



Issue No. 106
March / April 2020

Village Voice

The newsletter of Bottesford, Easthorpe, Muston & Normanton

The Friendly Bench makes the BBC news

The village seating area aimed at combating social loneliness and isolation has won the backing of National Lottery funding. The Friendly Bench, which opened in Bottesford in 2018, has attracted £240,000 from the fund to allow more benches to be built across the UK.

Founder Lyndsey Young said: "We've had enquiries from Australia, Canada, America. We were even featured in the New York Times." Recently, the Friendly Bench featured on BBC East Midlands. Lyndsey continued: "It was a great afternoon on Politics East Midlands's couch talking about [#TheFriendlyBench](#) and our work to reconnect communities. Also attending were with Marie Ashby, Dr Luke Evans MP, Alex Norris MP. [#LetsTalkLoneliness](#) [#Connectingcommunities](#)."

This is a wonderful initiative and great credit goes to everyone has worked so hard to make this special resource so useful and now so well recognised across the country, and as far away as the USA.



Anyone know where Shaun the Sheep has gone?

A very precious Shaun the Sheep was loaned to the Methodist Chapel as part of their Christmas decorations, but it has since gone missing. In order for it to be returned to its rightful owner, if anyone knows where he is could they please contact Nel Shallow at nelshallow@googlemail.com



Used stamps

Did you know that all Dove Cottage Hospice charity shops collect used stamps to sell by the kilo on eBay? Please save and bring in. Every one counts!

Chaos as Storm Ciara and Storm Dennis wreak havoc

Our villages were not spared the chaos wreaked by storms Ciara and Dennis. On Sunday February 16th residents awoke to a series of road closures along Belvoir Road, Normanton Lane, the A1 and the A46, with extensive flooding in Bottesford and at Muston.

Emergency services were at full stretch including one ambulance trying to get to Newark, which had to be directed by a local resident due to the road being closed at Market Street.



BALLET, TAP & MODERN CLASSES
at Bottesford Village Hall and
Orston Village Hall
 Call Lisa Murray on **01949 844003**

Pilates
Thursdays at Bottesford VC Hall
 09:30 to 10:30am
 For more information, please contact
Vicky Oakes on 07971 404669

Ann Gibbons
Dance
Children's Dance Classes!
 Ballroom, Latin & Freestyle
 Saturday 9am-12pm
 Bottesford VC Hall
 Age 3+
 t: 01949 842077
 e: ann@anngibbonsdance.co.uk

SING-a-RAINBOW music classes
 for babies to pre-school age. (One hour sessions.)
 Bottesford Fuller Rooms—Mondays, 10am & 11am
 Long Bennington Methodist Church—Tuesdays, 10am
 Harlaxton Village Hall—Thursdays, 10am & 11am
 Car Colston Village Hall—Fridays, 10am
 Enquiries: **Tiffany, 07974962797**

J C Beauty
 Mobile Beauty Therapist
 Salon quality treatments
 in the comfort of your own home
07713351104
jodie.cross@hotmail.co.uk

Greenwood
 homecare


Do you need care visits at home?
 Greenwood Homecare provide quality care
 in Grantham and surrounding areas.
 ✓ Free assessment.
 ✓ Day, Live-in or Night Time care available.
 FOR MORE INFORMATION Visit: Greenwoodhomecare.co.uk
 Call: 01476 849522

Vale of Belvoir U3A entertained by Bottesford Primary School pupils

The Vale of Belvoir U3A celebrated Christmas on December 10th at the Bottesford V C Hall. They were entertained by members of Bottesford Primary School choir singing carols, ably led by Teacher and Music Co-ordinator Mrs Liz Mills.

To the delight of the more mature audience, the children sang five carols, both modern and traditional, including Silent



Night in three languages. The audience, together with the Choir, finished with a rousing chorus of We Wish You A Merry Christmas. The mixture of age groups made this a particularly special occasion, which the U3A hopes to repeat in their 25th Anniversary Celebrations in 2020.

