

Cotgrave Connections Newsletter

A Newsletter produced by Cotgrave Town Council for the residents and businesses of Cotgrave.
News, updates on the Town Council, community news and support.



Cotgrave Advice Centre

Over 30 Years of Caring

Free, Confidential & Impartial
Advice Sessions

Tuesday & Thursday mornings:

9.00am to 12.00 noon

(Appointments are not always
necessary)

Get specialist advice on a range of
issues, including:

**Debt - Benefits - Employment -
Tax - Legal
Family - Form Filling - Housing -
Consumer - General Advice**

Plus free appointment with solicitor - first
Thursday of every month

Find us in All Saints' Church
Plumtree Road,
Cotgrave,
NG12 3HT

Tel: 0115 8501851

cotgraveadvicecentre@gmail.com
www.cotgraveadvicecentre.org.uk

Member of

advice UK



Cotgrave Town Council



Great fun and
very
rewarding!

Healthy
lifestyle, 150
calories
burnt doing
just 30
minutes of
gardening.

Allotments available for tenancy in Cotgrave

Have you ever thought about growing your own
fruit and veg? Are you a resident of Cotgrave?

Cotgrave Town Council have 3 allotment sites
throughout the town, and currently has some
vacant plots at the Hollygate Lane site on
Greengage Road.

So if you would like to grow your own veggies
and meet new friends, why not contact the Town
Council to enquire about a plot and an
application form!

For more information contact:
connections@cotgrave-tc.gov.uk or
call 0115 9893876



Cotgrave Connections Newsletter is
produced 3 times a year and is delivered **FREE**
to all households and businesses in Cotgrave. It
has a distribution of 3,400 copies, and this will
grow with the building of the new homes on
Hollygate Lane and Colston Gate.

Following the upgrading of the Town Council's
Website - www.cotgrave-tc.gov.uk the
newsletter will be uploaded onto the website.

Community Groups are welcome to forward any
articles/adverts for inclusion into the newsletter.

Businesses are welcome to advertise in the
newsletter, the costs of this are on page 2 or
email
connections@cotgrave-tc.gov.uk for more
information.

Inside This Issue

Page 2: Royal British Legion
 Page 3: Health & Wellbeing—what's on in Cotgrave
 Page 4: Cotgrave Methodist Church
 Page 5: Plastic Free Cotgrave News
 Page 6: Belvoir Health Patient Participation Group (PPG)
 Page 7: Cotgrave Community Kitchen
 Page 8: Cotgrave Police - a report from PC 153 Pooley
 Page 9: Your Health Notts / Reading Challenge 2025
 Page 10: Cotgrave Women's Institute
 Page 11: Nottsbus on Demand
 Page 12: Cotgrave U3A / Useful Contact Numbers
 Page 13: All Saints Church
 Page 14: Council Chairman's Annual Report
 Page 15: Annual Town Council Report
 Page 16: Councillor Contact Details and Meeting dates

Support your Community Newsletter by sending us your items in time for the next edition (Autumn/Winter 2025) before :-

Friday 17th October 2025

Cotgrave Connections, Cotgrave Town Council
 Suite F, Cotgrave Business Hub, Candleby Lane,
 Cotgrave, Nottingham, NG12 3PJ

Tel: 0115 9893876 Mobile: 07497 495105
 Email: connections@cotgrave-tc.gov.uk

LOCAL BUSINESS LOOKING TO ADVERTISE?

Why not try your local Community Newsletter, delivered to over 3,000 homes and businesses throughout Cotgrave

PRICE TARIFF:- All Prices are plus VAT.

For a block booking of 4 or more issues we can offer a discount of 10%.

Tel: 0115 989 3876 or

email: connections@cotgrave-tc.gov.uk

<u>SIZE</u>		<u>PRICE</u>
FULL PAGE	COLOUR	£140.00
	BLACK/WHITE	£100.00
1/2 PAGE	COLOUR	£105.00
	BLACK/WHITE	£75.00
1/4 PAGE	COLOUR	£77.00
	BLACK/WHITE	£55.00
1/8 PAGE	COLOUR	£63.00
	BLACK/WHITE	£43.00

Printed By :-

Adlard Print, Ruddington, Nottingham

Telephone: 0115 921 4863

Email: info@adlardprint.com Web: www.adlardprint.com



The views expressed in this newsletter are those of the contributors and may not be those of the Town Council.
 Information in this newsletter is correct at time of going to print.



I am writing this article just a few days after our very successful afternoon tea event in Colston Bassett village hall. We have 2 of these FREE events every year. Just turn up, eat cake, drink tea/coffee and have a good old chat!!

I am sure that our Summer BBQ taking place on Saturday 12th July will be a great success, our main non poppy appeal fundraiser of the year.

A reminder that VJ Day (victory over Japan) takes place on the 15th August this year. This is the date that brought an end to WW2. We marked VE Day on the Green by the Shopping Centre by joining the Town Council for the lighting of the beacons at 9.30pm. (the same time across the UK that beacons were lit).

This year at our AGM (Tuesday 7th October, Colston Bassett village hall) we will brief all of our members on what we have done so far this year, and what we intend to do next year as a branch. Our branch Secretary Josie McGuirk is stepping down from her role; Josie has been incredibly helpful to our committee for the past four years, she has done an amazing job. So YOUR BRANCH NEEDS YOU!! We need to find a new branch secretary. If any of you are interested please let me know.

