New Memory Café Opens In Mansfield Woodhouse

Mansfield Woodhouse now has its very own Memory Café located at the Northfield Focus Point, Vale Road.

The Café, which launched in January, is open every third Friday of the month between 1pm and 3pm and is the first dedicated Memory Café within our community. Organisers plan to increase the days as and when the demand arises.

Memory Cafés are wonderfully welcoming places for individuals with any type of dementia or other brain disorder. Additionally, they can also help people with mild forms of cognitive impairment.

This free service is run by The Peaceful Trust who felt that local residents diagnosed with dementia should not have to travel out of the area to access similar services. Organiser and Trustee, Charlene Burton-Betts added “The Peaceful Trust is proud to be able to offer members of the community a place where people living with dementia and their carers can come and socialise in a relaxed, caring environment”.

Activities offered currently include; quizzes, cards, dominoes and bingo. It is hoped bus trips will be organised in time for the summer season and a selection of speakers from various associations can be invited to help bring support and awareness to Café users.

Forging close links with the Alzheimer’s Society and the Mansfield and Ashfield Dementia Action Alliance will also enable referrals for those needing extra help and support.

Upcoming dates for the Café are:
15th March
April –TBC
17th May
21st June.

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For further information, please call Charlene on: 07812 197 527
Dear Editor

The Old Mansfield Woodhouse Society would like to thank everyone who has bought and helped with the sale of our annual calendar.

Special thanks go to:

- Tony Peters Food Market
- Oakwood Pharmacy
- 4theWeekend Barber Shop
- Rumours Ladies Hairdressers
- Sheer Bliss Ladies Hairdressers
- The Angel Inn
- Allison Whittingham Chiropody
- Richmond Cards
- Mansfield Woodhouse Library
- The Stable Centre
- Joe Anderson Gents Hairdressers
- Park Road Resource Centre

Thank you also to Councillors Joyce Bosnjak and Parry Tsimbiridis for their support.

The Old Mansfield Woodhouse Society

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Dear Woodhouse Warbler

As Fred Hutchinson’s partner of 37 years, I would like to say thank you to all of Fred’s friends, neighbours and also the people of Mansfield Woodhouse for their kindness and concern shown during his illness.

For a great many years, Fred was a regular volunteer deliverer of the Woodhouse Warbler and primarily distributed copies up and down the High Street.

Later, Fred swapped his round to deliver solely to residents within Hardstaff Homes. I would imagine that he has delivered many thousands of copies in this timeframe.

Sadly since his illness, he has moved from Hardstaff Homes and is now receiving care in a nursing home.

Maureen

---

Lee Chapman

---

Woodhouse Warbler
Mansfield Woodhouse
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Dear Woodhouse Warbler

Following on from Ann Sewell’s article in the December edition (No. 73) regarding Yorke Street School around 1948, I attach a copy of a photo which was taken in the school hall on the same day - showing girls performing routines of the Vaso Viru folk dance.

I can make only one correction to the information supplied by Barbara Bewley (nee Percival) – the teacher in charge of the event was Mrs Ashley not Miss Porter.

Audrey Waby (nee Parnham)

Dear Warbler

Thank you very much for all your work carried out in 2018.

I am looking forward to more interesting stories and photographs in the Warbler in 2019.

To add to the interest of your newsletter, I have sent a picture of the Wood’us High Street which I took in the early ’70s. It shows the old Co-operative Society together with (on the right of the picture) the ironmongers G Betts & Son and further shops, some of your readers may recognise.

I hope it helps to jog a few memories.

Regards Graham Burton

Host Families Wanted

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Leas Park School Update

Young Voices

On January 9th 2019 Leas Park Junior School attended Sheffield’s FLYDSA Arena for the Young Voices Concert.

For the past twenty years, Young Voices has staged the largest children’s choir concerts in the world. The event, designed to inspire the next generation to find their love of music, is held over several nights. Leas Park Junior School made up a small number of over 4000 children taking part on the night.

The school sang and danced their hearts out all afternoon, practising in preparation for the evening concert scheduled for 7pm.

Special guests on the evening included Tony Hadley (formerly of Spandau Ballet), Beau Dermott from Britain’s Got Talent and Sharlene Hector (best known as the lead singer of Basement Jaxx).

The children had a fantastic experience and were thrilled to be part of the largest gathering of a children’s choir in the world!

The Mile Challenge

The Nottingham Forest Media Team visited Leas Park Junior School recently after a Year 6 pupil introduced the Mile Challenge. This simple, free initiative encourages children to get out of the classroom every day to run or jog, at their own pace, with their classmates.

During their lunch break, pupils take part in this running event - working hard to reach the mile target and excited about the extra opportunities to increase their fitness and stamina.

Nottingham Forest Primary Stars team, who work with Leas Park School, witnessed this event first hand during a recent visit. The Primary Stars team were so impressed with the children’s enthusiasm; they sent their media team to interview and photograph the children during this challenge. The quotes and pictures obtained will be used as part of the Primary Stars promotion. A shining example of pupils at Leas Park School.
Manor Academy Drop Down Day

On Wednesday the 9th January, Manor Academy held the second of three Drop Down Days for the 2018-19 academic year. Drop Down Day gives all students and staff the chance to take part in educational activities, whether this involves going out on trips or staying in school to take part in workshops provided by external providers, enabling students to strengthen their application of skills and to provide a deeper learning experience.

On this day, Year 7 visited Magna science centre to experience their exciting exhibits, including Air, Earth, Water and Fire. Students were also able to take part in a workshop demonstrating hot air balloons and rockets!

Year 8 were provided with the opportunity to learn about fundamental British values in school, participating in fun workshops and really taking on board our culture.

A day at Roller World greeted Year 9, giving students the chance to show off their skating skills by taking part in dodgeball and racing.

Year 10 had an exciting visit to Si5 Spy Missions and Clip ‘n’ Climb in Nottingham. In this instance, students were tested physically, strategically, emotionally and socially.

Year 11 were given a Careers day, providing them with an opportunity to take part in mock interviews and activities educating them, ready for when they are applying for jobs or taking the next step in education.

Year 12 took a trip out to Lincoln University to see Uni life and get a feel for what they may experience after leaving Sixth Form, whilst Year 13 stayed in school taking in more information in preparation for their final exams.

Overall, the day was a great success.

