



Village Voice

The newsletter of Bottesford, Easthorpe, Muston & Normanton

Coronavirus Special – Life During Lockdown



This is a tribute

This is a tribute to our community. A collection of words and pictures from local and not so local people that tell the stories of how we have endured '*Life During Lockdown*' throughout these extraordinary times.

There are so many people who have quietly gone about their business or have volunteered to help others. When I look through the stories, I am moved and humbled at just how much people have adapted, resisted temptation to go out, and looked out for each other.

Our NHS staff have been wonderful – at the frontline of this national emergency. You deserve every plaudit. And to all the shop-workers within the village: the two Co-ops, The Village Store, Sid's, Taylor's butchers, the pharmacy, you have done an immense job in keeping us stocked up and keeping us safe whilst queuing. Thank you.

Our teachers who have provided a safe place for our key workers' children, the voluntary groups – Bottesford Help, GNS, the Parish, District and County Councillor, our local MP and her team who have worked so hard to keep us informed, thank you. Our farmers and distributors, our post men and women, the milk and bread deliveries, our bin men and women, the delivery drivers who have been busier than ever, the mechanics and lawn-mower repairers, the businesses, the charities and the clubs who have kept going with their unique services and support. Thank you.

Our ministers and volunteers from the churches, who have provided us with such warmth, care and spiritual guidance, you have been amazing. Who would have thought some weeks ago that our congregations would be gathering via an online platform that very few had ever heard of. Thank you.

And finally, a big thank you to The Village Voice committee and delivery team who have wholeheartedly supported this project.

For some of us, '*Life During Lockdown*' has been a pleasant way of living. We have slowed down, read books, played hopscotch and discovered the lovely walks on our doorstep. However, this must never overshadow the overwhelming financial hardships, the loneliness, the stress and the tragedies that Covid-19 has inflicted on us. It is these difficulties which, despite keeping us apart, seem to have brought us all that much closer together.

Thank you to everyone.

Great advice

From a Bottesford resident during a socially-distanced conversation on the High Street:

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Our local MP – Alicia Kearns offers support

At a time like this, our communities must come together to support, but more importantly protect, each other. I want to thank you all for adopting the Government's lockdown measures with such a sense of civic duty.

As time has passed, we have learned huge amounts about COVID-19. It has not been easy, but thanks to the efforts and sacrifices of people from Bottesford Parish and across our country, we've reduced the spread of the virus, flattened the peak and stopped our NHS from being overwhelmed. All those who needed critical care have received it. This was our primary goal, and a lesson taken from other countries where we saw heart-breaking and sobering scenes.

While you have been home saving lives, we have substantially expanded our COVID-19 testing. All NHS and social care staff, care home residents and workers regardless of whether they are displaying symptoms, as well as anyone displaying symptoms over the age of 65, alongside those whose work cannot be done from home can book an online test now – and their households.

The Government has also been working with the brightest medical and scientific minds in the country to support them in creating a vaccine, with the UK's first clinical trial starting a fortnight ago in Oxford. Only a vaccine will ultimately defeat COVID-19.

I understand it is frustrating, but now is not the time to lessen the lockdown and stop protecting our families, communities and country. We have come so far in the last few weeks, at great cost, and to do so would put too many people at great risk and negate what we have already achieved.

I am immensely proud of how our area has responded to the pandemic. Indeed, I am extremely grateful to be able to recognise outstanding individuals and organisations working tirelessly to bolster our community's response to COVID-19 every week through my 'Unsung Hero' awards. If you believe you know a worthy 'Unsung Hero', please do nominate them using my new online nomination form, as I would very much like to recognise and thank them for their incredible efforts. My priority over the last few weeks has been helping the thousands of local businesses and residents who have reached out in need of support. From establishing what support residents and businesses are entitled to, to taking their case to a Minister, or getting people home from countries around the world. Locally I've been challenging rogue landlords, arranging food deliveries, supporting with welfare concerns and ensuring our communities feel safe. I have also been supporting our local businesses and community groups who are producing PPE to deliver it to those who

need it most across Rutland and Melton.

By staying at home, we play our part in the national fight to beat COVID-19. We must not forget the noble contributions of the heroes supporting our communities. Thank you to all those working tirelessly to keep us safe.

Alicia Kearns MP for Rutland and Melton.



Life in Bottesford School during lockdown



The heart of any school is the children. On Friday March 20th, Bottesford Primary School closed for all but key workers' children. Since that afternoon at 3.15pm when all the children and parents left the site, school lost its beating heart and is now eerily strange, quiet and lonely. The empty classrooms, deserted playground, unopened books, unused whiteboards, unwritten stories, silent dinner hall, abandoned lunchbox trolley and stacked chairs all serve to remind me of the significance of this very extraordinary time we are experiencing and living through. School now exists beyond the building itself, beyond the empty classrooms in the remote and virtual world of emails, online learning, website information, weekly updates, conference and telephone calls. Photos are being shared with the class teachers of the

wonderful activities children are doing at home - from learning to bake, to building dens, to TimesTable Rockstar challenges, to reading, writing and maths; all with the incredible help, support and patience of parents and carers.

Communication whilst social distancing is the norm. The occasional visitor who calls to the reception speaks from a distance to the one and only member of staff who is on duty in the office. The school is inundated with daily government updates and guidance which is read and then applied to our setting. Staff and Trustee meetings are held via conference calls, as we sit in isolation in our own homes. All staff are completing online professional development training and teachers also prepare lots of home learning activities to be uploaded to the website, all from their new place of work, which is home.

Those children who have been coming in because their parents are key workers have shown great bravery and resilience. They have completed daily workouts with Joe Wickes, watered plants outside, made tepees, completed some home learning activities and enjoyed art and crafts. The beating heart of the school may be silent within the building, but continues to beat with a different rhythm through our families and staff at home and through the community. We are all keenly using our character muscles of perseverance, resilience and optimism. We know we are in this together (although apart), but it is at times like this that we find out what we really value and should value. All Bottesford staff deeply miss the children not being in school and look forward with optimism to the day when we will be back again together and the silence of the empty classroom is only a memory. *Louise McGroarty, Head Teacher Bottesford Primary School.*



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Gemma at Hair hut thanks everyone for their kind support

My name is Gemma Bailey, owner of Hair Hut in Bottesford. I'd like to thank all of my amazing clients for the support and love they have given me over the last few weeks. I'm overwhelmed by the lovely messages they have all sent me: to check how I'm doing and how bad there hair is looking, which I'm sure it isn't! These are testing times for small businesses but I'm confident Hair Hut will get through this and be open for business as soon as I can. I can't wait to see all your lovely faces and them grey hairs too! We will get through this and just think how amazing you will feel after your first visit to me again. Hope to see you all soon and I can't wait for a catch-up.