October will see the start of our Poppy Appeal 2025. I am the Poppy Appeal Organiser, and will be hoping to find lots of volunteers to man our tables at Sainsbury's, ASDA and Morrisons, or by knitting both red and purple poppies, which are very popular each year.

Sunday the 9th November will be the date for our Remembrance Service at All Saints Church, followed by the laying of wreaths at the war memorial.

December will finish the year off with our annual Christmas party. Thank you all for your help with everything that we do as a branch, it is very much appreciated!

As always, STAY SAFE!!

Sam Mitchell Chairman CBOC RBL, Nottingham
 RBL County Committee member.

What's on in Cotgrave to help you manage your health & wellbeing



FREE Strength and Balance sessions Cotgrave Welfare Scheme Thursday morning - Cotgrave residents only.

A 12-week intervention designed to improve strength and balance for those at risk of falls or have had a fall. Sessions are delivered by qualified Otago Strength and Balance Instructors.

“The sessions have increased my confidence and motivated me to get out walking more, socialise again and feeling more mobile”

FREE Adult Weight Management sessions Cotgrave Welfare Scheme Thursday afternoon

A 12-week programme combining 45 minutes of moderate, ability based exercise with educational nutrition sessions. Each session supports achievable goal-setting to support healthy habit formation and long-term weight management.

“My prediabetic level dropped from 43 to 38! It's hard work, but I look forward to coming every week”

How to refer: Call 0115 772 2515
www.yourhealthnotts.co.uk

NO NEED TO BOOK **FREE SESSIONS** **JUST TURN UP**
FOR COTGRAVE RESIDENTS ONLY!

Do you have a Long Term Health Condition (LTC) or care for someone who has?
If so, come along and join us at the Long Term Health Conditions Support Group

Our dates for 2025:

- 12th June
- 10th July
- 14th August
- 11th September
- 9th October
- 13th November
- 4th December

2pm - 3.30pm
at The Cotgrave Methodist Church

The sessions will have a **hot topic** to try to support and help you to manage your long term condition.

Peer support – **cuppa and chat** with other people living with a long-term condition

Finished with some **chair based exercises** to help build strength and improve your mobility

For further information please email us:
nnicb-nn.cotgrave-inw@nhs.net

* These sessions are being established as part of the Cotgrave Integrated Neighbourhood Working project in partnership with the South Notts NHS Place Based Partnership, The Cotgrave Surgery, Rushcliffe Primary Care Network and the Rushcliffe Community & Voluntary Service

* These sessions will be fully funded for the first year by the South Notts NHS Place Based Partnership.



You don't have to quit alone

Free stop smoking support at Cotgrave Surgery



Scan to sign up!



What to expect:

You'll receive 12 weeks **FREE** supply of Nicotine Replacement including vapes, patches, gum and lozenges



Delivered by qualified NCSCT Tobacco Practitioners



Cotgrave Surgery, NG12 3UQ



It's easy! Call Your Health Notts on 0115 772 2515 to book your appointment



Bingham Road, Cotgrave. NG12 3JR
Minister: Revd. Mark Roberts 0115 9331926

Cotgrave Methodist Church

Cotgrave Methodist Church

Bingham Road , Cotgrave

Minister Revd. Mark Roberts - Tel: 0115 9331926

Sunday Worship and Junior Church 10.30
every Sunday.

Holy Communion Monthly
Coffee and tea served after the service.

Toddler Café
Every Thursday from 9.15 to 11.15am. Donation of
£1 per family. Term time only.

Warm & Welcoming Spaces
Tuesday 12 noon to 2pm
Saturday 10am to 1pm
You are very welcome to join us!

In terms time there is a full range of **youth and children's activities** (see our website for details)

More information about church activities can be
found on our website :

cotgravemethodist.wixsite.com/cotgrave-methodist

Toi book our premises please contact:
0115 9335301



Notts in Mind

Notts in Mind: Women

Notts in Mind: Women offers mental health support through a variety of wellbeing and physical activities in a social setting.

Sessions run every Thursday 10.30am to 12.00pm at Cotgrave Leisure Centre.

For more information, contact:

Aaron.Taylor-Penycate@trentbridge.co.uk or visit
<https://www.trentbridge.co.uk/trust/notts-in-mind.html>



Cotgrave Crafters at Cotgrave Library

Bring a project or make something with the materials we have here.

Free to attend.

Every Wednesday afternoon 2pm - 4pm

Tea/Coffee 50p



Cotgrave Health Walk

Join us every Friday for a free and friendly short walk in the Country Park. Meet at 2pm outside the Rose and Crown, Main Road, Cotgrave.

<https://tinyurl.com/RushcliffeWFH> or contact Duncan on 07969 330846.



Funded by
UK Government



TRANSFORM YOUR FUTURE

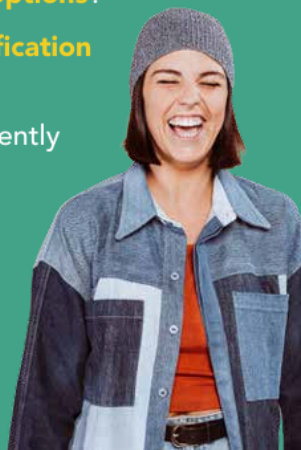
Do you need help finding **work**?

Do you want to explore your **options**?

Would you like to gain a **qualification** that will help you find a job?

Aged 16 or over and not currently working or in education?

The **Transform Your Future** programme can support you with all of that and more – without costing you a penny!