The next Drop Down Day will take place later on in the year.
During the Christmas period, students and staff have been raising money for the local charity, Missing Piece Child Loss, in memory of our former student Lewis Crouch. We are delighted to announce that students raised over £850 for the charity by organising the Christmas Fayre that took place in the Manor Hall, on the last day of term.

On the 15th of January members of our Student Senate, along with Mrs Kerry and Miss Marriott (pictured below) presented the donations to Cheryl Broughton.

We are so proud of what our students have raised for such a great cause and we hope that this has made a difference to those going through a difficult time.

At the Royal Air Force Association branch’s annual ‘Battle of Britain Dinner’ back in September the Branch President, David Ramsdale (pictured below, on the left) presented local resident and Wings Appeal Co-ordinator Mike Hughes (right) and his wife Linda (centre of photo) with the Area Presidential Certificate for their dedicated service to collecting for the RAF Association Wings Appeal.

Mike who is also a member of the Mansfield Woodhouse WWI Commemoration Group and Community Action Forum spoke of his delight in receiving the certificate. The couple have raised almost £20,000 for the Wings Appeal since becoming Co-ordinators for the cause – a charity which aims to fundraise throughout the year to help generate vital funds needed to support serving and former serving RAF personnel and their families, whenever they are needed.

The RAFA branch meet on the fourth Wednesday of every month (except December) at the Mansfield Gas & Social Club, Lime Tree Place, at 7pm for a 7.30pm start. Serving and ex-serving members and their families are very welcome.

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Peafield Academy
Homeless Appeal

Pupils based at the Mansfield Woodhouse Peafield Lane Academy spent the lead up to Christmas filling stockings full of useful items for the homeless.

Brogan Haynes, age 10 said “It was important to think of others at Christmas time. I wanted to do this because my parents regularly take cookies to the homeless at Christmas”.

“I thought this was a good idea because they need as much help as possible, that's why we set out to collect socks, deodorant, shower gel and also other stuff to keep them warm. I hope these things will help keep the homeless clean and warm.”

Fellow pupil Yasmin Allitt, age 11 said that pupils from the school had rallied behind the project, bringing in lots of stockings filled with useful items.

“We wanted to take part in a collection because it helps children and adults in need. So everyone at Peafield Lane Academy started gathering items that the homeless desperately need such as toothbrushes and toothpaste”.

“We have found helping others a great project to do. Hopefully it will help to make the homeless happy.”

The large collection of gift filled socks was presented by Yasmin and Brogan, along with Teachers - Millie Rowbotham and Deborah Hunton to the YMCA in Mansfield for distribution over the festive period.

Photographed below: Brogan Haynes and Yasmin Allitt under a mountain of socks filled with presents and essential items for the homeless.
Hypertension

High blood pressure (or hypertension) is very common affecting 12 million people in the UK. However, we have no awareness of what our blood pressure is. It is only when it is extremely low (feeling light headed) or extremely high (when we might get headaches) that it causes symptoms. The fact high blood pressure causes no symptoms is a problem because high blood pressure leads to an increased risk of heart attacks, strokes, kidney disease and heart failure.

For this reason it has been called a silent killer. The only way to know if you have high blood pressure is to have it measured. This lack of symptoms is why only 50% of those who have high blood pressure have been diagnosed. Furthermore of these, probably only 30% have their blood pressure controlled to the ideal levels. Thus there are problems with both diagnosing and treating hypertension.

When talking about blood pressure it is helpful to know what the numbers mean. As the heart contracts, our blood pressure goes up - when the heart relaxes to refill for its next contraction, the blood pressure goes down. Thus continually fluctuating between an upper level (systolic pressure) and a lower pressure (diastolic pressure). Traditionally measured with a mercury manometer, the numbers refer to millimetres of mercury seen on the manometer scale. These days manometers are not used but we still use the same numbers.

An ideal blood pressure is 120 systolic and 80 diastolic. These are typical readings in young adults. As we get older our blood vessels become rigid. By the time we’re 50, our blood vessels have lost 50% of their elasticity. This stiffness causes the systolic pressure to increase. The older we get, the stiffer our blood vessels become and the higher our blood pressure goes! The higher our blood pressure, the more damage it can do, increasing the risk of heart attacks, strokes etc.

A lot of research has been done on treating high blood pressure. There is good evidence that treatment reduces the risk of the complications I have mentioned. Unfortunately the definition of high blood pressure depends on which guideline is being used!

Traditionally in the UK a reading over 140/90 is high. However, if done at home a reading of over 135/85 would be considered high. A diagnosis of high blood pressure is not done on one reading. The best way is to buy your own BP machine and do home readings. A reading should be taken after resting for 5 minutes with a second reading taken a minute later. This is done morning and evening on three separate days. An average is taken of all these readings.

Using this average, together with other data such as age, sex, weight, cholesterol readings and family history, allows a calculation to be made of the risks of developing cardiovascular disease.

A decision can then be made about whether medication is appropriate. Taking medication is relatively easy, other aspects of treatment are much harder. I am sure I don’t need to remind you of the lifestyle issues that are probably more important than the medication, e.g. stopping smoking, diet and losing weight, exercise, alcohol moderation, salt restriction, etc.

Lifestyle changes are difficult but I want to encourage you to pursue them and not be put off by relapses or set backs as they will happen.

Also it is important to have the right quantities of Salt (sodium chloride). The maximum recommended intake for an adult is 6 grams (one tea spoon full per day). Foods that have significant amounts of salt include bread, breakfast cereals, sausages,
crisps, soups, ready meals, ketchup, mayonnaise, pasta sauces and other sauces. The best advice is to look at the labels.

If medication is needed, it is worth knowing that it is unusual for one form of medication to be enough. Usually two and even three different medications will be needed.

The problem with medication is that it can cause side effects. We then have the dilemma that high blood pressure causes no symptoms (until a heart attack or stroke occurs) but treatment may cause side effects.

Whether we agree to take medication is our choice. For example, medication could reduce the risk of a heart attack or stroke by about 25% which I would say was worthwhile, but if I said that 50 people would have to take the medication for 5 years to prevent one adverse event you might decide it wasn’t worth the side effects.

We are all different and we all have to make our individual choices based on our circumstances. A final point to make is that monitoring the response to treatment is best done with the home monitoring regime I described before.

BBC radio 4 inside health broadcast on 09/01/2019 is well worth listening to on this subject.

