |
| 9 th May | Annual Meeting |

We welcome visitors and new members to join us to learn new skills,
meet inspiring people, support our local community, make friends
and have fun!

Other Activity Groups

- Craft Club – first Tuesday of the month
- Walking Group – first Wednesday of the month
- Walking Netball – 9.30am every Monday (except Bank holidays)
at The Poplars Sports Ground

Burton Joyce & District u3a offers a wide range of learning and social opportunities for retired or semi-retired people. We presently have nearly 400 members from Burton Joyce and its surrounding locality. From walking to wine tasting groups, book clubs, bridge, canasta and cribbage, dining out, fashion, French, gardening, languages, petanque, table tennis, ukulele, trips and social events, we've got all bases covered.

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MONTHLY SPEAKER MEETINGS

TUESDAY 13th FEBRUARY – ADRIAN GRAY – KATHERINE WILLOUGHBY, DUCHESS OF SUFFOLK – LINCOLNSHIRE'S GREATEST TUDOR WOMAN

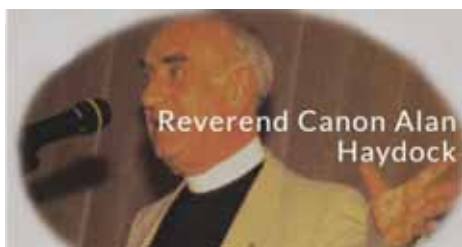
Willoughby's extraordinary life was full of tragedy and adventure, in which she mixed at the highest levels of royal society and on several occasions came close to execution.

Her life as one of the nation's leading reformers brought her friendships amongst the greatest thinkers of her day, but also made her dangerous enemies. Fleeing England as a refugee, she ran Lithuania on behalf of the King of Poland. Her story is a fascinating glimpse into the complexities of Tudor England.



TUESDAY 13th MARCH – TUESDAY 11TH JULY: REV CANON ALAN HAYDOCK – IT'S BETTER THAN WORKING FOR A LIVING

Canon Alan Haydock was our speaker in July 2023, when he delivered his "Confessions of a Country Vicar" talk. His charm, warm-heartedness, infectious and entertaining true-to-life funny stories and quick wit make him a sought-after entertainer for a range of events.



Born in Wigan and educated at the King's School, Ely, Alan trained at Kelham Theological College and was ordained in Southwell Minster in 1965. He became Canon of Southwell Minster in 1986. A keen sportsman, he follows both Nottingham Football Clubs and is a former member of Nottinghamshire Cricket Club's General committee.

Over the past 32 years Alan has donated over £100,000 to various churches, charities and sporting organisations by means of his speaking fees.

<https://bju3a.co.uk/events>



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Burton Joyce Library

Happy New Year to all our lovely readers. At the time of writing, snow is forecast so hopefully you didn't experience much disruption and have managed to enjoy any that appeared – even if from the comfort of your own living room!

Is it too early to be talking of Spring? We don't think so. If you are thinking of getting out and about, have you seen the Sherwood Voices information on the Inspire website? This is a series of 6 Sherwood area audio walks to download. Each walk lasts around two hours and detailed instructions on where to go are part of the audio. You shouldn't need a map, but you can read a description of the walks in the booklet:

<https://www.inspireculture.org.uk/reading-information/sherwood-voices-walks/> along with a rough sketch of the route.

If planning for warmer days is your thing, maybe check out our gardening books and our travel section. And have a look at the huge selection of magazines you can download for free (and for inspiration) by using the Libby app. More information here: <https://www.inspireculture.org.uk/reading-information/digital/ereading/>

If you'd like to broaden your horizons in 2024 why not try one of the Inspire Learning courses on offer at Burton Joyce Library. There is still space on Creative Writing – Short Stories, Women Writers of Notts, and Book Making – so really something for everyone. To register for the courses and to see the full list visit <https://www.inspireculture.org.uk/skills-learning/community-learning/> and search for 'Burton Joyce' in the 'Location' box on the right hand side, or call Ask Inspire on 01623 677 200.

We're excited to announce that the wonderful Festival of Science and Curiosity is back on Thursday 15th February, for children aged 5 – 11 and their families to come to the library and enjoy Colourful Chemistry – Into a World of Surprises! It's free to attend but you must book a place at: <https://www.inspireculture.org.uk/reading-information/libraries/festival-of-science-and-curiosity-2024/> These events are always extremely popular so please sign up as soon as you can!

