GREAT NEW YEAR 2010 ISSUE

Packed with lots of New Year Resolutions to...
Help you lose weight and keep fit and well
Learn some new skills and sign up for some
great college courses
Start up your own business, with workshops & presentations to help you along

2010 is your YEAR! THANKS to you we’ve reached 20 PAGES!

The Handyman’s Choice for DIY TOOLS
Hardware & Gardening products
NOW OPEN
See House and Home Section on Page 18 for Advert and Directions
Map to the DIY Store on the A614

SPECIAL OFFERS

New “Village Voice” Newsletter
Marathon Media proudly announce the introduction of the Village Voice. This new local newsletter will cover Farnsfield, Eddingly and Halam joining the successful Blidworth focus and Rainworth Reporter.

Inside this issue:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introductions &amp; Invitation to Get Involved</td>
<td>2-3</td>
</tr>
<tr>
<td>Looking Good &amp; Feeling Great</td>
<td>4-5</td>
</tr>
<tr>
<td>Our Young &amp; Our Future.</td>
<td>6</td>
</tr>
<tr>
<td>What’s On in Rainworth &amp; Surrounding areas</td>
<td>7-11</td>
</tr>
<tr>
<td>We Mean Better Business</td>
<td>12-16</td>
</tr>
<tr>
<td>House &amp; Home</td>
<td>17-18</td>
</tr>
<tr>
<td>Who Cares? Rainworth Does!</td>
<td>19</td>
</tr>
<tr>
<td>Sporty &amp; Healthy Village</td>
<td>20</td>
</tr>
</tbody>
</table>

TIME 2 TAN
Unisex Hairdressers
Tanning Salon

Exceptional Hairdressing
Exceptional Staff
Exceptional Styles

Tel: 01623 795511
Kirklington Road, Rainworth

Call in to see our staff for hot new Autumn styles!
Tanning Course with 30 minutes FREE!
Special Customer Message see Page 5
Welcome to the Rainworth Focus and please join us in our celebration of reaching 20 pages for January 2010. Thank you to all the advertisers and supporters that have made this possible. Plus I must say a big thank you to Andy Jones who now works with me on the newsletters and I am sure you appreciate the new ‘polished’ look.

This time of year for me personally is a time of reflection on the past, considering the current time and on planning for the future. I wanted to offer to you the same opportunity, so throughout this edition you will see various articles related to these three subjects.

The past is important and we all join in saying thank you to those who have lost their lives in the Forces. The Remembrance Service at Blidworth went very well with tributes and eulogies recognising those brave soldiers who gave their lives in the wars. Of course, sadly people are still, daily, losing their lives.

On a current theme we can look at all the wonderful clubs, organisations and events locally. Plus we can congratulate all the great local businesses who have weathered the storm of recession and are still doing so.

The future, well, lots of resolutions on our ‘Looking Good and Feeling Great’ section; lose weight, eat well, get fit and healthy. Page 8 offers details of the Newark & Sherwood MEND, programme for ‘fitter, healthier and happier children’. Lots of college courses, workshops and presentations for your business or as a hobby are on the ‘What’s On’ section and the business section is crammed with advice, support and articles ensuring you and your business are prepared for 2010.

What are my plans for 2010? Well I am starting my training for my goal for the year – to run the New York Marathon in November for Charity!! Oh dear now I have said it – I will have to do it. So hopefully Santa Claus will have bought me some new running shoes! Have a great New Year 2010. Diane The Editor

GREAT NEWS AND FEEDBACK WELCOMED

Thank you to those who keep emailing regarding local news, events and feedback. Please address to the Editor; email diane@marathon-marketing.co.uk. Postal address available on request. Deadline for news articles is Monday 8th February 2010. Please keep sending information so we can keep the newsletter ‘hot and fresh’! Advert requests and payments by Monday 1st February 2010. Please title the request: Blidworth Focus or Rainworth Reporter or Both. Any feedback or news must be supported by a name & address although this can be withheld at request. Contact: Diane Carter Editor: 01623 404299 or email: diane@marathon-marketing.co.uk

THE SMALL PRINT

Whilst we believe the work practices of our advertisers are of a high standard and we make every effort to establish their reliability and stability, we cannot check the standard of work offered by them. We cannot accept any liability whatsoever as a result of your using any of the advertisers in the newsletter. In addition, letters and articles supplies for inclusion in this newsletter are the opinion of the writer and not ourselves. We will not publish any item considered to be abusive, rude, defamatory or threatening. If at any time you wish your article to be anonymous please state so clearly. We also reserve the right to edit where necessary and retain the right to print or not.

Rainworth Council UPDATE

The annual O.A.P Christmas Party held on 7th December was attended by 170 guests who enjoyed a meal followed by mince pie & cream and a free drink from the bar. Entertainment was provided by vocal artist Karl Howard and the evening also included a raffle and bingo. The event was enjoyed by all who attended.

The dates of Parish Council meetings in 2010 are as follows: January 14th, February 11th, March 11th, April 8th, May 13th, June 10th, July 8th, September 9th, October 14th, November 11th. All meetings start at 7pm and are held at Rainworth Village Hall.

Rainworth Parish Council would like to wish all residents a happy and prosperous New Year.

For list of council members visit: www.rainworthreporter.wordpress.com
To contact any of the above, please call the Parish Office on 01623 490259

Courtesy of: Mrs Dawn Jones – Clerk to Rainworth Parish Council Or email: rainworthpc@ntlbusiness.com

EDITED, PRODUCED & DISTRIBUTED BY MARATHON MEDIA c/o Marathon Marketing Company Ltd
Church Services
St Mary’s Blidworth: Sunday 9.15am Holy Communion
St Andrew’s Blidworth: Wednesday 9.30am
Said Holy Communion & 1st Sunday each month
12.30pm Said Holy Communion
St Andrew’s Blidworth: Coffee Morning 1st Saturday in the month 10.00 am -12.00 noon
St Simon & St Jude’s Rainworth: Sunday 8.00am Said Holy Communion & 10.30 Holy Communion (2nd Sunday each month an All Age service). Thursday 9.30am Said Holy Communion
St Simon & St Jude’s church coffee shop is open Thursday - Saturday 10.00-12.00.

