

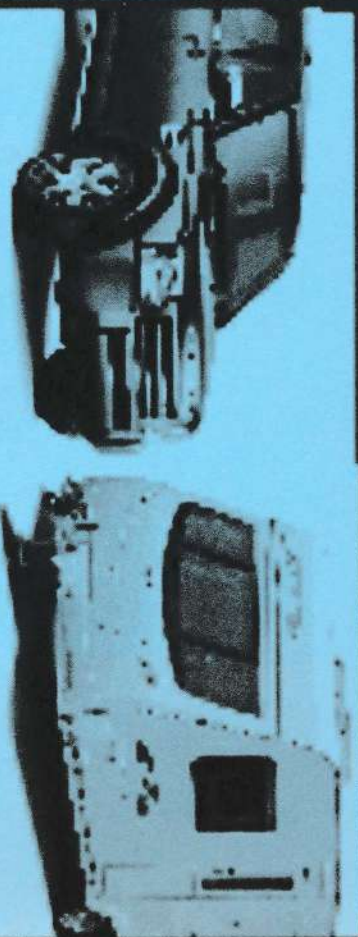


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The

# Hickling Standard

Village Newsletter for  
Hickling and  
Hickling Pastures

Vol. 124 June - July 2019





Pea Pod Day Nursery is a small, family run 29 place day nursery at Hickling Pastures, on the A606 between Melton and Nottingham, only a few yards from the A46 roundabout.



The nursery is split into 3 separate rooms which enables us to promote a home from home experience with a very friendly, warm environment and in our rural setting the children have the opportunity to explore open fields and have access to a number of different animals.

**Our 11 place pre-school room is led by Amy who is a qualified Early Years Teacher.**

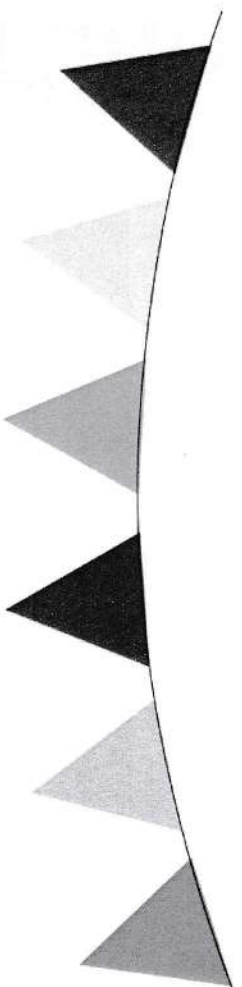
We plan our daily activities around the EYFS and foster children's interests. Amy builds and challenges children's learning to ensure all children have the qualities to become good listeners, are friendly, happy, independent learners who have the confidence to have a try at everything! We ensure all children have the foundations in place for them to have the qualities to succeed with love for learning, ensuring the children have a smooth transition when starting school.

**Call in to have a look around for more information, or ring Louise on 01949 81522**

[www.peapod-daynursery.co.uk](http://www.peapod-daynursery.co.uk)

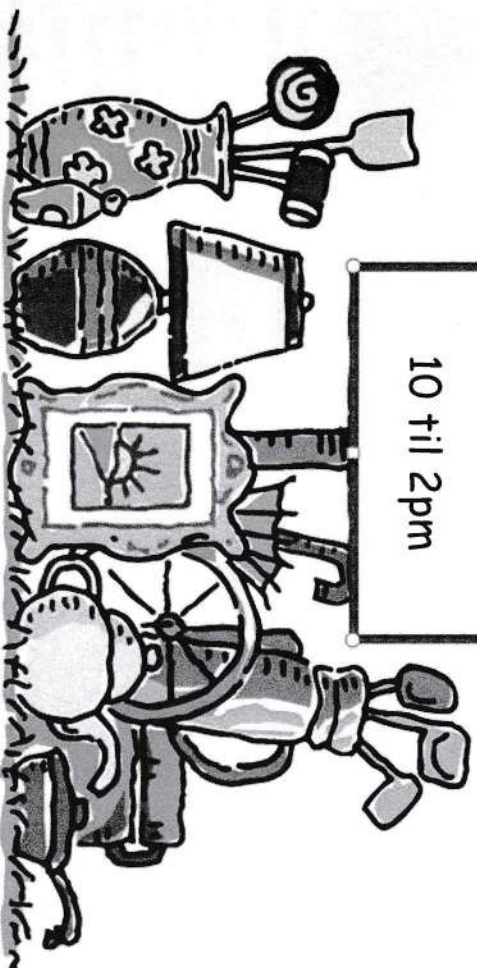


Pea Pod Day Nursery, Melton Road, Hickling Pastures, LE14 3QG



## Driveway Sale Hickling Village, LE14 3AQ

**£1**  
Sunday June  
9th  
10 til 2pm



Great bargains!

