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May 2020

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Notice of advertising requirements and articles for inclusion in the following month to be received by the **12th of the month.**

Contact Mark on 07491 433 086 or email Helen at keyworthnews@gmail.com I always acknowledge Emails, although I do sometimes have holidays.

Please could you note the size of adverts, and any images that you might send in:

Full page - 12.8cm wide, 19.3cm high

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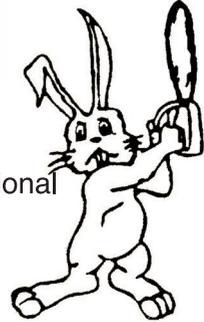
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A MESSAGE FROM THE OWNER

I hope you are well and coping as best you can. Times like this can bring out the best and the worst in people, but thankfully I've seen little of the latter here in Keyworth. When the seriousness of the current events became clear one of my neighbours immediately set up a WhatsApp group so my road could look out for its older and more vulnerable residents. Across the village too the Parish Council is coordinating volunteers and support so that every person who needs help is able to receive it. I think we can be proud, although the most testing times may still be ahead of us.

I am committed to continue printing and distributing the Keyworth News during this crisis for as long as it is permitted and safe to do so. Many of Keyworth's residents do not have access to the internet so this magazine will be a vital link between them and the wider community. All distributors will be provided with gloves and masks to protect them and you. "According to Public Health England and the World Health Organisation, there is minimal risk of catching the virus via parcels and letters, so it is safe to send and receive these items," Tom Ironside, director of business and regulation at the British Retail Consortium, said in a recent statement sent to The Independent. Nevertheless, we have taken the decision to create a web accessible version of the Keyworth News in the event of this advice changing - www.keyworthnews.com.

Best wishes

Mark

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TIMELESS

Keyworth School of Theatre Dance donates £2,554.00 to Macmillan from 'Timeless' Success

Talented performers from Keyworth School of Theatre Dance entertained audiences at Loughborough Town Hall on 14th and 15th March. The cast of 196 was made up of pupils aged from 3 to adults.

The opening dance, The Time Machine, set the scene for the whole show depicting an inventor from the 1800's who with help from showgirl assistants built a time machine from 'cogs' and was successful in discovering time travel.

The Inventor played by Abigail Dring was also successful in making it to the final of this year's CBBC's singing show 'Got What It Takes'

The Inventor, who holds the whole show together travelled along a time line from the prehistoric era to the present day and then into a dystopian future. The latter performed by the senior commercial dancers, who had spent weeks prior to the event with commercial teacher Arron creating a dance video which was projected as they danced live to depict 'dystopia'

An audience member commented '*Totally amazing show, the costumes, dancers, choreography and that dystopia dance was another level! Well done to Kirsty, Ann and all the KSTD team!*

Principals Ann and daughter Kirsty said they felt very lucky that the show was able to go ahead as 'Timeless' was the last show to take place before Loughborough Town Hall closed its doors the day after, due to the Covid-19 pandemic. '*It wouldn't be just us that would be bitterly disappointed if it had not gone ahead, but the parents, pupils and teachers at KSTD who had all put so much effort into the production. It was a huge team effort and such a success raising that amount for Macmillan. The performers were all amazing and all the teachers at KSTD felt so proud*' said Kirsty, 'Timeless' producer.

KSTD have temporarily closed their doors due to the pandemic and instead examination pupils have been given the opportunity to access the online classes KSTD are offering to keep some of the examination classes going and to keep up pupils' spirits during these difficult times. '*Unfortunately, our summer examination sessions have been postponed but we hope to reinstate these as soon as we are able to*' says Ann who is currently self-isolating for 3 months at home.

KSTD looks forward to opening its doors again and returning to a busy timetable of weekly classes in all genres of theatre dance for pre-school classes-adult tap for all dancers from beginners to advanced.

In the meantime we wish to congratulate all our 'Timeless' performers and also thank all the amazing 'Timeless' team, made up of teachers/ choreographers, scenery/props designer, photographer, chaperones / backstage the administration team for all their help with the production and wish them and their families well during this difficult time.

Ann, Kirsty and all the KSTD team



" I came last night to see the performance, first dance show I have ever seen and I was blown away by the talent, expertise and the costumes. It was fantastic, you must be so proud of their achievement. A huge congratulations to you, your teachers and helpers. "

photographs by Michelle McCoy Photography

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SYLVIA BALDREY

The Baldrey family would like to thank all of those who joined us at our MND afternoon tea fundraiser on Saturday 29th February. Over one hundred family members and friends came along in support of Sylvia who had been diagnosed with the disease just one year earlier. It was comforting to see her make her way round the room which was filled with much love and compassion.

In total we have raised £4,700 this year, which we hope will go some way to helping to find a cure for this dreadful disease. Unfortunately Sylvia lost her battle with MND just three days later on Tuesday 3rd March passing away peacefully in her sleep.

We would like to express special thanks to the wider family members and friends who supported us during this challenging last year and also to all those who sent cards and condolences. I'm sure that all those who knew Sylvia would agree that she was an inspirational lady, strong, kind, family orientated and a good loyal friend.

We will all miss her greatly.

KEYWORTH HORTICULTURAL ARTS AND CRAFTS SHOW

The organising committee has reluctantly made the decision to cancel this year's show which was scheduled for the 4th July. This is due to the current state of the country regarding the Coronavirus. Even if current restrictions are relaxed, the risks of large numbers of people gathering in the Village Hall would be unacceptable.

The planning already done for this year by the committee will be carried forward to 2021. The photography and needlecraft classes we have already announced here in the Keyworth News are included so there is no reason why you can't plan ahead! PLEASE NOTE - This decision applies only to the Horticultural Arts and Crafts Show. In the meantime please continue to take care and we look forward to seeing you in July 2021.

The Committee - Alan, Marion, Barbara, Jane, Rosemary, Barry, Gavin



Keyworth Horticultural Arts & Crafts Show



Keyworth Show

KEYWORTH SHOW

The Keyworth Show Committee and the Horticultural Show Committee have made the difficult, but correct, decision to postpone The Keyworth Show for 2020. As well as complying with current social distancing, the withdrawal of emergency support for mass gatherings and Rushcliffe Safety Advisory Group advising all events in the borough are suspended until at least the end of June which will no doubt be extended further in the coming weeks, the health and safety of everyone involved with the Show and those attending on Show Day itself is paramount.

I have used the word postpone because we will return with the Keyworth Show 2020/21 on Saturday 3rd July 2021.

I would like to take this opportunity to thank everyone for their continued support of your Show and to wish all in our community well during this unprecedented and difficult time.

Stay safe and see you in 2021.

Thank you, Nigel Millband,

Chairman, Keyworth Show Committee



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Coronavirus

Over the last few weeks everyone has had to find a new way of living and staying safe and Girlguiding took the decision to suspend all unit meetings before the school holidays. Guiders are like everyone else, worried about jobs, working from home, supervising children's school work, and for the over 70s the prospect of a long time with no close social contact. Here in Keyworth we hope to find a way to do online Guiding after the school holidays, but this will depend in individual Guider's circumstances and Government advice as time goes on.

Our first priority is to keep all Girlguiding members safe and well and not to add to the load already falling on parents.

Hope the news is better next month!

For information about Guiding or if you are interested in helping with a unit, you can contact someone local at keyworthguiding@gmail.com. Alternatively visit www.girlguiding.org.uk/interested or call 0800 1 69 59 01.



