



Happy Summer Farnsfield, and lovely it is too!

We are in round 2 of Best Kept Village, Thankyou community spaces and all those residents who work so hard to keep our Village looking fantastic  
Its been all change in the council following the May 2019 elections.

Our NCC is Cllr. Bruce Laughton (No Change)

Our NSDC Councillor is also Bruce Laughton.

For your information, your local MP is Mark Spencer (No Change)

Your Parish Council is made up of

Cllr. Derek Purcicoe (Chair)

Cllr. Jackie Johnson (Vice Chair and Chair Staffing Management Committee)

Cllr. Ian Clark (Chair Finance Risk Management committee)

Cllr. Barry Westbury (Chair Facilities and Planning Committee)

Cllr. Karen Clarke

Cllr. Simon Waterfield

Cllr. Lesley Healy

Cllr Gabriella Murden

Cllr. Stuart Dennis

Cllr. Linda Selby

Cllr. Jenny Frost

The New Council has lots of ideas and is looking at, amongst other things,

- Inconsiderate parking in Farnsfield,
- Community Engagement and communications,
- Environmental issues affecting Farnsfield,
- Allocation, spending and management of s106, CIL and SANGS monies from the new developments
- Hire terms and conditions at the Village Centre and Acres football facilities.....

If you would like to be involved in any of these projects please contact the clerk: [clerk@farnsfield-pc.uk](mailto:clerk@farnsfield-pc.uk)

## Football in Farnsfield



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At our recent Facilities and Risk Management Committee Meeting we passed a resolution to explore the opportunities for gaining grant funds for the development of the Acres for football in Farnsfield. This supports a vision that was presented of a thriving football club in Farnsfield with representation at all age demographics with equality of access between male and female players whatever their age. This would require works to re-surface the adult pitch and add one or more children's pitches to the Acres. As well as this we would need to refurbish the pavilion ensuring there are appropriate changing, shower and toilet facilities for both male and female players. We would also like to consider allowing external access the toilets to allow their use by the community in certain circumstances, an all-weather path installed from the car park to the pavilion, and a facility in the pavilion for the storage of a rough terrain wheelchair which may be used by wheelchair users to access Millenium woods.

At this stage this is very much a concept and we have no firm plans or agreement that the work will actually be realised. This depends on community support, the availability of funds and council resolution. We would very much like to engage the community in developing the concept for this potential project and if you would like to support or actively take part in establishing the feasibility for this could you please contact the Parish Clerk

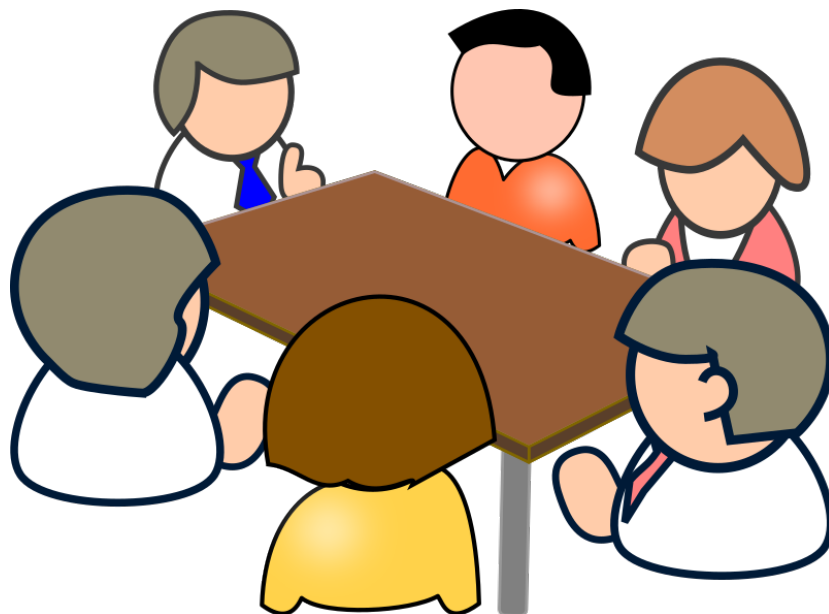


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## The Nolan Principles

At a Parish Council Meeting in July the Nolan Principles were discussed. The principles recognise that not everyone can be an expert in financial management, planning and other specialist areas and seek to ensure good governance through behaviour and culture rather than process the more difficult route of process.

When councils practice accountability, integrity and leadership, they will ensure a strategic plan is in place, public money is spent wisely and they deliver exceptional service for all sections of our community. If Councillors are selfless and honest they will make decisions in the interests of the community, putting aside any personal interest and act objectively and independently.