☎ 08000 85 85 20

✉ transform@futuresadvice.org

🌐 www.futuresadvice.org



Our advisers can help you to:

- Identify your career goals
- Develop your CV, job search, complete applications and prepare for interviews
- Access courses and gain qualifications e.g. Maths, English, IT and ESOL, Business Admin, Customer Service
- Get the support you may need from a new employer to be successful in your new role

To access the support, you must:

- Be a Rushcliffe resident
- Be aged 16 or over
- Not be currently working or in education
- Not be receiving intensive support from the Job Centre to help you find work

*Please note - some exclusions may apply – you can check our website for more details.

☎ 08000 85 85 20

✉ transform@futuresadvice.org

🌐 www.futuresadvice.org

Project delivered by



F1082

PLASTIC FREE

COTGRAVE

SURFERS AGAINST SEWAGE

News from Plastic Free Cotgrave

On Saturday 26th April, Plastic Free Cotgrave organised a successful **litter pick** in and around the centre of the village. Over 20 people took part, including families, individuals, James Naish MP and a range of councillors, 15 bags of litter and rubbish were collected, leaving the village centre in a pristine condition!

The group is planning its **next litter pick on Saturday 12th July**, between 11.00am and 12.00 noon, starting at the Community Garden on Candleby Lane. As always, litter picking equipment will be provided, along with reusable bags and protective gloves.



In April, Cotgrave U3A became official allies of Plastic Free Cotgrave. If your group would like to sign up as allies, visit the Plastic Free Cotgrave website (Community Teams) for further information.

Cotgrave is proud to be among the many communities across the UK taking action against throw-away plastic. In 2021, Cotgrave was awarded **Plastic Free Community status** by the marine conservation charity, **Surfers Against Sewage**, in recognition of their strides made in tackling single-use plastics at source.



Belvoir Health Patient Participation Group (PPG)

Our group meets regularly and has input from the surgeries. We cover the surgeries in Bingham, Cotgrave and Cropwell Bishop.

At an extraordinary meeting earlier this spring, we were joined by our MP, James Naish, and Matt Prior, member of the Royal Pharmaceutical Society.

It was an interesting meeting, with members able to raise any subject they like. James has strong family links to the NHS – his wife is a doctor – which gives him both political and practical insights into the concerns raised by the group on issues including NHS funding, A&E organisation, staff retention and drug access.

It was encouraging to hear of some national improvements including £800 million extra for community pharmacy, and some local improvements including reducing ambulance response times for Category 2 patients by 20 minutes – but James said that there was a long way to go to restore confidence in the reliability and quality of NHS services. We were shocked to learn that 20% of children's admissions to hospital are related to their teeth! More NHS dentist appointments are needed quickly alongside better dental health at home.

Many patients in hospital are well enough to leave but need support in their home. Locally this winter, with £14 million extra from the government, the number of adult patients stuck in hospital beds every day in Nottinghamshire dropped by up to two-thirds. This is a big improvement but demonstrates the need for better ongoing partnership work between the health and social sectors and our local authority.

Matt was able to explain why patients who are waiting to be discharged from hospital have to wait so long for the necessary prescriptions. The hospital pharmacy has to prioritise those who are still ill and in beds or A&E. Doctors have to fill out the prescriptions at the end of ward rounds. Patients have to be clear how to take the medications and say what medicines they have at home, prescriptions are sent to the busy pharmacy and then dispensed. Then medicines have to be delivered back to the ward where a nurse gets them to the patient. It was a real insight into how pressured all of these professionals are, and a realisation that our NHS still does an amazing job on the whole in difficult circumstances.

Sally Bates
Chair

ASB at Cotgrave Futures

We do not like to report on negative issues, but it has been reported that some anti social behaviour has taken place at the Cotgrave Futures building. Young people have been climbing onto the roof and causing damage to the roof felting, which has in turn caused a leak.

Not only is this very dangerous for the young people to be climbing onto the roof, but it has also caused damage that needs to be repaired and paid for by Cotgrave Town Council, the custodians of the building.

The roof has anti vandal paint in place. Can we please ask that parents/carers speak with any young person who you think may be climbing on the roof and explain how dangerous this is and the cost implications that have been incurred by the electorate of Cotgrave.

Thank you.



Have you ever thought of becoming a local Councillor?

Cotgrave Town Council currently has casual vacancies on Council.

To be eligible to become a Councillor you need to be aged over 18, registered to vote in the area you live, work or own property there.

Full eligibility criteria is available from the Electoral Commission : www.electoralcommission.org.uk

You can express an interest in being co-opted by contacting the Town Clerk at : clerk@cotgrave-tc.gov.uk or calling **0115 9893876**.

You can talk to us about domestic abuse.



Telephone: 0115 9893876



Cotgrave Community Kitchen Newsletter

June 2025



At our sustainable market we believe in empowering our community by providing high-quality surplus food. Join us in our mission to promote sustainability while enjoying fresh produce.



School Holiday Food Bags

It has been a busy time for distributing our school holiday bags.

With the May half term following hot on the heels of the Easter holidays, we have been busy bees! Over 100 bags have been shared with families in Cotgrave and the surrounding areas.

We would like to extend a huge thank you to South Wolds School, St Vincent De Paul and the ongoing support of Co-Op, Sainsbury's, Aldi, Morrisons and M&S, all of whom have helped in making sure the bags were full.