Hazel Robinson, Priest in Charge Blidworth & Rainworth

Rainworth & Blidworth District Branch of the Royal British Legion

Meet at POTTERS on first Thursday of month at 8pm. All welcome to meetings The Rainworth & Blidworth District British legion Poppy Appeal raised in excess of £4,500
Thank you to all those who kindly donated
Sandra Overton, Branch Secretary

Rainworth Village Hall

The Village Hall continues to strengthen its position by taking new groups and more bookings for functions. We need more people to help for an hour or so a month at events we are promoting - including ‘Warm Well and Wise’ on the 11th February 2010 10am – 2pm
Speakers from service providers. Refreshments provided.
The police and health visitors are among the speakers. If you think there is an opportunity please let me know
Article C/O John Allen Rainworth Village Hall
Contact: John or Teresa on: (01623) 407149

We Meet at Blidworth Miners Welfare 1st Tuesday of month

We need your old Photographs or Documents to build a unique history of our Village. Donations or loan is greatly appreciated. Have a look through your old stored items and contact Eric to contribute.
Meetings been successful. Couple of interesting speakers: Derek Wilson on Metal detecting & also from John Durkin -Life at the Blidworth Colliery.
Please note changed venue from 5th January meet at 7 pm in Blidworth Miners Welfare. As a result of the previous notification in Blidworth Focus we’ve been loaned some interesting photographs of documents related to the local village history.
Contacts: Eric Hall: 01623 798028 & Chairman Bill Hutton on 01623 484189

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D.S.A. Approved Driving Instructors

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www.excelscm.com
email: info@excelscm.com

Blidworth and Rainworth Women’s Institute

At the Christmas meeting on Thursday 3rd December a good time was had by all.
The next meeting will be on Thursday 7th January at the usual venue & time Blidworth Methodist Church.
Members will be sharing their Christmas memories
We welcome new members, please call: 01623 795403

Blidworth & District Art Club

For experienced and any budding artists, the above club would like to remind you that they meet at Blidworth Methodist Church each Tuesday from 7pm – 9pm This is a group of enthusiasts who use the medium of their choice to paint in the company of others and exchange ideas and help. Interested visitors are always welcome.

C/O Jean Richards.
DO YOU GET TIRED FEET?
Are you struggling to walk?
Having problems with sore, chapped heels from wearing open toe or loose back shoes?

“We take our feet for granted” and trudge along needlessly putting up with; in-growing toenails, over-grown nails, calluses, corns, ‘Athletes’ foot, wool infections, verrucas." “All of these problems can be resolved by the correct treatment” Suzanne Gratton-Fisher, foot health practitioner.

“You may be diabetic, please look after your feet predominantly as this is a strong area for problems.” Stated Suzanne

Holiday Feet – Just want to bare those toes in your flip-flops or sandals – make sure they look good for your holiday?
Suzanne visits you in the comfort of your own home.
You can rest assured your treatment is guaranteed and specialised as Suzanne is fully insured and registered.
Call: 07739 250 807 for further information or to make an appointment.

Suzanne Gratton-Fisher, DipCFHP, MPSPract, MVR

FOOT HEALTH PRACTITIONER
SUZANNE GRATTON-FISHER
DipCFHP MPSPract MVR
HOME VISITING PRACTICE
Tel: 07739 250807

Nail Trimming
Corns/Callus Removal &
Verrucas

In growing Toenail
Diabetic Specialists

Soothing care for your feet
Registered & Fully Insured

KEEPING HEALTHY

In bygone times life was short and brutish. Diseases such as cholera, malaria, the plague and tuberculosis were extremely common. In addition malnutrition, scurvy, and rickets were wide spread. Similar conditions of disease and deprivation still exist in many developing nations.
Almost every week there are scares about such and such a food is bad for you, other foods are said to be good for you. If you have this particular cereal for breakfast you will reduce the risk of heart disease. TV advertisements are frequent spreaders of this type of opinion. Pharmacists have shelves of food additives and extra vitamins. There are said to be dangers from radio masts and electric pylons. All these recommendations have no real scientific basis.
Frequent medical examinations are recommended to prevent disease or to find disease at an early and treatable stage. In some cases this is true, especially diabetes, raised blood pressure and glaucoma to prevent a common cause of blindness. Cervical smears, breast screening and cancer of the bowel screening are worth doing bearing in mind the stress and sometimes the dubious results.
Modern diseases are often the consequence of excesses. In particular excess of food, alcohol and drugs. Deaths on the roads have replaced industrial deaths in many instances...

There are no magical panaceas.

The truths are simple and boring:

Do not smoke, enjoy moderate alcohol consumption, do not be overweight, take frequent moderate exercise, have a balanced diet. If you have chosen your parents wisely you should have a good set of genes and livelong.

V. Leach, vlakehead@aol.com

Marathon Media appreciate the views of Dr Leach, but readers should consult their own GP if concerned and not change any medication. The views expressed are personal to the Author.

No More Pain with the Mansfield Chiropractic Clinic

Let 2010 be the year you start looking after yourself, getting rid of the pains and niggles or simply just begin to find out how to avoid problems.

The Mansfield Chiropractic Clinic on 20 St John Street, Mansfield is offering FREE spinal checks to help you find out if your problems can be helped and how long it will take.
Come and see our experienced registered chiropractors: The senior chiropractor Thomas Jeppesen was selected to work at the last 2 Olympic Games and World Games as a sports chiropractor, Helen Barton has a special interest in treating pregnant women and children and Nadia Buxton in rehabilitation and a gentle instrument aided technique.
Chiropractic may be able to help you with: Back & Neck Pain, Sciatica, Headaches, Sports Injuries, Disc Problems, Whiplash, Nerve Irritation, Arm and Leg Complaints, Joint and Muscle Problems
FREE Advice Sessions Available
For Community Clubs, Schools and Business
For a FREE assessment or a consultation. Call Mansfield Chiropractic Clinic on:
Telehphone: 01623 635333
20 St John Street, Mansfield, NG18 1QJ
Members of the General Chiropractic Council

www.healthonhand.co.uk
IT’S ALL IN THE MIND!
So many people fail to achieve permanent weight loss because they try training their bodies without training their minds. At our therapy practice in Sutton-in-Ashfield, we have treatments and techniques that will help you to achieve permanent loss of unwanted fat by programming your mind to make healthy choices.
If you have been on diets in the past only to lose weight and then put it on again it’s not your fault – The diet failed you rather than the other way around. No-one can stay on a diet permanently so you are setting yourself up for a failure every time you start a new one.

This ‘no diet’ programme is proved, tried and tested over many years and is can help you if:
• You want to stop binging, or overeating
• You ‘comfort eat’ when you are sad, lonely, upset, bored or stressed
• You’ve lost weight before but gained the weight back
• You were determined to lose weight but just gave up
• You really want to change your lifestyle

So, if you want to make a difference to your life and really make 2010 the year you say goodbye to your excess weight give us a ring for more information: 01623 556234.

The Clem Turner Natural Therapy Practice
Sutton in Ashfield and Rosegarth Clinic Mansfield

GOSSIPS Unisex Hair Salon
SPECIAL OFFERS FEBRUARY 2010 WITH THIS VOUCHER!
10% Off all hair & beauty treatments in February 2010
• Half Price Hopi Ear Candles
• £5 Off Nail Extensions
• Spray Tans only £16!
Colours from £27.50. Dry Trims from £8.00
Perms from £26.50
O.A.P. DAYS; TUESDAY, WEDNESDAY & THURSDAYS
Preston Road, Rainworth. Tel: 799090
*One Voucher per person only (cannot be used with other promotions)

“New Beginnings”
Are you the sort of person who makes New Year resolutions and then feels disappointed by your failure to keep them? Don’t be put off! It’s a good thing to set goals for your life. Let me give you a few tips, which may help:

1. No more excuses! Stop saying, “That’s just the way I am.” This just stifles your motivation.
2. Set manageable goals. Approach your target with a rifle – not a shotgun! Tackle one thing at a time. Be specific - focus on one thing that is important to your personal growth.
3. Be patient. It requires at least twenty-one days for a habit to take root. If you get off track, just get back on again! Perseverance is the secret.
4. Stay optimistic. Change can be painful. But not changing is even more painful. It will be worth it!