A thank you from St Mary's

St Mary's Church would like to thank everyone who gave so generously to the collections at services over Christmas. These raised £1087.76, which was divided equally between two charities which seek to alleviate and help people to escape from the pain of homelessness. One is local: Grantham Poverty Concern; the other national: The Church Housing Trust.

A spokesperson said "Like pets, giving is not just for Christmas! A heartfelt thanks is also extended to all those who, week in and week out, place items in the trolley at the back of church for the Grantham Foodbank."



Methodist church anniversary

Bottesford Methodist church will celebrate its 200th anniversary with a service at 2.30pm on Sunday March 1st. This will be followed by a chapel tea. All are welcome.

Friends of St Mary's 2020 programme

The Friends of St Mary's programme for 2020 has some old favourites: 12 to the bar swing band in April, South Nott's Men's Choir in May, the Russian Choir in October and an outing to Ely Cathedral and Stained Glass Museum with Tower Tour in May.

There will also be New Ventures Strawberry teas in July and a combined event with Friends of Bottesford Primary School "Ladies Night Fashion Show and Supper" in September. In October, the Friends will be looking for hosts for the Russian choir for two nights 30th and 31st October. If you are willing to take one or two members of the choir please contact Frances Stapleton.

However, more immediate dates to note for the next two months are:
 March 24th - Annual General Meeting with light finger buffet. 7pm for 7.30pm.
 April 25th - 12 to The Bar Swing Band

Tickets for the concert cost £12 non-members £10 members available from Frances 01949 843427. or secretary.friends.of.st.mary@gmail.com.

Introducing Tony Bennett - new Parish Councillor

Tony moved to Bottesford from Yorkshire in 1993 with his wife Sue and two young daughters, both of whom were schooled in the village and then at 14, bused to Melton.



Redundancy in 1999 saw a career change from banking and finance to post conflict and disaster management. This took Tony overseas for approximately ten years in places such as Kosovo, Iraq and then Turks & Caicos Islands in the aftermath of hurricane Ike. During the last seven years, prior to his retirement in early 2019, Tony worked for Nottinghamshire County Council working on financial issues linked to their transformation programme (i.e. value for money).

Until recently, Tony's wife Sue had worked for many years in the village shop on the High Street and it frequently resulted in the amusing situation when walking around the village as a couple, that people would say "Hello Sue" while smiling at Tony and wondering who he was.

Being newly retired Tony now feels that he has the time to give something back to the village and hopefully help it continue to be a great place to bring up a family. This said, he realises that things can't stand still and that the Parish needs to grow to keep village businesses and services viable. Nevertheless, such growth needs to be in a sustainable and controlled way that keeps the village feel and community spirit alive.

Public transport and road safety are areas that parish councillors have no control over, but Tony feels passionately that strong influence can still be exerted over the relevant authorities.

Living close to the village schools Tony is fully aware of the traffic problems and road safety issues on High Street, Barkestone Lane, School View, Silverwood Road and Granby Drive. He freely admits there is no quick fix, making the comparison to that of squeezing an inflated balloon, in that doing something in isolation is only likely to compound the problem somewhere else. However, it is an area he is hoping to influence.

Mrs McGrory announces retirement

The Head Teacher at Bottesford Primary School, Mrs Louise McGrory, recently announced that she was to retire at the end of this academic year. Louise said: "I have had the privilege of being Head Teacher for the last 17 years and I will leave with many fond memories.

Throughout my time, I have loved being Head Teacher and am very proud of the school and its great successes. I have been very fortunate to have worked with many wonderful people, brilliant teachers and helpers, ancillary staff, great trustees and very supportive parents.

At the heart of Bottesford Primary is the children. Their energy, enthusiasm, smiles, humour and achievements have made this job so rewarding. It has been a real privilege to see the pupils grow and develop into confident, successful and happy learners. I am immensely proud of the continuing development of a good school for our community.

I would like to take this opportunity to say thank everyone for your support during my time as Head Teacher and for working together with me and the school in the best interests of our children."

The Vale Landscapers
A professional and reliable landscaping company you can trust!

Before After

• Patio installation • Block paving
• Paths • Fencing • Decking • Turfing
• Clearance • Tree surgery • Artificial grass

ALL WORK CERTIFIED AND COMES WITH A 5 YEAR GUARANTEE!