Surplus food is food that cannot be sold but is perfectly good to eat.

We rescue as much as we can and share it with people in our local communities. Our customers visit us for a variety of reasons - they may wish to save food waste, may be going through a rough patch, feeling the pinch or need a little bit of help right now.

Why fill bins when you can fill bellies?

Our Cooking Continues!

We have served some great meals over the last few months, including to residents at Thurlbeck and the Methodist Church Family Feast. Our volunteers have prepared meals from scratch using food donated by local stores bringing local resident together to enjoy a social gathering with great food!



A big thank you to all our volunteers

A truly great team is hard to find, difficult to part with and impossible to forget

M&S have been keeping our shelves full! A big thank you to the team at M&S and all our volunteers who have been collecting a huge amount of surplus food!

Chas Berger Providing Laptops to Cotgrave Community Kitchen

We are incredibly grateful to Chas Berger who generously donated two laptops to help us support us in managing all the administration needed to run CCK. Luke Culling visited CCK and shared the IT equipment with the team.

CCK is proud to be a member of Match My Project, an initiative organized by MTVH, bringing together community groups and socially responsible businesses to create real change.

We are open to all every Thursday and Saturday from 10:30-12:00 and have fresh, frozen and tinned produce, along with toiletries, flowers and cleaning products.



Cotgrave Police

A report from PC 153 Matt Pooley



Sadly, wherever I have worked as a Police officer there are always concerns around Illegal Drug Use and Dealing. Illegal drug use and dealing have serious legal, health, and social consequences that can impact your future. The local Neighbourhood Police Team have conducted several warrants across the Rushcliffe area in recent months which have resulted in cash, drugs and vehicles being seized as well as several arrests and pending prosecutions.

Legal Consequences

Possession – Being caught with illegal drugs can lead to a warning, fine, community service, or prison sentence (depending on the type and amount).

Dealing/Supply – Selling, distributing, or even giving drugs to a friend is a serious crime, punishable by up to life imprisonment and an unlimited fine.

Driving Under the Influence – Driving while on drugs is illegal and can lead to a driving ban, fine, or prison time.

Criminal Record – A conviction can limit job opportunities, travel (e.g., visa restrictions for the US, and Australia), and education prospects.

Health Consequences

Physical Health Risks – Drugs can cause heart problems, organ damage, overdose, or even death.

Mental Health Issues – Increased risk of anxiety, depression, paranoia, and psychosis.

Addiction & Dependency – Many drugs are highly addictive, leading to long-term struggles with substance abuse.

Social Consequences

Strained Relationships – Drug use can damage family and friendships.

Financial Problems – Addiction often leads to debt and crime to fund drug habits.

Gang & Violence Risks – Getting involved in drug dealing increases exposure to violent crime.

Prevention & Support

Drug Treatment Programs – Help is available through the NHS, local rehab centres, and charities like FRANK (0300 123 6600).

Anonymous Reporting – If you suspect drug dealing, you can report it to Crimestoppers (0800 555 111) or 101.

You can keep up to date with Policing issues in your area is by signing up to Notts Alert. This is your local community alert system. It provides free timely updates from organisations you can trust as well as an easy way to have your say about policing where you live. please visit www.nottsalerts.co.uk for more information.

If you need to report anything, please call 101 or visit www.notts.police.uk to report online. Thanks for taking the time to read this article and I hope it may be of some use.

PC 153 MATT POOLEY – matthew.pooley@notts.police.uk

PCSO 6258 PHIL EVANS – philip.evans@notts.police.uk

QUIT SMOKING

Age 12 + smoking tobacco



You are 4 times more likely to quit for good with our support!

LOSE WEIGHT

Adults with a BMI between 30 - 50



Lifestyle changes to help you lose weight and keep it off!

FREE

integrated wellbeing
service for
Nottinghamshire*
residents

IMPROVE STRENGTH AND BALANCE

For those at risk of falls



HEALTHY FAMILIES

Children 4 years+ above 91st BMI centile



HOW TO REFER

Online: www.yourhealthnotts.co.uk
Or call us on 0115 772 2515
Telephone and Online Support Available

QUIT SMOKING

Our Stop Smoking Service helps individuals quit smoking for good. Our dedicated and friendly stop smoking advisors deliver a range of 1-1 and drop-in sessions as well as phone and digital support. We provide a full range of free nicotine replacement therapy alongside weekly support from our stop smoking advisors. We will support you to understand why you smoke, manage your cravings, and deal with relapses.

LOSE WEIGHT

Losing weight and keeping it off can be hard. We take a realistic approach to weight management, no strict diets or exhausting exercise routines but a positive and realistic changes to achieve a healthy weight. All with the support of our friendly and positive advisors, providing you with encouragement, advice and maintaining a positive approach to managing your weight and health behaviours.

IMPROVE STRENGTH AND BALANCE

We offer sessions designed to improve strength, balance and co-ordination. This programme is designed for those who are at risk of falls or who have had a fall. Sessions consist of 45 minutes of exercises followed by refreshments and a chat.

HEALTHY FAMILIES

The FAB Families programme is designed to help your child develop healthy habits. We focus on balanced eating, staying active, and making positive lifestyle changes together. Our friendly team offers support and encouragement to ensure your child's well-being and long-term health. We offer virtual sessions, 1-1 telephone support and physical activity support.