The Bible teaches that we are more than flesh and blood – we have a spirit life as well. Jesus said, “Man does not live on bread alone, but on every word that comes from the mouth of God” (Matthew 4:4 NIV). Why not give God a chance this year and see how that might help? Get that Bible out and read it!
Go along to one of the local churches – join an Alpha course, etc.
Make a new beginning and aim to enjoy a great New Year!

Paul Johnson (Pastor: Sherwood Forest Community Church)

Weight Loss Psychology
Why Do Most Diet Programs Fail?
To lose weight, you must change your thinking. Weight management is about making a lifestyle change. It is not going to happen if you rely on diet after diet to lose weight. To achieve success, you need to become aware of the role that eating plays in your life and learn how to use positive thinking and behavioral coping strategies to manage your eating and your weight.

Our techniques and strategies have been helping people achieve their goal weight for many years find out how it can help you too.

Change Your Life – Change Your Lifestyle
Phone now to find out more:
01623 556234

TIME2TAN

Guy, Sally and all the Staff at Time2Tan would like to thank our loyal customers for their business in 2009. We wish you a Merry Christmas and a Happy New Year in 2010

See the next issue for more special offer vouchers
OUR YOUNG AND OUR FUTURE

PYTHON HILL PRIMARY
What a fabulous time we’ve had at Python Hill Primary last year.

Redecoration and refurbishment went on during the year with classrooms painted and new carpets laid, along with outside areas being spruced with new grass and plants. Also raised beds were made for the children to plant seedlings in the spring.

Fundraising also played its part raising £1,461.55 on a sponsored walk. The Summer Fair and Open Day raised £1,033 and ‘Children in Need’ raised £660.76. Everyone involved worked hard to achieve these goals.

The School’s results were the best ever accomplished due to the dedication of the whole teaching staff.

As a community, we are proud of our school so this year let all parents and grandparents give it the same love and encouragement we can. We look forward to it being even more successful this year, 2010!

If you have spare time to help with fundraising and garden projects please get in touch with the school. Thank You

Article C/O D Allsopp. School Governor

HEATHLANDS OUT OF SCHOOL CLUB

• Various sessional /full day care for 2, 3, & 4 Year olds
• A combination of Breakfast Club, The Caterpillar Pre-School, Heathlands Nursery, & After School Care.
• Excellent competitive rates!

HEATHLANDS HOLIDAY CLUB Book now for future holidays. OPEN TO ALL!
Many fun activities - in and outdoor, on and off site both pre-planned or own choice. Full or Half-Days.
Tel: 07758617361 to speak to one of our caring team.

Gordon Brown recently announced that children as young as five should get internet safety lessons at primary school. The “Click Clever, Click Safe” campaign will tackle the menace of cyber-bullying and online grooming.

The slogan “Zip it, block it, flag it” - campaigners hope will become as well known as the Green Cross Code. The new “digital code” will tell children and their parents to:

Zip It: Do not share personal, intimate details with strangers you have met online while also closing off parts of the web to children with security PINs or other parental controls.

Block It: Block emails, contact from people or companies you do not know and block children from accessing certain sites.

Flag It: Highlight any suspicious individuals, activities or websites to the relevant authority, whether a parent, teacher, police or industry group.

Mr Brown said: “The internet provides our children with a world of entertainment, opportunity and knowledge - a world literally at their fingertips. "But we must ensure that the virtual world is as safe for them as this one. We hope ‘zip it, block it, flag it’ will become as familiar to this generation as ‘Stop, look, listen’ did to the last.” Mr Brown said Britain is leading the world in keeping children safe online.

HEATHLANDS OUT OF SCHOOL CLUB

• Various sessional /full day care for 2, 3, & 4 Year olds
• A combination of Breakfast Club, The Caterpillar Pre-School, Heathlands Nursery, & After School Care.
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HEATHLANDS HOLIDAY CLUB Book now for future holidays. OPEN TO ALL!
Many fun activities - in and outdoor, on and off site both pre-planned or own choice. Full or Half-Days.
Tel: 07758617361 to speak to one of our caring team.

Quality Childcare For All
At our Small, Friendly Village Nursery.

• Children from 0—8 years/Open from 7.15am-6pm
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• FREE sessions or reduced fees for 3 –5 years
• School drop offs, pick ups & holiday care
• Home cooked food freshly prepared for your child

Call Gemma or Debbie on: 01623 490222
The Old Fire Station Nursery, Mansfield Road, Blidworth

Take up your entitlement with our service and enjoy:—
5 Sessions a week—39 weeks each year

Helicopter Lands a Former School Pupil!

ROYAL Navy pilot Lt James Capps a former school pupil landed his Sea King Helicopter on the playing fields on 1st December and proceeded to talk with pupils about his life in the skies and his dream of returning to the school in his “work Vehicle”. James has toured twice in Afghanistan since joining the RAF after leaving school in 1998.

As a Pilot he had always wanted to return to see teachers and school friends and his bosses allowed him to arrive in style with his own helicopter. After the short visit, James flew back to his base at Yeovil in Somerset to resume duties as a Naval Pilot.

Edited, produced & distributed by Marathon Media c/o Marathon Marketing Company Ltd
WHAT’S ON IN AND AROUND RAINWORTH TO MAKE THIS YOUR BEST YEAR YET?

Sandra at Potters would like to wish all the members a Happy New Year in 2010

Rotary Club of Mansfield make history supporting Mansfield Christmas lights “Switch-on”

This year the Rotary Club of Mansfield made history by joining in with the switching on of the Xmas lights. They were officially accompanied by the Headturners girls of Leeming Street.

This is the first time our local Rotary Club has participated in this event and they would like to thank all those involved especially on such a wet evening in making this a memorable occasion.

A special thanks to Ann Turner of Headturners Beauty Salon who made it possible for her staff to help in raising funds for local charities and worthy causes. Heartfelt good wishes to all who made donations and contributions on the night.

Rotary Club of Mansfield

As many of you know I am a member of the Mansfield Rotary.

I was officially inducted on the 6th January 2009 and I didn’t know what I was letting myself in for? Or should I say what I was missing out on?

Having just completed my first two hour shift as a collector in Mansfield Town Centre next to the Santa Sleigh I have got back the feeling of what Christmas really is about – giving! It was great to enjoy the experience of giving my time to help others and seeing the children’s eyes light up as they saw the sleigh. They, along with their parents, grandparents and lots of kind passers by all gave pennies and pounds to our Fundraising Charity pot.