The seven principles in summary are:

- **Selflessness** - Holders of public office should act solely in terms of the public interest. They should not do so in order to gain financial or other benefits for themselves, their family or their friends.
- **Integrity** - Holders of public office should not place themselves under any financial or other obligation to outside individuals or organisations that might seek to influence them in the performance of their official duties.
- **Objectivity** - In carrying out public business, including making public appointments, awarding contracts, or recommending individuals for rewards and benefits, holders of public office should make choices on merit.
- **Accountability** - Holders of public office are accountable for their decisions and actions to the public and must submit themselves to whatever scrutiny is appropriate to their office.
- **Openness** - Holders of public office should be as open as possible about all the decisions and actions they take. They should give reasons for their decisions and restrict information only when the wider public interest clearly demands.
- **Honesty** - Holders of public office have a duty to declare any private interests relating to their public duties and to take steps to resolve any conflicts arising in a way that protects the public interest.
- **Leadership** - Holders of public office should promote and support these principles by leadership and example.

## *Outlaw Triathlon - Sunday 28 July 2019*

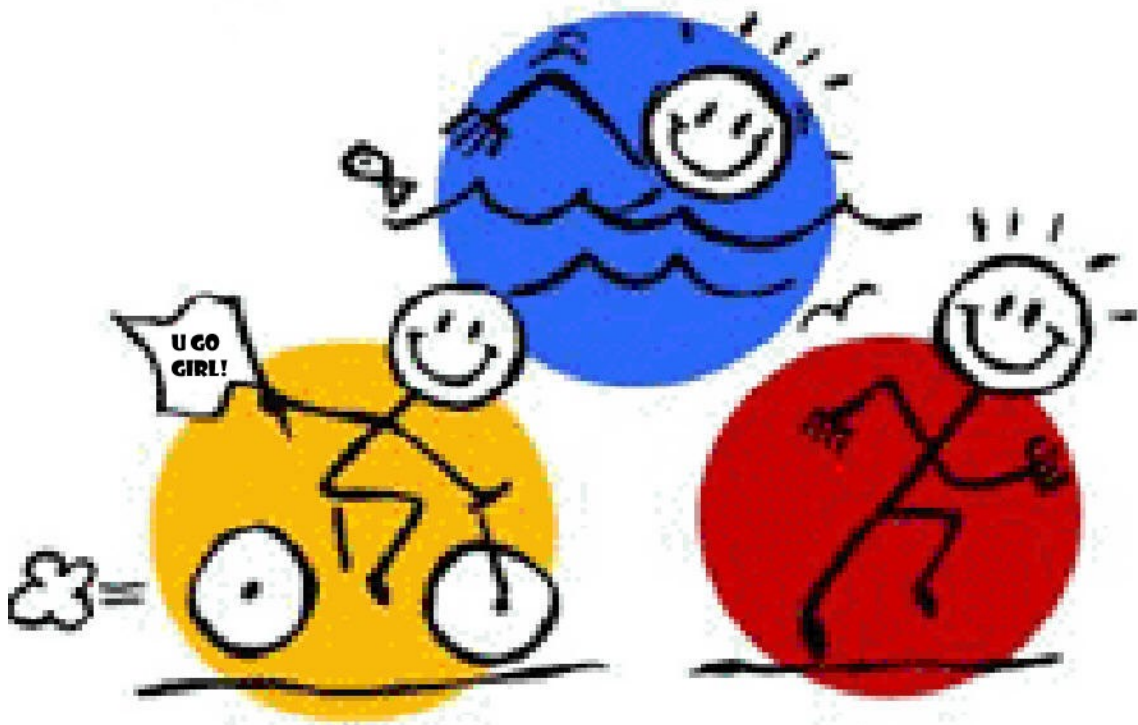
Sunday 28 July sees the staging of the Outlaw Triathlon which will see over 1000 competitors taking up the challenge of a 2.4 mile Swim, followed by a 112 mile Cycle before finishing with a 26.2 mile Run.

The event will be based at the National Water Sports Centre at Holme Pierrepont with the swim taking place in the lake, the cycle section will travel through the beautiful Nottinghamshire Countryside and run section will track the Trent with loops to the Riverside at Nottingham and back.

Farnsfield will once again be visited as after completing the swim and roughly 63 miles of the cycle route competitors will pass down Cotton Mill Lane and turn right into Mansfield Road. There will be stewards on the turn to control traffic and at this stage competitors should be spaced out, but care should be taken for the late morning and early afternoon period when our stretch of the route will be active.