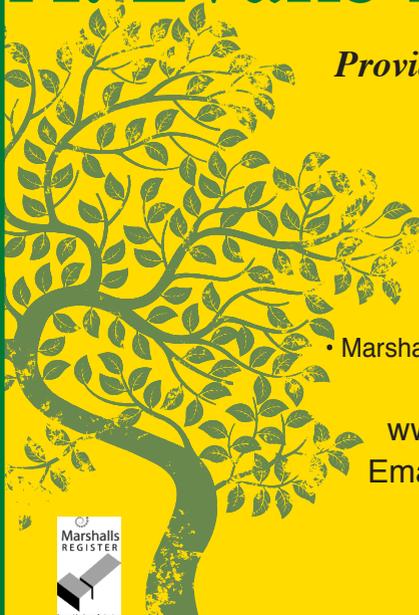
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Thank you





Keyworth life amid coronavirus lockdown

A snapshot of Keyworth in April 2020



Local residents follow the social distancing strategies as they wait patiently to shop for essentials.

'You are never too old for a Teddy', said Eluned, a teddy bear enthusiast. Residents across the village have embraced the teddy bear hunt, window rainbows and clapping for carers.



More spare time indoors has led people to be creative. The examples above are crafts and artworks from some of Keyworth's older residents,



Residents walking along Lings Lane maintain social distancing while doing exercise to keep fit, and to get out of the house!



#StayAtHome
Please stay safe

Keyworth life amid coronavirus lockdown

Share your stories - mark.keyworthnews@gmail.com



The wooden windmill situated on Wolds Drive makes passers by smile and relax. At night it brightens up spirits as well as the street.

Social media has taken a much bigger role such as interactive lessons for kids who are off school, digital birthday parties, and to just stay touch with loved ones.



Doreen completed two 1000 pieces jigsaws. What a big achievement! Her secret is time and patience. Her friend suggested to first separate the pieces into different colours.



The trees in the churchyard are in full bloom in Keyworth Square, but the streets are no longer bustling like in previous years. Just the postwoman delivering her letters and parcels - essential work for us all to feel connected.

1st Keyworth Scouts

At the beginning of the year the scouts, along with the leaders, hadn't been expecting not to run or attend scouting sessions, but due to the circumstances, we are not currently able to be joining together each week as normal. It is a bit strange for everybody at the moment like most things, but we must 'be prepared' and take on challenges and new experiences, so that's what we have decided to do as individuals, a pack, a district and even nationally.

As a pack, our leaders are setting some fun challenges to try at home. This has given us an opportunity to keep having fun and trying new things. I also know that many Beavers, Cubs, Scouts and Explorers have tried to do some exciting yet simple tasks to complete some of their badge work. This actually works to our advantage too, since each individual person can try and complete badges that interest them. For example: sewing seeds, cooking and ironing.

Our Scouting Group is part of the Rushcliffe District who have started a competition to design a 'Scouts at Home' badge, we can submit our entry to our Group Scout Leader (Graham) and one entry will go forward to the District finals, the ultimate winner will have their design made and given to everyone that has managed to complete at least one whole badge from home. Also, it was very exciting that on the night of the 30th April we nationally attempted to set the 'Virtual Camp' world record, which is something positive we will remember from this time. We camped in our gardens and in dens built in our homes. It was suggested you could have a bonfire too, drink hot chocolate, eat marshmallows, cook your own dinner or watch a movie.

Gabriella Griffiths, Scout Troop Patrol Leader - Tigers

Scouting Correspondent



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2425 (NOTTINGHAM AIRPORT) SQUADRON AIR CADETS

The start of our most recent month brought a highlight in our year with our annual presentation evening and meal. With their parent's present prizes and certificates were awarded to many of our cadets and the Commanding Officer reviewed our achievements in the last 12 months and set out his vision and plans for the coming year.

Of course, a lot has happened in the last month and all our plans and lives have undergone considerable change.

Just after our presentation evening Air Commodore Dawn McCafferty CBE, Commandant Air Cadets, took the wise and pre-emptive decision to close all Air Cadet Squadrons nationally and halt all face to face engagement.

Closing the buildings and not meeting in persons didn't mean that we'd shut down though and stop supporting the cadets during this period. To quote Clint Eastwood 'Adapt, improvise and overcome' and that is just what we've been doing.

Face to face parades have been replaced by online parades, where cadets and staff log on to a portal that permits all to chat with and see their friends during this period.

Training is ongoing online with cadets being supported to progress through their classification learning to work towards BTEC awards.

We are running a daily photographic competition, with a new subject set each day. The subsequent photos being shared online and voted on.

Staff are supporting the cadets to progress through their DofE requirements of skills, service and sport. Staff are producing videos to provide tuition in subjects such as aero modelling and other activities.

Our Cadet NCO team is also working up plans to lead and provide yet more activities for the cadets.

During this challenging period, it has been so pleasing for the Squadron staff to see the commitment of our cadets to train, enter competitions, log on and take part and beyond this to hear the accounts of how they are helping in their communities.

I usually end each month by asking 'why not be part of our adventure' and providing our contact details both for prospective new cadets and adult volunteers.

Understandably recruitment is paused at this time, but when we return if you fancy a challenge then contact us and start your own adventure.

To keep up to date with the activities of our cadet's search 2425 Squadron on Facebook and Instagram.



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Tony Axford

It is with great sadness that we have to announce the death of Tony Axford on 7th April. He moved with his family to Keyworth in 1963 and has played a pretty major part in various clubs and activities throughout the years. In the early days he played a big part in organising the chariot race, and was also a founder member of both the badminton and tennis clubs. Even helping to literally build the current club house. For many years he was the manager of the local allotments and enjoyed many an hour up there himself. Latterly he enjoyed the odd round of golf at Stanton.

The family would like to take this opportunity to thank everyone for their love and support during this particularly terrible time. We have received many offers of help from far and wide. Thank you all.

Tony Axford, who died on April 7th, was indisputably one of the village's big personalities over the past half-century. He was the leading light in the setting up of Keyworth Tennis Club in 1965, doing everything from raising money to negotiating with the parish council for a lease on the land to laying the courts. The tennis club was an immediate hit and established some very good teams. He was a formidable tennis player, known by his fellow team players as 'The Big Axe'! He captained the men's First Team when they won the top league in the county.



Tony continued to raise funds for the club over the years. He inaugurated an annual 'Chariot Race', a fund-raising venture held on the Rec., which was kept going by other groups for many years. He also organised the installation of a bar in the clubhouse, which became a social centre for the village and also provided an after-match venue for both the rugby and cricket clubs.

John Stansfield, current Tennis Club chairman, said *"Tony helped me personally when we were in the initial stages of organising the 50th anniversary party, providing archive photos of early activities in the club's history. It was due to him that I managed to invite many past members of the club who came to the party and thoroughly enjoyed our 'photo board' and meeting and chatting with old friends"*.

Tony was also involved locally in a long-running badminton club, was a member of Stanton-on-the-Wolds Golf Club, and more recently supremo of the village allotments. With typical generosity, he personally made raised beds to make life easier for lots of gardeners. The Tennis Club would like to pass on sincere condolences to his wife Sally, children Debbie and Steve, and all the family.

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'Keydale' - Joining Together!

On Friday 20th of March our schools temporarily closed their doors to many of our families at Crossdale Primary and Keyworth Primary and Nursery School. However out of this really challenging situation, a fantastic new team of staff, pupils and parents has been born. The joint staff team have been working together to provide children at home, and in school, with super resources and learning opportunities and the response from our children and families has been incredible! The Keydale Team would like to thank all our families and the local community for their amazing support. Here's what we've been up to....



In Schools:

The children in school have been enjoying a range of Maths, VIPERS and Literacy sessions (including SPELLINGS!!!) alongside craft projects, Science investigations and PE sessions with Miss Robinson and Mr Sanders. All the children have been missing their friends but have been keeping in touch by posting dance videos on the blog and by making a rainbow for the school gates.