OPENING TIMES			
Monday	9.30 am – 1 pm	Tuesday	CLOSED
Wednesday	9.30 am - 1 pm and 2 - 6 pm		
Thursday	2 – 5 pm		
Friday	9.30 am – 1 pm and 2 – 5 pm		
Saturday	9.30 am – 1 pm	Sunday	CLOSED

Burton Joyce Library, Inspire:Culture, Learning and Libraries
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Summary Train Timetable: THE CASTLE LINE – Burton Joyce

10th December 2023 to 1st June 2024

	From BJ to Nottingham	From BJ to Newark Castle
Mon - Fri	06.23 06.49 08.00 08.59 10.00 12.00 15.02 17.03 18.02 23.52	05.53 07.00 08.06 12.07 14.08 16.06 17.06 18.11 19.03 21.41 22.47
Sat	06.25 07.59 09.01 10.03 11.59 15.02 17.02 18.02 21.30 22.30	06.05 07.00 08.09 12.06 16.06 17.06 18.08 19.06 21.43
Sun	09.54 12.18 15.32 17.29 19.45 23.44	09.43 11.35 14.37 17.37 22.40

	From Nottingham to BJ	From Newark Castle to BJ
Mon - Fri	05.43 06.50 07.56 11.57 13.58 15.56 16.56 18.00 18.52 21.33 22.37	05.58 06.25 07.36 08.41 09.36 11.36 14.38 16.39 17.38 23.32
Sat	05.55 06.50 07.58 11.55 15.56 16.56 17.58 18.55 21.32	06.00 07.36 08.43 09.39 11.35 14.38 16.38 17.38 21.10 22.10
Sun	09.33 11.25 14.27 17.27 22.30	09.29 11.53 15.07 17.05 19.21 23.20

PLEASE NOTE:

From BJ, all eastbound trains call at Newark (some continue to Lincoln and Cleethorpes), and all westbound trains go to Nottingham (most continue to Crewe, but some go to Leicester).

Due to frequent uncertainties in the railway industry, it is recommended that train times are checked before travel on such systems as www.nationalrail.co.uk

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seriatim, sire, sitar, site, smartie, smite, stair, stearic, stir, stria, tice, tier, tiers, ties, time, timer, times, tire, tires, trice, trices, tries, trim, trims.

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1=Y, 2=Q, 3=E, 4=D, 5=N, 6=R, 7=I, 8=L, 9=T, 10=H, 11=O, 12=G, 13=X, 14=B, 15=P, 16=Z, 17=S, 18=V, 19=F, 20=M, 21=C, 22=K, 23=A, 24=W, 25=U, 26=J

SUDOKU

6	7	1	2	5	9	3	4	8
8	2	4	1	6	3	5	7	9
9	3	5	4	7	8	1	6	2
4	5	3	9	1	2	7	8	6
1	9	7	3	8	6	4	2	5
2	8	6	5	4	7	9	1	3
7	1	9	6	2	5	8	3	4
5	6	8	7	3	4	2	9	1
3	4	2	8	9	1	6	5	7

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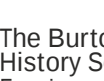
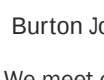
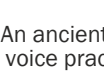
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 Clerk to the Parish Council: Lisa-Jayne Campbell 01623 238712	Nick Leaves [C] Victoria Shillaker [VC] Paul Mountain Carl Springthorpe Mick Tobin	07968 227989 0115 9313226
STOKE BARDOLPH PARISH MEETING Parish Clerk Kate Baggaley katebaggaley15@gmail.com	Chairman Mike Terry michael.terry2@me.com	
 IVY MEDICAL GROUP Dr P Panesar MBChB MRCPG DRCOG PGCertME www.ivymedicalgroup.co.uk	Apple Tree Medical Practice 4 Wheatsheaf Court Tel 9312500	Lambley Lane Surgery 6 Lambley Lane Tel 9312500
 Burton Joyce and Bulcote WI <i>A member of the Nottinghamshire Federation of Women's Institutes</i>	Burton Joyce Village Hall 7.00 pm start Other Activity Groups: Craft Club – Lunch Club – Walking Group – Walking Netball Contact: Lesley Comerie 07805 426483	
 Chairperson Vice Chair Membership Secretary website–www.bju3a.co.uk	Anna Moore Alan Comerie Rupert Williams	0115 8374451 07581 456253 0115 931 3095
Burton Joyce & Bulcote Village Hall <i>Hazel Doyle 07706 005739</i> bookings@bjvillagehall.org.uk	For Meetings, Classes, Gatherings of all kinds including Parties. To view all the facilities https://bjvillagehall.org.uk	
 Burton Joyce Community Brass Meet in Old School Premises.	Charlotte Davenport	charlotte.davenport1@0968@gmail.com
 Burton Joyce Bowls Club Poplars Sports Ground <i>You would be most welcome.</i>	Secretary.; Dil Vowles 07879 425643 dil.vowles@talk21.com	
 Burton Joyce Village Society Find out more about us at burtonjoycevillagesociety.org	Chair: Helen Metcalfe; Vice Chair; John Flynn Secretary: Richard Fife. 0115 931 2213 , Treasurer: Martin Roe., or by email, to admin@burtonjoycevillagesociety.org	