All the competitors will appreciate any support we as a village are able to offer encouraging them in this long distance triathlon event which is the culmination of many months of training. Our own Councillor Clarke has completed the event on two previous occasions and has commented on the value of the support of bystanders on the course, but also the bitter sweet feeling as he travelled through the village only 1000 meters from home with another 49 miles of cycling and the small matter of a 26.2 mile Marathon still to be completed.

Good luck to all the competitors on the day and especially anyone in the village completing in this event. If you are a competitor and would like to tell us your story of the day please contact the Parish Clerk



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## St. Michael and All Angels Church, Farnsfield

**Great News!** The **Reverend Chris Pearse** has been appointed as *Priest-in-Charge*, and he and his wife *Trine*, and two young children, *Gracie* and *Joshua*, will be moving into the Vicarage this summer.

His particular responsibility in his ministry will be amongst families, children and young people.

His **Licensing Service** will take place on **Tuesday, 10<sup>th</sup> September** at **St. Michael's Church**.

The following pattern of worship will continue throughout July and August at St Michael's:

- Eucharist on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays
- Morning Praise on the 2<sup>nd</sup> Sunday
- All-age worship on the 4<sup>th</sup> Sunday

### Choir News

The Choir is still growing in numbers, with a membership now of over thirty singers. Rehearsals take place every Thursday 7.15pm-8.45pm. If you enjoy singing why not 'give it a try?'

The Choir's next concert will be **Friday 4<sup>th</sup> October** at **7.00pm** in the Church and will contain a variety of *African-American Spirituals*, music by *Rutter*, a variety of *worship songs*, songs with audience participation and a medley of songs from '*Les Miserables*.'

There will be individual solos and ensembles from members of the choir and we are thrilled to be joined by the School Choir again.

Put the date in your diary!

### Inspiration Vacancies

Inspiration is looking for **extra staff** to start as soon as possible.

**Counter staff** work either **10am-1pm** or **1pm-4pm**. Primarily, these staff serve our customers and receive our many donations. Staff are urgently required for **Fridays** and **Saturdays** (our busiest days) and **relief staff** who are able to cover staff absences and holidays.

**Back room staff** are not tied to shift hours and come and go to suit themselves. They sort the donations we receive and start the process of preparing goods for sale.

An important part of the preparation of clothes is that they are steam pressed. We have an excellent steamer which throws in a free facial when it is used!

Stocking the shop floor:

- All goods are priced and put out for sale when the space arises. Sometimes research is required to arrive at an appropriate price.
- Occasionally we need help to move furniture or to assemble furniture. This is on an ad hoc basis. Similarly we sometimes need a tip run.

We are lucky to have awesome staff in 'Inspiration.' They are doing an amazing job to support our Church and many worthy causes. Please consider joining the team and doing what you can to help. To do that, call into the shop and pick up a **volunteer form**.

# War On Plastic



Photograph ©Alison Whitmore 2019

You've seen the TV programmes: Blue Planet, War on Plastic, Drowning in Plastic, The One Show – Lucy Siegle. You've read the online posts: Friends of the Earth, WWF, Story of Stuff etc.

**No?!?** Do you even have a TV? Computer? Right then, it looks like we need to start from the beginning.

Plastic is everywhere. Literally everywhere. Microscopic particles have been discovered inside the smallest sea creatures (Blue Planet 2) and in the air we breathe (War on Plastic). The science is showing us that no matter where we look, we will find plastic. It's in ice cores from Antarctica and it's plastic bags in the Mariana trench.

We can congratulate ourselves on the upcoming (2020) ban on plastic straws for all but those who really need them. I found 50 plastic straws on a recent 30-minute beach clean; and plastic cotton bud sticks, which will also be banned from 2020 (these nasty little things are all over too. I found 24 on the same beach clean).

## Further Reading

<https://www.theguardian.com/environment/2019/mar/29/scientists-to-take-old-ice-samples-for-climate-research-east-antarctica>

<https://friendsoftheearth.uk/plastics>

<https://www.wwf.org.uk/updates/ten-tips-reduce-your-plastic-footprint>

<https://www.bbc.co.uk/news/science-environment-48230157>

<https://www.vogue.co.uk/article/cotton-buds-are-being-banned-in-uk>

Turning the Tide on Plastic by Lucy Siegle, 2018

We are suffocating ourselves and our planet, so, what can you and I do about it? Shall we start with first steps?

