



Notes from the Council.....

Happy Easter Farnsfield, what an amazing spring it has been so far, let's hope the wonderful weather keeps up throughout the summer.

Some dates for your Diary:

The Annual Parish Meeting: Tuesday 23rd May, 6pm. Lower Hall, Village Centre.



The Southwell and District Lions will be presenting on the work they can do with and the support they can offer the Village. **All village groups** are invited to give a five-minute presentation on what they do and have done in the last year.

Please contact Rachel at:
clerk@farnsfield-pc.uk 01623 882884 to register
your interest.

Council will be updating the Village on its strategic priorities for 2017/18. These will also be published on the website.



Scarecrow Festival: Saturday 1st May.

Armed Forces Day Summer BBQ: The Grange, Main Street, Sat
24th June 2017

Farnstock: The School Field, Farnsfield Sat.22nd July

The provisional dates for Council Meetings for April, May, June, July and August are as follows:

	April	May	June	July	August
Full Parish Council Meetings. Lower Hall, Village Centre.	Tuesday 25 th April. 7.30 pm	Tuesday 23 rd May 7.30 pm 6pm. Annual Parish Meeting	Tuesday 27 th June 7.30pm	Tuesday 25 th July 7.30pm	No meeting
Facilities and Planning Committee. Library Annex. Village Centre		Wednesday 10 th May 7pm	Wednesday 13 th June 7pm	Wednesday 11 th July 7pm	No Meeting
Finance, Risk, Staff Management Committee.		Wednesday 10 th May 8pm	Wednesday 13 th June 8pm	Wednesday 11 th July 8pm	No Meeting

It's the 2016/17 financial year end therefore Council is submitting its accounts for Auditing. A copy of these will be on the website when they are finalised. We are adopting a new accounting software package for 2017/18 which will make the accounts more accessible and the Council Budget (available to view on the FPC Website) easier to follow (you can see where and when your money is being spent throughout the financial year) As a point of interest the total electricity cost of the Farnsfield Christmas Lights was £15.79 and from the feedback we have received I hope you will agree that it has been money well spent. plus, the cost of removing the lights after Christmas and installing them again in November is such that it is better value for money to leave them in situ despite the possibility of this shortening their life span.

The representation period of the Neighbourhood Plan comes to an end on Tuesday 11th April. Following this date, the plan will be submitted to the examiner (this neighbourhood plan gives a community more control over planning applications) watch this space!!



Farnsfield Allotment Association

The Association has been up and running now for about 3 Months and things are shaping up nicely. The cold weather means that little can be planted now but we are all busy laying out beds



and building composters and sheds ready for the new season.

We currently have 25 full members and around 10 sharing

members using the site. We have one full plot and one half plot vacant with space to create more if required.



Anyone wishing to join us should contact our secretary Sue Marshall (01623 882107) for information or speak to any

allotment holder at the site. We are also planning the community garden which is intended to benefit the village so if you want to get involved as a helper/ volunteer let us have your contact details and we will keep you informed.

Farnsfield Women's Institute

This month our Farnsfield WI celebrated their 98th birthday. That's some going to keep a village W I going since 1919. With loyal members, we have managed to keep on going, helping where ever we could in our own village and surrounding villages. We are 38 members strong and would like to increase that number.... so how about the ladies of Farnsfield coming along to join us. We have lots fun. Interesting speakers. I hope you have seen the social afternoon notices around the village. Come and join us. Break your routine and have a little bit of relaxation. We have plenty of interests outside the village with other local W I's. There's darts, Kurling, visits to plays and pantomimes, gliding, needlework classes, even bingo! There is something for everybody, give it a thought and act upon it, give it a try! We meet every first Thursday of the month at 7.15 pm at the village centre. Lower hall. I do hope I will see some new faces, you would be made most welcome. Pat Smedley. Farnsfield W I. President.

Blues in Farnsfield

Australian award winning blues - roots artist Geoff Achison is making a rare visit to the UK this spring and is scheduled to play Farnsfield Village Centre on Saturday 8th April. He will be supported by the talented UK Souldiggers for what will be a memorable night of quality blues.