I have made some great new friends, got involved in lots of events such as the Courage Awards and as a member of the Fund-raising Committee, we are planning a ‘Fashion Show’ in March.

Why Should You Join? As an ambitious business person I believe Rotary has given me satisfaction that my business; Marathon Marketing if fulfilling its commitment to corporate social responsibility and the business is also benefitting from the Rotary networking, both social and business. Rotary is growing and opening its doors to new ideas and I suggest you give it a try. Call our secretary Nigel on: 07970 995072 and have a chat with him about coming along to one of our meetings Diane Carter

How would you like to help your community?

If you’re aged 18 or over, joining your local Rotary club will give you the ideal opportunity. You’ll get involved in managing events, supporting local charities, working with young people, organising disaster relief - even helping to eradicate disease worldwide. Not only will you experience an enormous sense of achievement, you’ll also learn new skills, have lots of fun and make a host of new friends and business contacts.

There are Rotary clubs throughout the East Midlands where you can use your energy, humour and professional skills to make a real difference to the lives of others. Visit our website to find out more. www.ribi.org

Nigel Schofield mob: 07970 995072

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SPECIAL EVENT IN 2010?

CELEBRATE IN STYLE AT POTTERS

*WEDDINGS* *CHRISTENINGS*

18TH /21ST BIRTHDAY PARTIES

*ANNIVERSARIES*

NO ROOM HIRE CHARGES IN 2010

2 Stylish function rooms

Catering/Disco, available but optional

Experienced staff

BOOKINGS BEING TAKE NOW!

POTTERS for your perfect event!

Kirklington Road. Rainworth. Tel: 797975

Don’t forget: The famous Potters Sunday Carvery Only £5.50 (Senior Citizens £4.50) PLUS The best snooker facilities in the area!

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Rotary International In Great Britain & Ireland

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NEED AN EMERGENCY CONTACT?

See our local and useful numbers section always located on the back page where it’s easy to find details of local police, emergency and other useful numbers. If you would like to add some numbers let us know for the next issue please.

---

Don’t forget: The famous Potters Sunday Carvery Only £5.50 (Senior Citizens £4.50) PLUS The best snooker facilities in the area!
DO YOU WANT YOUR CHILD TO FEEL FITTER, HEALTHIER AND HAPPIER...FOR FREE!!

Do you have children 7 to 13 years old? Are you worried they might be unhealthy or even overweight? The MEND (Mind, Exercise, Nutrition, Do it!) Programme is a healthy lifestyle programme for children and families and helps them reach and maintain a healthy weight.

The highlights include:
• Fun activities to help improve your child’s fitness and exercise habits
• Practical interactive discussions about nutrition, demonstrations, games and tips about healthy foods, label reading and portion sizes
• Interactive discussions to teach you effective ways to improve your child’s behaviour and improve his/her self-confidence

Newark & Sherwood District Council’s MEND programme starts on 11th January 2010 and will be held twice a week for 10 weeks on Mondays and Thursdays (5pm – 7pm). The programme is being run from Joseph Whitaker School on Warsop Lane, Rainworth, Mansfield NG21 0AG.

PLACES ON THE PROGRAMME ARE LIMITED, SO RING TODAY AND MAKE SURE YOU DON’T MISS OUT!

For more information or to register for the MEND Programme, call Gillian Smethurst (Newark & Sherwood DC MEND Co-ordinator) on 01636 655637.

LEARN TO DANCE
Step by Step & Keep Fit

• Waltz, Quick Step
• Popular Sequence Dances
• Rock ‘N’ Roll

New Adult Beginners Classes Start
Friday 19th Feb 7.15—8pm
Sunday 21st Feb 7.15—8pm
Learn in a friendly atmosphere with qualified teachers of I.D.T.A at Rainworth Village Hall, Kirklington Road
Tel: 01623 794443
PRIVATE LESSONS AVAILABLE

THE BARDs POETRY GROUP
Poems have now been selected as potential winners of the Poetry Competition and 3 winners will have been announced at the 19th December meeting. Notts. poet, Chris Antcliff, will be judge.

Chris, suffered a car crash, aged 19 and emerged from a coma semi-paralysed, affecting his throat, making speech difficult.

A former musician, Chris fought back through creating poetry. For many years now he has constantly performed his work and this has helped him to speak more clearly. He now sings the occasional folk song! Although Chris paces his life, producing masses of poetry, he is often working through pain.

The theme was ‘Promises’ for the November workshop and as usual some fascinating and varied poems emerged.

One member, Carol Haynes, is sadly in hospital at present, we wish her well and are praying for her healing and recovery in the New Year.

A new website under construction as Geocites has closed down: http://christinemichael.org/bardsatblidworth

Happy New Year to All! May the Muse be with you! Christine Michael

Free events to help local people get back into work
A series of events offering advice and help to anyone currently unemployed or facing redundancy have been organised in Newark and Sherwood.

The free events are open to anyone of any age looking for guidance on employment, education, housing, health, business start up and benefit advice.

The sessions have been organised by Newark and Sherwood District Council’s economic development service, West Nottinghamshire College and Making the Connection.

The events will be held in Blidworth, New Ollerton, Clipstone, Bilsthorpe and Newark, from 10am to 2pm on the following dates:

Tuesday 2nd February 2010
Bildworth Community Leisure Centre, Belle Vue Lane, Bildworth, Notts, NG21 0RD

Wednesday 3rd February 2010
Ollerton Town Hall, Sherwood Drive, New Ollerton, Newark, Notts, NG22 9PP

Friday 5th February 2010
Clipstone Social Club, Mansfield Road, Clipstone Village, Mansfield, Notts, NG21 9AL

Tuesday 9th February 2010
Bilsthorpe Miners Welfare, 1 The Crescent, Bilsthorpe, Newark, Notts, NG22 8QX

Wednesday 10th February 2010
Newark Town Hall, Market Place, Newark, Notts, NG24 1DU

If you need any further information on the events please contact, Julie Beresford on 01636 655277.
For all your Travel needs
Hassle free - Guaranteed

B-Line Travel are a family owned local
Private Hire company operating from our base at Blidworth. We cover all
the local routes - to the next village, town and beyond using our modern
vehicles seating up to 8 passengers.
Private hire is available for:
Shopping trips at Xmas, Airport transfers and special nights out. Also:
Sports events, Wedding receptions, Seaside trips and Corporate events.
All our drivers are courteous, fully approved by the local authorities,
including a CRB check in order to drive you safely, in style to your chosen
destination.
All your journeys will be relaxing in our modern air-conditioned interiors,
with comfortable seating and fully fitted seat belts. With safety in mind, our
fleet of vehicles are comprehensively insured and protected by AA
breakdown.
Value for money travel, provided at unrivalled luxury
levels of comfort & Style. see front page advert for
details of how to book NOW.