HOW TO REFER

Online: www.yourhealthnotts.co.uk
Or call us on 0115 772 2515
Telephone and Online Support Available



@yhnotts



@yhnotts

Story Garden

Adventures in Nature and the Great Outdoors

2025 Summer Reading Challenge, Story Garden at Inspire Libraries 5 July - 7 September

This summer Inspire libraries will be tapping into a world of imagination through reading in the 2025 Summer Reading Challenge, Story Garden.

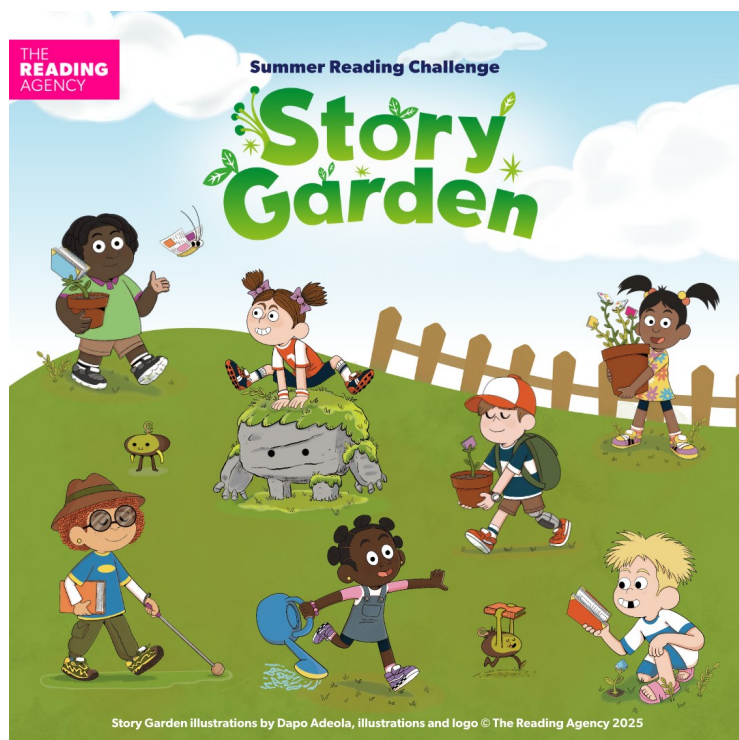
Produced by The Reading Agency and delivered in partnership with libraries across the country the Summer Reading Challenge is a brilliant way to maintain children's reading enthusiasm throughout the summer.

Children read six library books of their choice over the summer, collecting rewards along the way. Every child who completes the challenge will receive a certificate and medal.

Story Garden is running in all Inspire libraries until Sunday 7 September, suitable for children aged 4-11. It's completely FREE to take part. Under 4s can take part in our mini challenge too.

To find out more at:

www.inspireculture.org.uk/summer-reading-challenge



Story Garden illustrations by Dapo Adeola, illustrations and logo © The Reading Agency 2025

The ladies of Cotgrave WI have enjoyed a variety of activities this year.

February saw them taking part in some chair-based exercises which weren't as gentle as they sound! In March they had fun guessing the purpose of a variety of mystery objects and in April they learned a lot about some common medicinal plants.

During May's meeting, members discussed a resolution which was to be put to the national annual meeting held in June. It called for the WI to be active in promoting life saving skills, e.g. CPR and the use of defibrillators, to the wider community. This resolution was passed so that will be the focus of the WI's campaigning this year. A reminder that the WI isn't just about old ladies gathering to make jam and for a cup of tea and a natter. Over the years, the WI has actively campaigned on a variety of issues, including equal pay for women and 'Keep Britain tidy'. By the way, they do like a cup of tea and a natter too but you don't need to be old to do so! Also in May, our Secretary, June, gave a talk about the history of Tom Puddings. We now know that they were a type of cargo boat made up of several 'carriages' like a train.

In June, members made either a buttonhole or a corsage following a demonstration. July's meeting will be a visit to Norwell Nurseries near Newark to look at their beautiful gardens and plants.

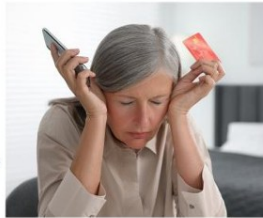
The programme for the rest of this year is:



August 18th	September 25 th	October 20 th	November 17th
Games evening and Ploughman's supper.	Bess of Hardwick, an engaging talk.	A macramé Christmas decoration.	Annual meeting and fish and chip supper.
Competition: A flower arrangement in an unusual container.	Competition: a favourite holiday photo. We will also be collecting dental hygiene items to donate to the refuge.	Competition: Your oldest or favourite Christmas decoration.	We will also be collecting Christmas gifts for the women and children in the refuge.

Ladies of Cotgrave, we really would like some new members. Please come along and meet us. We have often heard in the past the 'The WI is not for me' or 'It's only for old ladies.' or 'I can't knit/sew/bake.' The WI is for any woman over the age of 18 and it really is what its members make it. No special skills are required. You might be able to learn some new ones along the way. Most of all, the WI is an opportunity to get together with other women in the community. To make new friends, have fun, learn something and, yes, to drink tea or coffee and eat cake sometimes. If you come to our pub clubs, you get to drink more than tea if you choose.

Cotgrave WI meets on the 3rd Monday of the month at 7.15pm in the Methodist Church Hall. Visitors and prospective new members are always welcome. For more information, see the website cotgravewi.weebly.com, email cotgravewi@yahoo.co.uk or find and message us on Facebook.