At Home:

All our home-learners have been equally as busy, and it has been an absolute delight to see everything you have been doing with your families. The children have been keeping up with their Doodlemaths, Reading Eggs and home-learning packs as well as doing lots of different activities such as: sewing, baking, gardening and much, much more. Cosmic Yoga and Joe Wicks have provided plenty of indoor exercise and entertainment too! A job well done - Keep it up and remember, **KEEP SAFE AND BE KIND!**



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CHRISTIAN AID WEEK 10th-16th May 2020

Last year donations to Christian Aid totalled £7.5 million. Of this the amazing sum of £4,300 was collected in Keyworth and area during Christian Aid Week. This year due to Covid 19 sadly there will be no House to House collecting or coffee mornings.

This year the theme for Christian Aid Week is "EVERY LAST DROP". Our donations will help communities survive the droughts brought about by climate change by building simple water/earth dams. This means that people like Rose aged 67 will not have to walk 6 hours every day to collect water. Widowed Florence used to walk for 8 hours a day but because a water dam has been built nearby she can now grow vegetables and feed her family.

During the Ebola crisis Christian Aid and their partners gained experience of limiting the spread of infection and they will build on this experience during this present pandemic. People in poorer countries will, because of their living conditions and lack of access to good healthcare, be hit even harder than in more developed countries. Christian Aid will be working on the ground to help prepare communities to limit the impact of Covid 19. This is in addition to continuing with many diverse projects in 37 countries.

This is obviously a very challenging time for us all. Christian Aid asks for your prayers and support in their vital work and even though an envelope will not be coming through your door please could you still make a donation - preferably via the website www.christian-aid.org or donate by phone tel 020 7523 2269. Cheques may be sent to Christian Aid, 35-41 Lower Marsh St, London SE1 7RL.

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We look forward to welcoming you back in person soon.

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Keyworth and District Community Concern 100 Club



The 100 Club is still running... we all need a little lift! The latest draw was carried out in a safe way. The results are as follows:

First Prize (£100 Voucher)	No 95 No Publicity requested
Second Prize (£50 Indian Nights Voucher)	No 70 No Publicity requested
Third Prize (£25 cash)	No 107 Ann Small
Fourth Prize (£10 cash)	No 103 Wendy Cumberpatch

A big thank you to our prize givers and congratulations to the winners.

During the current crisis our Day Centre and shopping trips and all other activities with our buses are suspended. We are trying to keep in contact with all of our customers and volunteers. If any of those need some form of help please contact us via your normal links or as follows: kdcc.minibus@gmail.com or ring 07881 836 221 or Ian on 07780 646 142.

Just for fun, did you know that...

- The Day Centre started in 1974 in the Methodists Hall School room. The WRVS started it and the Notts County Council employed a lady called Doreen Gee to run a keep fit class, accompanied by a Pianist.
- The Day Centre moved to the Youth Club before moving to its current location in the Centenary Lounge in 1993. Indeed the Day Centre use was part of the justification for the new extension that is now the Centenary Lounge.

SOUTH NOTTS RDA

At the end of a hard wet winter, all of us in South Notts RDA (volunteers, riders, carers and ponies) were looking forward to enjoying better weather and offering more Riding sessions at Lings Lane.

It was not to be! Covid-19 struck and our famous Easter Egg Hunt had to be cancelled. This fund raising event was sadly missed, particularly by our volunteers who enjoy the fun of the Hunt! Any eggs we received were donated on to other Charities, to distribute in time for Easter. A big thank you to all those who donated eggs. I am sure they were enjoyed by the recipients.

Covid-19 has meant that 500 RDA centres have closed in the UK, which means around 25,000 disabled adults and children who rely on their weekly RDA sessions for physical therapy, health and well being are unable to ride.

These closures have meant that over 4000 horses and ponies need to be continually looked after. The majority have been returned to their owners or placed with foster carers - those owned by Riding Schools remain on their Yards. Riding Schools are closed and receive no income as they cannot give any Riding Sessions.

The ponies and horses still require care and are being looked after by dedicated staff that continue to turn out in this period of Lock Down. Thank you to them, the ponies and horses are missing their 2-legged friends. In South Notts, it's not all about Riding, it's about fun, engaging with the community to offer the benefits of being around a horse or pony to all.

Our Riders young (and older) have been encouraged to take part in other activities like our RDA Creative Writing Competition, Arts and Crafts Competition and complete our Horse Care Worksheets to gain their Horse Care Proficiency Grades One, Two and Three Certificates and badges, some are so keen to do homework they are studying for Grade 4. Well done to them and their carers and to our local Riding School for looking after all the horses and ponies that are an integral part of our team to help our RDA adult and young to benefit from Riding and RDA.

Keep safe, Jackie, South Notts RDA.

KEYWORTH CHURCHES

Only our buildings are closed during the COVID 19 crisis.

*We are still Church,
still following Jesus day by day,
still worshipping, praying,
reading the Bible, sharing God's love and
serving the community where we can.*

However, to encourage you in faith through these difficult times, we are also making greater use of the internet.

We suggest you to take a look at our websites and social media links to find lots of things to read, listen to, watch and services to join in with.



**St Mary Magdalene Parish Church, Keyworth &
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*“What a friend we have in Jesus,
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What a privilege to carry
everything to God in prayer.”*

‘God is our refuge and strength, our help in times of trouble’ Psalm 46:1

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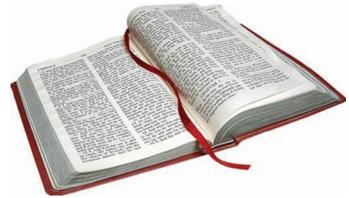
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Words of comfort and hope
Isaiah 41:13 Psalm 23

Psalm 121



Proverbs 3:5 1 Corinthians 13

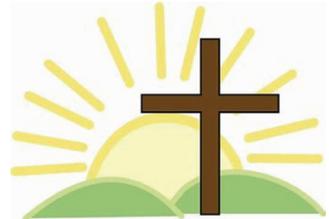


Children's and Young People's Activities
Lots of activities via church websites or
email keyworthcyp@gmail.com

Keyworth United Reformed Church
Church Sec: Benita Boulby Tel: 9148066
See noticeboard

St Margaret Clitherow Catholic Church, Willow Brook
www.eastleakeandkeyworthrcp.co.uk
Parish Priest: Fr Michael Williams Tel: 01509 852147
Deacon: Revd Peter Swarbrick Tel: 9143973

*'For God so loved the world,
that He gave his only Son,
so that everyone who
believes in him will not perish
but have eternal life.'* John 3:16



St Mary the Virgin, Plumtree

The Parish Church for North Keyworth, Plumtree, Normanton on the Wolds and Clipston on the Wolds.