The Lurcher
Westbrook Drive, Rainworth, Notts.
01623 799036

LIVE
ENTERTAINMENT
EVERY SATURDAY FROM
9pm

Home Cooked food Served
Monday to Saturday
12pm - 9pm &
12pm - 3pm Sundays

ALL SPORTS
SHOWN LIVE
ON OUR BIG
SCREEN &
PLASMA

Daniel, Charlene and all the Staff at
The Lurcher - Would like to give a big
thank you for your loyal custom in
2009. We trust you will all enjoy a
great 2010
NEW for 2010 - Steak and Curry
Nights, more info to come

NEW BLIDWORTH AFTER
SCHOOL & HOLIDAY CLUB
FROM AGE 4 – 11 YEARS
Safe & secure– Ofsted Registered
Collection from all local schools
Competitive Prices, Caring Staff & Creative
Activities

THE HOLIDAY CLUB
Open during school holidays from 8:30 am—6pm
Monday to Friday (Except Bank Holidays)
Full or Half Day Sessions to Suit
Snacks included in the price!
Great activities includes; floor games, musical
instruments, play station 3, Xbox 360, Wii Games
& Computer Games.
(Totally non-violent)
YOUR KIDS WILL LOVE YOU FOR IT!
Limited Places: Call Now: 01623 490222
Based at Blidworth Oaks School and is a joint
partnership
with The Old Fire Station Day Nursery
WHAT'S ON IN AND AROUND RAINWORTH?

RAINWORTH MINERS WELFARE Events:

Mon Night 7.45 – 10.30pm 50/50 Dancing, bingo & 'Open the Box' £1.50
Tues Night 7.30-11pm Blitz modern jive lessons & dance to follow £7.00 FOR lessons
Wed Night 7.15 – 9.15pm Family bingo. Great cash prizes. Raffle –Children allowed
Thurs Night 5.30 - 9.00pm Karate classes - All ages for children
Thursday in Lounge Bar—Darts & Domino knock out competition with prizes. Entry Fee for Darts & Dominos.
Fri Night 7.45—10.30pm C/Room Dancing, 50/50 & Bingo £1.50 Dancing
Sat Night 8 - 10.30pm Family bingo – children are welcome, FREE colouring books & crayons
Sun Night—Sequence Dancing as well as the regular Quiz and Bingo—all welfare for times £1.50 Dancing
Fancy a party—room hire only £35 Members, £70 Non-members–up to 6 hours
Bouncy castle £30, Disco £45 for 2 hours £70 for both. Great fun party! FREE clown with Disco

RAINWORTH VILLAGE HALL Events:

Weight Watchers every Wednesday 6.15 pm—7.15 pm
Ballroom & Sequence Dancing—Friday & Sunday 8—10 pm—Dancers Welcome
LA School of Dance—Thurs & Sat Call 07757 119259. See large advert below
Learn How to Paint and Draw Anything!—Step by Step instruction with local artist. Contact R.V.H.
Rainworth Creative Arts & Crafts Group —Card making & more. £4.00 for 3 hours. Fri 10.30am—1.30p.m.
Refreshments
and materials provided.
Line Dancing –8-10.30 pm. Contact Rainworth Village Hall for details
Dance Fanatic—Mon & Tues Tel: Jenna on 07786 520 328
Royal British Legion—meet at Potters Snooker Club 1st Thursday of the month—8pm call: 798844
4th Rainbow Brownies—For five to seven year old girls. Held at St Simon & St Jude’s Church. Friday 4.45—5.45 pm.
New members welcome. Call Pat Holmes on: 01623 795239
3rd Rainworth Brownies meet at Rainworth Methodist Church at 6m on Fridays.
More details please phone:01623 629879 TO AMEND ANY OF THE ABOVE PLEASE CONTACT EDITOR ON: 01623 795623 OR EMAIL: dianecarter@marathonmarketing.uk.com

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THE PAST, THE CURRENT TIME AND THE FUTURE OF YOUR BUSINESS

I introduced this edition talking about personal reflection on the above and I want to invite you to do the same for your business.

The Past. Well I am currently reading ‘Dragon’s Den’ ‘Success from pitch to profit’. An excellent book and each ‘Dragon’ is happy to share that they have failed in the past and that is why they are where they are today. They picked themselves up, learned their lesson and used the experience. Ouch!

The Current Time – Drive and determination is what has kept many of us business owners through this recession period. But I believe it has taught many of us to ‘think outside the box’ and look to new areas for business and certainly not sit waiting for customers. Those days are gone!

The Future of Your Business in 2010

Plan, Plan and Plan! Sorry to bore you again but I cannot emphasise this enough! I advise you to spend time preparing a business plan for the next year and maybe even the next five years, setting realistic goals and strong objectives. A marketing plan is vital to ensure you reach these goals using a budget and recognising your resources. Need help? I offer a free consultation at my office in Mansfield Business Centre, so give me a call. A Cash flow forecast will ensure you have sufficient money in your business and I recommend you have a good accounting system in place. Keep the Tax in order!

This business section has some very good business advisors including: Solicitors, Accountants, Training Specialists and for building business relationships and getting support and motivation we warmly invite you to our local No Nonsense just Networking Group, (see page 13).

I hope 2010 is a great year for your business.

Diane Carter, Editor of Marathon Media and Managing Director for Marathon Marketing

Food Safety is fundamental for employees to deliver food to customers safely. Training is legally required for food handlers within 3 months of employment. The Food Safety (General Food Hygiene) Regulations, 1995

Peter A Brooks: Aber Training (tel: 07746 587565)

Aber Training has several years accreditation to deliver CIEH qualifications. Courses are practical and tailored to organisations. Satisfied customers include: Notts County PCT and Community Voluntary Sector. Providing our own equipment, hand outs and assessment papers, training is delivered on premises at times to suit business needs inc. Saturdays. Book via email at: www.abertraining.co.uk or via advert here.

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CIEH Level 2 Award in Food Safety in Catering covers latest legislation, good practice and learning standards. Applicable for anyone who even makes a sandwich? This course is part of the Diploma in Hospitality for the 14-19yr age group and covers underpinning industry knowledge.

CIEH Level 2 Award in Health & Safety in the Workplace latest legislation, good practice and learning standards. One day course, tailored to business needs.