FULLY INSURED & REGISTERED COMPANY, WORK CARRIED OUT BY PROFESSIONALLY QUALIFIED STAFF

Miles is very pleasant and reliable and keeps you informed at each stage of the process. So, if you're thinking of having your garden landscaped, then give The Vale Landscapers a call. I did and I now have a lovely maintenance-free garden which I am very pleased with.

Contact Miles today for a free no obligation quote to begin your project on: 07581655433 or email: info@thevalegardeners.co.uk

Wise Owl Tutoring
Educational Help Tailored To Individual Needs
From School Age to Adult.
Wendy B A (Hons), M A, PGCE
Tel: 01949 845358; Mobile: 07961240654

You could be advertising here from as little as £10.00
Call Gail 01949 842141 or vvadverts@hotmail.com

Belvoir Boarding Kennels & Cattery
Willie Young, Belvoir Road, BOTTESFORD, NG13 0EA
Doggie Day Care. Book your dog's or cat's holidays! Tender loving care; two walks daily; special diets available.
£14 per day per dog £8 per day per cat
t: 01949 842470 e: willieyoung1@gmail.com

mfc
MOOR FARM CLEANING

Are you looking for a cleaner?
We offer a hassle free, fixed rate service
Weekly, two-weekly or four-weekly 'regular' cleans
One-off or end-of-tenancy cleans

- Insured by NFU Mutual
- DBS checked employees
- Minimum two team members per visit
- We provide all of the equipment and products required for your clean

Contact us for a quotation, with no obligation
01529 300567
info@moorfarmcleaning.co.uk

Moor Farm Building Co. Limited registered in England
5106729 trading as Moor Farm Cleaning

Catherine Kent
FOOT HEALTH PRACTITIONER
MCFHP, MAFHP
OVER 25 YEARS AS NHS NURSE

Nail Care • Corns • Callus • Verruca Care
Nail Infections • Diabetic Foot Care

CALL: 01949 844 596 OR 07476 135 236
www.catherinethefootpractitioner.co.uk
Member of The SMAE Institute

Foot Care

Home visits and treatments

- Nail care
- Corns
- Callus
- Verrucas
- Dry skin treatment

Tel/text 07784629417
For appointment

Claire Walton
MCFHP MAFHP
Registered Member of the British Chiropractic and Podiatry Association
Professional & friendly footcare in your own home
Tel. 01949 844421

Joyce's Barn
BED AND BREAKFAST

Little Covert Farm
Normanton
Nr Bottesford
Nottingham
NG13 0EP

01949 843635
07892405822
reservations@joycesbarn.co.uk
www.joycesbarn.co.uk

rejuvenate

Reflexology • Indian Head Massage
Swedish Body Massage • Facials
Manicures • Pedicures • Gel polish

57 High Street, Bottesford, NG13 0AA
Website: rejuvenate57.co.uk
Phone or text: 07485 105866
Email: rejuvenate57@outlook.com

theguild of Beauty Therapists
theguild of Holistic Therapists
theguild of Nail Technicians

Mystery person revealed

In the last edition, we featured a primary school pupil covered in stickers who helped raised money for Children in Need. We reveal the mystery person... Freya Ward, Year 6. Freya said: "it was great fun being in the Village Voice – all of my classmates recognised me though." Well done Freya, a great support to Children in Need.



Bottesford Local History Society celebrates VE day

Bottesford Local History Society marked the 75th Anniversary of VE day at a well-attended meeting on January 12th 2020. The theme was Memories of the 2nd World War. A lively discussion revealed many informative and often poignant stories of wartime experience, both in Bottesford and the rest of the country.

Twenty three people, half of those present, had first-hand accounts covering such topics as evacuees, bombing raids, rationing, American aviators and the Bottesford petrol dump. Other accounts focused on the retelling of wartime experiences of parents and family members.