Rector: Revd. Trevor Kirkman, Tel: 937 4116, e-mail trevorkirkman@btinternet.com

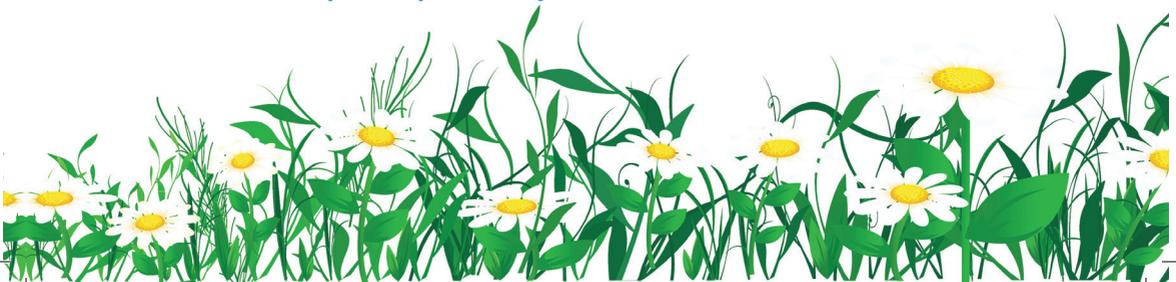
Church Communicator: Jackie Clark, Tel. 937 4915, Email: jackie@ag-chemdry.co.uk

Web site: www.plumtree.church

Churchwardens: Tony Darby (937 5476) and Pauline Voce (974 9701)

Details of all services are on the Church notice board and website.

**If you need someone to pray with you, or offer support, or just listen, then
please phone any of the church contacts**



CHURCHES TOGETHER IN KEYWORTH

I am writing this in the middle of the week before Easter, Holy Week as it is known. This is the most important (and busiest) week in the Christian calendar and usually involves well attended services on Holy Thursday, Good Friday and Holy Saturday culminating Easter Sunday on which we celebrate the Resurrection of The Lord, the cornerstone of our Christian faith.

How different this year!!!

As a result of the corona-virus all our Churches are closed, there are no live services or opportunities to meet as a community to celebrate Easter. BUT it is only our church buildings are closed; 'CHURCH', as in the people of God, is very much alive and open for business and we will still be celebrating Easter, albeit in a new and different way.

Technology has come to our rescue! The web, computers, mobile phones, tablets, Facebook, Facetime, Skype, Zoom, WhatsApp, Twitter and such like have made possible the streaming of live and recorded services, the holding of 'virtual meetings' and have given us the opportunity not only "attend" services but to keep in touch with people, to keep the church community feeling going, to an extent that wouldn't have been possible a few years ago. Hopefully, by the time you read this we will all have mastered how to be 'church' in a different way.

Each year at this time, for as long as I can remember, Churches Together has organised the annual Christian Aid house-to house collection in Keyworth that raises over £3000 every year. Sadly, although the need is as great as ever, we will not be able to do it this year because of the restrictions. However we can still show our support by making an on-line donation at <https://donate.christianaid.org.uk/Donate/Step/1?ApproachCode=A002958>

Please do so if you are able.

Rev. Peter Swarbrick St. Margaret Clitherow Catholic Church



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KEYWORTH PARISH COUNCIL



Councillors: Tamsin Armour (Chair), Tony Wells (vice-chair). Geoff Baker, Ian Bell, Mary Butler, Tom Caven-Atack, David Clarke, Kevin Fitzgerald, Tony Grice, Chris Kemp, Kev Lowe, Kath Oakley, Dick Self, Shelley Millband, Chris Takel, Matthew Tuttey, Brian Watts.

Clerk to the Council: Emma Tillyard; **Finance Officer:** Neil Grocock; **Facilities Manager:** Steve Mottishaw; **Office staff:** Helen Bradshaw. See below for contact details.

Website: Please keep an eye on the Council website for updates, agendas, minutes and other information: www.keyworthparishcouncil.org

Forthcoming Meetings: All council meetings are cancelled until further notice due to COVID-19 (Coronavirus).

Please keep an eye on the Council website for details of any changes in this respect: www.keyworthparishcouncil.org/council-calendar.

Agendas/minutes: Agendas for meetings normally appear on the Council website a week in advance; draft minutes during the week after the meeting: www.keyworthparishcouncil.org/minutes-archive

Village Hall complex: Village Hall, Centenary Lounge, Feignies Room. For hire charges, conditions of hire, etc., please contact the Council office (see below) or refer to the website: www.keyworthparishcouncil.org/village-hall

Other facilities: Wysall Lane Burial Ground, Rectory Field, Nottingham Road Play Area, Platt Lane Skatepark, Keyworth Meadow Nature Reserve, Activity Park.

CONTACT THE PARISH COUNCIL OFFICE:

Parish Council office - opening hours: normally 9.30am to 1.00pm on weekdays, except Tuesdays and bank holidays, although we are closed at the moment due to the Coronavirus but can be contacted via email or by leaving a message on the phone.

Address: Keyworth Parish Council, Village Hall, Elm Avenue, Keyworth, Nottingham, NG12 5AN.

email: Clerk to the Council: office@keyworthparishcouncil.org

Finance Officer: neil@keyworthparishcouncil.org

Bookings (Helen Bradshaw): bookings@keyworthparishcouncil.org

Facilities Manager (Steve Mottishaw): steve@keyworthparishcouncil.org

Keyworth Diary (Helen Bradshaw): bookings@keyworthparishcouncil.org

General Enquires: office@keyworthparishcouncil.org

Telephone: 0115 937 2185 (office hours only)

.....

Sorry there is no Keyworth Diary or weekly events section this month due to the majority of events and meetings being suspended until we are advised that the Coronavirus is under control and groups are able to meet up again.

.....

Please note that the Keyworth News is an independent publication, and only the Keyworth Diary and occasional news items are produced by the Parish Council. It follows that the Parish Council is not responsible for items appearing elsewhere in the Keyworth News.



KEYWORTH PARISH COUNCIL



Update on COVID-19 Volunteer Campaign “Your Village Needs You”

We want to thank all the volunteers who have come forward to help support those in need in our village during this unprecedented time. We have around 250 volunteers from across Keyworth and Stanton, who have been in touch either via the COVID-19 email address or our phone line, to offer their help. Many of these volunteers have already been involved in helping their neighbours and others in need and this speedy response is massively appreciated.

We are now starting to implement the most ambitious part of our plan. A plan to ensure that every person who needs help has the phone numbers of close neighbours to call on and that there are people in every street in Keyworth looking out for those most vulnerable among us. Some residents have already organised themselves to act as Street and Area Coordinators, looking out for everyone on their streets, offering contact details and time, helping all neighbours, not just those already known to them. Nothing that we do is designed to override the many things that the fantastic people of Keyworth have already set up themselves, nor to replace the help that so many people are already getting from their friends, families and the many organisations that operate in the village. However, we do want to build on this wonderful foundation, aiming to replicate this support right across the village.

We are working towards the Keyworth Parish Council’s aim that no household faces this alone.

Next Steps

Behind the scenes, a group of us have been working to subdivide the village into Areas, each of which contains one or more Streets. We have identified Area Coordinators, known to members of the Parish Council, who are working with volunteers in the Streets in their area, to ensure all the residents have someone to contact, should they need help. In many Streets volunteers have already put leaflets through letterboxes to provide contact details for anyone needing help. The Area Coordinators will be in regular contact with the Parish Council and will receive information and guidance from us.

Whilst the Parish Council has no wish or requirement to be involved in or notified about individual shopping arrangements, we are keen to help in reducing risk and safeguarding all participants. To this end we have provided some financial guidance for those who are shopping or need someone to shop for them (please see pages 26-28).

Please note the Parish Council COVID helpline contact details should you wish to report any concerns:

COVID-19@keyworthparishcouncil.org or 0115 937 2185, leaving your name and phone number. Please also check the Parish Council website for updates: www.keyworthparishcouncil.org/

*Stay safe,
Tamsin Armour and Emma Tillyard
Chair and Clerk
Keyworth Parish Council*



Keyworth Parish Council



YOUR VILLAGE NEEDS YOU! CORONAVIRUS (COVID-19) CRISIS

Can you give up some time to help out in this time of need?

Keyworth Parish Council is working to ensure no one faces this unprecedented time alone.