Scam Alert: Winter Fuel Payment Fraud Targeting Older People

Following the recent announcement that the Winter Fuel Payment will be reinstated for millions of older people, fraudsters are already trying to exploit the news.

There have been reports of scammers contacting older individuals, pretending to help them set up their Winter Fuel Payment. In reality, these criminals are attempting to steal personal and banking information.

You can read the BBC article here <https://bit.ly/45hQ7xN>

Stay Safe: If you receive an unexpected phone call, email, or letter asking for personal or financial details, do not respond. Legitimate organisations will never ask for sensitive information in this way. It's completely normal to feel anxious about scams, especially when they target something as important as your finances. But you're not alone—there's help available.

Need Support?

If you're aged 50 or over, we offer **free advice** on how to:

- Recognise common scam tactics
- Protect your personal information
- Take action if you think you've been targeted

Call us on **0115 855 3388**

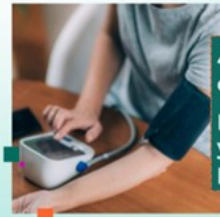
Or email scamsawareness@ageuknotts.org.uk

Let's work together to stay informed and stay safe.

**+well
Pharmacy
COTGRAVE**

**NHS Blood Pressure
Check Service**

NHS
Providing NHS services



**40 years or over?
Do you know
your blood
pressure?**

The NHS Community Pharmacy Blood Pressure Check Service supports risk identification and prevention of cardiovascular disease (CVD).

High blood pressure significantly increases the risk of having a heart attack or stroke, but early detection and treatment can help people live longer, healthier lives.

IF YOU ARE

- Over the age of 40
- Have not previously been identified as having hypertension or a related condition' and
- Have not had your blood pressure measured by a health professional within the last six months

Have yours checked today and receive a free gym/swim pass for one of the Lex Leisure Facilities which include Cotgrave Leisure Centre, Bingham Leisure Centre, Keyworth Leisure Centre and Rushcliffe Arena.



Nottsbus on Demand

The Nottinghamshire County Council **Nottsbus on Demand** is becoming more and more popular as people get used to the idea of booking a flexible service and route to get to other parts of central Rushcliffe. It runs from 7am to 7pm Monday to Saturday.

Cotgrave is in "Zone 7" which means you can use it to travel to places such as Tollerton, Ruddington, Bradmore, Bunny, Rempstone, Whysall, Widmerpool, Keyworth, Cropwell Bishop. The map shows the areas covered.

It's straightforward to book a time and destination – either do it online at www.nottinghamshire.gov.uk/nottsbusondemand, or the dedicated Nottsbus on Demand app, which is available from app stores, or telephone 0115 804 0404 (phone lines open Mon-Thurs 8.30 to 5pm and Friday 8.30 to 4.30pm).

Give it a try! I've used it a few times to get around other parts of the zone.

Councillor Richard Butler
Nottinghamshire County Council



u3a
learn, laugh, live

Cotgrave & District

Question: What do all of these images have in common?



Answer: They are just some of the activities provided by Cotgrave & District u3a

No longer working full-time or raising a family?

Now's the time to make the most of life. u3a gives you the chance to develop your interests, make new friends and enjoy yourself. Membership is only £15 per year.

For more information pop into one of these meetings, check out our website www.cotgraveu3a.weebly.com or email CotgraveU3A@outlook.com

USEFUL CONTACT NUMBERS

EMERGENCIES:

Emergency Services : 999
Electrical Power Loss : 105
Gas Emergency : 0800 111 999
Severn Trent Water : 0800 783 4444
Nottinghamshire Police: 101

HELP & ADVICE LINES:

Crimestoppers : 0800 555 111
Trading Standards : 03454 040506
Cotgrave Advice Centre : 0115 8501851
Samaritans : 116 123
Childline: 0800 1111
NSPCC: 0808 800 5000
Victim Support: 0808 168 9111
Crisis: 08000 384838
Mind : 0300 123 3393
Domestic Violence: 0808 200 0247
J9 - Safer Spaces : 03301 025811
Age UK: 0800 077 8751
Citizens Advice: 0844 848 7997

DOCTORS/HOSPITALS

Belvoir Health Group : 0115 896 9991
NHS Direct: 111
QMC Hospital : 0115 924 9924
City Hospital: 0115 969 1169

LOCAL GOVERNMENT:

Rushcliffe Borough Council: 0115 981 9911
Nottinghamshire County Council: 0300 500 8080
Cotgrave Town Council: 0115 9893876

SPORTS & LEISURE

Cotgrave Leisure Centre : 0115 989 2916
Cotgrave Library : 0115 989 2578

TRAVEL:

National Rail Enquiries: 03457 484 950
Trent Barton: 01773 712265
Nottingham City Transport: 0115 950 6070
East Midlands Airport: 01322 852 852
East Midlands Railway: 03457 125 678
Nottinghamshire County Council for 33 Bus: 0115 804 4699

CHURCHES:

All Saints Church, Cotgrave: 0115 989 2223
Cotgrave Methodist Church : 0115 933 1926
Our Lady of Grace : 0115 981 4271

SCHOOLS:

Cotgrave Church of England: 0115 9892204
Cotgrave Candleby Lane: 0115 9892284
Ash Lea School: 0115 9892744

COTGRAVE ARMED FORCES COVENANT



Cotgrave Town Council signed the Armed Forces Covenant in 2019 and in 2020 were awarded the Silver Award (Employer Recognition Scheme). The Council has its own dedicated Armed Forces Community Champion.