Geoff is an all-round musician who delights in entertaining the crowd but has also been described as a "guitarists guitarist". He is one of those artists that can rock the house with brilliant intensity but also be able to silence the crowd with beautiful, delicate phrasing. His music is firmly steeped in the blues but Geoff also injects funk, soul, jazz and even classical styles into the mix. As a song writer, Geoff explores a myriad of themes from love and loss to politics and philosophy and often with his wry sense of humour shining through. Vocally he has been compared favourably to the gruff voiced Joe Cocker, Warren Haynes and Paul Weller. This will be a once in a lifetime chance to see this extraordinary blues talent perform in the intimate atmosphere of the Village Centre. Admission is strictly by ticket only priced at £15 from Bruce on 01623 883096 or banddmcdowall@btinternet.com



Farnsfield Bowls Club Coaching Sessions to Open New Season

This wonderful Spring sunshine reminds us that the new outdoor season will soon be with us. This thriving village club with over 80 members enjoy the beautiful location and excellent facilities. The club provides a most friendly spirit of fun, competition, friendship and gentle activity for all ages.....



If you have often thought you may like to try the game then why not start this year at an 8 - week course for new bowlers

Twenty-three new bowlers enjoyed last year's sessions

Qualified coaches will take you through from the very basics to feeling confident enough to take part in our many friendlies, league games and club

competitions and all for FREE!

All equipment will be provided you will need only flat soled shoes (trainers will be acceptable.

The course starts on Monday 1st May 2017 10:00 am - 12:00 noon

CONTACT Paul Ritchie 07761418496 Vic Atkinson 07789016035

Members enjoying the excellent facilities at Farnsfield Bowling Green, NewHill

FARNSFIELD LOCAL HISTORY SOCIETY

For its February meeting the Society had the pleasure of welcoming Paul Hale, the recently retired Rector Chori at the Minster. Paul entertained a very well attended meeting with an account of how the post of Rector Chori arose, illustrated with recordings of the music that developed over the centuries.

We were told that the first record of a choir in Southwell Minster was as long ago as the Twelfth Century and the first Rector Chori was appointed in 1499. It was explained that during the Middle Ages the members of the choir were always ordained and known as Vicars Choral. Extracts from the Archbishop of York's Visitation Book showed that some were not averse to very non-ecclesiastical behaviour, such as being drunk, fighting during services or falling asleep due to getting back from overnight visits to widow Agnes.

It was not until the end of the Sixteenth Century that services were regularly sung in English and we were told how the choir was closed during Cromwell's time and how it developed again after the Restoration to the present day.

Members very much enjoyed an amusing, instructive and entertaining evening

Chairman Philip Marsh welcomed members to the 15th Annual General Meeting of the Society and summarised the events of the last year, the speakers we had had and the visits to Bletchley Park and Grimsthorpe Castle as well as Farnsfield Hall. It had been another successful year.

The A.G.M. was followed by a quiz and then cheese and wine.

There will be no meeting at the village centre in April as members will be visiting the **Nottinghamshire Archives Office** in the afternoon.

We shall be taking part in the village Scarecrow Festival on 1st May as usual and have a Bottle Stall on the field.

Our speaker at the meeting on **Wednesday, 10th May** will be one of the Deputy Lieutenants of Nottingham **TOM HUGGON**, who will talk about **“OUR LORD LIEUTENANT AND HIS DEPUTIES PAST AND PRESENT, THEIR ROLES AND DUTIES.**

This will be in the **Lower Hall of the Village Centre, New Hill, Farnsfield** at **7.30**. Visitors are most welcome. 3.00 includes tea or coffee and biscuits. Or we should be pleased to have new members.

On 31st May we have organised a coach trip to the **NATIONAL MEMORIAL ARBORETUM**. The cost of this is £12.00 for members and £14.00 for non-members. There is an option of a ride on the train around the site for an additional £4.50. We may have a few seats left on the coach if you would like to join us.

For more details about the society look at our website farnsfieldlhs.co.uk. You will find a wealth of information and photographs about the village. If you can let us have any more then please contact us through the website or telephone David and Judith Milnes at 01623 882454.

A “living” Churchyard

Easter has always been associated with new growth. This is precisely what we are hoping to achieve for St. Michael’s Parish Churchyard as we consider the long-established tradition of ensuring that these special places are a resource for the whole community.



St. Michael and All Angels Parochial Church Council intend to explore how to create a ‘Living Churchyard’ which can complement our church building as a visitor destination.

‘Sensitive management can enable an abundance and diversity of indigenous and naturalised wildlife to flourish without forgetting the churchyard’s primary purpose as a sacred place

of remembrance and the last resting place of our forebears’ (Yorkshire Wildlife Trust introduction to ‘Living Churchyards’).