"My hair is becoming seriously close to a 'mullet'. If the lockdown continues for much longer, I'll be looking like a 'head-banger' from the 1970's."

Normanton resident

Sid's busier than ever

People are cooking more and more and, with no takeaways open, lots more of us are benefitting from fresh fruit and vegetables. We have plenty of stock available.

There was a bit of a shortage at the beginning of the lockdown when a lot of us did stock-up. However, this has calmed down considerably. Because people are not travelling, they are using the local shops more. We are no different – busier than ever!

Luke and Jake enjoy a bike ride

Luke (9) and Jake (7) Collingwood from Bottesford Primary School have been on a bike on ride every day in and around Bottesford during lockdown. Seen here enjoying the canal.



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"I feel my two children are just on the right side of neglect. It is so hard trying to work from home, whilst they need their mum. But IPADS are great child-minders! It has certainly made them more independent."

Mum of a 3 and 5 year-old from Ilkley, N Yorkshire

Cranmer Singers continue to meet

The Cranmer Company of singers began a Zoom meeting three weeks ago, so I thought it would be good for St Mary's Church Choir to meet up on Zoom each week too. However, we do not sing! This is simply a way of keeping in touch with each other each week and having a chat.

In addition, our Wednesday Bible group led by Graham Lyndsell also uses Zoom to continue its study and reflection. Thank God for this wonderful technology.

My lockdown birthday poem

During lockdown it was my birthday,
The government have a price to pay,
For making me stay,
In on my birthday.
Although I know they are keeping us safe,
I was a bit dismayed,
My birthday was not grey,
Because I had many games to play,
Hopefully this lockdown will end in May,
But it is not our say.

Eliza Cole age 11

My LOCKDOWN poem

Lockdown has affected our lives,
Our lives are indoors.
Covid-19 spreads and spreads,
Knowing all our lives have to be healthy.
Don't mix with people!
On this lockdown we keep washing our hands.
We can go out once a day,
Nowhere to go except our back garden.

Max Cole age 8

Pizzini coffee shop's amazing window display

Hello there. We at Pizzini coffee shop from Bottesford would like to say thank you for the amazing support we have received. We have been asking local people when taking their daily exercise to drop off an NHS rainbow. This for us to put up in our shop window so we can show support to those who are working extremely hard! Here are the results after just a couple of days. Amazing community support!



A thank you to the school

As parents and key workers, we are hugely grateful to the amazing hard work and support from Mrs McGrory and her staff at Bottesford Church of England Primary School. Without this, our childcare situation would be impossible and would have a serious impact on our ability to do our jobs.

As a Paramedic and a Paediatric Intensive Care Nurse, we are both embedded in the COVID-19 response and, therefore, it is vital that we can continue to work and to utilise school to provide care for our 9 year old daughter Sophie.

As for everyone, life has changed completely, going from plentiful childcare through family, friends and after-school clubs to suddenly having nothing. The School has been fantastic in its communication and has remained open for key workers, not just during term-time but school holidays also.

Simply, a massive thank you for looking after our daughter during these difficult times and bringing a little bit of normality back to her days.

Louise, Nick and Sophie Brown

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When it comes to an emergency such as the Coronavirus, it is always useful to have a single place to go for both requests of help and offers to assist those in need through isolation. The **Bottesford Help** Facebook group was set up to be that place.

It was also fortuitous that Bottesford Good Neighbour Scheme and Bottesford Community Library had joined forces to circulate a leaflet to all residents around the same time as the Bottesford Help launch. They used Bottesford Help to get volunteers to deliver the leaflets in just 48 hours. This helped launch a combined approach to local support. Bottesford Help was launched late on the evening of St Patrick's Day and by the following morning had over 200 members. Just over two weeks later, it has more than 600.

It has set up close liaison between Bottesford Good Neighbour Scheme, Melton Borough Council Emergency Planning team (#Here4Melton) and Leicestershire Adult Social Care - all working together and alongside individual Bottesford Help volunteers to deliver local care and support for those in need around the Bottesford parish.

Further links have been made with the Community Library, Parish Council, local police representatives, Borough Cllrs Don Pritchett and Mel Steadman, local clubs and businesses to help shape special services for our community during these unusual times.

Bottesford Help www.facebook.com/groups/BottesfordHelp

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Bottesford Good Neighbour Scheme:
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Upper Case Media Ltd helping develop a cutting edge web application for NHS and key workers

We closed our office in the village back in March when the first lockdown was announced. It's been a worrying time for all of us and we realised straight away that invoices weren't getting paid and projects were being put on hold. However, it has been reassuring to see new design and website projects come in and the continuation of existing contracts remains solid.

It does appear that businesses are using this slowdown to focus on their digital online presence and are getting things ready and lined up for the future - so there are some reasons to be cheerful!

We have also been helping a Cambridge based software company with the interface design (UX) of a cutting edge diagnostic tool (Web Application) for NHS and Key workers. They are applying their specialisms in psychometrics and data-science to support Key workers who are bearing the brunt of the crisis.

The app will help employers get things in place to help with their employees' mental health and wellbeing. Interesting stuff and it feels like we are doing our bit! Take care everyone! *Andrew Thompson.*
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County Council maintains services during the COVID-19 pandemic

As you would expect, support for vulnerable people is the priority. That includes the elderly, the disabled and children whose families are absent or unable to care for them. Our staff have stepped up and maintained the support. It has not been easy. Until recently there has been little PPE for front line workers because the priority, quite rightly, has been to supply the NHS. Now, it is coming through via the Local Resilience Forum – a body led by the police, which includes all the councils, fire service, and voluntary groups.

Some County Council services have had to be curtailed or suspended. Only critical and vital repairs to the roads are being done. It is very difficult to maintain personal distancing for those doing this work. The Recycling and Household Waste sites have had to be closed for similar reasons. The schools meals service and catering generally has more or less stopped too.

One day we shall be back to normal! If you have any issues with County Council services please email me at byron.rhodes@leics.gov.uk. Keep well.

Byron Rhodes. County Councillor for the Belvoir Division which includes Bottesford, Muston, Easthorpe and Normanton.

Hats off to our local businesses

We are following advice - shopping for essentials and taking ourselves for some daily exercise. I usually take my camera with me and I'm sharing one taken today of the station car park. Clearly the message of 'staying at and working from home' is working!