We are working to coordinate individuals and groups offering support, to ensure everyone in Keyworth has somewhere to turn to at this time.

If you can volunteer to collect shopping or medication, post mail, or check up on neighbours by phone, then please contact Keyworth Parish Council at:

**Email: COVID-19@keyworthparishcouncil.org
Phone: 0115 937 2185 to leave a voice message.**

For updates, check [www.https://www.keyworthparishcouncil.org](https://www.keyworthparishcouncil.org)

Please be mindful that we do have limited capacity. We will respond to your message as soon as we can, but expect to be very busy in the first few days.

Have you already made local arrangements? If so, please let us know, so we can record it to avoid duplication or missing areas of the village.

YOUR EFFORT IS CRUCIAL



Keyworth Parish Council

If you are self-isolating due to COVID-19 we can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call on **0115 937 2185** (leave a message) or email:

COVID-19@keyworthparishcouncil.org and we'll do our best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance).

Wash your hands regularly. Items should be left on your doorstep.

HOW TO SELF-ISOLATE



STAY AT HOME

(this means no work or quick trips to the shops and **no visitors**)

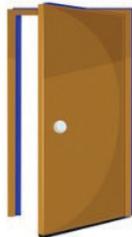
GET ESSENTIALS DELIVERED OR ENLIST HELP OF FRIENDS OR FAMILY

(supplies should be **left at the door** to avoid contact with others)



WEAR A MASK

(if you are in a shared space)



AVOID SHARING ROOMS

(where possible **stay in a well-ventilated room** away from housemates or family members)



DON'T SHARE HOUSEHOLD ITEMS

(This includes towels and toiletries. High-touch surfaces like doorknobs and remote controls should be **cleaned at least once a day**)



For updates check [www. https://www.keyworthparishcouncil.org/](https://www.keyworthparishcouncil.org/)



KEYWORTH PARISH COUNCIL



Keyworth Parish Council together with the rest of the country are eternally grateful to the Key workers who have stayed at their posts during these difficult times without thought for themselves, to assist in many ways the general public, no words can ever express the debt we owe to these exceptional people.

Please find below a list of people or shops that we know are still delivering to our village:

- Kerrys Fresh - Fruit and Veg..... Tel: 0115 986 0929***
- Finishing Touch - Dry Cleaners Tel: 0115 937 6599***
- PetsBits - Pets Supplies/compost Tel: 07583 202 299***
- Treat Boutique shop - Gifts Tel: 07909 447 875***
- R M & J Green - Butchers..... Tel: 0115 937 4744***
- Milk and More - Milk & food (No new customers) Tel: 0345 606 3606***
- One Stop - General Shopping Tel: 0115 846 0594***
- I've heard roast dinners - sunday meals to your door Tel: 07940 746 362***
- Madhouse Nutcentre - Nuts, Fruit , Herbs, spices Tel: 07957 246 840***
- Threads - Arts and Crafts Tel: 0115 937 6010***
- Alices Tea Shop - Afternoon tea Tel: 0115 937 5352***
- Internet-Ink - Printer Ink and paper Tel: 0115 937 1520***
- Larwood & Voce Pub and Kitchen - Freshly baked breads, milk, eggs and all your essentials, plus mixed veg boxes, ready meals & cakes Tel: 0115 981 9960***
- Paul Walker Butchers - meat (delivery Fridays) Tel: 0115 972 6304***
- Johnsons Butchers Keyworth - meat Tel: 07460 494 490***



Good Practice recommendations for Financial Arrangements for helpers shopping for vulnerable and self-isolating neighbours during the COVID 19 crisis.

Keyworth Parish Council (PC) views these as private arrangements between volunteers, neighbours and friends who live in the same location and are already known to each other, or are introduced to each other by a Keyworth PC “accredited” Street or Area coordinator.

The PC has no wish or requirement to be involved in or notified about individual arrangements of shopping. The PC’s role is in encouraging the formation of self-help arrangements between neighbours and ensuring that everyone in Keyworth knows someone they can turn to in times of need.

*As part of reducing risk and safeguarding all participants, please note the PC COVID-19 helpline contact details should you wish to report any concerns: **COVID-19@keyworthparishcouncil.org** or **0115 937 2185**, leaving your name and phone number.*

Principles - We suggest that the following options are considered in order:

1. HOME DELIVERY SERVICES

Supermarkets and local retailers can provide home delivery, with the resident paying them directly. If home delivery is not available, then click and collect might be, and the volunteer can collect and deliver this to the customer, with no payment needed between the resident and volunteer.

2. VOLUNTEER PURCHASES THE SHOPPING AND IS REIMBURSED BY THE RESIDENT

*Volunteers should be aware of the personal position of trust that they are placing themselves in and equally that they may be exposing themselves to incurring personal debts on behalf of others when purchasing their shopping. **When shopping for others, you should obtain and retain a duplicate receipt, providing the original to the resident.***

continued...



Reimbursement options:

Online banking This can be done after the shopping is received, and the exact amount paid directly to the volunteer's bank account, or as a float in advance to cover the shopping. When setting up a new online arrangement, individuals are strongly encouraged to prevent the money going to the wrong bank account, by making an initial payment of 1p only and seeking active confirmation of its arrival before reimbursing the volunteer for the full amount of the shopping. Online payments should preferably be done via credit card rather than debit card, as this offers greater fraud prevention and protection. A family member of the resident could assist them with setting up these payments.

Cheque payments Most current bank accounts held by people still include cheque books, particularly so with the older population. Replacement cheque books can be requested from their bank, and cheques received by volunteers can be paid into their accounts at a Post Office counter or using smart banking apps on their phone.

Contactless debit or credit card payment Cards remain at all times the legal responsibility of the named cardholder and should ideally not be entrusted to others. Card holders should not and must never be encouraged to disclose their PIN number to another person, as doing so may invalidate any claim for future fraudulent use.

The limit on contactless card use was raised to £45 with effect from the 1st of April. However people should be aware that there is a random requirement for PIN numbers to be entered when cards are used contactlessly. Hence, in order to avoid the situation where a card cannot be used and shopping would have to be left in the store, anyone shopping for others should ideally have a backup method of payment.

The Parish Council does not recommend that residents give their contactless card to someone unless they already have an established system in place with a trusted neighbour. Close interaction is also required when a volunteer uses a resident's contactless card on their behalf; hence this increases the risk of infection transmission.

continued...



KEYWORTH PARISH COUNCIL



Cash payments Please note retailers are discouraging the use of cash as it increases the close interaction between staff and customers and hence risk of infection transmission. Cash is also untraceable and this can lead to disputes. The Parish Council does not recommend the use of cash unless the resident already has an established system in place with a trusted neighbour.

If none of the above is possible, then in exceptional circumstances the parish council may be able to help out in the form of a loan to the resident. No one faces this alone. Please contact the parish council for assistance at:

CllrTamsinArmour@keyworthparishcouncil.org.

All other questions should use the COVID-19 address or phone number, as given above.

A more detailed version of this guidance is available on the parish council website: <https://www.keyworthparishcouncil.org/>

VE Day 75th Anniversary Celebrations

Stay at Home Street Party!