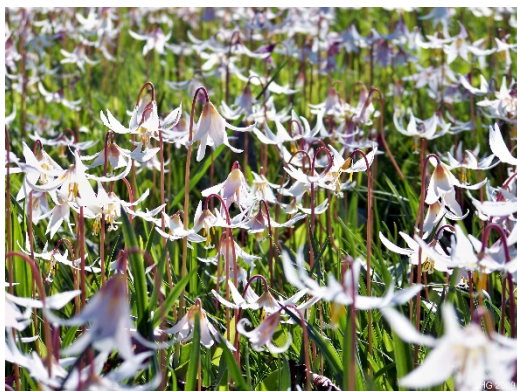
There are some modestly sized sections of St. Michael’s churchyard on the ‘upper’(western) part of the yard at its southern end avoiding both the memorial garden area



where ashes are interred and the lower side still used for burials where mowing at different



intervals could encourage species of grasses and plants which will enrich the churchyard as a place for reflection and as a local venue for learning about conservation.



The Diocese of Southwell and Nottingham is a leader in the field of advising churches on the care and management of churchyards in this respect and their guidance will help us use what I hope will be help from many volunteers from across the community whose coordinated effort might open this precious resource in a way that respects the legacy that has been handed on but also utilises this very special place to those interested in learning about preserving our future.

If you would like to help us in this venture please contact Peter Jones, Priest in Charge on 01623 882329

Junior Tennis



Farnsfield Tennis Club offers great opportunities for Juniors of all age and ability up to the age of 18. The Head Coach Matt Benford is an LTA qualified Coach and has over 28 years of playing and coaching experience. The coaching opportunities are a great way to keep fit, socialise with friends and learn to play great tennis.

Open to all

Saturday Morning – Come along, learn to play the game of tennis and have fun.

10.30-11.30

11.30-12.30

Members Group coaching

Wednesday Evening – This offers members to progress as a player, from learning the basic rules of play, playing from the baseline and matchplay.

4.00 – 5.00

5.00 – 6.00

6.00 – 7.00

7.00 - 8.00

Performance Squad

For those who understand the game, should be able to rally from the baseline and able to play all the basic strokes with spin, depth and accuracy

Tuesday 4.30-6.00

Individual Lessons available with the Coaching team.

Club Hoodies can be ordered using the order forms which are in the Clubhouse. If you would like to see a sample there are some in the Clubhouse for you to view.



For more details on Coaching contact Matt Benford
For all other enquiries for Juniors contact Clare Whitchurch
Email : Clare.whitchurch@yahoo.co.uk

Farnsfield Tennis Club

About Us

Farnsfield Tennis Club, a friendly, thriving club situated in the heart of the village, welcomes players of all ages and abilities. We have 3 well-maintained floodlit tarmac courts which are open to members all year round. The public may hire the courts when they are not in use.

There is also a mini court in the adjoining play area which is occasionally used for coaching, but it is normally open to the public. Racquets and balls may be borrowed from the club for use on the mini court.

The club has 150 members, split evenly between adult and junior players and there are plenty of opportunities for both competitive and social tennis. We run club nights for ladies, men, mixed and junior players, hold annual club championships and play league matches against other clubs all year round.

Regular coaching sessions are held throughout the year and private coaching can be arranged directly with the club coach.

In addition to running our own open days and socials we also participate in events around the village to promote the club and the sport.

Full adult membership costs around £100 per year, but there is a range of membership options for students, juniors and off-peak players. Potential members are most welcome to come along to club nights prior to joining.

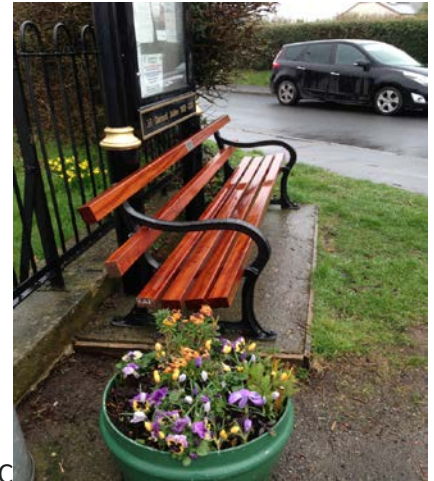
If you would like more information please contact Joyce at jshakeshaft31@hotmail.com

**Farnsfield's annual
family friendly,
live music festival.**



COMMUNITY SPACES

BEST KEPT VILLAGE COMPETITION



Upcoming Events

May 1

Scarecrow Day at the Community Allotment

Plant and seed sale and refreshments

Starts June 6TH

Best Kept Village Competition

[Date]

We have been busy as a group throughout Autumn planting up some of the areas in the village with bulbs and you should be able to see the rewards of that now at the bottom of the Ridgeway, Cockett Lane, St Michaels school and various planters outside the Co-op and Inspiration Charity Shop.