Hats off to all our local businesses who have continued to support the rest of us with largely uninterrupted service. I speak for everyone when I pass on appreciation for their Herculean efforts in maintaining supplies despite the increase in demand. *Phil and Jen. Salathiel.*



A sense of normality

This is such a strange time and I admit I have felt very confused and distressed at times. However, it is the little things that have provided a sense of normality and made me feel better. The food shops being open, the post being delivered, and the trains continuing to run – even though there hardly seems to be anyone on them. *A 'socially-distanced' conversation had during a walk near the water-treatment station.*

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Novel home-schooling classroom for Evan age 10

The novelty of Home Schooling was tiring, so we moved Evan's school to the van! Now it's great fun, as it's colourful and inspiring in there, and the Wi-Fi even reaches it! Hope everyone is keeping safe. *Kind Regards Heidi Draper.*

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To help our patients we have a number of digital facilities available to make accessing your healthcare easier. We offer digital messaging and video calling to make consulting with your GP easier. All these services are available from the safety of your own home and will give you access to services during and after the pandemic. You can access the service by logging on to www.thewelbypractice.co.uk and clicking on the *askmyGP* logo.

If you are not set up for online prescription services, please call the surgery and our reception team can arrange for your login details to be sent to you directly via email. Once signed up, you can order any repeat medications online at the click of a button. Our dispensaries at Bottesford, Waltham and Harlaxton are open for patients who have been identified as required to follow shielding guidance

and are unable to collect the medications, please contact the dispensary direct to discuss your options further.

Thank you for your continued support and please stay safe and follow government guidelines. Together we will get through this pandemic.

The staff at the doctors and the chemist's have been fantastic. They are so overworked, but so kind. They all deserve a medal!

Conversation with resident waiting to get in the chemist's.



Friendly Bench adapts to Coronavirus

As a community project encouraging face to face connections and friendship with all generations, Coronavirus self-distancing measures have made us adapt how we reach members whilst keeping everyone safe. We chose to be 'physically distant but socially connected'. We delivered postcards to some older members of our community, volunteering to deliver shopping, collect prescriptions and be a telephone friend. We've been sharing Blossoming Friendships artwork, messages of hope created by children from Bottesford Primary School through our community Facebook page: www.facebook.com/TheFriendlyBenchBottesfordCommunityGroup.

They have also been shared with our local Housing Association's Warwick Flats and displayed at our local Co-op. In addition, we've enjoyed catching up with Friendly Bench friends through email and telephone. We've hosted an Afternoon Tea at our 'virtual' Friendly Bench, inviting members to join us online via Zoom for a cup of tea, cake and a chat. As the lockdown continues, we have more plans to help keep our community connected. Now, more than ever, it is important that we are all here for each other, not just for the practical support but for social interactions too. Just because we are physically distant, we can still reach out with friendship.



Village Voice Contacts

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

Deadline for July/ August Edition (Issue 108): 27th May 2020.

Facebook: 'Village Voice, Bottesford'

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

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Henry misses playing football

Lockdown is very different for me. Normally would be at school learning, whereas I am at home working. I miss playing football with my friends and going out on fun days but I'm extremely grateful to have a back garden with a football goal to play in.

I'm not bored at the moment but It could become quite tedious whilst being stuck at home. The best things about lockdown are when I bake with my mum, Facetime my grandpa to have a chat and go on a bike ride. I don't usually go on bike rides or play in the garden every day but now I do.

When lockdown ends, I will mostly be looking forward to playing football and also watching some matches on TV, although I would like to carry on baking and going on bike rides. *Henry Thomas, Age 11 (Year 6).*

Three generations of one family deliver eggs

On Good Friday our entire household - 3 generations—set off for Peacock Farm in Muston on our bikes and picked up 20 dozen to be delivered to numerous locations. We delivered all 240 eggs safely, clocking up over 8 miles on our bikes.

We did this on a combination of bikes, including a preloved, restored old Royal Mail bike, complete with front loader and wicker baskets (great for collected empty boxes). Check out 'Cycle Of Good' charity based in Stoke on Trent for more information. We also attached a child bike trailer to one of our bikes which made carrying our precious cargo very easy.

It's a nice walk up to Peacock Farm in Muston and they have a new egg house with an honesty box £1 for 1/2 dozen eggs. *Britta Bayman and family.*



A letter to my future self by Mitchell, Year 6

To Mitchell (future self),

This year (2020) is a bit different because of Covid-19, which is a virus that can kill 5-70 year olds. So the whole of life is in lockdown, which means you are only out for an hour, you have to stay two metres away from people, and only key workers are allowed to go to work.

This leaves us not being able to go to school, which is really frustrating not being able to see friends. Now we are home learning, which is basically school at home with parents, brothers and sisters.

Every Thursday at 8pm, people come outside and applaud the NHS and key-workers such as doctors, cleaners, nurses, firefighters, police and warehouse workers to show appreciation for saving lives.

You are now only allowed out for an hour, leaving us with a lot of fun stuff to do in the garden, and to learn new languages – French and Sign-language. We Facetime people, play bingo over the phone. We draw rainbows and put them in windows so that when people go on a walk they can look at them.

Hope you have a good rest of your life.

Mitchell (Yr 6).

Slimming club goes virtual

I have been running the Bottesford Slimming World Group from the village hall on Mondays for over two years, and with the current Covid-19 situation we have had to adapt our support for our wonderful members. We promised to be open 52 weeks a year for member support, motivation, celebration and fun towards their weight loss dreams and that is exactly what we are continuing to provide.

Members from the Bottesford group have been extremely successful in losing weight. Our food optimising plan is an easy to follow lifestyle plan, where members can enjoy lots of delicious food, never going hungry and never feeling deprived. Losing weight doesn't have to be so restrictive that it is impossible to stick with. Ask any member and they will confirm that they cannot believe the amount of food they can actually eat and still lose weight!

We have had to adapt our group to fit current circumstances and have temporarily made the change to supporting our members in the virtual world through the Zoom platform. We are only a few weeks in and already it is proving popular with members, who can get the same support without judgement or humiliation they receive each week in venue. They are appreciating that they still get that encouragement week in and week out, plus friendship from fellow members, food learning, recipe ideas, celebration of achievements and, most of all, that shared understanding when things prove difficult or haven't gone to plan during the week.

I am loving that not only are we continuing to support our current members, but past members are returning too. I am also having the pleasure of introducing new members to our Slimming World family.

