

# FARNSFIELD FLYER

THE NEWSLETTER FOR THE PARISH OF FARNSFIELD



## News from the Village Centre

SEASON'S GREETINGS EVERYBODY.

I hope December finds you all well and full of Festive Cheer.

It's been a busy Autumn here at the Village Centre.

The Parish Council funded the purchase of two Silent Soldiers as a mark of recognition of the Centenary of the Armistice of WW1. These were displayed by the British Legion at the Green at the Ridgeway and at the Junction of Cockett Lane and Main Street

The Bowls club requested a Grant from the Community Grants Budget of £2000 for their irrigation system which was approved by Council and has been paid.

A new noticeboard for outside the COOP has been ordered to allow for more information to be displayed at the centre of the Village.

Many residents have had concerns that the 30mph terminal location point on Mansfield Road on the Westerly approach to the village is too far out. Via East Midlands are in the process of relocating it to lamp post 19 adjacent to the Farnsfield Village Sign and designating the stretch of road from the White post Farm Roundabout to the sign as a 50mph zone.

The Parish Council have advertised for three new job vacancies, a Village Caretaker, A Village Centre Cleaner and a Village Centre Booking Clerk. Hopefully the posts will be filled in January 2019.

## FARNSFIELD CHRISTMAS SWITCH ON

The switch on of the Christmas Lights was great fun if rather wet

Farnsfield School Choir sang at 6pm whilst the lights were switched on.

Farnstock served Mulled Wine and Hot Chocolate as a thank you to the Village for supporting them through the coop community fund as a named charity this year

The Scouts hosted a very successful Christmas fair at the Village Centre

Woodberry Tearooms and the Court Yard Bistro hosted late night opening events.

Bobbly Bob hosted a Christmas Quiz at the Plough, all proceeds donated to the Scouts.



Farnsfield History Society 2019 Programme.

9 <sup>th</sup> January	John Lower	The Chesterfield Canal
13 <sup>th</sup> February	Michael Harrison	-The History of Coal Mining in Notts.
13 <sup>th</sup> March	A.G.M. followed by Graham Hayes	-Lost Houses of Nottinghamshire
10 <sup>th</sup> April	Peter Lyth	-History of Brackenhurst
8 <sup>th</sup> May	Matt Beresford	-Graffiti in the Minster
12 <sup>th</sup> June	Ann Featherstone	-Maidens, Murderers and Monsters
10 <sup>th</sup> July	Summer Social	-for Members only
	No meeting in August	
11 <sup>th</sup> September	Karen Winyard	-Journal of Ann Cooke 1835-1839
9 <sup>th</sup> October	Peter Hammond	-Nottingham's Caves
13 <sup>th</sup> November	Rosie Collins Marion Caunt	-Nursing on the Home Front in Nottinghamshire in WWI
11 <sup>th</sup> December	Christmas Lunch	-for members only.

All meetings are held in the Lower Hall of the Village Centre, New Hill, Farnsfield, NG228JN at 7.30 on the second Wednesday of the month except in July, August and December.

Visitors are welcome. £3.00 includes refreshments

[www.farnsfieldlhs.co.uk](http://www.farnsfieldlhs.co.uk)

## FARNSFIELD LOCAL HISTORY SOCIETY

Next meeting: JOHN LOWER of the Chesterfield Canal Trust will tell us about THE HISTORY OF THE CHESTERFIELD CANAL on Wednesday, 9<sup>th</sup> January, Lower Hall of Farnsfield Village Centre, New Hill at 7.30.

Visitors are always welcome at our meetings - £ 3 includes tea and biscuits.

At our November meeting Chris Weir, who used to be Principal Archivist at Nottinghamshire Archives whizzed us around the county. His talk entitled • **The Nottinghamshire Heritage • A Visual Tour of Churches, Fields, Farms, Local Personalities and Houses, Castles and Towns** • covered 4000 years to the present day, starting at Creswell Crags via Newark, Southwell, Lambley, Wollaton Hall and other places to the demolition of the Broad Marsh Centre car park.

If you would be interested in joining us in the new year then please contact David and Judith Milnes on 01623 882454 for more details. Also look at our website [www.farnsfieldlhs.co.uk](http://www.farnsfieldlhs.co.uk)

Farnsfield Women's Institute.

Hello everyone I am the president of Farnsfield W.I. and the exciting news is that our W.I. celebrates our centenary next year 2019 . On March 11th, 1919 the first meeting was held in our village. We have a splendid photo of the ladies decked out in their fox furs and large hats who began it all for us. We have 38 members at present and would certainly like more, so if you would like to join us come along in the first Thursday of the month at the village centre at 7.15 pm and introduce yourselves. The only exception is the December and January meeting when we have a party, any other month you would be made most welcome. We have lots of interesting speeches interesting outings and lots of activities that you can join in. We communicate with all the other W.I. groups in Nottinghamshire , to make friends have fun and there is always lots to do. We do so want our W I to continue for another 100 years and with your help it will.SO in this December issue we wish you a very Happy Christmas and a peaceful and healthy New Year.