Dr Peter Frith

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**Rate Drop For Missed Appointments**

Missed appointments have dropped by over a third in the last two years at Oakwood Surgery. During September to November 2016, 834 booked appointments were not used. This was an enormous waste of NHS resources as well as clinical and other staff time. Oakwood Surgery and its Patient Participation Group (PPG) pledged to reduce this wastage.

Recent changes to the booking system, a dedicated line to ring to cancel unwanted appointments, the ability to text a response to cancel an appointment and implementing a ‘Missed Appointment Policy’ have achieved a dramatic improvement.

September to November last year saw a drop of 37% (-307) in the number of wasted appointments!

There is still a long way to go but we are delighted with this reduction which leaves more appointments available for those who need them.

You can still help! If you have an appointment you no longer need please cancel it by ringing:

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Oakwood Surgery PPG

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** erotic frustration.**
The Problem With Menopause

Most of us know that menopause is a stage of life usually affecting women in middle age. We hear a lot about hot flushes and mood changes, maybe weight gain and loss of libido!

However, the problem with menopause is that there are many variables and no two women are the same. Menopause is the time in a woman’s life when she stops having periods and can no longer conceive naturally. ‘Menopause’ actually refers to the final menstrual period, and women are said to be ‘post-menopausal’ when they have not had a period for 12 months. The average age for menopause in the UK is around 51 years.

This is a natural stage of a woman’s life, although some women experience an early menopause or ‘premature’ menopause. This can be due to genetic factors or as a result of illness or surgery.

Menopause changes occur due to fluctuating levels of hormones and although we have an understanding of what is happening to the hormones, there is no real theory explaining why it happens.

Many women do not have any problems during menopause, but perhaps more frequently, women can experience troublesome issues such as hot flushes, anxiety or irritability.

Menopause is not a medical condition, but it can certainly have an impact on our lives. There are some ways to help such as taking regular exercise and eating a balanced diet. It can be a great time to take up a new interest, but if you are feeling dreadful, that might be furthest from your mind!

Some women find Hormone Replacement Therapy (HRT) very helpful and you can talk to your GP about that.

Herbal remedies can help some women and a well known herb tea traditionally used for menopausal hot flushes is sage. You can drink it chilled, even with ice! Another traditional herb is rose, to lift the mood. Chamomile has been used for centuries to aid sleep and relaxation.

People sometimes feel unsure about herbal remedies and occasionally there are side effects or contraindications as there are with all medicines. Herbal remedies bought over the counter should display a ‘THR’ symbol which means they have been granted a ‘Traditional Herbal Registration’.

Another way to take herbal medicines is to consult a qualified medical herbalist. A consultation involves discussion of your general health and lifestyle to enable the herbalist to prescribe a herbal medicine that is right for you. You will talk about any conventional medications you might be taking, including HRT or antidepressants, because some herbs will be contraindicated. Usually though, it is safe to take herbal and conventional medicines together.

I am an experienced nurse and herbalist. My clinic is in Mansfield at The Lotus Therapy Centre at The Limes. I also offer appointments at the Health Shop in Mansfield Woodhouse.

Herbal medicine can help many people, not just during menopause. If you would like to talk about your concern, please get in touch. I also take bookings for talks and educational sessions which can be adapted to your particular group or request.

Herbal medicines can be taken safely by most people but it is important to check with your medical herbalist or GP first, particularly if you are pregnant, breastfeeding, or taking prescribed medications.

Eleanor Devereux
RGN RMN BSc (Herbal Medicine)
Member of the National Institute of Medical Herbalists.
The year has started with a mixture of ups and downs but there is lots to look forward to in the Hornby Plantation.

Our trusty volunteers, although very few, were out and about in the New Year tidying up after a spate of anti-social behaviour in the park. It was great to hear that other park users had also been doing their bit in keeping the area a tidy place for all in our community to enjoy.

We have recently seen the addition of our new information board, which introduces all the wildlife residents living in the area including three species of bat. Designed by ourselves and funded by the players of the Postcode Lottery, we are really excited to see the finished product, so make sure to see it for yourselves!

The snowdrops swept across the plantation this year with a sea of pure white against the bleak winter backdrop throughout January and February. Look out in the coming months for the bluebells popping up, a great opportunity for any photographer.

On Monday 15th April during the Easter half term we see the return of our ever popular Xplorer Event from 10:30am - 12:30pm.

The Xplorer is great fun for all the family with the added bonus of picking up orienteering skills.

We are always looking for new volunteers to help us, whether it's conservation, running a project or organising an event, we welcome everyone! Our meeting dates are always advertised on our noticeboard and social media.

Keep up to date with us on Facebook and look out for future event announcements.
We have had a busy, but very satisfying three months; the highlight probably being the Three Oaks To Remember event.

This was the tree planting ceremony (shown below) held on Saturday 10th November to mark the end of World War One and remember all the folk of Woodhouse who experienced that time. It was the largest event the Trust has organised since it re-formed in 2013 and we were really pleased that so many people joined in by making donations, offering help or just taking part on the day.

The Three Oak trees are planted at the top of the Green surrounding a commemorative stone and plaque. They’re opposite the Main Gate, please go and look at them. We have also produced a report on the event - copies are going into the Library, but if you would like to have a copy emailed please get in touch. Many thanks to everyone who helped make the event possible.

As you probably remember, during 2018 the Trust made a big effort to raise money to build a Volunteer Base and Store on the Green. Although we failed on a number of occasions, the effort finally paid off late in November when we heard from the Big Lottery Fund that they had awarded us a grant of £10,000. This coupled with the money we received from the Mansfield Building Society means that we now have enough to start construction, complete the shell and make it weatherproof.

However, we won’t be able to fit the interior as we would have liked, but we’re working on a number of ideas to find funds for this part of the project.

Over the autumn we started to carry out the tree work specified in the recent survey and some of it has been undertaken by our volunteers. Other work, particularly the crown lifting of trees bordering Welbeck Road, was beyond our capabilities so we employed a tree surgeon to do the work. Whilst onsite, they also pollarded a goat willow along the cemetery boundary which was causing some concern.

This tree didn’t look particularly bad, but the problem with some of our trees is that if they shed branches naturally the act of a branch breaking away often does more damage to the tree than deliberately sawing it off. A falling branch can break lower branches, possibly pulling bark way from the main stem.