BUSINESS SUCCESS IN 2010

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Wednesday 24th February Focus on Sales

Every business owner has to wear the ‘Sales Hat’. No matter how good your product or service is—you have to sell it. Learn how to ‘Open the Deal’, negotiate and very importantly ‘Close it with a Win-Win’ agreement

Wednesday 10th March Internet Marketing

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CIEH Level 2 Award in Health & Safety in the Workplace latest legislation, good practice and learning standards. One day course, tailored to business needs.
WE MEAN BETTER BUSINESS

“No Nonsense Just…..Networking” Business Group

The Lurcher Public House, Westbrook Drive, Rainworth, Mansfield

Next Meetings Tuesday 6th January 2010 & Tuesday 3rd February 2010

£5.00 for attendance - Includes light breakfast, coffee/tea and fruit juice

Do You Feel Isolated in Business? Do You Want to get New Business?
Do You Want to Gain Information about Business Grants?
Do You Want to meet other Businesses? Share Your Problems and Get Fresh Ideas?
Are You Considering Starting a New Business and Want Support and Advice?
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To book your space call Diane Carter; Chair on: 01623 404299 or email; diane@marathon-marketing

Plus check out our on-line information service for more details
www.nononsensejustnetworking.wordpress.com

**NNjN Welcomes new Members:**
Thomas Jepperson of Healthonhand
Paul Hyde of Innovate Management Ltd
Peter Brooks of Aber Training

**WE CAN DIRECT YOU TO:-**

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www.businesslinkeastmidlands.co.uk

**Nottinghamshire Business Ventures:**- For business advice and support.
www.nbv.co.uk

**Newark & Sherwood D.C. Enterprise Scheme**—Information, grants, workshops for new & expanding businesses.
Tel: 01636 655277

**Southwell Business Club**. At The Full Moon at Morton first Tuesday of the month.

**The Newark Hub**. At Cedric Ford Pavilion Newark Showground.
8th Jan and 12th Feb 2010 at 7am £4
entry: http://www.newarkhub.co.uk

**Mansfield Chiropractic Clinic**

Let 2010 be the year you start looking after yourself, getting rid of the pains and niggles or simply just beginning to find out how to avoid problems.

Local Chiropractor Thomas Jeppesen has a wealth of experience in combating and avoiding the pains and niggles of everyday life. Having more than 12 years of experience dealing with people ranging from 10 days to 97 years old, from Olympic Athletes, to pregnant women and elderly ladies, he says: “There is always a technique available to suit anyone.”

Over the last 6 years Thomas Jeppesen has had a special interest in Sports Chiropractic and has been one of only a few chiropractors selected to work at the past 2 Olympic games and World Games: “It was a great privilege to work with top athletes, trainers and other chiropractors from all over the world, it really makes you ‘on the ball’ with new treatments and techniques available”

The Mansfield Chiropractic Clinic on 20 St John Street, Mansfield is offering FREE spinal checks to help you find out if your problems can be helped and how long it will take.

The Clinic is also working with the charity BackCare, raising awareness of how to prevent back problems, in the community, and is offering a short presentation/workshop to Businesses, Schools, Clubs, Groups and Associations free of charge.

For further information or to book an appointment please ring 01623 635333
www.healthonhand.co.uk

**“No Nonsense Just…..Networking”**

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In Recognition of her Membership no. “No Nonsense Just…..Networking” Business Group

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Plus check out our on-line information service for more details
www.nononsensejustnetworking.wordpress.com
Make a New Year resolution you can keep

Making a will can be a daunting process but the peace of mind given in having a valid will is invaluable to ensure your wishes are carried out.

Ann Farnill, solicitor at Tallents Southwell says, “Although by law you do not have to make a will, it is the best way to make sure your estate is passed to family and friends exactly as you wish. It can also help to ensure a smooth transition for your business. If you die without a will (intestate), your assets will be passed on according to the law, which may as a result leave loved ones in confusion, cause a delay and create extra cost.”

While you can write a will yourself, it is advisable to use a solicitor as there are certain formalities to follow to ensure that your will is valid. In addition, there are a large number of organisations who now claim to be able to supply you with a will but most are not regulated by law.

Ann comments, “Using a qualified professional will ensure that your will is legally valid and is unique to your individual circumstances.”

Using a solicitor needn’t be expensive. It is worth remembering that the costs of using a professional can be much less than having to unravel an invalid will or deal with an estate where no will was made.

Tallents offer a cost-effective, experienced and professional service. Our team are friendly and will discuss in total confidence your individual family and financial circumstances. Contact Tallents Solicitors and see how we can help.

For more information, contact Tallents
3 Middlegate, Newark, 01636 671881
2 Westgate, Southwell, 01636 813411
28A Westgate, Mansfield, 01623 666700

Grant Availability

Newark & Sherwood District Council

Grant 1 – £500 grant for the purchase of capital equipment. Pre-starts only with business premises.

Grant 2 – £1,000 grant or combined grant and loan to a maximum of £3,000. Pre-starts only with business premises. Existing companies can apply for a loan of up to £3,000. Again they must have business premises.

Grant 3 – Growth companies grant of up to £3,000 which they can top up with a loan to a maximum of £5,000. Again, they must have business premises and must be taking on a minimum of 4 staff within a 12 month period as a result of receiving the grant/loan.

Information C/O Sally Gillborn Economic Development Officer – Business Support Newark & Sherwood District Council Tel:01636 655260

Keep updated with grants to get your new business going and your established business growing, by subscribing to the NNjN blog

Diane Carter. Editor
http://nononsensjustnetworking.wordpress.com
WE MEAN BETTER BUSINESS

Businesses: Do you know where your waste is going?

Council waste management officers are urging business owners to ensure their waste is properly disposed of in order to avoid potential prosecution.

The Environmental Protection Act 1990 provides councils with the powers to demand to see evidence of businesses’ waste disposal arrangements. Failure to respond to that demand can result in a fine or court action if it is not paid.

As part of its anti-fly tipping measures, Newark Sherwood District Council regularly makes checks with local businesses to ensure that the waste generated by that business is disposed of properly and is not available to be fly tipped. This entails asking the business concerned what arrangements are in place to dispose of their rubbish.

The council’s senior enforcement officer, Ron Dawes, stated that a local business had recently been prosecuted by the council on a charge of failing to account for the waste disposal arrangements at their business.

The business owner was fined £400 and ordered to pay £150 costs and £15 victim surcharge.

Ron Dawes said: “There was no evidence that rubbish from this business was fly tipped.

“However, we would appeal to business owners to ensure there’s an audit trail for how their waste is disposed of, or they face the possibility of a fine or even court action.”

The council’s cabinet member for clean and green issues, Councillor Nora Armstrong, said: “Businesses have a legal duty of care to make sure their waste is disposed of lawfully and, as up to 50% of all fly tipping in our area is business related, it is important that the council continues to support local companies in properly managing their waste.

“When we believe this is not happening we will not hesitate to take whatever action we think is necessary to keep our district clean and green.”

Article C/O : Jill Ridge
Waste Management Inspector
Newark & Sherwood District Council
Phone: 01636 655574
Email: jill.ridge@nsdc.info

IT’S A NEW YEAR
Jordan’s out of the jungle and Jedwards out of the Xfactor – is the world going SANE???

Christmas comes and goes with hopefully some joy and happiness, but it can leave some unpleasant credit card debts to meet in the New Year! The New Year is on us and we need to take stock for the year ahead. How good it will be depends on things which are out of our control such as redundancy and some things within our control such as:-

- Reinforcing your C.V.
- Re-training
- Sharpening up your skills
- Taking the plunge to self employment

Remember there is a lot of support out there for these, but be cautious and, as always, seek advice from more than one source…

Now let’s get depressed – what’s in store for January?