The door to our group is very much still open. We have not gone away and I will do my best to support any member old or new to achieve their weight loss dream both through our temporary virtual group and when we are able to, in venue. *Rhona Macdonald-Rose, Slimming World Consultant.*

Bottesford VC Hall, Belvoir Road, Bottesford, NG13 0BG - Mondays 5:30pm and 7:30pm (temporary virtual group at 6:00pm and 8:00pm)

Urban Hotel, Swingbridge Road, Grantham, NG31 7XT - Thursdays 5:00pm and 7:00pm (temporary virtual group at 5:30pm and 7:30pm)

Tel: 07714 783893

Home cooking takes off

We are doing lockdown dinners. They are so yummy. Have made flatbreads from sourdough, fluffy pancakes, spinach garlic and cheese momos, porridge with homemade apple puree. Just as well I'm doing plenty of exercise!

Online fitness instructor from Newcastle on Tyne.



Fitness tips from Karen Green

It is said that it's the over 70s or those with pre-existing health challenges that are most at risk. However, it is affecting all of us in many different ways. So read on and I can share some tips to help us through it.

I'm hearing from a lot of people how anxious and unsettled they feel. Anxiety is when we worry about the future, depression is worrying about the past. Therefore, what is most helpful is to focus on the now? Anxiety and worry lowers your immune system, which is the last thing we need in this situation.

Often in a crisis, when we're feeling anxious, we tend to keep checking things. These days we're overloaded with media messages, not knowing which are useful facts or fiction. Constantly watching the news, reading the paper, checking your phone, emails, getting up and down making drinks, digestive upsets, headaches and constantly ruminating over things are all signs of anxiety.

Here are a few tips which will help both mentally and physically:

Choose a time in the day when you check updates by your preferred method -TV, radio, phone, newspaper, rather than random checking.

Practise mindfulness. This is '**P**racticing being **P**resent on **P**urpose without making **J**udgements.' I call it my 'PJ's': 3 P's and a J! Be fully present in whatever you are doing. There is lots of help around about how to practise mindfulness, and plenty of scientific research to prove its efficacy.

Try to keep a daily routine - getting dressed in the morning and not staying in your pyjamas all day. Making time and effort to make regular meals, exercise, speaking with friends and family, enjoying hobbies where you can.

Focus on things that are under your control; let go of the things you can't. Worrying will only make them worse.

Keep in touch with friends and family by phone, email, FaceTime etc. Look for help in your community, especially if you're alone.

Here are a few exercises that will help:-

Simple yoga breathing exercise – to help stress and anxiety. Sit or lie down, place one hand on your tummy and one hand on your upper chest. Watch a baby breathe. This is the most natural way to breathe.

Inhale, feel your tummy rise. Then feel your upper chest rise. Exhale and feel your chest then tummy sink down. Try to make your out-breath slightly longer than your in-breath. Start with 5 to 10 repetitions. Keep your shoulders relaxed.

Sit to stand - to improve strength in your legs. Sit to the front part of your chair, slightly lean forward, press down through your feet, gently swing your arms backwards and then forward and come up to standing. Lift and lower your heels as in joggers walk. Make sure you can feel the back of your chair before you sit down again. Repeat as many times as you feel comfortable. Start slowly, maybe with just 3 or 4, and slowly build up to around 10 to 15. It's important to get up from the sofa every hour.

Upper back stretch – hug! As we can't hug each other for real, we'll all have a virtual hug. Sit forward on your chair and make a big circle with your arms so that your fingertips touch. Drop your chin down and hold for a few seconds. Repeat 2 or 3 times.

Chest stretch - sit to the front of your chair. Bring your hands down to your side and reach back to touch the sides of your chair. You should feel a stretch in the front of your chest. You can do this standing and interlace your fingers behind your back and squeeze your shoulder blades together. Hold this stretch for a few seconds and repeat to 2 to 3 times.

Please contact me for free tips and videos on keeping healthy. Keep safe everyone.

Karen Green 07775 655 539 www.mindandbodyconsultants.co.uk

Follow us on Facebook: www.facebook.com/MindBodyConsultants



Teachers run 'virtual' Hadrian's Wall – Louisa and Peter

Louisa says

I had signed up for a Virtual Challenge Run of Hadrian's Wall (90 miles!) which I started yesterday. This is not a fundraiser, just a personal challenge. I agreed to do it for two reasons: firstly, to give me something positive to focus on in the current lockdown and secondly, to support a friend (Peter below) who was born with leukaemia and has battled it all his life.

He wanted a partner to join him on the challenge and I agreed. So far we have each managed to knock about 8 miles off our target so not a bad start!

Peter says

I'm doing this virtual challenge as an incentive to keep me training for the Great North Run. I've been very lucky on three occasions over my lifetime. At the ages of 6-8 and 12-14 I was diagnosed and survived childhood cancer once and leukaemia twice; then with a Bone Marrow Transplant to ensure complete eradication.

Over the last few years I have run, with lots of people's support, to raise over £3,500 for cancer charities.



The Parish Council supports our residents - Covid-19: Pulling through together

We live in the wonderful Parish of Bottesford surrounded as we are by green fields, much space and fresh air. March brought the usual daffodils, lambs and blue skies. In any normal year, it would have been a wonderful response to the wet winter and the floods of February.

However, this year will not be the same as others. As we progress into the next phase I am sure we will all focus on three things. The first to follow the Government's advice to Stay Home > Protect the NHS > Save Lives.

The second is equally important. As we enter the next stage, we ask that anyone in need of support and help to make their needs known. Whether it's practical support, such as shopping or prescriptions, or the need to connect via regular phone calls or 'window waves'.

There is always someone to help. I have spoken to people at St Mary's, The Methodist Church, the Good Neighbour Scheme, Neighbourhood Watch and The Friendly Bench. And all these organisations will do what they can to help or find help. The Parish Council agreed at their latest meeting (held over video conferencing of course) to secure any funding necessary to help these organisations to continue to do the work they need to do.

The third is to do what we can to help and support those around us

who are working hard to help people. Those who work in the local NHS facilities – the hospitals and surgeries, the social workers. Those involved in grocery and food distribution – not least our own shops in Bottesford, and all others dedicating the time and efforts to supporting us all. At this time, more than any, we thank everyone for all of their efforts.

Together we will pull through this If we follow the advice and if we ask for help and if we work together.

Bob Bayman Chair of Bottesford Parish Council.