Refreshments in the Village Hall

In aid of Village Hall funds

# Hickling Film Society

Film	Date
Colette	June 18th
Mary Queen of Scots	July 9th
Stan and Ollie	July 23rd



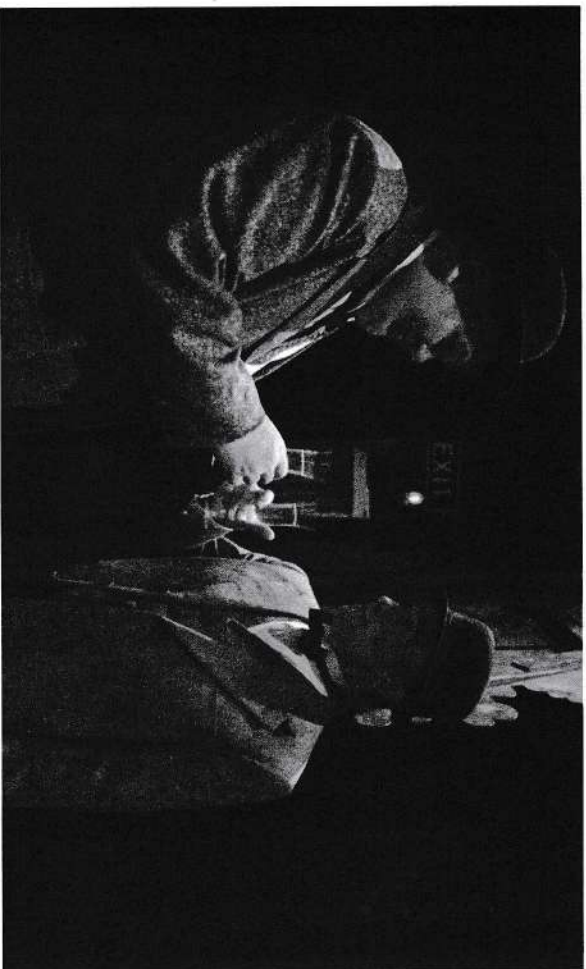
'Life as performance': Keira Knightley as Colette.

**Colette:** Keira Knightley delivers a playfully sly, subtly nuanced performance in this biographical drama about the titular French writer and performer. Focusing on Colette's early power struggles with her egotistical husband and her challenging of traditional gender boundaries, it's an empowering and entertaining tale of a woman finding her own voice in a society in flux. Excellent reviews.



Saoirse Ronan in *Mary Queen of Scots*.

**Mary Queen of Scots:** Queen of France at 16 and widowed at 18, Mary Stuart defies pressure to remarry. Instead, she returns to her native Scotland to reclaim her rightful throne. However, Scotland and England fall under the rule of the compelling Elizabeth I. Each young Queen beholds her sister in fear and fascination. Rivals in power and in love, and female regents in a masculine world, the two must decide how to play the game of marriage versus independence. Excellent reviews.



'Perfectly embodied': John C Reilly as Oliver Hardy and Steve Coogan as Stan Laurel.

**Stan and Ollie:** The actors playing Laurel and Hardy excel in this bittersweet film about the twilight years of the great double act. The film is more melancholy love story than slapstick showbiz reminiscence. Superb headline performances from Steve Coogan (Laurel) and John C Reilly (Hardy) are matched by equally sparkling supporting turns from Nina Arianda and Shirley Henderson as Stan and Ollie's combative wives, providing what an astute promoter dubs "two double acts for the price of one!" Excellent reviews.

The usual fine wine and posh nibbles and quite comfy seats.

**Tuesdays at 7.30 in Hickling Village Hall**

If you wish to be included on the Film Society email list, please email Tim on [tmcewen@globalnet.co.uk](mailto:tmcewen@globalnet.co.uk).

## Sarah Woodhouse Fitness in the Vale

**KETTLECRUISE** - one piece of equipment, one goal, fat loss just got simple! A fun and effective way to challenge your body, change your shape and improve your fitness - come and try it out! Open to all aged 16 and over

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[www.sw-personaltrainer.co.uk](http://www.sw-personaltrainer.co.uk)

## Village Hall

### 150 Club Draw

(Final Draw 2018/9)

£80	34	Claire Spruce Hickling
£60	44	Caroline Samworth Hickling
£40	90	J Watson Hickling
£20	115	C Whitmore Hickling

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A parcel has been sent from the Hickling History Group to the Warner Mansion in Farmington with material to put in their Hickling Village Room in the Warner Mansion Museum [Governor Fred Maltby Warner was born in Hickling, ed].