The evening tapped into a fascinating reservoir of 'lived' experience and family stories. We aim to use the public interest in VE Day 75 to facilitate the recording of 2nd World War experiences. These will become part of the continuing work on the Community Heritage Archive, to be found on www.bottesfordhistory.org.uk. Many thanks to those who shared their memories. If you have WW2 stories to tell, please contact Village Voice vvadverts@hotmail.com

The society meets on the second Thursday of each month at the Fuller Room, Bottesford. Non-members are welcome to attend a meeting on payment of £2.50.

On March 12th, there will be a talk by Dr David Green, Senior Lecturer in British Studies and History at Harlaxton College. David will speak about the Luttrell Psalter, an illuminated Book of Psalms.

On April 9th there will be a talk presented by Dr Christina Lee, Associate Professor in Viking Studies, University of Nottingham, entitled "More than rape and pillage: our East Midlands Viking Heritage".

Bottesford Community Library large-print books

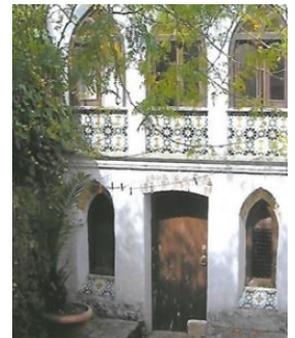


The library has recently received a substantial donation of large-print books to add to the existing stock, thanks to the generosity of Castle Donnington Community Library. There is a mixture of thrillers, romance and family dramas, which extend the range that we have to offer. The books can be found along our existing large-print books, and are ready to be borrowed. Please drop in and see for yourself.

My Portuguese House

Get yourself into the holiday mood. Local writer Herbert Daybell introduces his new book 'My Portuguese House' on Thursday evening, April 30th, at Bottesford Community Library (in The Old School, Grantham Road - phone 01949 842696).

The door will open at 7pm for a 7.30pm start. There will be a £1 admission fee, light refreshments will be available, copies for sale and Herbert has promised to provide a bottle of port to be raffled for library funds. All welcome.



Looking back 60 years to 1960

We take a look at some of the issues for our villages from sixty years ago. Does anyone have any memories? If so, The Village Voice would love to hear from you. Drop us a line at vvadverts@hotmail.com

During 1960, it was announced that housing would replace slum clearance. Planning permission would not be granted until the main sewerage scheme was completed. The lowest tender for the Bottesford Sewerage plan was £99,968 16s 8d, though the eventual cost was £109,700.

Sub-standard property on Church Street was to be demolished and Melton RDC planned to build 12 houses in the village. In June 1960, the Old People's Welfare Association asked Melton RDC if an old people's home could be built in Bottesford. Melton RDC replied that they had no plans for such a home. However, they could make a contribution of £30 per annum per dwelling for a warden to look after tenants of bungalows, if a number of bungalows were built on the same site.

At the start of September 1960, a tentative scheme for eight bungalows was announced. In December, the idea of flats was agreed in principle. A block of 20 OAP flats would be built in Bottesford. Each flat would have a bed sitting room and kitchen, with a toilet and shared bathroom facilities. The corridors would be lit and have central heating. There would be a warden with accommodation provided and a communal sitting room. There was a question mark over the provision of a lift.

Bottesford baby clothes library

A new baby clothes library has opened in Bottesford. This will be in the Methodist Church in Bottesford from 9.30am on a Thursday. Anyone in the village or surrounding areas can come to the Baby Clothes Library and borrow the clothes for free. Once the children have outgrown them, they can be returned for the next family to use.



Founder of this exciting new community project, Louise Burns, said: "We already have lots of 0-12 month clothes (boys/girls/unisex) and a few boys aged 1-3 years and girls aged 1-5 years all ready to be borrowed! Any donations of clothes, shoes and any other textiles would be greatly appreciated! Also, if anyone has any spare storage boxes please bring them too."

Please note, there will be another event on the morning of March 12th at the Methodist Church Bottesford. For more details visit www.facebook.com/bottesfordbabyclotheslibrary/

Pride of the Lions

The Vale of Belvoir Lions were able to present several cheques after the excellent fund-raising efforts at the end of 2019. A spokesperson said: "Several visits were made today and it was heart-warming to be able to present cheques to some wonderful charitable organisations.