The champion is able to provide and signpost any personnel, whether regular, reservist, veteran and/or their families and dependents with information that is relevant to the armed forces community, they have a wealth of contacts for agencies that are available to help anyone from the armed forces community.

For more information please contact:

Email: cotgravearmedforcescc@gmail.com

Telephone: 07497 495105

Find us on Facebook



ALL SAINTS' PARISH CHURCH, COTGRAVE

Plumtree Road, Cotgrave,
Nottingham, NG12 3HT



www.allsaintscotgrave.co.uk



Visit us on
Facebook

<https://en-gb.facebook.com/allsaintscotgrave/>

The Rector (The Revd Paul Massey) may be contacted on 0115 9892223 or email : rector@allsaintscotgrave.co.uk

Church Wardens:

Gordon Marsh 0115 9899930

Sheila Astill 0115 9892844

The activities of All Saints' Church here in our community of Cotgrave, and matters relating to the services and events held in our church building can be found on the pages of our Website and are also communicated through our regular Facebook page postings. If you would like to be added to our mailing list please send your contact details via email to Revd. Paul.

Sunday Morning Service

We hold a service of Holy Communion in church every Sunday morning commencing at 10.30am. Information regarding our services of Holy Communion can be found on our website.

Wednesday Services

9.15am Cotgrave Church of England Primary School
Service in church (term time only)
10.30am Eucharist

Reflections / Messages

Recorded video messages, reflecting on our present times from the perspective of faith, produced by our local clergy and lay ministers, can also be found on the Website / Facebook.

'Little Lights' Children's Group

Our 'Little Lights' children's group is active in church on Sundays in school term for the 10.30am service.

Ladies Fellowship

1st Tuesday of the month, 2.00 pm in All Saints' Church.
Speaker, fellowship and fun.

Memory Café

Last Thursday of every month, 2-4pm in church.

Bellringing Practice

Friday evenings in church beginning at 7.45pm. Open to all, with a warm welcome to those who wish to try ringing for the first time.

Choir Practice

Please contact the Rector if you are interested in joining our choir, all most welcome.

Weddings, Baptisms & Funerals

Please contact us via Revd. Paul's email address or telephone number to enquire regarding any of these services.

Seasonal Events & Services

Bank Holiday Monday Coffee Morning Monday 25th August 10am to 12 noon

Come and enjoy delicious home made cakes, with tea or coffee, in good company. There will also be a raffle with great prizes to be won.



WHAT3WORDS

Street address do not always point to precise locations. **What3Words** has given every 3m square in the world a unique 3 word address.

The words are randomly assigned to each square and will always stay the same.

Now it is easy to find and share any location with just three words.

Ways to use **What3Words**:-

- Plan activities and share locations
- Get deliveries exactly where you need them
- Find any destination in the world
- Get help faster in an emergency.



www.what3words.com
Never get lost again!

Town Clerk : Mrs Julie Stephenson
Email: clerk@cotgrave-tc.gov.uk or connections@cotgrave-tc.gov.uk

CHAIRMAN'S REPORT 2024-2025

There have been several challenges this year, but in every case our Town Clerk and the Admin Manager have risen to the challenge and any problems have been overcome.

During the year one of our grounds men – Len Knight of many years standing, retired and has been replaced by a temporary member of staff..

We started the year with a number of vacancies on the Council and earlier this year we held an Open Event at Cotgrave Futures with the objective of explaining to interested residents what was required to become a councillor. I am pleased to say that the event was successful and two residents applied to be co-opted onto the Council. They were duly co-opted by the existing councillors and attended their first Council meeting in April.

As usual, we held the summer event which was well supported by a number of stalls and other attractions including a 'Have a go at skateboarding' which the younger generation thoroughly enjoyed.

The main events of the year were the Remembrance Day service and wreath laying ceremony. We were honored to have HM The King's representative The Deputy Lord Lieutenant Christine Goldstraw joined us for the event and the subsequent RBL lunch held at the Nottinghamshire Golf and Country Club.

The next event was the firework display held at The Welfare. The numbers attending was the highest ever and they were treated to a magnificent display and the increased measures to ensure safety did not impede on the enjoyment of everyone watching.

We then held the Pensioners' Lunch which 160 residents attended. The lunch was excellent, the fun and friendship that ensued underlined the success of the event and its importance to our senior residents.



The final event of the Council year was the Commemoration of VE day. A good number attended the evening which was marked by The Reverend Paul Massey who read the tribute which was followed by the hymn 'I vow to thee my country' and closed with the lighting of the beacons.



In order to maintain the work undertaken by the Council it has regrettably necessitated increasing the precept which is included in your Council Tax by approximately £10 per year. The main reason causing this increase was the cost of National Insurance paid by the employer – CTC. Every effort was made to avoid this increase, but short of cutting services it was unavoidable.

I feel we have ended the last year in a strong position to be able to provide for Cotgrave's residents the best value for money in every respect which is our main objective.

We are looking forward to the next year, with several projects to be considered and hopefully some implemented.

**Councillor Ian Shaw, Chairman,
Cotgrave Town Council
19th May 2025.**

How to contact the Council

Electors are free to lobby their elected/co-opted councillors directly, their contact details are on the back of this newsletter.