Splintered wood allows water in, which in turn causes more problems with decay. Thus weakening the tree in the long term. It can also make a tree lop-sided putting it under more pressure in high winds. So what sometimes appears drastic action can in fact be a good way of extending a tree’s life.
Looking to the future, we are putting on another Wildlife Talk on 3rd April. This one is on the work of Notts Wildlife Trust with Andy Lowe, West Notts Conservation Officer.

Look out for posters, tickets will be available soon. We also have a full programme of monthly conservation sessions - every third Saturday morning - 16th March, 20th April, 18th May & 15th June; and our usual Tuesday morning session.

If you’d like to come and help us, you would be very welcome.

Finally, if you have any suggestions, or concerns, please get in touch.

Web: www.mwmgreen.weebly.com
Email: mwmgreen@hotmail.com
Phone: 07759 207 550

On Wednesday 6th February, a cheque was presented to the Breast Unit at Kings Mill Hospital totalling an amazing £851.00. This fantastic amount was raised at an 80`s themed Workout Fitness Day to celebrate forty years of Shape Fitness being in business.

Class members from all over the East Midlands, including folk from the Tuesday evening class at Turner Hall in Mansfield Woodhouse took part in this very special day.

Finally, if you have any suggestions, or concerns, please get in touch.

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Phone: 07759 207 550

Kings Mill Hospital Fundraiser Exceeds £20,000

On Wednesday 6th February, a cheque was presented to the Breast Unit at Kings Mill Hospital totalling an amazing £851.00. All proceeds raised during this timeframe have been donated towards the Kings Mill Breast Unit for the benefit of all women in the locality.

Shape Fitness owner - Nichola Blakey (pictured below, second from left) concluded “Thank you and well done to every one who took part and fund raised.... here’s to the next 40 years!”

This recent fundraiser brings the total amount collected by Shape Fitness over the last 26 years to more than £20,000.

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The Friends of Yeoman Hill Park supported the Millennium Green Trust with their Three Oaks appeal and we attended the tree planting in early November. It was a moving ceremony and a very fitting way to commemorate World War I. The dripping sandwiches were an interesting experience, too.

The Remembrance Sunday Parade and wreath-laying service were very well attended in spite of the weather. There was a record turnout to mark the 100th anniversary of the end of WWI.

Friends of YHP have signed up to the ‘Charter for Parks’ which calls on all politicians to acknowledge the importance of parks and green spaces and to reverse the funding cuts which have occurred in the last few years. The Charter aims to celebrate the value of these spaces in our communities and the need for proper funding to maintain and protect our parks for everyone to use in the future.

The Christmas Event was a success for the Friends who managed to raise more funds for the group as well as connecting with park users and potential Friends. It was a great start to the holiday season.

MDC continue the winter maintenance on the Park with improvements to the bowling green, path edging and more plantings in the borders. A new piece of play equipment has been installed and the remains of the Tornado removed. The Friends have submitted a bid to the Robin Hood Lottery for funds to repair the raised beds. Some of the timbers have rotted and been removed so there is an urgent need for funding to replace these as soon as possible.

We are also hoping that YHP can be included on the Grow Wild map which is an initiative by Kew Royal Botanical Gardens funded by the National Lottery. The map will help to connect people with their local green spaces which feature native plants, flowers and fungi. It is hoped the map will raise the profiles of these open spaces and attract more users and volunteers.

Spring is on its way and there are already signs of it with snowdrops and crocuses coming up (pictured right). We are looking forward to taking care of the orchard at the top of the Park. Thanks to a generous donation from Cllr John Coxhead, the Friends have been able to purchase pruning equipment which we hope to put to good use later in the Spring. Our thanks to John for supporting us in this new project.

Another sure sign of Spring is the start of the bowls season which will begin in mid-April. Look out in the noticeboards for posters advertising the times and days when the club will be meeting on the green. Once again free tuition will be on offer for anyone interested in having a go.

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In December, it was a pleasure to support the Mansfield Woodhouse Community Development Group (MWCDG) with the Christmas lights Switch-on in December (below).

Throughout my time as the Yeoman Hill Ward Councillor I have supported the Group wherever possible, attending many community meetings held at Park Road Resource Centre, gaining an insight into the various work carried out there.

This has helped me understand how much the volunteers and staff actually get involved in working for the Mansfield Woodhouse community, from January to December year on year.

Well Done MWCDG. I look forward to working with you in the future.

Learn a new sport, make new friends and get some exercise as well!

The Friends would warmly welcome any new members. It doesn't have to be a huge commitment as we only meet once a month for an hour.

You can choose to join working parties, volunteer on one of our stalls at the Summer and Christmas Events or you can just come along to the monthly meetings to share your ideas with the group.

Our next meeting is on:

Monday 11th March at 10am
Park Road Resource Centre

We would love to see you there!
Woodhouse Warbler

The Board of Director / Trustees are responsible for the services provided by Mansfield Woodhouse Community Development Group (MWCDG) working closely with staff at the Park Road Resource Centre.

Board members all live locally and bring a variety of skills, experience and age to the organisation! They are all committed individuals and work well as a team; new members are always welcomed, so please get in touch if you would like to join us.

Pete Sutcliffe
Chair
A founder member of MWCDG, Woodhouse born and bred. An examiner, school governor and a dedicated volunteer with twenty years experience of working for the community.

Bob Wyatt
Treasurer
Currently a self-employed accountant with 40 years experience in finance, Bob previously worked for the County Council. He supports other local groups in a voluntary capacity.

Shannon Macfarlane
Vice-Chair
A former librarian who has lived in Woodhouse for over thirty years. She is currently Chair of the Friends of Yeoman Hill Park group and actively supports other local charities and events.

Walt Gaskell
Vice-Chair
A life long resident of Woodhouse and a former printing works manager. Walt has woodworking skills and is an active member of the Friends of Yeoman Hill Park group. He is also a Morgan car enthusiast.

Janet Wright
Deputy Treasurer
Has lived in Woodhouse all her life and previously worked in cost accounting and then became self-employed. As a member of the Social & Fundraising Group, Janet plays an important part in the planning of the Summer and Christmas community events.

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Val Devney
Honorary Secretary

Born and bred in Woodhouse with more than twenty years experience in local voluntary work. Val is a founder member of MWCDG, previously trained in Business and Commerce and worked as an office administrator.