Cheques for £1016, profits from the Duck Race, were presented to both the Children's Bereavement Centre (Rachel Wilson) and CASY (Counselling and Support for Young People) (Mick Mason & Caroline Wright). A further two cheques were presented to Amanda George at Dove Cottage Hospice - one for £2500 (from Santa's collection) and one for £245.35 (collection made by the Foresters Morris Team at the Duck Race).

A super start to the New Year.

Broadoak Tree Surgery

All aspects of tree and hedge work
And garden maintenance

Contact: Martin Pacey

Telephone: 01949 842982

Mobile: 07947 602727



Creative Landscapes

Garden Design • Construction • Maintenance

FREE initial garden consultation

All work GUARANTEED

01949 851 441 | 07961 913735



Find us on facebook

sales@creative-landscapes.info
www.creative-landscapes.info

AG Painters

Interior and exterior painting
Home repairs and maintenance
Based in the Vale of Belvoir

Call Andrew on 07973873703
Or email agpainters@outlook.com

Professional, Tidy and Reliable

Care & Support in your own home

PERCURRA
Excellence through care

Helping you live your life your way

- A respected name in home care
- Visits to suit you
- Friendly and well-trained staff
- Short-term or long-term packages

Call 01476 859843 to find out more
www.percurra.com

PerCurra Grantham & Newark
No 2 Unit 20 Springfield Business Park
Caunt Road Grantham
Lincolnshire NG31 7FZ

Regulated by
Care Quality Commission

Excellence in care through the passion of our people

C & N Aerial Services Est. 1970

Built on reputation & recommendation

- Fully Insured
- Sky Digital
- FreeSat H/D
- Digital Freeview TV Aerials
- Digital Radio Aerials (D.A.B.)
- TV Extension Points
- TVs Fitted on Walls
- Unwanted Dishes/ Aerials Taken Down



For a prompt & courteous response call Bottesford
01949 843434 or 07732104760

— AVAILABLE NOW —



Located in the idyllic village setting of Bottesford, Warwick Flats offers Independent Living for people aged 60* and over

*applicants 55+ with medical condition can apply



Telephone 01949 845102
Monday to Friday 9am-5pm
to arrange a viewing

NOTTINGHAM COMMUNITY HOUSING ASSOCIATION
More homes, great services, better lives



A lively village pub with a warm and friendly welcome

Open all day, every day, from 12.00pm

Tasty traditional home cooked lunches
Daily specials, & baguettes

Served 12.00 -2.00pm, Monday to Friday

A range of excellent draught,
keg beers & wines

Tel: 01949 843031
2 High St, Bottesford, Notts, NG13 0AA
www.therutlandarmsbottesford.co.uk

Pre-school raises funds for new and exciting developments

The Village Voice heard about a 'Pizza and Prosecco' evening in June this year to help raise funds for the Pre-School. We caught up with Linda Tongue, manager of the Pre-School.

Linda writes: "Bottesford Pre-School is a Charity, run by an elected committee of the mums and dads of our pre-school children. We have to fundraise to maintain the up-keep of our purpose-built premises and provide resources and occasionally new equipment for the children to play with. Over the past few years, we have been concentrating on our outside areas, with new boot sheds and workshops. Last year we added a mud kitchen and fairy garden and this year we are focusing any funds on a 6 metre tunnel running right through our hill. This type of environment promotes exploration and investigation, increases confidence and communication and hopefully a very enjoyable time for all who attend this wonderful village asset."

Bottesford Pre-School organises several fundraising events throughout the year. The curling night in November and the 80s-90s disco in February were very successful.



On **June 13th**, a 'Pizza & Prosecco' evening will be held at Bottesford Village Hall. Ginny Whinny mobile bar will be serving drinks, including Prosecco, beer, cocktails and soft drinks, while Pizza Pals will be making delicious wood-fired pizzas. Both these family-run businesses have kindly offered to donate some of their takings to the Pre-School, so please come along for drinks and pizza! Inside the Village Hall, various beauty treatments will be available to try, Psychic Janie will be palm reading, and there will be several stalls showcasing local artists and businesses. Come and have a fun evening, while supporting local businesses and raising funds for Bottesford Pre-School.