This parcel was sent to arrive by 21 July when Fred Maltby Warner's birthday celebrations take place in the Mansion. In the parcel were several copies of the Hickling Standard plus a copy of the book "The Secret Rooms". The volunteers at the museum enjoy learning about the surrounding areas of Hickling, especially the Vale of Belvoir and Melton Mowbray. If anyone has something they think would be of interest to the volunteers at the museum and which can be put in the Hickling Room at the Mansion, please let Carol Beadle or any member of the Hickling History Group have it.



### WI (Inspiring Women)

On 16 May Veronica Skuriat gave us a talk on wine tasting. The nose is critical so if you happened to be passing the village hall on that evening and we were swirling wine around in a glass and then putting our nose into the aroma, and you wondered what the ladies were doing, you now know! I was drinking my wine!!

In June on the 20th we are having a talk on the funny side of the funeral business. I am told it will be hilarious so I will save my one funeral joke for then. Do come and join us and I may be brave enough to say it!

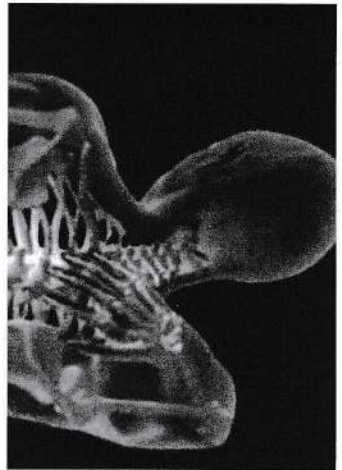
Jason King, well-known local expert on the 2 world wars, last month brought his collection of general memorabilia and we had to guess what the items were. For once, old age was an advantage.

Please read the adverts in this magazine for our coach trips, and as always we would love to see you at our meeting, men as well as women. As with the wine tasting many of our topics are of interest to all.

## Massage Therapy and Sports Massage

Heidi Unwin

Did you know muscle imbalances cause pain in your body, because one group of muscles has overpowered another group of muscles and given you say pain in your back. What's even more interesting is the muscles affecting your back might not be in your back.



If for example you sit all day for your job it will over time lead to weak stomach muscles, weak bottom muscles and the muscles in the back of your legs because they are not doing anything. Then the muscles in the front of your hips, your thigh muscles and your lower back muscles get tight trying to keep you upright. Overtime the imbalance between the muscles of your lower back, legs and stomach can cause you back pain. This will affect other things you like to do when not at work, you may like to cycle, go running, walking your dog and you always get the same pain and discomfort during or by the end of the activity, because your muscle imbalances are still the same.

Another common example of imbalance is your shoulders, they might be rounded forward and so your head is also pulled forward, over time this will give you neck pain. Did you know that for every inch your head moves forward of your spine you add an extra 10 pounds of weight. The neck pain will eventually turn into shoulder pain and then back pain and likely headaches. What will happen is the muscles in the front of your neck and chest will become short and tight and the muscles at the back will be long and weak.

Having an assessment to identify muscle imbalances is a wonderful start to relieving you of any pain you might have, or restriction of movement that stops you from doing the things you enjoy, along side a prescriptive massage therapy program to help you learn about your imbalances and how together we can get you moving more freely and keep the imbalances from coming back.

Here's to a happier, healthier you.

If you are interested in treatment please call me on

07757 707725 or [hello@heidunwin.com](mailto:hello@heidunwin.com)

Free assessment if you bring this advert with you.

## The Royal British Legion Vale of Belvoir Branch

### 75<sup>th</sup> Anniversary of the D-Day Landings

Operation Overlord started on 6<sup>th</sup> June 1944 after 2 years in planning. 156,000 men, 11,000 aircraft and 6,000 ships moved into action in the greatest military assault the world has ever seen. Central to the plan was an amphibious assault on a 60 mile stretch of the Normandy beaches, divided into sectors codenamed Sword, Juno, Gold, Utah and Omaha, supported by airborne landings and bombing of German strongholds. Diversionary tactics to distract German units included dropping hundreds of dummy paratroopers at Pas-de Calais.

In the 2 years before, the War Office had requisitioned huge areas of land and properties along the South Coast spreading from Devonshire to Kent. Villages, farms and stately homes were compulsorily evacuated to make way for the military build-up.