Carol Royce
Director Trustee

A lifelong Woodhouse resident, Carol was formerly employed as a supervisor and administrator. As part of the Social & Fundraising Group, she takes an active part in organising local social community events.

Barbara Gaskell
Director Trustee

Has lived in Woodhouse all her life and previously managed a florist shop in the area. Barbara has a flair for design and display and as a member of the Social & Fundraising Group was involved in the organisation of the Summer and Christmas community events. Several years later Barbara became a Director / Trustee.

MWCDG work with the community for the community, if you think there are any services we could offer please tell us. The activities of MWCDG could not continue without the support and encouragement of the local community. To get in touch please telephone:

01623 429334

Jill Usher
Director Trustee

Lived in Woodhouse since 1996 and was previously employed as a secretary and self-employed typesetter. Jill was a District Councillor for eight years and has been volunteering for nearly twenty years.

Darrell Johnson
Director Trustee

Born and bred in Woodhouse - has worked in Distribution, been self employed and currently works as a Business Support Administrator with the County Council. Darrell also works as a part time youth worker and volunteers on other community projects which include: Millside Hospital Radio and Square Peg, a charity working with disabled young people.

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WHERE
IN THE WORLD

... in France

Our first contribution to the where in the world column has been submitted by Mr Sidney Miller.

Via the medium of the Woodhouse Warbler, Mr Miller received an official invite to Rejet de Beaulieu, France in November 2018 to commemorate the attack on the lock of Bois de L’Abbaye.

The invitation came by way of Augustine Noirmain, the Mayor of Rejet de Beaulieu after seeing an article submitted by Mr Miller in the Warbler relating to the late Sidney Miller, who served in the 4th section company of the Royal Engineers and was killed in action on the 4th November 1918. He is buried in the cemetery at Rejet de Beaulieu.

Sidney can be seen pictured outside the Church at Rejet de Beaulieu, taken upon his arrival in France.

The community of Rejet de Beaulieu is a small village located north of France.

Measuring 2.45 square miles, it has a population of just 267 inhabitants.

There are only 109 homes recorded in the village, which would make for very easy delivery of the Woodhouse Warbler or its corresponding ‘lettre d’information française’.

Please keep sending in your photographs and let’s see where in the world the Warbler can be found next.
Upcoming Activities

For Children

World Book Day
Thursday 7th March 2019
Join our 10 a day challenge in March for World Book Day.
Collect your poster and stickers from the library and place a sticker onto the poster every day after reading for 10 minutes.

Make an Easter Picture
Tuesday 9th April 2019
2.30pm - 3.30pm

Make an Easter Bonnet
Tuesday 16th April 2019
2.30pm - 3.30pm

Viking Themed Activities
Saturday 6th April
10.30am - 11.30am
Join us for some Viking themed activities based on the popular children’s ‘Vic the Viking’ books

Easter Fun for Children

Make an Easter Bonnet
Tuesday 16th April 2019
2.30pm - 3.30pm

Themed Crafts

Pirate Crafts
Saturday 4th May 2019
10.30am - 11.30am

Monster Crafts
Tuesday 28th May 2019
2.30pm - 3.30pm

Adults

Celebrate World Book Day
Tuesday 12th March 2019
2.30pm - 3.30pm
Join our Reading Café – an informal coffee and chat to look at a selection of books provided by library staff, which you can choose to borrow and read at your leisure. Take part in a light-hearted quiz

Knit and Natter
Every Thursday
10.00am – 12noon
Knit, sew or crochet a worry monster for charity. Bring your own needles and wool (stuffing available at the library). All monsters will go to the Knit-for-Nowt charitable service to be used by therapists to help children suffering from abuse, neglect and bereavement.

Age UK Drop-In
Last Tuesday of Month
9.30am - 12noon
Drop in for advice, signposting and practical support around physical and mental health, care needs, bereavement, housing, finances, social interaction, engagement with community. Please note, this service is not just for older people

Tea and Tech Sessions
Every Friday
2.30pm - 3.30pm
Do you need help with technology? Whether you want to learn to text, shop online, print boarding passes or upload photos - a member of staff will be here to help. Just drop in. A library computer will be available to use but please bring along your own device and cables if you wish.

Woodhouse Warbler

All completed posters will be entered into a prize draw. Available throughout March whilst stocks last.

Mansfield Woodhouse Library
Church Street, Mansfield Woodhouse
woodhouse.library@nottscc.gov.uk
01623 621781

Opening Times
Monday 9.30am - 12.30pm
Tuesday 9.30am - 6.30pm
Wednesday CLOSED
Thursday 9.30am - 6.30pm
Friday 9.30am - 4.00pm
Saturday 9.30am - 1.00pm
Sunday CLOSED

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Woodhouse Feast

The Woodhouse Feast was enjoyed by hundreds, perhaps thousands of local people down the decades. Who can remember those joyous few days in July when you would walk, tram, bus or even cycle to get to the merry making that was on Ley Lane fields. Proctors fairs would set up a few days before the annual event and mums and dads, girls and boys would wait in anticipation of the occasion.

Woodhouse Feast was so widely known about. For example - Doris Hall (married name Birch) came to Woodhouse Feast regularly by coach party from Maltby, Yorkshire, in the 1930s. She was born at Mansfield but moved to Maltby to work on the farms.

Many a lad or lass arrived at the Feast and met their future spouse there, such as Arthur and Phyllis Clarke who first met at Woodhouse Feast about 1936 and courted for two years before marrying in July 1938.

Origins

Woodhouse Feast began on the Sunday after the 10th of July each year and a sheep fair was held the next day on the Monday on Cross Hill, Church Street. Traditionally Mansfield’s cheese fair was held the week preceding Woodhouse Feast.

As it always began on a Sunday, could it be said that Woodhouse Feast had religious origins or was it arranged that way because that was the only day of the week the local villagers did not work?

A local newspaper heralded the coming of Woodhouse Feast in 1914 by advertising that there would be pony racing, whippet dog racing and open air boxing contests in an elevated ring. One boxing match was billed for 10 three-minute rounds between H. Pegg, of Mansfield Woodhouse, and Brit Woodward, of Mansfield, for a purse and a £10 side stake. The referee was to be Arthur Watson and the timekeeper, Percy Davis. Admission to the match was sixpence and seats one shilling.