Sincerely

Pat Smedley.

President of Farnsfield W I .

## PILATES ON MONDAYS IN FARNSFIELD

Start the week with a full body toning and stretch session with Bodyworkpt's choice of Pilates classes. The classes are taught by qualified level 3 mat based Pilates teacher and Personal Trainer Kirsty Green.

### 9am - BACK2BASICS

The class is 45 minutes. For those who are new to Pilates or who have particular health concerns, including back issues or other structural considerations, post natal, injury rehab, fatigue, anxiety, depression and many other concerns. The class is great for those wanting to take their Pilates back to the core basics. This class is also highly beneficial to participants who need to engage in some form of exercise but who find other sessions too strenuous or contraindicatory to their condition. The class incorporates many classical Pilates exercises that can be easily modified for individual needs and other gentle stretching and toning movements.

### 10am - PURE PILATES

The Pure Pilates classes are 55 minutes of classical mat based workouts that focus on developing core strength, flexibility and all round toning of the body. The exercises are inspired by the original Pilates method, broken down into individual sets that allow the participant to fully engage and understand the movements and master the techniques. A backdrop of calming ambient music helps the participant to focus on their body and the movements being performed. The class is inclusive **with demonstrations of** different levels of the exercises to choose from, however those with particular physical concerns may find this class challenging.

Booking is essential for each class as places are limited.

**“In 10 sessions  
you'll feel the  
difference, in 20  
you'll see the  
difference & in 30  
you'll have a  
whole new body”**

Joseph Pilates 1880-1967



For more information please visit [www.bodyworkpt.com](http://www.bodyworkpt.com)

To contact Kirsty text or call on 07791010426 or email [info@bodyworkpt.com](mailto:info@bodyworkpt.com)

## Farnsfield Community Spaces

The group were very busy earlier this year with the BKV competition. Farnsfield were runners up in Category A for the 3<sup>rd</sup> time. We are hopeful that we can win it next year!

We also helped prepare for the Tour of Britain Bike race and a new planter has been put in the Ridgeway garden. The ridgeway garden continues to be looked after by volunteers and we are hopeful that hedgehogs may hibernate in the pile of logs and leaves we have left for them next to the Poppy box.

The planter near Bellway under the village sign has also been planted up

## The Farnsfield Millennium Wood



As you know the Parish Council have begun a project to improve the woodland and the work for this year has just been completed in Compartment 1 and 2. Self-set ash trees have been removed. Paths have been widened and tree thinning to reduce the canopy by 25% in certain defined areas and particularly of the Silver Birch. Full details can be found on the PC website

Already we need help from volunteers to keep the woodland clear of rubbish and to collect up tree protectors where they lie on the woodland floor.

A programme of bulb planting and putting in plug plants has started and if you would like to help please get in touch.

Email Lesley @farnsfield- pc.uk or Facebook, Farnsfield Community Spaces or Instagram farnsfieldcs.

# A Visit to the Dukeries and District Food Bank

## Ollerton Methodist Church

The Food Bank was set up 6 years ago and has some 23 volunteers. It is open on Mondays and Thursdays and has a café which serves lunch and refreshments.

### Some Statistics

**58 tons of food has been donated.**

**10,000 people have been fed.**

**The Food Bank is very grateful for the support from Farnsfield, whose contributions so far consist of a total of 1,175 bags since collections began 5 years ago.**

**From Nov 1<sup>st</sup> 2017-31<sup>st</sup> Oct 2018, 324 bags including 27 bags of vegetables have been donated, 46 more than last year.**

**Cash donations have amounted to £183-00 (£63 last year).**

Collections at Christmas and July resulted in 40-60 bags of donations at each event.

**The Cubs, Pre-school, the Yoga Group, Allotment holders and gardeners all contribute and of course many individuals leave goods in the boxes at the St Michael's School, the Library, Inspiration (Charity Shop), the Methodist Church and St Michael's Church.** These are emptied regularly by one of a small team of volunteers here in Farnsfield.

6 years ago when the Food Bank was set up no one imagined that the need for such an organisation would exist for this long. The volunteers I met all took their responsibilities seriously but with great humour and sensitivity.

### Food bank Roles

Volunteers have jobs in the "Back" where the produce is sorted and weighed and in the kitchen where meals are prepared and tea and coffee is served. Volunteers in "front of house" roles meet and support families who use the food bank.

Recently The Freedom Project has provided a support worker who is there each Monday 12 - 2pm. Kathryn helps and supports families struggling with benefits, debt, homelessness, and housing

### Thoughts of the volunteers

Several volunteers spoke about their experiences of working at the food bank and here are some quotes. "It is an honour to serve vulnerable people and to put something on the table to let them know we care". Another said "Judgement is taken away from volunteers. We assist those with the vouchers"

'There is no difference between us and them. These are ordinary people who have lost their job or a partner. It can happen to anyone.'