### **Ten super easy swaps to reduce single use plastic consumption**

1. **Switch pump hand wash to soap.** This might even save you money too!
2. **Do the same with shower gel.** Who needs it anyway? It falls off your hand and washes away and you always squeeze out far more than you need, right?
3. **Switch to a bamboo toothbrush.** Widely available online. We throw away an incredible 300 plastic toothbrushes per person over our lifetime. They are just going to landfill or incineration. I have found plastic toothbrushes on beaches across Europe.
4. **Always take your reusable shopping bag.** This is easy for those of us who take a handbag, manbag or backpack. But you can stick it in your jacket pocket too.
5. **Use a reusable coffee cup for your take-away coffee or tea.** These are widely available for as little as £2. The knack is remembering to put it back in your car or bag when you've washed it!
6. **Use a refillable water bottle.** These can be expensive, but I have seen them available in Wilkinsons for around £5, TKMaxx for around £8, also spotted some brand-new bottles in the charity shop from time to time.
7. **Take a set of cutlery out to use instead of plastic with your take-away lunch.** Easy and free.
8. **Switch to a brand of teabags that has cut out the plastic (such as PG Tips 100% Biodegradable) or better still swap to tea leaves.** You can buy loose tea locally at the sweet shop in Southwell. They will even put in straight into your own container if you wish!
9. **Give up chewing gum.** It's not gum, it's just plastic. Yes, we are going around chewing plastic. YUK!
10. **Stop using (plastic) wet wipes.** Do you remember a time before wet wipes? I do. We used face cloths and dusters and rags for cleaning. Let's do that again.

### **FARNSFIELD. W I. NEWS.**

Our Committee and members of the W I in Farnsfield are so sad to announce that a long time. Member Margaret Fraser has passed away. We are all saddened as she was a such a lovely lady and long-time friend to lots of people especially to those she met while walking her dog. We are hoping to plant a Rowan tree in memory of Margaret near the play area of Parfitt Drive but not until the Autumn as we have been told that will be the best time for planting. Hopefully in September we are going to hold a coffee morning in the Methodist chapel. We haven't got a date yet but there will be notices around the village as to what date. Please come and enjoy a coffee and some social time with us. We were lucky last month as five lovely ladies came to our meeting, hopefully they will join us to swell our numbers to 38. You can find the notices for our meetings on the notice board on the wall of the STUDIO hairdressers. You would be most welcome. MY name is Pat Smedley I am the president of Farnsfield W I . I hopefully look forward to seeing you.

## FARNSFIELD LOCAL HISTORY SOCIETY

We hope you saw our Queen Victoria scarecrow on the May Bank Holiday. We chose her to mark her 200<sup>th</sup> birthday. Thanks to the team who makes such distinguished scarecrows each year.

At our June meeting the subject of the talk was “Maidens, Murderers and Monsters” - Victorian Melodrama.

Ann Featherstone, the speaker, has taught drama and has also appeared on television, her latest being in one of the programmes about “A House Through Time” when she talked about the house in Newcastle at the time it was a lodging house for actors. She told us about the theatre, the lighting and scenery for Melodramas, the stock characters, the dastardly villain, the handsome hero and the sweet innocent female role as well as the dark haired wicked woman. Echoes of this can still be seen in our television soaps.

Our July “Summer Social” is just for members.

On 24<sup>th</sup> July we have organised a trip on the Chesterfield Canal.

Our next meeting at the village centre will be on the **11<sup>th</sup> September** when **Karen Winyard will be reading from Anne Cooke's Journal. (1835-1839)**. These cover the years she lived in Southwell and Upton. Anne was an observant and witty diarist. Her brother was Head at Magnus Grammar School and her niece was married to Thomas Massey, one of the Vicars Choral at Southwell Minster.

On 25<sup>th</sup> September members will be visiting the British Geological Survey at Keyworth.

**9<sup>th</sup> October meeting is a talk on Nottingham Caves by Peter Hammond.**

Visitors are always welcome at our meetings. 7.30, Lower Hall, New Hill. £



# Pilates In Farnsfield

Pure Pilates class at Farnsfield village hall, Monday's at 10am.

Pilates is a low impact form of exercise which tones and stretches all the muscles of the body and has a particular emphasis on strengthening the muscles of the torso.

Pilates exercise has been proven in scientific studies to assist in the rehabilitation of a number of back problems and is a great way to repair the abdominals and pelvic floor muscles after childbirth or abdominal surgery. 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 help prevent injury or to rehabilitate after injury.

Many people benefit from the Pilates system of exercise. It is for both men & women of all ages. Modifications and alternatives to the exercises can be given if you have specific requirements or according to your ability.

If you have never tried Pilates before and would like to come and see what it's all about, I will be offering a complimentary first session during JULY for all new participants [subject to availability].

Places are limited and booking is essential!



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

07791010426

[info@bodyworkpt.com](mailto:info@bodyworkpt.com)

For info on other classes and services visit  
[www.bodyworkpt.com](http://www.bodyworkpt.com)

Follow Bodyworkpt for news and class updates on Facebook & Instagram @bodyworkpt