New dentist starts work at Bottesford practice

The editor of the Voice Village attended Bottesford Dental Practice for a regular



check-up. Whilst he was there, he met the practice's newest member of the team. Pippa said "We're very happy to welcome our newest team member Dr Tasha Patel B.D.S. Tasha joined Bottesford Dental as an associate dentist just before Christmas – having gained experience working in the NHS. Tasha is a

Nottingham girl and attended Nottingham Girls' High School before studying dentistry in Valencia, Spain. Tasha speaks fluent Spanish and enjoys going to the gym. She is already proving very popular with our patients – and is particularly good at making nervous patients feel comfortable and relaxed. "

Mystery language – does anyone recognise it?

A beautiful picture of unknown origin was recently donated to Dove Cottage Hospice charity shop. Does anyone recognise the language – and even better, can anyone understand it? If so, let us know at

vadverts@hotmail.com.



What's On...regular events	
Every Wed at 7.30pm	Bottesford Whist Drive meets in the Fuller Room. Entrance is £1.50 per person with refreshments included. Everyone welcome.
Every Wed & Sat 10am – 12.30pm	Charity Shop, Old School, Main Street, Muston. Proceeds to St John's, Muston and St Mary's, Bottesford. Pop in for a coffee!
First & third Wed of month 12 noon	Lite Bite at the Methodist Church. Everyone welcome. Cost £2.50.
Second Wed of the month 2pm	Local History Group meeting in the Library to study Bottesford's Heritage Archive. Call Neil Fortey 843320 or email information@bottesfordcommunitylibrary.org.uk.
Second Wed of the month 2pm	Good Neighbour Scheme FREE film show in the Old School Room. Doors open 1.30 pm. Donation towards a cup of tea and biscuit in the interval.
Second & fourth Wed of month 8pm	Vale of Belvoir Lions Club meets at the Durham Ox, Orston. Please see website www.voblions.org.uk or social media for upcoming events or further information!
Every Thurs 9.30–11.30am	Hullabaloo Toddlers at the Methodist Church. Open play session for babies & toddlers (accompanied by a carer); £1 per adult to include drink & snacks. Term time only.
Last Sat of month 10.30—noon	Chapel Cafe at the Methodist Church.
Sundays 10am	The Vale of Belvoir Ramblers walk every week, usually on Sunday. Bring a picnic. Call 01949 836042, email vbramblers@gmail.com or website www.vbramblers.co.uk for more details.
Sundays 10.30am	St Mary's Bottesford Children's Church. For children age 3-11 (parent / carer support needed for 3-5 year olds). Storytelling, drama, craft, singing and fun during the church service. All welcome! Contact Jo Payne 01949 843348 or Lisa Smith 07415144640.

What's On in March..	
Sun 1st 2.30pm	Methodist Church 200th Anniversary service, followed by a celebratory tea. All are welcome.
Tues 10th 2pm	Vale of Belvoir U3A meeting at Bottesford VC Hall. Amanda Sutherland talking about her journey 'From costumier to running an accessories empire', followed by tea/coffee and biscuits and a chat with friends. A small charge of £2 for visitors will be refunded as part of the membership fee.
Tues 10th 7.30pm	Bottesford Garden Association talk "Grow Your Own Veg" by Geoff Hodge in the Parish Rooms. Tickets £4 from the Allotment Shop, Library, Co-op and Village Store.
Thurs 12th 2.30pm	Methodist Church Friendship group meeting with speaker, the Rev. Nel Shallow.
Thurs 12th 7.30pm	Local History Society. Fuller Room, The Old School. <i>The Luttrell Psalter—a Reflection of Medieval Life</i> by Dr David Green, Senior Lecturer in British Studies and History, Harlaxton College. Visitors welcome £2.50. For further information contact Sue Harding on 01949 358698.
Tues 17th 7.30pm	W.I. Meeting at Bottesford VC Hall. Ocean Stars Trust—Pam Lloyd.
Tues 24th 7.30pm	Friends of St. Mary's Annual General Meeting with light finger buffet. 7pm for 7.30pm.
Thurs 26th 2.30pm	Methodist Church Friendship group meeting. Fitness and Fun with June Pedge.
Sun 29th 11am	The 30th Bottesford Egg Run leaves the Rutland Arms, Bottesford at 11.00am. Ride to Grantham Meres Leisure Centre. Then on to Birchwood School, Melton Mowbray to deliver more eggs. Further details ring John Bartlett 01780762531 / 07790583082