The VC Hall needs your help

The VC Hall is a charity and a successful community building in daily use for many activities such as yoga, Pilates, keep fit, karate, dance, U3A activities, Slimming World, and WI. It caters for local charitable groups to fundraise, as well as for private functions for local people. The Hall is capably managed on a day-to-day basis by our Hall Manager, Mim and Caretaker, John. However, the major decisions on finance, running and improvements are made by a small group of volunteer trustees, some of whom have been in place for more than 20 years. What is needed now is for some people to join the committee with a view to taking on key roles as trustees in the future. Only by involving a new generation of trustees can we ensure that this valuable asset continues to provide the facilities the village needs both now and into the future.

If you think you can help us, please get in touch on chair@vchall.org.uk. Alternatively, if you prefer, ring Marilyn on 01949 844289.



A message from Nel, minister at the Methodist Church

Two hundred years ago when Bottesford Methodist Chapel was first opened, I wonder whether the faithful folk who gathered there to worship could ever have imagined how the days would unfold over the two centuries until our present day.

The chapel building has stood watch over congregations through war, peacetime, further wars, fragile days of peace, the decimalisation of our currency, the changing political landscape, the coronation of monarchs, the abdication of a King, and the joys, celebrations and losses of our ongoing lives.

Today, the doors of our chapel building are closed and our congregation is keeping safe at home, an unimaginable turn of events as we prepared to celebrate our 200th Anniversary this year.

However, we continue to be a worshipping people of God united as a fellowship via telephone, email and social media, even as we remain at a distance socially. We remain spiritually connected both to God and to one another. We continue to care for one another and for our community by showing love in many pastoral and practical ways.

Our chapel website, www.bottesfordmc.org.uk, has a new '*From The Pulpit*' page with daily prayers and readings and a short reflective video service on a Sunday. All are very welcome to browse our pages and to join with us in prayer and worship.

This may not be the way we planned to celebrate our 200th Anniversary, but it will surely be one to remember. Our recent Easter Sunday celebrations remind us that we worship a God who rose from the dead, who is alive with us and who is not contained by the closure of any tomb or building. Alleluia! Nel Shallow. *Minister at the Methodist Church.*



'Just a Little is Never Nothing at all'. David from St Mary's offers some support

I've spoken with a number of people this week who feel frustrated at what they have been able to contribute to the community effort to fight the Coronavirus. Some have been furloughed from work and have attempted to volunteer; others simply feel they could be doing more for their neighbours, but don't really know where true needs lie and how they can meet them.

Aside from encouraging them to persevere through the usual channels, I haven't much to say, except to tell everyone never to underestimate the power of simple kindness. One of the privileges of being your Vicar is I get to hear how much difference even a card, a posy of flowers or an unexpected phone call has made.

Quietly and often behind the scenes our church and its members are making a difference. Not everyone can make a headline-hitting or heroic contribution to the current emergency (although I thank God for those who do). But the greatest mistake is to think we can do nothing because we can seemingly only do a little.

Beyond that, let's pray big prayers, look for opportunities to share our faith and above all: 'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up' (Galatians 6:9). *David Payne, Vicar St Mary's*

We are so lucky to have such caring ministers and staff within our community. I love the Zoom Worship and the regular church newsletters.
Bottesford Resident

Cutting from the Irish Times

"I hope they open the pubs soon, or we'll all become alcoholics!"

Ups and Downs – Sarah and Jamie share their experiences

Sarah

The up-side

Spending lots of time with my husband and daughter
Not having to clock watch
Not having to cram leisure time into 2 days each week
Slower pace of life
Quieter roads
Discovering new local footpaths
Long dog walks
Not having to worry about how the house looks – no-one is going to pop round!
Zoom chats with friends we don't get to see very often
Introducing my daughter to monopoly
The kindness of neighbours – community bread delivery, plant sales, Easter egg hunts with a difference

*The best part of lockdown is that B+Q is shut. Those jobs which I just have not been able to get round to doing will just have to wait a bit longer.
Anyway, no one will see those unpainted skirting boards for a long while yet!*

Newcastle on Tyne resident

Sarah

The down-side

Not being able to visit family and friends
Worrying I am doing enough home-schooling
Worrying about loved ones getting the virus
Queueing to enter food shops
Not being able to shop for non-essential items

Jamie (age 11)

The up-side

Spending time with my mum and dad
More time to play with my dog
More time to play in the garden
Looking out for the rainbows people are putting up in their windows
Doing new things like growing crystals, building insect hotels, cooking, gardening

Jamie (age 11)

The down-side

I miss school
I miss seeing my friends
I miss Youth Club
I miss all the after school activities



Freshly baked bread delivered

A big thank you to Britta and Daisy who have kept us supplied with delicious fresh bread and pastries from Bloomsbury Bread To Order in Grantham. Britta set up a village WhatsApp group to co-ordinate orders, and Daisy delivers once a week.

Water coloured pen and ink drawing discovered

The water-coloured pen and ink drawing in the photograph was discovered recently in Bottesford. Previously rescued by Barbara Taylor, the late Parish Clerk, it was donated by her daughter to the Bottesford Community Heritage Group. Unframed, water stained, creased and heavily soiled it needed some TLC. Cob George came to the rescue and has brilliantly restored and framed it.

It illustrates a Lancaster, named 'The City of Lincoln' number PA974, and seven crew members, and was drawn by Derrick (Dixie) Dean who had served at Bottesford RAF Station (Normanton airfield) from 1941 to 1942. He drew it for Bottesford Parish Council's commemoration of the 50th Anniversary of VE Day on 8th May 1995. Derrick (Dixie) Dean was a member of 2817 Squadron, RAF Regt., who were stationed at Bottesford Airfield. He and other 2nd World War Veterans who were stationed at Normanton visited Bottesford and the airfield as part of the 50th Anniversary.

Dixie had fond memories of his time in Bottesford and in later years visited frequently with his wife Audrey. Dixie died in April 2011. Audrey arranged for his ashes to be buried in the churchyard, but sadly, ill health prevented her attending. Just as the interment ceremony finished, by an amazing coincidence the Red Arrows flew directly overhead. A photograph recording their flight was sent to Audrey. In April 2018 Audrey's ashes were buried close to her husband.

The painting was to feature as part of the now cancelled 75th Anniversary of VE Day. However, it will be put on public display in the Parish Rooms once normality returns.



Back in time to 1995 - VICTORY IN EUROPE CELEBRATIONS

Airmen from England, Australia and New Zealand were based at Normanton airfield during WW2.

On Tuesday 9th May 1995 the 50th anniversary of VE Day coincided with a visit of 111 Australian WW2 Veterans to Normanton airfield. During a short service a eucalyptus tree was planted in memory of those aircrew members who did not return from air operations over Europe.