By the time the 1915 Woodhouse Feast date came around - Britain had been at war for 11 months. However the Feast went ahead. Afterwards the council cleaned up the site and sent the bill of five shillings to the fairground owner who duly paid up.

The late Jack Sims in his notes refers to Charlie Bean, a cleaner of the fairground for owner Mr Proctor.

Memories

Woodhus Lad regularly wrote to the Chad newspaper with his memories of Woodhouse in yesteryear. His memories of Woodhouse Feast are interesting to read – here is part of his letter: ‘At this time of year my thoughts and memories are with Woodhouse Feast. It is early Sunday morning and I am awakened by the sound of heavy vehicles rolling past my bedroom. It is a sound that thrills me – the
sound of Proctor’s Golden Dragons, Harry Hall’s Galloping Horses and the caravans making their way to the Feast Field on Ley Lane.

On Sunday afternoon the High Street is thronged with folk going down to look at the stalls now erected. Feast Sunday was the day for visitors from near and far, family re-unions all came to see the Feast.

The barrel was installed, the ham was boiled, and for tea there was a rare treat – salmon and cucumber and pineapple chunks. Monday was a very special day – the rides and stalls were busy, the children excited and delighted. It was Monday evening when the grown-ups said, ‘You can tell nights are drawing in.’ Just after nine o’clock the sun was setting, and the shades of evening were gathering.

The gas flares began to twinkle on the stalls – Rice’s chip shop was crowded and older folk were making sure of their gingerbread from the stall at the gate of the Feast Field.’

In reply to Woodhus Lad’s published memories in the Chad, a Woodhus Lass replied: ‘Perhaps the greatest social event in our lives was Woodhouse Feast especially the Sunday when any gardener worth his salt used to pick his first boiling of peas.

We’d be taken by our parents first to see the roundabouts being assembled, then on a grand tour of the High Street so that adults could meet friends they hadn’t seen for a year and finally we’d resume our Sabbath custom of visiting our great-aunts.’

Arthur Allsop remembered how Mr Consterdine and Mr Fletcher rented out bikes at the feast for 3d an hour.

Joining in the correspondence to the newspaper, ‘Little Woodhus Lad’ wrote: ‘As a Woodhus Lad of some 50 years of age my mind went back to the Roaring Twenties in Woodhouse and the joys and highlights of our so tender and precious youth. The enchantment of Feast Sunday and the ensuing three evenings of wild abandon. The donkeys lined up along the hedgerow down Ley Lane, and the fairground with rides now unheard of, dragons, peacocks, and flying chairs.

The smells and the sounds, naphthalene flares on all the stalls, the bliss of the smell of ginger snaps being made and the ‘toffee king’ making his toffee, wondrous beyond description. How we stood with big round eyes while fortunes were depicted by a lady from the ‘mystic east’; the boxing booth wherein the big lads got a few black eyes but few £5 prizes.

The big lads knocked the coconuts and casually handed them to one of the smiling bright-eyed girls who just happened to be passing. The trams would unload hordes of people from miles away and bicycles were stored by nearby cottagers for 2d all day.’

Events took place at other venues during Woodhouse Feast such as at Yeoman Hill Park where the Urban District Council arranged for special performances of band playing.

**Parish Magazines**

St Edmund’s Church produced a monthly parish magazine from 1863. Here are some extracts (please turn the page):
The village Feast commenced on Sunday 12th July 1863 and there were five days of entertainment including a concert at the school room and a cricket match on the recreation ground between Mansfield Woodhouse and Brimington. Mansfield Woodhouse won.

The Workingmen’s Association formed a Cottage Garden Society in 1864 to meet in the reading room at the National School. Produce was on show at Woodhouse during Feast Week.

A grand cricket match was arranged during Feast Week, on Wednesday July 17th, July 18th and July 19th 1871, between the All England Eleven and Twenty-Two of Mansfield Woodhouse and District. (there was no report of the result).

Tea was served to nearly 300 children for their annual treat in Feast Week 1876 in the Vicar’s field near the National School, under the shade of the trees. Cricket and games were played afterwards. A large bun was given to each child as they passed through the Vicarage grounds to go home.

The Woodhouse Cricket Club played against Pinxton Cricket Club during the 1877 Feast Week and won by one run.

The arches erected for Queen Victoria’s Golden Jubilee in June 1887 were redecorated for Feast Week adding to the festive appearance of the streets and the illuminations in the evenings were pretty and effective. The Cottage Garden Society’s Show was held on the Tuesday of Feast Week in Mr Thrutchley’s field. There was also an exhibition of bees and honey.

Traditions come and go. We may no longer have the week-long Woodhouse Feast but we do have the annual Summer Event staged by the Mansfield Woodhouse Community Development Group at Yeoman Hill Park. Maybe gooseberry pork pies are no longer made but if you go on the internet there are recipes for them.

Have you any memories or photos of Woodhouse Feast, Proctors’ Fairground rides and/or gooseberry pork pies? If so please write to: Ann Sewell, C/O Mansfield Woodhouse Heritage Link, Mansfield Woodhouse Library, Church Street, Mansfield Woodhouse, Notts NG19 8AH, or email me at a.edgcombe619@btinternet.com. Tel: 07592 634 437 or drop in at the Heritage Link on a Friday.

CREDITS AND SOURCES
White’s Trade Directory of 1832.
Chad articles and letters.
Jackie Combes’ research
St Edmund’s Parish Magazines

Gooseberry Pork Pies

Gooseberry pork pies were made by Mansfield Woodhouse butcher Jim Newton at the time of the Woodhouse Feast each year which coincided with the fruit’s growing season.

He explained in an interview with Brian Johnston on his ‘Down Your Way’ Radio Programme in February 1987 that they were called pork pies simply because of their shape and not because of their content.

Newton’s butchers was founded by Jim’s father in 1904. Their shop was originally on Charles Street but later they moved to the High Street.

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Can I foster?
We are currently looking for foster carers from all walks of life and are actively developing our network in the Mansfield community.

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- Single or in a couple
- Already a parent
- LGBTQ+
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What next?
For further information, please visit our website:

www.parallelparents.com

We are happy to have a friendly chat about your interest in fostering and answer any questions you have, so please contact:

0800 0234 450
hello@parallelparents.com
**Mansfield Volunteer Awards**

**Recognising the stars of Mansfield**

The Mansfield Volunteer Awards take place every year during Volunteer’s Week at the beginning of June.