The purple crocuses that you see at St Michaels and Cockett Lane were donated by Southwell Rotary Club and signify the campaign to eradicate Polio world- wide. Purple is the colour of the dye that is put on a person's finger to show they have been vaccinated

April 2017

Community Spring Clean

On a very wet Sunday morning, over 20 people turned out to collect litter along the main roads and footpaths. 15 bags of rubbish were collected. Much of the litter was plastic bottles and McDonalds fast food waste thrown out of vehicles. Please keep the entrances to our village clear of waste. It looks bad but it also is a danger to wildlife. If anyone would like to volunteer to pick up litter, we have grabbers and plastic bags at the village Centre and high viz bibs. Please contact the clerk



And now to the Best Kept Village!

Everyone can help by cutting hedges (watch out for nesting birds) Keeping the area outside our homes clear of weeds and debris. Planting troughs and window boxes and of course picking up litter wherever we see it. If you could also help by watering troughs particularly outside the Co-op and the wheelbarrow at the bottom of the Ridgeway. Feel free to deadhead anything that you see needs it to prolong flowering. The Community Spaces are for the residents and everyone's enjoyment

In the Community

Spring Clean up

Litter pick Sunday 5th March

Community Allotment and Orchard If you would like to be an Associate member of the Allotments



all the details are on the Farnsfield Parish Council website.

We are planting some raised beds Sat 18th March 10-12 and discussing plans for development.

A new Pilates class has been launched in Farnsfield Village Hall on Monday mornings at 10-11am and it's a great way to start your week!

Pilates is a low impact form of exercise which tones and stretches all the muscles of the body and has an emphasis on strengthening what is termed the 'core' muscles. The core muscles are not just your abdominals as commonly thought but includes all the muscles of your trunk, front and back and even your buttock muscles.



This form of exercise has been proven in scientific studies to assist in the rehabilitation of several back problems and is a great way to repair the abdominals and pelvic floor muscles after childbirth - no matter how long ago! Pilates is also an excellent way to develop flexibility, particularly useful if you are already fit from other sports and activities but need to work on lengthening your muscles and ligaments to prevent injury or to rehabilitate after injury.

Virtually everyone can benefit from this type of exercise and modifications and alternatives to the exercises can be given if you have special requirements. It is for both men and women, of all ages and abilities.

Booking for the class is essential as places are limited.

To book or for further enquiries please contact Kirsty Green on -

07791010426

info@bodyworkpt.com

www.bodyworkpt.com Follow Bodyworkpt for news and

class updates on Facebook / Instagram / Twitter

FARNSFIELD & DISTRICT BRANCH

POPPY APPEAL 2016/7. The Farnsfield and District Branch of the Royal British Legion would like to express their sincere thanks to everyone who worked so hard in support of the Poppy Appeal during October/November 2016. The members of the branch who went from door to door and who stood out in some terrible weather to man the street collecting points, the businesses and other outlets that allowed us to place collecting tins in their premises and especially to all those members of the public who donated so generously to allow us to raise more than the magnificent sum of **£7,180** to date, to support the work we do for the serving and former members of our Armed Forces. **THANK YOU.**



ARMED FORCES DAY BBQ will be held at The Grange, Main Street on Sat 24 June 2017. The usual attractions of live music, licensed bar, other entertainment and, of course, food, will be available. Watch this space for further details!

Southwell Dance School

2017 got off to a busy start at Southwell Dance School with many of our pupils taking an IDTA Tap and Jazz medal or exam. The results were fantastic and are a testament to the pupil's hard work. In March, we held three days Royal Academy of Dance (RAD) Ballet examination session for 90 pupils, the results of which are due any time now!

In April, the school welcomes a new teacher – Miss Claxton. Miss Claxton will be teaching some of the tap classes on a Friday evening.

And of course, this year is show year! **Sunday 16th July at Newark Palace Theatre.**

The show will star all 300 SDS pupils in our biggest show yet! Tickets will be available



to buy through the theatre box office nearer to the event.

We look forward to seeing some of you there.

What could yoga do for you?

Yoga may be beneficial to anyone! From those inhabiting a body needing to restore/retain free functional movement (rehabilitation, injury/illness recovery, osteoarthritic conditions) to those seeking specific training (mental focus, physical strength/mobility) to those who enjoy movement without having to co-ordinate with music!