	The Village Climate Action and Bio Diversity Group		We are an affiliated Friends of the Earth Action Group. If this sounds of interest to you and you'd like to join us, please get in touch! Contact Julia_smith24@yahoo.co.uk
	Trent Valley Singers A friendly, fun, mixed voice choir who sing a wide variety of music.		Rehearsals are on Thursdays in Burton Joyce Village Hall at 1.45pm. For more information contact Tina on 07742 670732 or Heather on 0115 8440872
	The Burton Joyce & Bulcote Local History Society Evening meetings in the Village Library Meadow Lane		Secretary: Stafford 9312657 email: secretary@bjblhs.uk Meetings Secretary: Christine Shepherd 0115 9618840
	Burton Joyce Players We perform two plays and a panto each year.		We always welcome new members for both stage and backstage work. Contact Tracey on: 07866 417257 or email info.bjplayers@gmail.com
	Burton Joyce Macular Society Support Group We meet on the 3rd Thursday of January, March, May, July, September, November at 10.30am.		The meetings are open to anyone affected by central vision loss. family, friends and carers are also welcome. Please contact Angela 0115 8411756 for details
	1st Burton Joyce Scout Group For Beavers, Cubs & Scouts		Contact Rachel on 07930 271455 1stburtonjoyce@centralnotts.org.uk
	Burton Joyce Village Lunch		Come and join us at Midday every 3rd Thursday for Soup, Dessert and Tea or Coffee in the Village Hall. Just £5 per person.
	Vedic chanting An ancient Indian meditative and uplifting voice practice. A friendly group – open to anyone.		Saturday mornings / Thursday evenings in Old School Building. Try a free taster. Contact Liz: elizknott52@gmail.com or 07929 963907 to find out more.
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Baby & Toddler	Rev Anna Alls	07535 017591	
Bridge Club	Val & Steve Wright	9313592	
BJ Community Market	Karen Taylor	07769 708506	
NOVA	Paul Mittam	07973 872213	
Probus	Ian Wood	9119124	
Recreation Ground	Laura Smith	07803 054124	
Rotary	Ian Wood	9119124	
Saturday Singers	Dick Huskinson	9312157	

Useful NAMES and CONTACT DETAILS

Benefice Administrator	Tracey Akehurst	0780 516 2088
BJ Library (Cl.Tuesday)	Meadow Lane	0115 9313360
BJ Parish Council (Clerk)	Jessica Sherrin	0115 9314084
BJ Primary School	Padleys Lane	0115 9312373
Carnarvon House	8 Willow Wong	0115 8440032
Cllr. Michael Adams	cllr.michael.adams@gedling.gov.uk	0115 7147148
Cllr. Sam Smith	cllr.sam.smith@gedling.gov.uk	07939 816704
Core Centre Community Hub	Collyer Road, Calverton	0115 8470551 07305 109358
Delights + Post Office	Nicky & Julie 53 Main Street	0115 9313487 0115 9313141
Ivy Medical Group	4 Wheatsheaf Court	0115 9312500
Main Hall, Old School Bldg	Jayne Savage	0115 9314084
Church Centre	Tracey Akehurst	0115 9652114
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Pear Tree Dental Centre	22 Nottingham Road	0115 9312935
Police	Call 101 for non emergency call Call 999 for emergency	
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Red Cross Medical Loans	Phoenix Park	0115 8528029
Rev. Anna Alls	reverend.anna.alls@gmail.com	07535 017591
Tennis Club	Heather Ankers	0115 9537137
Tom Randall MP	tom.randall.mp@parliament.uk	
Train Information		0845 7484950
Village Hall Hire	bookings@bjvillagehall.org.uk	07706 005739
Westwolds Care Home	4 Park Avenue	0115 9313659

PLEASE NOTE

The above information is, as far as we are aware, correct at time of going to press.
If changes are required then please contact editor@themagazine.org.uk

Updated 04/11/2023

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