This visit coincided with VE Day celebrations in the village. There were BATS performances of the play The Dame of Sark; a dance and supper were held at the VC Hall and the Methodist Chapel hosted a weekend Art Festival and Soup Kitchen.

A Service of Thanksgiving at St Mary's was held on Sunday and on Bank Holiday Monday a Fun Run took place in the morning. In the afternoon, a procession of floats made its way through the village to the Gala on the VC Hall Field.

The day finished with a Grand Firework Display.

75 years ago, how did Bottesford celebrate the end of the Second World War?

A report in the Grantham Journal on 11th May 1945 said that the church bells rang in Bottesford on Surrender Day, immediately after Winston Churchill's proclamation.

Bottesford bell ringers rang an opening peal of 360 changes of Grandsire Double and further ringing included 'firing a victory salute'.

Every seat was occupied in church for a thanksgiving service on the Tuesday evening when the Rector gave a short address. Mr W. Carter, church organist, was home on leave and accompanied the hymns. A retiring collection received £11.10s. towards the Christian Reconstruction in Europe Fund.

The Journal of 18th May 1945 reported that on the following Sunday, morning and evening services of thanksgiving were held. There was a full congregation and the Rector officiated. Scouts and Guides attended the morning service and the collections for both services totalled £24.

To celebrate VE Day, Bottesford School was closed on May 8th and 9th for the National Holiday. The pupils at Muston School assembled for a short service and then were given two days holiday. In the evening, Muston church was filled for a thanksgiving service and the collection received £3.4s for the Christian Reconstruction fund.

Barenco Ltd – Business as usual – not quite!

We are part of the radio communications industry. We manufacture and supply components to put up aerials and as such have been hit by the stoppage of sporting and public events. It has been necessary for us to continue working to satisfy our industrial and military customers internationally.

We have seen an increase of orders from radio amateurs. Amateurs are always keen to upgrade their systems so that they can communicate across the world. The recent spate of good weather has definitely helped. Not everyone enjoys gardening.

Our connectors are manufactured in China and there has been difficulty getting them shipped in. Many people are not aware that commercial packages are often transported on passenger airlines. As these are now cancelled all freight has to be imported by cargo plane. Space is limited and priority is rightfully given to medical equipment and supplies. We are lucky with our suppliers and one has even offered to send us masks free of charge.

As a small family business, it has been easy to work out the logistics. One member working from home whilst a husband and wife team run the office. Our final member, we call our office angel, is isolated but we keep in contact and even send pictures of her work piling up awaiting the all clear for her to return.

Will our company survive? Yes, we are certain we can get through this.

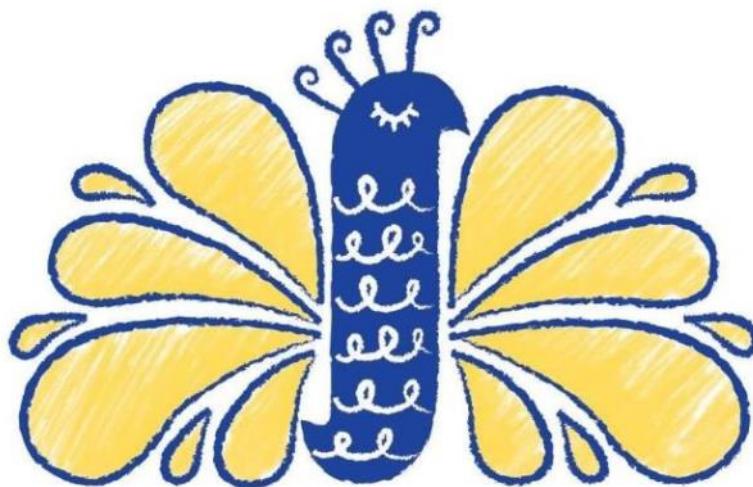
We are also certain that life will never return exactly as it was before. There are still people alive today that remember World War II, but even they were not confined to their homes, locked away from their loved ones. They may, however, remember their mother having to queue for food at shops but not 2 metres from their friend or neighbour in front of them. Never has there been anything like this in our lifetime and we pray there never will again.



Peacock Farm Muston rises to the challenge

For Peacock Farm Muston the lockdown has brought challenges and things to lift the spirits in equal measure. While shop sales of our hand-pressed rape seed oil have taken a hit due to many of our local stockists being forced to shut, it's been brilliant to see the notion of supporting local businesses and community spirit thrive. Our honesty box at the end of our drive is doing a roaring trade of eggs. For many people, it has become part of their daily exercise routine to get fresh eggs.

For customers who are unable to leave the house, we are offering a delivery service to Bottesford every Friday. We've had fantastic help from the Normanton branch of Peacock Farm (Britta Bayman and family) who have been making deliveries on two wheels!



PEACOCK FARM

In Muston, Emma Roberts has organised a weekly bread delivery from local bakery, Bloomsbury, and Peacock Farm is taking orders for pasteurised milk and yoghurt from Bassingthorpe Dairy (Boothby Pagnall). Residents then collect from our lockdown shop or we deliver to those who can't get out.

There is no doubt the business has faced difficulties. But we know, compared to many, we're lucky. We've even managed to get a break from the rain so the tractors can get into the fields and plant crops for the harvest!

Like everyone, we're working to make the best of it. Our hope is that once this is over people

Elijah, Archie and Louis rise to the challenge and raise money for the NHS

We are Elijah (10), Archie (8) and Louis (5) and we all go to Bottesford C of E Primary school.

During Lockdown, we decided to raise some money for the NHS to show our support and appreciation for everything they are doing during this time.

We all play tennis and are really missing going down to our club Grantham Tennis Club to play. So we decided to take on some tennis lockdown challenges and raise a bit of money for the NHS at the same time.

Originally, our mum and dad and grandparents had agreed to sponsor us £10 for each challenge we completed. We made a little video during our home learning and since then other family members and friends have sponsored us.

We have been so happy with the support we have received and since we made the video (on Monday 20th April) we have set up a Just-giving page for the NHS and raised £600, which we cannot believe! We are going to carry on taking on challenges throughout lockdown and raise as much money as we can for our amazing NHS.

Elijah, Archie and Louis have made two videos, which can be viewed on the Village Voice Facebook page. Their Justgiving page can be found at:

www.justgiving.com/fundraising/ks-tennis-brothers-lockdown-challenges.

Orston and Bottesford dance school continues online

Life during lockdown started when I had to close my dance school in Orston & Bottesford on Tuesday 17th March. This was not an easy decision to make but in view of government advice one that had to be made to keep my pupils and parents as safe as possible.