Allied forces performed large-scale rehearsals for their D-Day roles months before the invasion. On 28<sup>th</sup> April at Slapton Sands in Devon, selected for its similarity to Utah beach, US forces were engaged in a live firing exercise. Two German E-boats in the vicinity discovered and attacked the convoy positioning itself for the landing exercise. Two of the fully laden landing craft were torpedoed and sank with loss of life. By the end of the day, 749 US soldiers had lost their lives. The site is now an International War Memorial.

By early morning on 6<sup>th</sup> June 1944, the huge armada of Allied troops, British, American, Canadian and more, landed on the 5 targeted beaches to begin the liberation of Europe from years of Nazi occupation.

Residents who lived in our village in the 80's and 90's will remember Peter James at the Post Office in Kinoulton. His father "Jimmy James" also lived there. When Jimmy jumped out of the landing craft on D-Day he found himself out of his depth and the weight of his equipment pulled him under. He was in danger of drowning, or even worse, being crushed under the vessel. His friend alongside managed to pull him up by his webbing and together they safely reached the beach. They became close friends and after the war they met up each year on anniversary for the remainder of their lives.

*Michael Chapman*



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*Opening hours:*

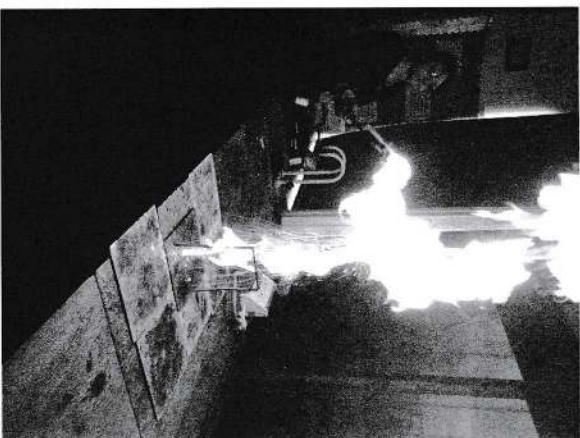
*Monday to Friday 7am to 7pm*

*Saturday 7am to 5pm*

*Sunday and Bank Holiday 8am to 1pm*

*01664 822315*

*The Sands, Long Clawson*



## Science Week at The South Wolds Academy and Sixth Form

British Science Week at South Wolds went off with a bang! The start of our science week included a visit from our local primary school. Students took a journey into space exploring the technology they use and linking this to the tech we use in everyday life. Students watched as rockets were set off and our desks were set on fire. They investigated superabsorbent materials and performed an experiment to find the energy content of different foods and tested different gases.

Throughout the week, students at South Wolds have competed in science themed challenges each morning and have taken part in lessons including making slime, bouncing custard balls and rainbow tubes. As you can imagine our labs have been very messy!

For Demo Day on Wednesday our science staff began every lesson with an exciting demonstration. These including cannon fire, rockets, thermite, whoosh bottles and why you shouldn't put water on a chip pan fire! In addition staff dressed up, the theme being 'Historical Scientists'. The department really pulled out all the stops. There was Ernest Rutherford, Schrodinger and his cat, Marie Curie, Rosalind Franklin and a plague doctor all making an appearance.

We cannot wait for the science week next year which we hope to make even bigger and better!

Miss Walters, Head of KS3 Science



# LADY FRIDAY Are you short of TIME?

I could support you when you're working or on holiday

## PETS

Regular or occasional dog walking & pet care at your home

## CHILDREN & ELDERLY RELATIVES

Meet children from school or take them to their recreational activities\*  
Accompany elderly relatives to appointments or shopping, or whatever

## HOME

Water plants, take mail in & generally check off is well!

Do not hesitate to ask - I am mature and versatile!  
References available on request, Inc DBS\*

Angela Sallis, 6 Melton Road, Long Dawson, LE14 4NR  
01664 822597 [angela\\_sallis@btinternet.com](mailto:angela_sallis@btinternet.com)

## HICKLING VILLAGE HALL PRESENTS

### TRIP TO APETHORPE PALACE, FOTHERINGHAY CASTLE SITE & OUNDLE

**ON THURSDAY 8TH AUGUST 2019**

Please book early for this trip as there are only 25 places available, which is the maximum number which Apethorpe Palace will allow.

Apethorpe Palace is one of England's greatest Country Houses. Elizabeth1 inherited the building from her father and it was regularly lived in by James 1 and Charles 1.