...and in April	
Thurs 9th 7.30pm	Local History Society. Fuller Room, The Old School. More than rape and pillage - our East Midlands Viking heritage? by Dr Christina Lee, Associate Professor in Viking Studies, University of Nottingham. Visitors welcome £2.50. For further information contact Sue Harding on 01949 358698.
Tues 14th 2pm	Vale of Belvoir U3A meeting at Bottesford VC Hall. Stephen Flinders will be talking about Catherine Compton's Diaries, followed by tea/coffee and biscuits and a chat with friends. There is a small charge of £2 for visitors.
Tues 14th 7.30pm	Bottesford Garden Association talk "Birds, Bees and Butterflies" by Janette Merilion in the Parish Rooms. Tickets £4 from the Allotment Shop, Library, Co-op & Village Store.
Tues 21st 7.30pm	W.I. Meeting at Bottesford VC Hall. Resuscitation—Berni Carey.
Sat 25th	12 to The Bar Swing Band at St. Mary's Church. Tickets £12 non members £10 members available from Frances 01949 843427 or secretary.friends.of.st.mary@gmail.com
Thurs 30th 7pm	Herbert Daybell introduces his new book 'My Portuguese House' at Bottesford Community Library (01949 842696), £1 admission, all welcome.

PS Garden Services

Local Gardener
does the jobs you
love to hate!
All aspects of
garden work

WEEDING

PRUNING

PLANTING

GRASS CUTTING

HEDGES

NO JOB TOO SMALL OR TOO BIG
Call Perry for a FREE QUOTE: 0781 1985677

Ria Columbine

0778 9173402
[Facebook.com/airironing](https://www.facebook.com/airironing)
airironing@outlook.com

AIR IRONING

FAST • FRIENDLY • RELIABLE
Bottesford-based. Will pick up/ drop off within
5-mile radius. Call for details.

NEED A MAN THAT CAN ?

Call Chris Greasley
07814 802963 or 01949 843358
Property Maintenance Inside or Out
Joinery, Brickwork, Tiling, Patios
Fencing and Gutters.
Etc. Etc. Etc.

NEED A PLUMBER?

Call Lee on 0777 9389324
All types of Plumbing, Heating, Tiling,
Kitchen & Bathroom Installations.
Oil Boiler Installation & Servicing.
Underfloor Heating.
Solar Heating.
Web Site: www.lcpplumbing.co.uk
Email: lee@lcpplumbing.co.uk

Bottesford Locksmiths

FITT LOCKS
LOCKSMITHS

- Emergency Lock Out Service
- No Call Out Charge
- BS3621 Mortice Locks Fitted
- No VAT
- UPVC Mechanisms and Locks
- Extra Keys Cut
- DBS (CRB) Checked

Tel: 01949 222500 Mob: 07900495960
nickfitt@gmail.com

Soal Glass & Windows Ltd Est 1983

Celebrating 30 Years In Business
Quality PVC Windows Doors, and Conservatories
All Glass and Glazing Requirements
Manufacturer of Sealed Double Glazed Units
Soffit and Facias Replacement

3 Church Street, Bingham
(Off Market Place)
Tel (01949) 831037
Mobile 0788 7655 453
www.soalwindows.co.uk

How is your balance (and I'm not talking about your bank balance)?

Karen Green, founder of 'Move it or Lose it' offers fitness classes for over 60's. She has provided some simple steps to help us all live a healthier life, feel more confident and remain independent. Karen says: "Exercise can make a massive difference and we can look at four different elements to add more life to our years – think FABS"



This is *Flexibility and Fun, Aerobic health, Balance and Strength.*

Many people worry about losing their balance. You can help your balance by:

Improving strength in your stabilising and postural muscles: abdominals, hips, back, ankles, legs and buttocks.