- Tax Returns need to be filed on-line by 31st January if you have missed the paper deadline
- Taxes need paying by the 31st January for most self-employed businesses
- VAT is returning to 17.5% on the 1st January from 15%, which means we are in the process of an impending price rise almost across the board
- The banks have won the case against high charges so that means high charges will continue or possibly increase

MP’s Expenses are not resolved and they appear to be going on the offensive suggesting they have done nothing wrong. They are not adopting my simple approach (Check out my previous article in June 2009 – on the Blidworth Blog if you have not kept your copy)

There is not much in the way of good news, but let’s not wallow in self pity as there is the glimmer that we will start to creep out of recession from March onwards. Let’s strive to help that along by budgeting our incomes to include some spending and let us try to buy local products and services wherever possible.

There has to be said a word on behalf of the workers to the industrial bosses that you can’t recoup jobs which have been sold abroad for alleged economic reasons. Your only reward will be to leave us more vulnerable to other countries in the longer term. You tend to be able to sell the family jewels once, because they tend not to be replaceable in the short term!

AND ANYWAY WE CAN’T ALL WORK FOR THE CIVIL SERVICE-CAN WE?

Article and view C/O Keith Knight of Knights Accountants, (see advert) and Treasurer of No Nonsense just Networking Group.
10 Ways to Green Your Home Office

Work for yourself at home?
If your self-employed or even employed and working at home full time or most of the time, you’re already doing the planet a great service. You’re reducing use of fuels and of pollution generated by modern transportation. There is still more you can do to help protect the environment. This article shows 10 ways to make your home office more environmentally friendly and a better place to work.

Let’s start by reviewing the three Rs of eco-friendliness.

**The 3Rs of Eco-friendliness**

• **Reduce** — The number of materials consumed and rubbish and pollution you produce.

• **Reuse** — Whatever you can before throwing it out.

• **Recycle** — Use local recycling programs, segregating rubbish & recycling. After the eco-friendly let’s consider 10 tips to make your office green.

1. **Choose “green” lighting.**
Use natural light from a window and use low energy bulbs, that last longer, producing less pollution than incandescent bulbs. They also give a warm, pleasant light.

2. **Make sure your office furniture is eco-friendly.**
Office furniture, be creative and shop in charity shops and garage sales for reusable or recyclable furniture. If you buy new, use local sustainable furniture made from fast-growing woods, upholstered with organic fabrics, and finished with non-toxic chemicals and paints.

3. **Be wise with paper.**
Use new only when needed and both sides. Use waste paper for notes. Ensure you recycle when disposing.

4. **Use email rather than printing.**
Become paperless by accepting invoices by email. Store pdfs of invoices on computer. Save lots of money on headed note paper by emailing — cutting costs and being a ‘green’ business.

5. **Be environment-conscious when you print.**
Printer manufacturers are becoming eco-conscious as well. For example, you’ll find specific printers from HP, Dell and Samsung that claim to be eco-friendly. In general, you want a printer that’s Energy Star compliant, has a power save mode, and ink save mode. If your printer does duplex printing, then reusing sheets of paper becomes so much easier.

6. **Refill ink cartridges rather than buying new ones.**
Or buy recycled and recycle your own when empty. Usually there is a recycling bag inside the new cartridge or boxes are all around the area, for example in Megatech Computers to raise money for Charity…

7. **Be mean… with energy.**
Challenge yourself to reduce your electricity bill, which is good for the planet and your wallet. Use solar-powered gadgets. Invest in smart power strips that detect equipment not in use and cut power automatically. Stop your office equipment sucking up electricity when you’re not using it.

8. **Keep your air clean, fresh, and chemical free.**
Add greenery to your office by bringing plants indoors. Plants absorb toxins in the air and look pretty too. Use programmable thermostats, set on lower temperatures, to regulate heat in winter. Another winter tip: humidify your air naturally by hanging wet laundry indoors.

9. **Clean your home office naturally.**
Cleaning supplies can bring harmful toxins into your home office. Fortunately, green cleaning supplies are fashionable and increasingly available. Look for cleaning supplies without chlorine and others that are bio-degradable. Check the internet on how to use nature’s cleaners: vinegar, water, baking soda, and borax.

10. **If you must leave the house…**
It’s inevitable; you’ll have to leave the house sometime, so consider walking, biking or taking the bus. If you need a car for example for meetings or networking see if you can car share? Or like me — buy a smaller car? How Green Is Your Home Office?
Going green is a gradual process and you begin by taking tiny steps which make a big difference over time.

Article C/O Diane Carter, Editor with points from a great American blog http://freelancefolder.com/
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www.rainworthreporter.wordpress.com
For lots more information about Rainworth and the surrounding area

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GARDENING TIPS FOR COMING MONTHS

Pruning - Now is a good time to prune and thin all trees keeping their height under control and shaping the crown.
Care of perennials – Hardy and half hardy plants can still benefit from some care. Leave any dead stalks until spring. Dead leaves, straw or mulch left around the base help protect against frost.
Evergreens are usually hardy. If concerned wrap the plants in fleece/ matting to protect. Camellia’s which will already have buds can suffer from ‘wind chill’. The buds are particularly delicate as they begin to open (February/march) so if in an exposed position a fleece covering is advised as a cold spell will kill the buds.
Plants in pots are actually more vulnerable than garden plants. If leaving outside group together in a sheltered position. Water levels need checking as this can freeze within the pots killing the plants.
Bulbs - Provided there is no ground frost spring bulbs can be planted giving a colourful start to the season.
Water - Ponds and bird baths need to be kept ice free. Outside taps need insulating or disconnecting if not in use.
Garden design - People usually wait until summer to redesign their gardens but now is the perfect time. Rockeries and raised beds can be built. Avoid damaging plants when in full bloom by checking and replacing fence panels now. Plants can be repositioned and also new plants such as hedging and trees can be planted.

C/O Annette at GS Gardencraft 01623 796653 / 07895 042610

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Police Update Rainworth

1. Iron Bridge Danger! The most important problematic issue this last few weeks have been a local group of about 5 young persons throwing bricks off the bridge and from the yellow brick road area which runs onto Southwell Road Rainworth next to the Lurcher Public House. There have been 3 incidents where cars have been damaged and these could hold potentially life threatening consequences if the brick goes through the windscreen or causes the driver such shock they end up off the road. Can I please request that all the community try to work together and locate who these individuals are? I have made contact with the Primary schools and Joseph Whitaker Comprehensive to ask their students if they have any knowledge who may know something.

2. Reward for Information I would like to remind young people that if they contact Crime stoppers on 0800 555 111 and ask to be put through to Junior Crime stoppers, they will be passed to an Operator. The young person needs to state that they would like to receive a reward. They will be given a code name and be told to call back 4 weeks later after they have provided the names relating to the crimes. This will give the Police enough time to use the intelligence. If the names they provide lead to a positive arrest and prosecution, that young person could receive up to a £50 top up on their mobile phone as a reward. All they have to do is call back 0800 555 111, give their code name which was issued to them and await to see if the information was used.