With the Easter holidays not being too far away I thought we may be back at dancing on Monday 20th April but as we all now know this could not be the case.

To help keep my students dancing during this time I have set up a private Parents Facebook Page where I have posted video's, exercises, activities, photos and dance links which I hope have kept them all busy. It has definitely kept me busy! Parents and Pupils can also post on this site to show what they have been doing, which has been lovely.

During the Easter break, and with no possibility of us getting back to normal, I decided to offer my pupils online classes via zoom, free of charge. On writing this, I have completed three Ballet, Tap and Modern classes. Tuesday: Nursery to Primary, Wednesday: Primary to Grade 2, Thursday: Grade 2 and above. The classes have been great fun, seeing the children's faces and having a chat with them online has been fantastic.

The children have been brilliant with lots of them even getting dressed in their dance outfits! I hope by offering these classes they can have a little bit of normality back in these uncertain times. I am very grateful for all the support and feedback I have received. Please see the Village Voice Facebook page for a short video of Lisa's online class.

I am looking forward to seeing all my dancers and their families in person as soon as we can especially as we need to start preparing soon for our bi-annual show in 2021.

On a personal level, lockdown has given me the gift if time. Time to spend with my family at home. Although this has been at the great expense of not being able to see other family members and friends, which has not been so easy. We have adapted and with the use of technology have made sure we have kept in touch to make sure they are all o.k. Also, with my husband being furloughed, I have made sure those jobs around the house that we never seem to have time for are now being done!

As a family, we feel very lucky to live where we do with a fantastic community spirit and even though we do not have our freedom, we are safe, keeping fit and healthy which we are very thankful for.

Lisa Murray - Orston & Bottesford School of Dance

Our daughter has loved doing the online classes. She has got dressed up, and as well as doing the lessons, she loves meeting up and chatting with her friends. Thank you Lisa. Much appreciated.

Normanton resident



Covid-19 Poem

The following poem was written by Anthea Asmore, 82 from Sleaford. Anthea is a neighbour of a grandma to two children who attend Bottesford Primary School.

COVID 19

Will life ever be quite the same as before?
We've all had time to think and explore,
What's really important, and no one pretends,
It's anything else but our families and friends...
We know there's no chance of a knock on the door,
" I've dropped by for a coffee", and a bit of jaw jaw!
Instead we spend hours on phones and e mails,
Look out for each other, make sure no one ails.

Of social division, we've become more aware,
But Covid 19, it just doesn't care.
A prince or a pauper, or someone like me,
It's in for the kill, on one hell of a spree.

So short was the time, when everything changed,
Overnight isolation, close contact estranged.
The traffic fell quiet, shops closed up and shuttered,
A ghost town emerged, the candle had spluttered.
And only on Thursdays at round about eight,
We emerge from our doors, clap, or bang on a plate,
To honour the staff of our great NHS,
Our heroes, we love them. A resounding "God Bless"!

And we also remember, those back from retirement,
Who work with the sick, or in fact... any requirement.
And all those kind people all over the land,
Who volunteer shopping, or lending a hand.

To help, Mother Nature has come to the fore.
The cowslips are blooming as never before.
There are trout in our river, ducklings splashing above.
There is blossom all around, and the birds are in love!
The sound of bees buzzing, owls hoot at nightfall.
And collared doves are mating on my garden wall!

As lockdown continues, it may be a while,
Before we resume our hectic lifestyle.
And will we have learned from this ghastly event,
We can manage with less, and still be content?

We must NEVER forget all the care that's been shown,
And those who've succumbed, far from home and alone.

*It's been great looking up at the sky and seeing ...nothing!
No planes, no smoke, just clear blue sky. I wonder how long this will last?*

Bottesford resident in queue outside co-op

Our dog is missing his doggy friends!

Normanton resident



Isobel keeps busy

During lockdown, I have been keeping myself busy by doing school work, gardening, playing outside, dog walks and looking after our sheep. I am excited to go back to normal so I can see my family and friends having been FaceTiming them.

By Isobel age 10.



Bottesford FC adjusts to the lockdown

Bottesford FC has seen all football stopped in the lockdown and the league records officially expunged for season 2019/20 by the FA. Nottingham Road has closed and the regular bookers of our Community Room have all cancelled. On the back of a weather affected football season, the early curtailment of the season has probably cost the club approx £8000. Our school holiday football camps have been cancelled, as has our Bingo fundraiser for Nottingham Children's Hospital and our club presentation day on 13th June is unlikely to go ahead either.

In recent weeks we have taken delivery of our new FA Football Foundation funded Vertidrain machine which will enable us to be able to use the machine more than the once a season we have previously done due to the high costs of hiring one. We are also planning our pitch refurbishments for the summer, as well as looking at mole ploughing the site to improve drainage.

During the lockdown period our first team manager, Graham Park, has been encouraging our players to submit videos to our Facebook page of skills, which has proved to be very popular with our juniors.

Players, parents and supporters have been fantastically supportive throughout this season, as they always are, despite them not playing or watching as much football as they usually do. Our thanks go out to everyone connected to the club for their support. We look forward to seeing everyone back at Nottingham Road next season and in the meantime, we hope that everyone is safe and well. *Regards. Nick Dobney.*

Evelyn and Thomas are very creative

Evelyn age 9 and her brother Thomas age 6 who live in Bottesford and attend Bottesford Primary School have been very busy during their time away from school during the lockdown. They have enjoyed making lots of lovely creations as shown in the attachments. We have made a rainbow hanger for our front door to say thank you to the wonderful NHS staff and to all the other great keyworkers who have been working extra hard during the virus.

We have made some origami butterflies and delivered them to Evelyn's friends around the village, who she is missing very much. Each butterfly had a message for her friends in its wing. We also had an art lesson by the river at the bottom of our garden and their aunty Claire set them a challenge to make something out of a shoebox. They chose to make an ocean scene. Hope you like our creations. *Katie, Evelyn and Thomas Dawson.*



Young Lewis shakes a finger!

We live in a city, but there are so many beautiful parks and green spaces to walk round and the Botanic Gardens are open, which makes such a difference. Our son Lewis, who is 17 months old, likes to shake his finger at anyone who he thinks is getting too close as we walk him out!

Alistair, Leanne and Lewis from Glasgow.

How I will remember spring of 2020

In the future, when my grandchildren study the Coronavirus Pandemic of 2020 and ask me what I recall of that time I will say, aside from the global impact and the personal tragedies, that for me it was a time of discovery.