This celebratory evening provides an opportunity to say thank you to all the volunteers across Mansfield and district who work tirelessly throughout the year to make a difference to their communities.

The ceremony is organised every year by a steering group of tenants, residents, and volunteers and supported by officers from Mansfield District Council, Mansfield CVS, and Nottinghamshire County Council (pictured opposite).

Nominations are invited in the following seven categories:

- **Andrew Wallace Memorial Award** - Individuals volunteering in the community.
- **Margaret Wilson Memorial Award** - Issue/cause-based contributions.
- **Emily Dawes Memorial Award** - A voluntary sector paid worker.
- **Vaughan Thomas Community Group Memorial Award** - A group involved in community action.
- **Outstanding Volunteer Award** - An individual completing exceptional or sustained actions.
- **Business in the Community Award** - A business who has given voluntary time to support the voluntary sector (the nominator must be a representative of a local voluntary sector organisation that has benefited).

On the evening, awards will be given out to each of the winners from the aforementioned categories. This year’s ceremony takes place on:

**Thursday 6th June 2019 at the John Fretwell Sporting Complex**

To nominate a person or business, please download a form by visiting:

[www.mansfieldcvs.org/volunteering/mansfield-volunteer-awards](http://www.mansfieldcvs.org/volunteering/mansfield-volunteer-awards)

For more information on the Mansfield Volunteer Awards, please visit the website given above or contact:

Lesley Watkins on 01623 392444

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Hello to everyone, but especially the ladies, grannies, young women, wives and however you think of yourselves, because this article is for you.

Mansfield Woodhouse and Pleasley Vale WI is your local group, meeting centrally in Turner Memorial Hall on the second Monday of every month at 7.30pm!

We really do have a good time. Last year was great fun with several trips out including evening and an afternoon cruise up the River Trent, dinner at Colwick Park to see the greyhound races and several other events you would not associate with the WI (as seen in the accompanying photographs).

For instance would you believe the Palace Theatre at Newark was packed to the rafters when, at the annual meeting, we were entertained by a Take That tribute band?

There we were, waving our phones and torches... squealing as loudly as any groupie. I don't think the band were prepared for such enthusiasm either, I was on the front row and saw their faces!

Of course we do traditional things too, so as not to confine ourselves to just the monthly meeting.

Every month we hold; a craft group with many things happening as well as the expected knitting and crochet, a lunch group where about...
twenty of us visit somewhere local and affordable, darts, quizzes, Scrabble, Rummikub and ten pin bowling, just to mention a few.

Did you know the lovely flowers and care of the old trough is the work of a small team of WI ladies? We adopted it for the WI centenary but were not allowed to put our name on it.

If you are uncomfortable at the thought of going into a room full of people on your own, just ring our lovely Secretary Helen and she will arrange for someone to meet you at the door and sit with you. There may even be one of us who lives near you and you never knew.

Helen’s phone number is:

07804 477 635

I hope next time I see her she is complaining about all the phone calls!

But even if you come alone - the minute you pop your head around the door someone will come and say hello.

We look forward to seeing you at the next meeting:

Upcoming Dates:

Monday 11th March - 7.30pm
Monday 8th April - 7.30pm
Turner Hall
Mansfield Woodhouse

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Upcoming Dates:
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In January, members from the Mansfield Woodhouse Community Action Forum (CAF), along with County and District Councillors were invited to join officers from Nottinghamshire Police and Police Crime Commissioner Paddy Tipping for a community walkabout.

Incorporating many areas -including the High Street, Station Street and Yeoman Hill Park - the reason for the get-together was to discuss, highlight and report a wide variety of issues within the community of Mansfield Woodhouse.

A variety of contentious subjects were discussed including; anti-social behaviour, inconsiderate parking, vandalism, fly-tipping and the rising problem of illegal and off-road motorbike use in the area.

An ongoing issue, regularly raised at CAF is inconsiderate and irresponsible parking on Station Street which, at various times of the day, severely obstructs pedestrians attempting to use the footpath.

With help from Nottinghamshire County Council, championed by Councillor Bosnjak, proposals will be introduced shortly which may reduce inconsiderate parking in this area.

Afterwards, a visit to the Manor Academy allowed the group the opportunity to meet with pupils who were elected to stand on the School Senate. Several projects recently undertaken by the school were discussed including a fundraising campaign in which £850 was raised for the Missing Piece Charity. Another event encouraged pupils to collect and donate over 2000 items for the Ladybrook Food Bank scheme to help struggling families.

Councillor Bosnjak concluded “I was delighted to meet the three young Senate members from the Manor Academy who were energetic and passionate about the good work they do, not only within the school but also the wider community”.

Pictured on Station Street from left to right: Councillor Joyce Bosnjak, PC Amie Whitehouse, Councillor Amanda Fisher, Councillor Sonya Ward, Sgt. Neil Priestley, Angela Forster (CAF), PCC Paddy Tipping, Pat Wilson (CAF) and Val Devney (MWCDG and CAF).

If you would like a stall to raise money in support of your charity or business, please contact Linda on:

01623 429334
mwcdg_reception@hotmail.com
or call into Park Road Resource Centre for more details.

Annual Summer Event

It may be a grey wintery day whilst you are reading this but at Park Road Resource Centre we are already planning the Mansfield Woodhouse Summer Event which will be held in Yeoman Hill Park on:

Saturday 15th June 2019

PORTRAITS by Nottinghamshire artist Jeremy Mayes

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Off Park Road to the rear of Vale Paints
Riding off road motorbikes can be a popular pastime. However, these vehicles can also be used in a dangerous, noisy and anti-social way, generating lots of complaints to police. This can result in prosecution for the rider and in some cases the parents, who are held accountable for the actions of their children. It is illegal to ride any motorbike in public open spaces such as parks, play areas and on pavements.

Nottinghamshire Police regularly receive complaints concerning the anti-social use of off road motorbikes. Ambulance crews are often called out to children and young adults who have sustained serious injuries as a result of using these bikes illegally and without wearing any protective clothing or a helmet.

You can only ride an off road motorbike legally if it is on private land and you have the land owner’s permission. Land owned by the local council is not classed as private land.

To reduce harm to individuals and communities police operations may be carried out in your area with illegally used off road motorcycles being seized and crushed.