Yoga can help to improve: posture, structural discomfort, muscle tightness or weakness, osteoarthritis and general flexibility. Combining attention to the detail of sensation in movement and stillness with breathing well, we can control the mind and emotions and learn to relax in an improved state of wellbeing. This aspect of yoga is very useful for those dealing with chronic illness or pain, depression, stress or simply wishing to feel 'more in control'. Meditation can be a helpful tool for improving mental focus (mindfulness) and is especially useful in coping with anxiety or addictive behaviours.

Hatha yoga classes are led by Sally Alvey each Tuesday 9.30-11.00am in the Upper Village Hall. Sally has been practising and teaching yoga for around 20 years; she is a qualified British Wheel of Yoga teacher. Her emphasis is on mindful, free functional movement, effective breathing and relaxation/meditation. She says, "By strengthening and mobilising hips, legs and feet, whilst freeing the neck shoulders and upper back, we can maintain or improve our physical strength, postural alignment and balance as well as enhancing feelings of wellbeing".

Classes are suitable for all regardless of age, current physical state, gender or previous yoga experience. The hall is a lovely clean, light and airy space, so make time to experience and work with your physical, mental and emotional self. Tuesday classes are £6 per session - no 'in-advance' fees.

If you are unable to join in the Tuesday morning sessions, Sally also teaches at Southwell Leisure Centre on Fridays 5.40-7.00pm and Wednesday mornings 9-10.20 (some yoga experience necessary) and 10.25-11.45 (beginners).

Summer yoga sessions – Monday evenings

In August, many yoga teachers take a break from their regular classes and so Sally re-established Nottinghamshire Summer School to enable interested practitioners to maintain their practice and experience different yoga styles and themes. Sally organises four different teachers for four Monday evenings 7-9pm; the 2017 dates are 31 July and 7, 14 and 21 August. These sessions can get very busy, please arrive early!

For more information regarding yoga practice, classes or summer school please contact Sally via email sally4mat@aol.com or call on 01636 816909.



A team of researchers from the University of Nottingham is appealing for people in Nottinghamshire who are experiencing stress or low mood to help them to assess the effectiveness of two online mental health support tools.

The 'REBOOT' study has been set up to see whether an online peer support website called Big White Wall is more or less effective in helping people with depression and anxiety than the online information available from the NHS Moodzone website.

Professor of Psychiatry at Nottingham University, Richard Morriss said: "Depression and anxiety affects 15% (one in 7) of the adult population of Nottinghamshire at this time. Only a quarter of these people get any help from the NHS. Surveys tell us that many people would like information and the chance to communicate with others in a similar situation. The 'REBOOT' study enables people to do this using the internet so you do not have to make an appointment to see anyone or give out any personal information that you do not want others to find out."

People taking part will be allocated to be part of a community giving support to each other (Big White Wall) or they will get information and advice (NHS MoodZone). Both of these websites are classed as 'support tools' and can be used in conjunction with any other help, including medication and talking therapies.

The study website screens applicants for suitability to take part, so you do not need to have been given a diagnosis, or even discussed how you are feeling with your GP, to apply to take part.

April 2017

People taking part are asked to complete some questionnaires about how they are feeling at the start of the study, at the end of the study (6 months after joining), and at 2 other time-points.

To find out more visit the REBOOT website at; www.rebootnotts.com

Farnsfield Table Tennis Club

We are now approaching completion of our first year of activities.

The club now meets every Tuesday afternoon plus one evening a week, usually on a Tuesday or a Wednesday, our evening sessions now include a junior section for 10 to 15 years of age which is proving increasingly popular.

If you have a child who may be interested in playing or indeed yourself please notify Nigel Hamilton who will be delighted to forward our weekly playing programme, or why not join us at our Friends and Family social evening on Saturday the 29th April 2017.

Our club now has in excess of fifty registered players and it is thanks to them and the residents of Farnsfield for their support in helping to secure the future of this club within the village.

Contact Details

Nigel Hamilton

e-mail Hamilton.nigel@gmail.com

Tel 07535 447829

Friends and Family Social Evening

Saturday 29th April 2017

Village Centre Lower Hall 6.30 to 10pm

Why not come along and bring the kids and see what this great game has to offer.

Included in this fun evening

Novice corner (non-competitive) coaching for beginners.

Table Tennis Aunt Sally / coconut shy

Dads and Daughters Vs Mums and Sons

Pro Am seeded (handicap) Pairs competition

April 2017

Plus other fun games for all the family

Light refreshments will be provided

Admission charge juniors £1.00

Adults £2.00