Improving flexibility – this can stop a stumble turning into a fall.

Improving spatial awareness. Is the floor level? Is there a step to negotiate? Is the carpet rucked up? How close are you to furniture?

There are many factors that affect your balance: issues with your eyes and ears, menopausal changes, some prescribed medications and conditions such as vertigo. Always consult your GP if you experience any sudden or severe changes in your balance.

Exercises to help your balance

One Legged stand. Hold onto something sturdy such as a chair on a non-slip floor, or the wall. Engage tummy muscles, stand tall, lift your foot off the floor, keep supporting knee soft. Build up to 10 seconds. Repeat on other leg.

Weight changes. Stand with feet hip-width apart, holding on as above. Shift your weight slowly to one leg whilst lifting the other foot off the floor for up to 10 seconds. Then shift to the other leg.

You can also do the above exercises sitting down.

Exercises for strength

Sit to stand. A dining chair (without arms) is ideal for this. Sit to the front third of your chair, swing your arms back, press your feet into the floor, slightly lean forward and using a little momentum, stand up. Next pump your heels (alternate lifting them up and down) to improve circulation. Carefully bring your calves back to touch the chair before sitting down slowly. Repeat five times.

If you are not able to stand up from the chair, perform the seated version of exercises 1 and 2 until you build your strength.

If you would like to learn more about exercise classes for the over 60s, please contact Karen Green, Specialist Instructor for Move it or Lose it, on 07775 655 539 or karen.green@moveitorloseit.co.uk. You can try your first class for free.

Village Voice Contacts

For all Advertising and Articles:

Email vvadverts@hotmail.com or phone 01949 842141.

Editorial: Alistair Raper on 07711 254441.

What's On: heather.stokes1@btinternet.com or phone 844009.

Deadline for May/ June Edition (Issue 107): 27th March 2020.

Facebook: 'Village Voice, Bottesford'

Website: www.villagevoice.bottesford.org.uk includes our 'Extras' page.

Whilst every care is taken in the printing of notices and advertisements, the committee accepts no responsibility for any inaccuracies or consequences which may arise from them. Views expressed in the Village Voice do not necessarily reflect those of the committee.



Like us on
Facebook



Ian Smith Electrical Ltd
Devon Park, Normanton Lane, Bottesford, Nottingham. NG13 0EL

Tel: 01949 843253
Fax: 01949 842620

Domestic, Industrial & Commercial Installations

For a truly personal and totally professional service. Undertaking all types of electrical work, light industry, local authorities, private & domestic installations & alterations.

Swimming Pool Installation & Maintenance

Including all works associated with the design & building of private & small commercial swimming pools, along with their maintenance & upkeep; also pool repairs & chemical sales, supply and fitting of pool covers plus supply of DIY swimming pool kits.

Want a professional? Want a specialist?

Choose Ian Smith Electrical Ltd.



Approved by Trading Standards



William Roberts & Sons Funeral Directors

Devon Lane, Bottesford, Nottingham NG13 0BZ
Tel: 01949 842401 (24 hours)
Email: marion@williamroberts.org.uk



Dignity and discretion assured.
Private Chapels of Rest. Monumental Stonework



**BOTTESFORD MOTOR
ENGINEERS LTD.**
UNIT 12, LONGHEDGE LANE
BOTTESFORD NG13 0BF

MOT TEST CENTRE: MOTORBIKES, CARS
AND VANS UP TO 3500 KG
PETROL AND DIESEL TESTED
SERVICING AND REPAIRS TO ALL MAKES AND MODELS
AIR CONDITIONING, TYRES, EXHAUSTS,
FULL DIAGNOSTIC CAPABILITY
DELPHI DIESEL AGENTS
RECOVERY SERVICE AVAILABLE
CALL 01949 842170

Neil Smith & Dad

Plumbing & Heating

For all domestic & light
commercial work



22 Walnut Road Bottesford Notts
NG13 0AY

Office: 01949 842145

Mobile: 07976219989

nsmith@neilsmithplumbing.co.uk