What does the law say?

In law, off road motorbikes are regarded as motor vehicles which must be constructed to a specific standard in order to be ridden on a public highway.

Most off road motorbikes do not meet this standard. Visit the Department for Transport’s website for more information:

www.gov.uk/browse/driving/highway-code-road-safety

In addition to meeting construction requirements, off road motorbikes also need the following if they are to be used on a public highway:

- DVLA registration (log book)
- Road tax
- A valid MOT
- Fitted with lights
- Fitted with registration plates
- Type approval

The rider must also:

- Be aged 17 or over (or 16 if the vehicle meets the definition of a moped)
- Hold a valid driving licence
- Have valid motor insurance
- Wear suitable safety equipment (e.g. a motorbike helmet)
If these conditions are not met, it is illegal to ride an off road motorbike on the road. If you own or ride one of these vehicles it is your responsibility to know the law. Failure to comply is a criminal offence and may result in prosecution under the Road Traffic Act 1988 and Police Reform Act 2002.

How can local communities help?

✔ Are off road motorbikes causing a nuisance in your neighbourhood?
✔ Do you have any information about the use of these vehicles, where they're being ridden and who by?
✔ Call your local police on 101.

Information that can help police may include:

- The name and address of the owner of the off road motorbike
- Where the bike is stored
- When and where the bike is being used (e.g. days, times and routes)
- Any other useful information such as a description of the rider(s) and its make/model/colour

Any information you provide to the police will be dealt with in the strictest of confidence. If you know of someone on your street, or just around the corner from you who rides a motorbike illegally please help us to tackle the issue by dialing 101.

Police Reform Act 2002

Where a motor vehicle is used in a careless, inconsiderate manner or is ridden off road causing or likely to cause alarm, distress or annoyance to any member of the public, police have powers to stop the rider/driver. If following a warning the person continues to offend, police can seize and remove the vehicle.

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Nottinghamshire is a safe place to live, work and visit and your chances of becoming a victim of crime or anti-social behaviour are low. But for those that are, the effects can vary greatly.

For some, there is little or no impact beyond the immediate financial or physical effects. However for some people it can be a traumatic and emotional event that reaches across all aspects of their life, family and relationships and can last for weeks, months and even years. All victims deserve the right to have access to bespoke individual support and Nottinghamshire Victim CARE can provide that support.

Nottinghamshire Victim CARE is the service for victims in Notts. Commissioned by the Office of the Police and Crime Commissioner, Victim CARE offers a support service to victims of crime (with the exception of domestic and sexual violence, which have alternative support organisations), hate crime and hate incidents, and anti-social behaviour. The free and confidential support we provide is in line with each victim’s individual needs.

We offer emotional and practical support, advice, information and signposting to other organisations as appropriate. We aim to work with victims to assist their emotional recovery from the crime and to empower them to take the necessary steps to aid this recovery. Our service is all-inclusive and perhaps most importantly victims don’t have to have reported the matter to the police to be eligible to access the service.

We also provide a Restorative Justice service. Offering a victim the opportunity of dialogue with their offender, so that they can talk or communicate in other ways through what has happened. It gives someone affected by the crime or incident the ability to have their say, to explain how it has affected them, and seek a direct explanation from the offender about what they did. Through this the offender can begin to understand the effect of their behaviour and make amends.

Needless to say, the process is subject to substantial preparation and carefully managed, and will only take place with the consent of all involved. For many people Restorative Justice helps them to get closure after a traumatic time.

We are also working to establish community points across the county. These venues are existing service providers, where the staff are aware of Victim CARE, can outline the service and then make a referral where the victim so requires.

To make contact with us, our office is open between 8am and 8pm Monday to Friday, and between 9am and 5pm on Saturday. Please telephone: 0800 304 7575

Alternatively you can email us at: admin@nottsvictimcare.org.uk

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**Befriending Service**

We offer a number of befriending services, uniquely tailored to you and your needs.

We are dedicated to providing you with the best befriending service possible putting you first in everything we do, from emotional support, transport to hospital or the doctors, light housework or gardening.

With over 20 years experience in the NHS. Pricing from £20 per hour
Watamu is a small town which lies on the Indian Ocean between the Blue Lagoon and Watamu Bay. With a population of around 1,900, its main economic activities are tourism and fishing.

Pictured left to right, Eric Grieves, Daniel Cook, Les Grieves, James (Guide and family friend) with Taylor and Heidi Cook.

Daniel’s contribution now means the Woodhouse Warbler has visited every continent except Antarctica. However, we would still like to see where the Warbler will be found next so please keep sending us your holiday snaps. Contact details can be found on page 2.
Sunday 28th April 2019 has been chosen as the date to host the eleventh successive annual Band Concert. An event held exclusively for members of the Mansfield Woodhouse Community.

This free event has gained in popularity and quality year on year, and 2019 will be no exception to this pattern.

In previous years, the concert has hosted a wide variety of talent with brass band performances including Pleasley Colliery Welfare Band, Sherwood Brass and Kirkby Colliery Welfare Band.

Support acts have attracted a range of professional outfits including ‘The Biggest Thing In Swing’ Ernie Alan and The Moonshiners.

This year, the bar has been raised even higher and we’re delighted to announce that we have secured the biggest act so far.

Scott Dee is a very talented Engelbert Humperdinck tribute act, so successful in fact that his act has toured the world. Despite living just a few miles down the road, Scott regularly plays sell-out concerts in the U.S.A and has made a multitude of TV and radio appearances.

Having met Engelbert on numerous occasions (see photo below) - Scott also has the accolade of being endorsed by the legendary artist who said “Thank you buddy, you do a great Humpy” during a meet up at the Paris Hotel, Las Vegas in 2011.

Also for 2019, the Nottinghamshire Police Band will be giving their very first performance at the Concert - a former silver award winning act.

This event is organised annually by Mansfield Woodhouse Community Development Group (MWCDG) and funded by the kind generosity of County Councillors Joyce Bosnjak and Parry Tsimbiridis.

Councillor Bosnjak added “I am really looking forward to this year’s Band Concert - I always have a good time and know you will enjoy it too. Parry and I will continue to provide the concert for as long as the community want us to”.

Tickets for this free event will be available from Monday 11th March. To reserve yours on or after this date, call 01623 429334 or pop in to Park Road Resource Centre.