3) PCSO Deb Walker apologises to you for not being there at her last surgery event due to a serious road traffic collision on Centenary Avenue in Rainworth which caused a total road block into the village. If you have anything for Deb, please e mail her or ring her on 0759 507 44 21. The next surgery is to be held at Rainworth Village Hall at 10:00 hours on 16/12/2009.

4) Hoax calls made to the Police via the 999 facility. These have all been made at the telephone kiosk situated on Preston Road outside LONDIS store. Please report any children who appear to be messing around inside any telephone kiosk as these calls detract us away from genuine calls.

5) The Graffiti on the walls of the Doctors Surgery and the Opticians on Sherwood Parade is new and becoming worse. Steps have been taken to produce a new poster containing the tags with the help from Junior Crime stoppers organiser, whereby the young persons volunteering any intelligence can receive up to a £50 reward if the intelligence leads to an arrest or detection into who is intent on damaging our community. I am currently working with Joseph Whitaker Comprehensive School who are working on identifying the owners of the tags created. I would love to visit any local Primaries myself to attend your assemblies to get this message across.

6) 5 a side football game on 04/01/2010 at the all weather pitch at Joseph Whitaker Comprehensive School. Police versus young adults within the village. Thanks to Sue HARPHAM for helping organise this event.

7) Rainworth Village Hall 'Warm, Well and Wise' Event on 11/02/2010 during the day. Organisations are holding stalls for elderly residents within the village. I shall be conducting a 20 minute presentation on crime prevention alongside PCSO Deb Walker.

9) New Team Members As you may know we have had a team of three for Blidworth & Rainworth with myself as the Beat Manager alongside PCSOs Deb WALKER & John ARINS. We shall be joined by PC 3116 Gary SIPSON in the New Year, who will be managing PCSOs Charlotte APPELEY and Liam BATEY. These Officers will predominantly cover Farnsfield, Lowdham, Bilthorpe and the surrounding villages. Our team of 6 officers will work together, all being based at Blidworth, tackling Anti Social Behaviour, Speeding offences and Criminal Damage. These have been identified by you as your priorities that you want us to concentrate on.

From us all at Blidworth Police Station, can I wish you a Happy Christmas and Good wishes for the New Year.

With kind regards
Annette Johnson. annette.johnson@nottinghamshire.pnn.police.uk
debra.walker@nottinghamshire.pnn.police.uk
john.arins@nottinghamshire.pnn.police.uk

Out shopping? Read some crime prevention advice to help protect yourself when out Christmas shopping.

Remember to take credit and debit receipts with you - some carry your card details.
Pay using debit card than carrying cash. Take care using a cashpoint or chip and pin. Don’t let anyone see your pin number. Keep cheque books and cards separate and never write down your pin number. If you carry a handbag, keep it closed and your purse at the bottom. Never keep your wallet in your back pocket. Stay alert when using your mobile, it is easy to snatch out of your hand. Put shopping and parcels in the boot of your car. Don’t leave purchases in the boot whilst continuing your shopping, as thieves watch car parks. Don’t leave valuables on the seat of your car - they attract thieves. Keep the car door locked, when travelling. Don’t leave house keys in your car

58% of burglaries occur in the evening or night and 34% at the weekend. In 30% of burglaries, thieves don’t use forced entry!

Keep your Christmas gifts safe. Don’t let some one else give them away.

Know someone who is selling stolen goods - Ring Crimestoppers 0800 555 111 C/O Sarah Smithurst

CRIMESTOPPERS 0800 555 111 Call anonymously with information about crime

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The Wrens
Rainworth Miners Welfare FC
Support your local team
Rainworth MW FC have recently won 10 league games in a row, putting us top of the league, our highest position ever in the F.A. pyramid system. Local support has increased to 100 people per home match. Nigel Jenson (ex-N Forest) has signed adding great experience both on and off the field. In the Nottingham Senior F.A. Cup we are drawn at home to local rivals; Teversal, which promises a good match and a large local ‘Derby’ crowd. Tuesday 2nd February 7.30pm 2nd January we entertain ex-league club Scarborough who are well supported, with home crowds of 700-800, so we expect a crowd in excess of 300! C/O Les Lee. Name and address withheld

<table>
<thead>
<tr>
<th>Fixture Date (3pm K.O. Unless stated)</th>
<th>Opposition (H)=Home (A)= Away</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Jan 2010</td>
<td>Scarborough Athletic (H)</td>
</tr>
<tr>
<td>9th Jan 2010</td>
<td>Long Eaton United (A)</td>
</tr>
<tr>
<td>16th Jan 2010</td>
<td>Hallam (A)</td>
</tr>
<tr>
<td>23rd Jan 2010</td>
<td>Hall Raod Rangers (A)</td>
</tr>
<tr>
<td>30th Jan 2010</td>
<td>Armthorpe Welfare (H)</td>
</tr>
<tr>
<td>7th Feb 2010 (7pm)</td>
<td>Teversal (H) Nottm Snr. F.A. Cup</td>
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<tr>
<td>13th Feb 2010</td>
<td>Pickering Town (H)</td>
</tr>
<tr>
<td>20th Feb 2010</td>
<td>Selby Town (A)</td>
</tr>
<tr>
<td>27th Feb 2010</td>
<td>Thackley (H)</td>
</tr>
</tbody>
</table>

Rainworth Miners Welfare, Rainworth Village Hall, Megatech Computers, Time2Tan, Gossips, Solutions, The Library, Local Doctors & Dentist, Rainworth Fish Bar

Emergency
Contacts:
Police/Ambulance/Fire Services 999

CRIMESTOPPERS
0800 555 111
Call anonymously with information about crime

PC 505 Annette JOHNSON
Beat Manager for Blidworth & Rainworth area
Based at BLIDWORTH Police Station can be contacted on:
0300 300 99 99 / 07747 155 417

Local contacts
Rainworth Health Centre, Warsop Lane: 01623 794293
Dentist 01623 798611
Rainworth Library, Warsop Lane
01623 791038

Useful Contacts
Samaritans: 08457 90 90 90
Www.samaritans.org
Childline: 0800 1111
NHS Direct: 0845 4647
Online help at: http://www.nhs.uk/NHSDirect
Age Concern: 0800 00 99 66
Asthma UK Advice line: 08457 01 02 03
Domestic violence helpline: 0808 2000 247
FRANK: 0800 77 66 00
Stroke Helpline: 0845 303 3100
Shelter: 0808 800 4444
Macmillan Cancer line: 0808 808 2020

Fire & Flood Carpet & Upholstery Cleaning Services—24 Hour.
Insurance work undertaken
Call: 01623 400313 or mobile: 0779 2969678

We would like to advertise YOUR business if you offer an emergency service. For example: Plumber, Electrician, Locksmith, Glazier
Call our Advertising Dept on: 01623 404299

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Or call: 01623 40429 for FREE delivery or for an online version:
www.rainworthreporter.wordpress.com
Also www.blidworthfocus.wordpress.com for Blidworth Focus on line version

Thank you Diane Carter Editor. Marathon Media

Please do not throw away your Reporter.
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Thanks Diane Editor

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