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75TH ANNIVERSARY
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with your family, friends & neighbours!*

End of the Keyworth Parish Council section





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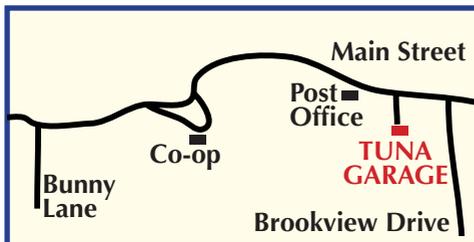
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Finance available

During these very trying times I feel we need to use more dishes that don't require too many ingredients and if possible those from our store cupboards. So, here is a recipe that fits that. All of you, please take care and stay safe.
Happy cooking - Barry



CHICKEN AND RICE TRAYBAKE

For the rice

Oil, for greasing
1 large onion, finely chopped
3 garlic cloves, finely chopped
50g butter, melted
270g basmati rice
2 cardamom pods, seeds only*
650ml hot chicken stock
200g frozen peas
Large handful fresh coriander (optional)

For the chicken

8 chicken thighs, with or without bones
1 teaspoon salt
2 teaspoons ground allspice*
1 teaspoon cayenne pepper*
2 tablespoons olive oil



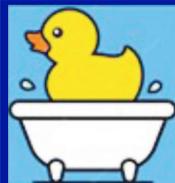
* These can be either omitted or replaced with your own choice of spices

Preheat oven to 200C/Gas 6. Lightly grease a large roasting tray and put in the onion and garlic. Drizzle over the melted butter and give the onions a stir. Bake for 10-15 minutes, making sure they don't begin to burn.

Meanwhile, for the chicken, mix the salt, allspice and cayenne in a bowl. Rub the chicken with the oil and cover with the spicy rub. Take the onions out of the oven and add the rice and cardamom seeds. Stir well, then put the thighs on the top. Pour in the stock. Cover with foil and bake for 30 minutes.

Remove from the oven, lift the thighs on to a plate, then add the peas to the rice and lightly stir them through. Replace the chicken and bake without the foil for another 15 minutes. If using, roughly chop the coriander, stir in and serve. Serves 4. Can easily be halved or doubled!

A suitable wine to go with this dish is a Chardonnay.



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We all need nourishing ideas of food to eat and ingredients we can obtain easily and not too difficult - enjoy, keep safe, keep well - *Kath Oakley*



CHOCOLATE BISCUIT CAKE - One for the kids to make (with help)

300g Plain or Milk Chocolate broken into pieces
2 tbsp Milk
125g Digestive Biscuits, broken into pieces
125g Butter
2-4 packs of Chocolate Buttons (depends how many get eaten)

Simply Grease & Line an 18cm cake tin. Gently melt the chocolate and milk and stir in the butter. Then add the broken biscuits, buttons and then turn the whole lot into the tin and chill and then enjoy!



FRENCH ONION SOUP - for Mums & Dads

450g Onions, peeled & sliced
25g Butter
1 Tabs Olive Oil
1.4litres stock (stock cubes are easy)
French Bread, grated Cheese

Simply gently cook the onions and butter over a low heat in a large pan 15 mins, stir occasionally until onions are soft, add the stock and simmer 30 mins. Toast slices of

French Bread topped with cheese and float on top of the soup and enjoy with a large glass of Red Wine - YES!!!



CARAMALISED ORANGES - for everybody (Vit C !!)

Peel & Slice thinly 6 large oranges into a bowl and sprinkle with granulated sugar. Leave 1-2 hours for the sugar to melt and serve, but adults might like to dribble some alcohol on top and enjoy.

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RESOURCEFUL LIVING FROM KEYVOLUTION & KEYWORTH ABUNDANCE

Just a month ago we were wondering about what kind of Spring we would have & how best to advertise the Garage Sale Safari. Those concerns all seem rather insignificant at the moment now such things have had to be cancelled, with us all aiming to be safe at home to stop the spread of Covid 19.

We're sure you need no reminding of the problems & personal tragedies that have come with the pandemic. But at such a difficult time for the world, good things have happened too, some quite unexpected. We've been buoyed up by the way the community in Keyworth has leapt into action. Under the able leadership of the Parish Council it was impressive how the village arranged its own safety net for those in social isolation or other need, well before the national system.

Something else is happening too. Everywhere, we're hearing stories of neighbours who never really spoke to each other before, but are now chatting over the garden fence. People who were already socially isolated by age or infirmity are now in chat groups on line or by phone. So many homes have rainbows in the windows & messages of hope & encouragement that going out for shopping or daily exercise can leave you feeling quite uplifted. And, as the lockdown continues, people are getting more imaginative - teddies in windows are now getting fancy-dress make-overs. Funny scarecrows & jokes are appearing, along with many messages thanking the NHS in addition to the Thursday 8pm applause. On-line message boards are helping people solve problems & get resources they need despite the current difficulties. They're even organising mass dancing in doorways! For us at Keyvolution, where we're all about community cohesion & helping people help themselves, it's a joy to see, even if what motivated it isn't a joy.

It's also been fascinating to see how pollution has reduced, something that is definitely on Keyvolution's "to do" list. Even in our settlement in the middle of a rural area, the air is noticeably cleaner & it's so much easier to hear the birds singing. People who live in town have told me that, ironically, they are actually feeling healthier because they're not breathing in so much car exhaust. As a cyclist, it's been a pleasure to take a ride, free of the whiff of fumes (& the normally ever-present worry that a driver will knock you off your bike). World-wide benefits might well emerge, & we hope that once people realise what it's like to live without pollution, they will be willing to do far more to keep it that way after this is all over.

We hope some of you are also managing to find positives amongst the negatives. We hope you stay safe & well, & that this wonderful community energy keeps going long after lockdown ends.



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KEYWORTH CRICKET CLUB (1815-2020)

We are facing the first interruption in Keyworth Cricket Club's 205 year history since the two breaks for 'War' back in the 20th century so with no live action to report we reflect on what our forebears endured with a trip down memory lane.

The last match played before the Great War was on 11 July 1914 for the 1st XI and earlier, on 20 June 1914 for the 2nd XI. They didn't re-start until 17 May 1919 (2nd XI) and a week later, 24 May 1919 for the 1st XI.

The last match during the 2nd World War was played on 20 July 1940 (1st XI) and 19 August 1940 for the 2nd XI. The club only fielded one eleven in the 1946 season and they re-started on 20 June 1946.

A Special General Meeting had been convened on 2 July 1945 and it was decided to make efforts to restore the cricket square including repairing the roller and those KCC players and committee members that were not away from the village serving in the war would use the Rectory Field wicket to coach aspiring young players in the Youth Fellowship group and everyone would pay 5 shillings subscription. A further Special General Meeting on 20 September 1945 agreed that the club should re-start paying the Annual Subscription to the Notts Cricket Association

A very well attended Special General Meeting on 12 June 1946 at the National School on Selby Lane sanctioned the formal re-start of cricket and agreed a rental of £24 for the Rectory Field ground which included sub-letting the field for grazing rights to Tommy Hebb who would pay £12 per annum. Member Subscriptions were fixed at 7/6d for Seniors and 2/6d for under 17 year olds. The meeting further agreed for Mr W Brumby to be contracted to lay-out a new square to be ready for the 1947 season for the tendered sum of £75-10s-0d.

Eight days after the meeting the 1946 season got underway and by the third match on 3 August, Jack Armstrong Junior, son of Keyworth's own former Nottingham Forest captain Jack Armstrong was quickly into his stride hitting 125 not out versus Nether Broughton CC accompanied by Charlie Underwood with a typically accomplished 47 as Keyworth ran up 197 runs for 2 wickets declared then bowled out the opposition for 38 with Les Bloore taking 5 wickets for 11 runs.

We are maintaining regular and interactive contact with our membership through the 'lay off' via our Facebook with quizzes, memorabilia, information updates and social chat. Why not join our 300 plus followers.

For more news or information please follow Keyworth Cricket Club across social media platforms or contact Barry Baker (President) bgbaker@btopenworld.com www.keyworthcc.net www.keyworthcrickethistory.co.uk



SUTTON-ON-SEA HOLIDAY LET



**Semi detached centrally heated
bungalow; sleeps 6;
enclosed gardens; adjacent to sea;
dog friendly; dates available.**

Contact: 0115 937 3860

Keyworth news recommended 20 minute yoga practice.