I discovered that I am not as sociable as I thought I was! I am perfectly satisfied with a text or, at a push, a 'zoom' call. My social anxiety has been redundant over these past weeks and, dare I say, the prospect of any impending social interaction fills me with dread.

I discovered that I really like my husband and children. I mean *really* like them. I always knew that I love them, but that's not necessarily the same as liking them. So often I feel that we are just 4 people living under the same roof but this gift of time has allowed us to chat, to share, to play and to really get to know each other. I enjoy their company. They are interesting, clever, funny, kind, resilient people and I love spending this time with them.

I discovered that FOMO doesn't exist when you are all in enforced isolation.

I discovered that I am actually really good to have around in a crisis. I can organise, manage, motivate. I'm a do-er.

I discovered that I don't hate gardening. I don't love it either but I have gleaned a not insignificant amount of pleasure from checking on the daily progress of my vegetable seeds.

I discovered that despite having an abundance of time I can still procrastinate with the best of them. Despite my many promises to myself, I still cannot play the piano or speak fluent Spanish. I still have no talent for painting or sketching and my kitchen cupboards are still a health risk.

I discovered that I am looking my age and will no longer rule out surgery. I avoid mirrors at all cost but thanks to Zoom, I have been forced to face the reality.

I discovered Zoom!

I discovered that I clean my house for the benefit of others and that without the chance of anyone 'popping in' that motivation no longer exists!

I discovered that I love being bare-faced and only washing my hair once a week – those who have to look at me every day are not so in favour!

I discovered that gin tastes just as good at 10am as it does at 10pm. Don't judge.

I discovered that taking a step back from the madness of 'normal' life allows us to find joy in the simplest of things: a cup of tea in bed, enjoying a good book, jigsaws, taking note of the sights and sounds that accompany my dog walks. This slower pace of life has been such a 'once in a lifetime' gift.

Most of all I discovered that I am extraordinarily lucky. I have been able to share this experience with those I love in the place I love.

Anonymous

Sharon and Ian Smith are in New Zealand. It is a reminder that this is a truly global issue. On behalf of the Village Voice, we wish you all our very best and hope that Lauren is well on the road to recovery.

Hello from Auckland in New Zealand

Sharon and I find ourselves locked down here in New Zealand due to two different circumstances. As many close friends know, we left the UK in September to be with our daughter Lauren, son in law Murph along with our two small grandchildren, after we received the devastating news that Lauren was confirmed to have Ewing's Sarcoma, a rare form of cancer.

As you may know, when you are receiving chemotherapy treatment you already need to isolate and confine yourself to your own bubble to protect yourself from the risk of normal everyday infections. So we feel we have already been prepared for lockdown in our household here in Auckland.

We watched the news filtering on to our TVs and radios regarding the Corona virus first in China, then seeing how quickly it spread to Europe and then to New Zealand.

The government here, under the brilliant leadership of Jacinda Ardern, soon had a plan and arranged different alert levels from one to four - four being the highest. The country hit hard and quickly with only around 100 confirmed cases of Covid-19, a level 4 alert was issued. The borders very quickly closed, all businesses, construction, bars restaurants, playgrounds, takeaways schools, even for essential workers shut immediately.

Living in a very friendly cul-de-sac, we were soon offered so much help with anything. The prime minister, during her daily Covid 19 reports always says 'Be kind to everyone', and it's certainly worked. Lockdown was successful. We were told to stay in our bubbles and let no one in.

Our bubble was the 6 of us. We go out to the many nature reserves and beautiful parks together as often as we wish, but keeping our 2m distance as everyone else does the same. You feel very trusted here - no strict rules except 'keep in your bubble'. A very pleasant touch was from the local golf club, now closed like all sports. They allowed and encouraged you to enjoy the beautiful fairways, by cycling, running and walking the course.

This week Jacinda Ardern, with now just a handful of new confirmed cases daily, dropped to level 3 - allowing takeaways to open again, construction, manufacturing and repairs to go back to work but only if they are able to keep the 2m rule, and only contactless payments.

So being locked down in New Zealand has been quite similar to the UK, except the borders here are well and truly shut! No need to test for infected people coming in to the country as you can't get in. Even if you are returning NZ residents, you are held for 2 weeks under supervision and quarantined.

We feel very safe here, with only 20 deaths and a total of less than 1500 confirmed cases, but we are missing our home and the rest of our family. Looking forward to being back in Bottesford as soon as our original lockdown allows. *Ian and Sharon Smith.*

Our last words in this edition ...

6 weeks to go!

Lovely weather here so we are spending lots of time in the garden. My husband is in the shielded group (due to medication he takes), so we are into week six of his 12-week lockdown. Just another 6 weeks to do.

We are settled into the routine of it and getting supermarket and local independent shop deliveries, together with pharmacy deliveries

We are Facetiming the grandchildren and our little Bethany is writing us some lovely letters. We are keeping busy doing gardening and other jobs around the house.

It will certainly be strange when things return to more normal times!

Couple from Spittal, near Berwick upon Tweed.

There are still some idiots around!

One thing I have particularly noticed is how polite people are being. Perhaps this is the 'Bottesford Way'. Most people say hello as we pass at a distance and even cyclists will nod and acknowledge us as we walk to and from Normanton. And when one of us has to do the 'Covid Swerve' so we can pass within two metres, there is always a smile and a thank you.

This is great and long may it last. But there are still some idiots about. I know of at least two shops which have been broken into. This is bad enough at any time, but particularly so when all businesses are struggling to survive.

Drivers seem to be speeding more. Perhaps it is the quiet roads, but it is no less dangerous – there are a lot more pedestrians around. I have also noticed an increase in the perennial problem of dog-poo. Our dogs need their exercise and they must think it is great to have so many 'walkies', but owners, please pick up and dispose of their doggy-dos.

I've also seen more fly-tipping. There has been a load dumped at the end of Belvoir Road not so long ago. There is also stuff been left near the water-treatment plant. I know the 'tip' is closed at the moment, but there is no need for people to be so antisocial.

Most of us who live in these four lovely villages are being kind, respectful and sensible. It's a shame that there are still some idiots around!

Socially-distant conversation near the level crossing.

What's the best bit about being in the countryside?

My partner and I have been doing a daily walk of about 3-4 miles with our 3 year old daughter and our 5 year old son. We asked Heidi (the youngest) what was the best bit about the walks, thinking that she might say the trees, the birds, the animals or even the pretty countryside. No. Her answer was: "The snacks, mummy!"

Carly and Arion from North Yorkshire.