### How can you help?

1. Donate food and products when you can.
2. Cash donation. Consider Direct Debit with Gift Aid. It doesn't have to be much.
3. Consider volunteering

**The Farnsfield November 2018 Collection outside the coop raised 46 bags of food and £41.40 in cash**



## NEWS FROM FARNSFIELD TENNIS CLUB

**Summer League** matches have now all been completed.

The Club entered 11 teams in the Notts LTA Summer Leagues - 66 matches were played!!!

Ladies 1, Ladies short league and Mixed short league teams all gained promotion

9 teams are currently playing in the Notts LTA Winter Leagues and 2 teams in the Notts. Indoor Leagues

### **Success for Farnsfield Tennis Club at Nottinghamshire Junior County Championships**

Farnsfield Tennis Club Junior Players Olivia Corfe, Rhys Biro-Moore and Annabel Bird all took part in the Nottinghamshire County Championships.

Olivia won the 14U Girls Doubles with her partner Jessica Spencer and was also runner up in the 14U Girls Singles final narrowly losing 10-7 in a hard fought third set tie-break.

Rhys and Annabel joined forces and proved to be unbeatable in the 14U Mixed Doubles beating Tiger Chin and Mia Wainwright, 6-1 6-0 in the final

CONGRATULATIONS to them all - What a fantastic day and what an achievement!!

A credit to everyone at FTC!!!

Go Farnsfield !!!!

**The courts** were cleaned and re- painted in September - they look great

Courts are available for non-members to hire.

To obtain details of when the courts are free, cost and access visit the VEG STOP in the village.

They will take your money and advise you of times and access.

Many thanks to the VEG STOP for offering this service.

### **Mini Court**

Rackets and balls are available from the clubhouse for use on the mini court.

We are always looking for new players of all ages and abilities.

For more information contact:

Jane Kemp – Tel: 01623 882654

Email: [kempsdjir@yahoo.com](mailto:kempsdjir@yahoo.com)

Follow us at: <https://www.hugofox.com/community/farnsfield-tennis-club-13439/about-us>

## Slimming World Success in Farnsfield

Emma cuddles up to soap star Jamie after losing 8st 9.5lbs

A 48-year-old super slimmer from Bilsthorpe has reached the semi-finals of a competition to find the UK and Ireland's top female slimmers, where she met Hollyoaks heartthrob Jamie Lomas.

Emma Alder was one of just 44 women to win a place at the semi-finals of Slimming World's Woman of the Year 2018 competition after losing an impressive 8st 9.5lbs. It was there that she was congratulated by Jamie, who is also known for his roles in EastEnders and Coronation Street.

Emma, who slimmed from 20st 5lbs to 11st 9.5lbs, made it to the semi-finals after members of her Farnsfield group voted for her to be their representative in the national Woman of the Year competition. She then went on to triumph at the regional heat, which saw her go through to the Woman of the Year 2018 semi-finals at Slimming World's head office in Derbyshire.

She says: "Before I found Slimming World everything just felt like such a struggle. Simple tasks would become massive chores because I'd get out of breath so easily, and having so much weight to lose just felt like a huge battle. After I joined Slimming World it was as though my eyes were completely opened and I found a new way of eating that easily fit around my life. What made it even easier was that I could still enjoy the same meals as my friends and family. Old favourites like: vegetarian peppered steak, chips and salad were all still on the menu, I just prepared and cooked them differently.

"The changes I've made were so simple - little things like switching white bread for wholemeal and using low-calorie cooking spray instead of lots of oil. I noticed a big change on the scales though - in my first week I lost 5.5lbs! I couldn't believe it.

I picked up loads of tips in my Slimming World group too. Everyone is full of ideas and advice, and their support really helped me to believe in myself and my ability to make a change. I honestly don't think I could have done it without them!

"Losing weight has encouraged me to think about how active I am too, so I've taken up swimming and running. This year I completed two half marathons and have climbed to the summit of Snowden. I also compete in Canicross with my bearded collie dogs Loxley and Ludo. Slimming World has completely changed my life."

Jamie, who also appeared on *I'm a Celebrity... Get Me Out of Here!*, couldn't believe Emma's transformation. He said: "I think Emma looks absolutely fantastic, she's done amazingly well to change her life around like she has. She seems so full of confidence now and that's really great to see. It's a reminder that you can do anything you want if you set your mind to it."

Kath Smith, who runs the Farnsfield group that Emma attends, said: "Emma is a wonderful asset to our group. Her remarkable transformation has inspired so many of her fellow slimmers, so we feel very lucky to have her. The change on the outside is plain to see, yet she has changed so much on the inside, too. These days she's ready to take on whatever challenges life throws at her and we couldn't be prouder of her.

"If Emma has inspired anyone else in the Bilsthorpe area who'd like to lose weight, I'd love them to join our group at Farnsfield Village Centre or call me on 07508 917150."

Unfortunately Emma was not the overall winner of the competition. Slimming World's Woman of the Year 2018 will be announced in November.

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