It's not about working hard, and trying to stretch, but feeling easier in your body.

Posture 1 (Shavasana).

Lying on your back, knees flexed. Gradually allowing your arms and legs to raise towards the ceiling. The straightening of the legs isn't important.

Intention: To be able to notice tension, ease and balance.



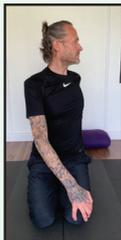
Posture 2 (Supta baddha konasana).

Allow the knees to rest out to the sides of the mat, soles of feet together. Gradually bring knees together and towards chest, whilst resting hands to knees. Intention: To help the hips externally rotate passively.



Posture 3 (Virasana).

Sitting in a comfortable position, with a relaxed and balanced spine. Allow the hands to settle, one in front and one behind you. Encourage the spine to slowly rotate towards the back hand, then repeating on the opposite side. Intention: To map the movement of the shoulders, rib cage and spine.



Posture 4 (Balasana).

Whilst sitting on your feet, or support, allow the spine to flex forward, and let the torso rest towards the legs, encouraging the head and shoulders to relax too. Intention: Putting the knees ankles and hips through their normal range of movement.



Posture 5 (Bidasana).

Find a relaxed all fours position. Allow the centre of your back to arch towards the ceiling (flexion). Then allow the spine to move in the opposite direction (extension). Intention: finding support and relaxation through the arms and legs, giving a sense of easeful movement through the spine, shoulders and hips.



Posture 6 (Virasana).

As with posture 3, finding a comfortable seated position, with a balanced and relaxed spine. Allow the arms to effortlessly raise up towards the ceiling. Lowering one arm sideways to the floor, encourage the spine to side bend in that direction, with support through the lowered arm. Intention: Mobilising and mapping spine through lateral flexion.



Posture 7 (Ardho mukha shavasana).

Find a relaxed and well supported all fours position, turning the toes under, and settling the pelvis to the heels of feet. Encourage the head to hang, with arms extended out in front of you. Lean in to the arms, without pushing. Use the legs, to gradually lift the hips, whilst keeping the shoulders and arms quiet as possible. Intention: To develop strength in the legs, and learn to use the legs, and not the arms to lift the pelvis.



Posture 8 (Shavasana).

As with posture 1, find a comfortable, quiet, and well supported supine position. Encourage the body to fall back, and spread out to the floor beneath. Use cushions to support the head and backs of knees if necessary. Let your attention settle to the breath, and rest. Intention: The ability to lose muscular tension throughout body.



To see a video of the full sequence, please visit christaylor yoga.com

Before you participate in this, please take the time to ensure you are practising in a safe environment, with sufficient clear space around you. You know your body best, and are therefore responsible for ensuring that you look after yourself by adapting and modifying these postures according to your range of movement, and to stop any practices that make you feel unwell. Please stay as present as possible and be led by your own experience. If you have any concerns during practice, please stop immediately. Many thanks, Chris

KEYWORTH TENNIS CLUB

A few weeks of changing Covid -19 guidelines in March meant that tennis was one of the last approved sports to be played, providing players followed very strict guidelines. However, the tennis courts were officially closed from the end of day 24th March.

That has allowed us to have the courts pressure-washed to remove dirt and algae so that they are ready for when we can play again.

We are encouraging our members to try and keep up their tennis skills at home if they are able to and are posting lots of ideas on our Facebook page including the #100VolleyChallenge set by Andy Murray. Take a look here:

<https://www.facebook.com/KTCTennis/>



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Classes are at Platt Lane recreational ground, Keyworth. Monday 11am-12.30pm, Friday 10.30am-12noon. These are drop in classes, suitable for all abilities. £8 per session.

The advertisement features a green silhouette of a person in a yoga pose with arms raised, holding a large green leafy plant. Below the person are several small logos, including the NHS and a local council logo.

Rotary



Suspension of Monthly Village Litter Picking

Following instructions from the Government on maintaining social distancing the organised monthly litter picks around the village are suspended.

Kip Herrington 0115 937 5397



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ROYAL AIR FORCES ASSOCIATION

It goes without saying that all future meetings and outings are postponed until the Coronavirus crisis is over. The only cancellations so far have been the Trent Cruise and the April Meeting. When life gets back to normal our meetings will once again take place on the second Thursday of the month at the Stanton-on-the-Wolds Golf Club starting at 7:15pm.



The charity that supports the RAF family

For the period of the pandemic restrictions the RAFA has initiated four emergency projects, particularly for the members who are over 70.

1. **Telephone befriending** - a telephone or online service that will check on the welfare and be in regular contact.
2. **Friendship Line** - a helpline for anyone who feels isolated and would like to chat with a fellow RAF member.
3. **Bag Drop** - a system to deliver vital provisions to our most vulnerable member's doorstep.
4. **Entertainment** - An RAF themed on-line entertainment site that will include quizzes, live-streamed guest speakers, sing alongs and armchair fitness sessions

The contact details for these services are - opconnect@rafa.org.uk or 08000182361.

Four committee members volunteered to contact all the Keyworth branch members over 70 and inform them directly of the four services. The response from the members was one of delight and gratitude.

One of the April speakers will be Megan Kelleher: She is one of our branch members and gave a very interesting talk to the branch some months ago on the Commonwealth War Graves Commission. We are all looking forward to seeing her efforts on line.

If you have a connection with the RAF or the other services and wish to join our group then go on line and seek out Royal Air Forces Association/Keyworth.

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Can you see the problem?



The problem of pavement parking - Please Think Before You Park!

The demand for parking in Keyworth has begun to create problems on streets in some areas. It is not unusual to see vehicles parked partly, or even mostly, on the pavement.

DON'T ENDANGER A LIFE - PLEASE THINK BEFORE YOU PARK!

KEYWORTH CAMERA CLUB

In common with virtually all social organisations the Club has been obliged to curtail the current season of evening talks which were due to run until the end of May. We hope that we will be able to reschedule the speakers we have missed to the autumn when, if things go well, there will be an easing of restrictions on social gatherings.

The Committee have been working hard to try and keep some aspects of the Camera Club up and running during this lockdown period. The Chairman has updated the website with a Members' Area where there are weekly competitions (some very high quality images entered for the two competitions so far), with opportunities to receive constructive feedback.

We are now ready to take the next step into the online world by hosting meetings for all who want to join via some software called "Zoom".

We have been working on getting this set up, and testing the format over the last few days. The next step will be to invite all members that want to participate, to an online critique evening on Thursday 9th April from 8pm-10pm. Please enter up to three images with no restrictions on category.

With opportunities for picture-taking severely restricted there's never been a better time to revisit your archives and pick out images that have been overlooked or forgotten. Reviewing them with fresh eyes can yield satisfying results and provide material on which to brush up Lightroom and Photoshop skills.

Details of all the Club's activities can be found by visiting our website at www.keyworthcameraclub.org.uk



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HOME VISITS CAN BE ARRANGED

SOUTH NOTTS SHOTOKAN KARATE CLUB

Keeping Connected with Karate!