To speak with the Town Clerk, please call
0115 9893876 or 07497 495105 during the
following office hours :-

Monday to Thursday 9am to 5pm
Friday 9am to 2.30 pm or email :
clerk@cotgrave-tc.gov.uk

Summary for the council year ending 19th May and financial year ending 31st March 2025

Cotgrave Town Council's work this year has included: -

- 11 Full Council meetings
- 5 Finance Committee meetings
- 5 Personnel Committee meetings

Grants Given:-

- 3 annual grants (Royal British Legion, Fireworks and Pensioners Christmas Event)
- 9 supporting grants -

Joyful Juke Box
Cotgrave Young Peoples Centre (x 2)
Cotgrave Advice Centre
Rushcliffe Family Hub
Cotgrave Women's Institute
Candleby Lane School Choir
Cotgrave Library
Friends of Cotgrave Church School PTA

- D-Day 80 Event and purchase of a Beacon
- Provision of the Summer Market Event
- The Christmas Lights Event/Market/Purchase of selection boxes
- New temporary member of staff



The Town Council continues to take care of its responsibilities for:

- 4 play areas with play equipment
- Multi Use Games Area (MUGA)
- Maddison Football Pitch and Dog Walking Field
- Cotgrave Town Centre CCTV
- Various area of grass mowing
- Maintenance of Cotgrave Shopping Centre including planters, car parks and access roads
- Installation of flower baskets and village planters
- Christmas Tree and lights installation
- War Memorial

Projects which have been delivered or progressed throughout the year include -



- Installation of additional play equipment at Broadmeer Play Areas (Supernova Roundabout)
- Installation of Dr Macdonald's bench (paid for by the residents of Cotgrave)
- Replacement boiler at Arthur Ridley Sportsground
- Replacement lap top (Administration)
- Additional CCTV at Cotgrave Futures (to cover Dr Macdonald's bench)
- Help towards CCTV at Cotgrave Community Garden
- Timber Wolf Chipper
- Pressure Washer (that is added to the water bowser)
- Received £146,574.08 CIL money, to be invested in future projects, are currently being discussed within Council.

The Council is supported by the Town Clerk, an Administration Manager, 2 members of grounds staff and 3 park keepers.

2025/2026 COTGRAVE TOWN COUNCIL

Chair: Councillor Ian Shaw

Vice Chairman: Councillor N Monday

MEMBERS OF THE COUNCIL

NAME	ADDRESS	POST CODE	TELEPHONE NO	EMAIL ADDRESS
Edward Arscott	7 Burhill	NP	07890 885830	cllr.edward.arscott@cotgrave-tc.gov.uk
Richard Butler (N) (B) (F)	1 Church Court	QW	0115 9892504	cllr.richard.butler@cotgrave-tc.gov.uk
Keir Chewings (B) (F)	163 Ringleas	PS	07404 378551	cllr.keir.chewings@cotgrave-tc.gov.uk
Stuart Ellis (B) (F)	8 Poplar Close	SN	0115 6482759	cllr.stuart.ellis@cotgrave-tc.gov.uk
Steve Gardner	11b Flagholme	PE	07895 630638	cllr.steve.gardner@cotgrave-tc.gov.uk
Leo Healy (F)	22 Bakers Close	RG	07769 159041	cllr.leo.healy@cotgrave-tc.gov.uk
Joanna Mileham	3 Bramble Way	NN	07793 430602	cllr.joanna.mileham@cotgrave-tc.gov.uk
Sam Mitchell	48 White Furrows	LD	07960 937590	cllr.sam.mitchell@cotgrave-tc.gov.uk
Norman Monday (V)	26 White Furrows	LD	07903 449337	cllr.norman.Monday@cotgrave-tc.gov.uk
Mary Myles	16 East Acres	JP	0115 9892179	cllr.mary.myles@cotgrave-tc.gov.uk
Ian Shaw (C) (F)	13 The Dial	QP	0115 9894484	cllr.ian.shaw@cotgrave-tc.gov.uk
Anthony Simpson	10 Chichester Drive	JJ	07484 203630	cllr.anthony.simpson@cotgrave-tc.gov.uk

Please Note: * all Cotgrave Postcodes beginning with NG12 3

C Indicates a Committee Chairman, V a Committee Vice Chairman

B Indicates a member of Rushcliffe Borough Council

N Indicates a member of Nottinghamshire County Council

F indicates a member of the Finance Committee

Dates of Meetings 2025-2026

	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MARCH	APR	MAY
Full Council	16	21	-	8	20	17	8	19	16	16	20	<u>ATM/ACM & COUNCIL</u> 18
Finance Committee	-	7	-	1	-	10	-	12	-	-	13	

ATM = Annual Town Meeting

ACM = Annual Council Meeting

Notes:

- Meetings of the Council take place on the third Monday evening of every month (except for the months of August, September and December) at 7.00pm. Finance Committee Meetings are also held on Mondays as agreed by Council and held at Cotgrave Futures Meeting Room, Candleby Lane, Cotgrave.
- Agendas are published on the Council's notice boards, Website and Facebook page prior to meetings. Members of the public and press are welcome to observe proceedings and time is allowed for brief participation. Electors are, of course, free to lobby their elected representatives directly at any time other than when they are in meetings to acquaint them with their views and concerns.
- The Town Clerk, can be reached by telephone on 0115 9893876 or by writing to her at Suite F, Cotgrave Business Hub, Candleby Lane, Cotgrave, Nottingham, NG12 3US

Web Site: www.cotgrave-tc.gov.uk

Email: clerk@cotgrave-tc.gov.uk