The club's last physical training session took place on Sunday March 15th the day before the Prime Minister urged against non-essential travel and contact with others to help tackle the spread of the Coronavirus. The session was attended by two very welcome guests and erstwhile senior club members, Sensei Stefan Pacel and Sensei Kerry Lee (pictured centre)



Obviously since this smiling group shot was taken in mid-March a lot has happened and a lot has changed. The following day physical classes were cancelled and since then the club has made a contribution to the national effort in the only way it is able: by providing the opportunity for everyone to stay at home and to stay engaged in the practice of karate. To this end a series of video training resources accessible on demand have been created and Karate LIVE interactive sessions are being delivered throughout the week online. Both initiatives have proved very popular and guests have tuned in from as far afield as Mauritius in the Indian Ocean which is about 6000 miles away from Keyworth as the crow flies!

In these most difficult of circumstances club members and guests have the opportunity to continue to protect their well-being through the practice of the art they love. The psychological benefits of maintaining a disciplined routine in the fellowship of others should never be underestimated or taken for granted; but especially not in this time of supreme challenge for us all. Karate's real power is its potential to develop people and enhance their lives. This



is an enduring truth irrespective of the circumstances. The use of modern technology is facilitating continued training and further building a wonderful esprit de corps within the club and beyond. A young enthusiast summed things up rather nicely in a comment after a recent Karate LIVE class, "When I heard the news about karate not being on I was so mad. All this online training is really good and makes me really happy!"

Free 45 minute classes for absolute beginners are being delivered every Monday at 5pm. Ideal for adults of any age, young people and accompanied children (from 6 yrs) they are available at snskc.clubz.co.uk. Simply log on, register free as a new user and join the class of your choice. For more information contact the club secretary on 07811 819221.



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MARCH 2020 CRIME FIGURES

Please be aware that the dates refer to the date it was reported to the police, not always the day of the incident.

KEYWORDH

2nd Criminal damage, Laurel Avenue. Double glazed outer window glass smashed
7-8th Auto crime, Rose Hill. Damage to vehicle door mirror

Tollerton

6-7th Vehicle crime, Priory Avenue. Theft of money and other goods from car

Nevile Ward Covering Hickling, Kinoulton, Owthorpe, Upper Broughton

19th Burglary - residential, Pinfold Lane, Kinoulton. Forced entry to house, 2 x cars stolen using keys stolen from the house

Best regards, PC 1603 Howard SHINN

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East Leake - Tel: 101, ext. 800 6572 or 800 6570	 CRIMESTOPPERS 0800 555 111 <small>Call anonymously with information about crime</small>
Cotgrave - Tel: 101, ext. 811 6711 or 811 6712	
Report crimes on 101 and ask to report an incident	
For emergencies dial 999Police Control Room 101	
PCSO 8917 John Heaps 07525 226 466	PCSO 6258 Phil Evans 07525 226 398

KEYWORDH and DISTRICT U3A UPDATE:

We had been so looking forward to continuing another year's activities, and then, along with all other local organisations, coronavirus means that everything had to change! All our forward Monthly Meetings and Interest Group Meetings have had to be cancelled until further notice.

Our AGM has had to be postponed from April to a new date, yet to be determined, some time in the uncertain future. The present committee will continue in office until then, and has been communicating by email to deal with current matters needing attention. Our involvement in a national U3A Day in June along with some 1000 or so other local U3As has been postponed until October.

We are endeavouring to maintain contact with our membership as best we can via our 'beacon' email system, including with our monthly eNews, and a Facebook site has been set up. Many of our groups are keeping in contact, some with 'virtual' activities. We all share the deep disappointment in having to miss out on all our highly valued U3A activities until who knows when!

We hope to be able to give better news of our way forward once things become back to 'normal'.

Robin Wilcockson, Chairman, Keyworth and District U3A

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2) Bend & tape the toilet paper roll to make a heart stamp.



3) Stick NHS letters onto the cardboard.



4) Get paints & brushes ready.



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Here's the one we made earlier!

Letter to the Editor.....

SOAP AND SEVERN TRENT

During the current unprecedented lockdown situation we have all had to make adjustments to our usual life style arrangements, some bad, some not so bad and some perhaps even quite good!

The environment too is adjusting. Air pollution from car exhausts is much lower than usual as we try to stay at home a lot more, and some wildlife is starting to flourish in areas where human footfall has been much reduced.

But there are also some very large problems looming in the pipeline for Planet Earth, a huge one of which is plastic overload.

Plastic is an amazing product which it is now hard to imagine life without, it has so many different uses. The really important one at the moment is its ability to form a versatile protective barrier between humans and the coronavirus, and undoubtedly its use in PPE has saved many lives and helped health professionals to reduce at least some of the dire effects of this rampant pandemic.

So the problem is that there has recently been a huge, worldwide, but entirely necessary, increase in single use plastic items, all of which are, of course, completely non-biodegradable. There is no way around this at the moment, but there are one or two things we can do at home to help to mitigate this problem a little.

The first thing is to follow the main piece of advice which we have been given by the people who know about these things, and that is to frequently wash our hands with SOAP and hot water. Soap is absolutely the best cleaning medium to use in this situation. The virus has a fatty coating which is destroyed and dispersed by vigorous washing with hot soapy water (think of cleaning greasy dishes) and its remains are flushed away down the sink - gone! But the beauty of a BAR of soap is that it does NOT come in a fancy, non-biodegradable PLASTIC bottle, and because it is a natural product it does NOT cause environmental problems when it ends up in our drainage systems, unlike many of the synthetic, chemical rich cleaning products which are so attractively advertised on the television or displayed on supermarket shelves. (And if you use a glycerine based soap you won't need to soften your hands afterwards with extra moisturiser - in another plastic bottle!) It's also a good idea to keep the soap on your sink in a soap dish with a trivet, to stop it sitting in a slimy puddle, as you'll be using it so often and want it to last as long as possible.



continued on page 46...

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... continued from page 45

The other thing we can do (now and always) to reduce single use plastic items is to drink the water from the kitchen tap at home, not from a plastic bottle - the surface of which may also be contaminated. In fact some supermarket chains are refusing to deliver bottled water as it does not qualify as an essential item when we have mains water already in our homes - it's such an unnecessary, bulky, heavy item to cart around when they are so busy. I personally feel that drinking water from plastic bottles is verging on being immoral in a place like Keyworth where we are privileged to have an unlimited supply of cool, fresh, crystal clear high quality water whenever we want it, straight from our own kitchen taps, unlike so many other places in the world. Yet many people still choose to drink from a plastic bottle which has damaged the earth to produce and then damages the earth to dispose of. It makes no sense at all, and this water apparently costs roughly 3000 percent more per litre than good old fashioned tap water, as well. I just don't understand it!



So, please, while we realise that plastics can be used for forces good and bad, let's all try to make choices to keep us all safe in these difficult times, but not to forget that the environment needs some TLC too! Up with good old fashioned soap bars and tap water!

Stay well! Diane Wright



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KEYWORTH LIVES - ANGELA JOHNSON

Angela, a mother of two grown up sons, is a Sterile Services Technician at QMC hospital. She is originally from Sunderland and has recently moved to Keyworth, which she describes as a warm, friendly community and a peaceful area with picturesque countryside.

You work as a technician at the QMC – can you explain what they do and why they're vital for delivery of healthcare?

I am a Sterile Services Technician we wash, clean and sterilise medical instruments and equipment for theatres at QMC and The City Hospital.

These are used for the care of patients attending outpatient clinics and operations.

What do you enjoy most about your job?

I enjoy being part of the NHS and serving the community. Being part of the Sterile Services Team gives an opportunity to “do my bit” for every patient that comes to the hospital in need of care and treatment.

What is the most challenging thing about your role during this pandemic?

The biggest challenge is getting to and from work due to the bus companies revising their timetables so there are less buses. Normally this would take around an hour but with the changes this can mean waiting for a bus for approximately an hour in town, then the half an hour journey back to Keyworth. By car this journey would take 15 minutes.



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