It is now owned by Baron Pletten, who seems keen to keep intrusion from visitors to an absolute minimum and so during our visit we will be required to stick to strict rules. There is no tearoom or shop and only a basic toilet. Having said that, the building is magnificent and unlike anything else we have visited in the past. We have been extremely lucky to get a guided tour of the Palace.

After our visit to Apethorpe Palace we will make a short stop at the **Fotheringhay Castle Site**. This is where Mary Queen of Scots was imprisoned and also where Richard III was born.

Then the coach will take us to **Oundle** where there will be time to explore and to have a late lunch in one of the many places to eat. Oundle has a very good museum which will be open, plus many individual shops and a wide range of interesting buildings.

*Please be aware that toilet and food/drink facilities will not be readily available until we reach Oundle.*

Pick up – Neville Arms, Kinoulton 8.50am and Hickling Village Hall 8.55am

Cost £35 per person to include all entry fees and guided tour

Tickets and further details from Pauline Chell      01664 822835

## FOREVER 1FIT



## LOW IMPACT EXERCISE

NEW Low impact exercise class suitable for all ages & abilities. Every Wednesday 9.15am at Kinoulton Village Hall, followed by a FREE tea or coffee at The Old Wharf Tearoom, Hickling. – Classes start Wednesday 5<sup>th</sup> September 2018.

Low impact exercise.

Socialise & make new friends.

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**HICKLING**  
pre-school

**HICKLING PRE-SCHOOL NEWS**

**Places available!**

Do you need childcare starting September 2019? We have a wonderful team of qualified and enthusiastic staff and are based in the village hall in Hickling. We are open Monday to Friday 09:15 - 15:15 for children aged 2-5 years. We accept 30 or 15 hrs government funding as well as childcare vouchers. We are also registered for the governments Tax-Free Childcare program. For children aged 3+, before and after care is available from The Village Hideout at Kinoulton Village Hall during term time (7.30am – 6pm). They provide transportation to and from the Pre-School, so ideal for working parents! We can offer free 'taster' sessions for all new starters, please call us on 07950558608 or email [info@hicklingpreschool.co.uk](mailto:info@hicklingpreschool.co.uk) for more information.

**Term dates**

We are closed for half-term w/c 27<sup>th</sup> May 2019 and the last day of term is Wednesday 24<sup>th</sup> July. Please note we are closed on Thursday 23<sup>rd</sup> May as the Village Hall is being used as a polling station.

**This terms activities.....**

With the good weather the children are really enjoying the outside space that we have available to us at the village hall. Bake off **Mondays** continue – if you have any recipe ideas you think the children would like to bake do let us know! **Wednesdays** sees the continuation of our 'Steps to School' sessions, where the children learn the phonics associated with a different letter each week. On **Thursdays** the children get to develop their physical and social skills with PE and 'Show & Tell'.

Thank you to all our parents, family and friends for your continued support of Hickling Pre-School ([www.hicklingpreschool.co.uk](http://www.hicklingpreschool.co.uk))



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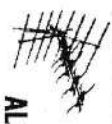
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Kinoulton, Main Street, Hickling Lane	0930	1125	1345
Kinoulton, Kinoulton Lane	0935	1130	1350
Stanton on the Wolds, Browns Lane End	0945	1140	1400
Keyworth, Nottingham Road, Square	0950	1145	1405
Plumtree, Main Road, The Griffin	0956	1151	1411
Tollerton, Burnside Grove, Stanstead Avenue	1000	1155	1415
Garnston, Morrisons	arrive 1010	1205	1425
Garnston, Morrisons	depart 1012	-	-
West Bridgford, Central Avenue	1020	-	-
West Bridgford, Central Avenue	1021	1246	-
Garnston, Morrisons	arrive 1029	1254	-
Garnston, Morrisons	depart 1031	1256	1426
Tollerton, Burnside Grove, Stanstead Avenue	1041	1306	1436
Plumtree, Main Road, The Griffin	1045	1310	1440
Keyworth, Nottingham, Square	1051	1316	1446
Stanton on the Wolds, Browns Lane End	1056	1321	R
Kinoulton, Kinoulton Lane	1101	1326	R
Kinoulton, Main Street, Hickling Lane	1105	1330	R
Hickling, Main Street, Harles Acres	1115	1340	R

R - calls on request to set down only

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## 2019 CHURCH SERVICES (Sundays unless stated)

Date	Kinoulton		Hickling		Upper Broughton	
	Time	Service	Time	Service	Time	Service
<b>June 2</b>	9.00am	Holy Communion	6.30pm	Evensong BCP	11.00am	Family Holy Communion
<b>June 9</b> <b>Pentecost</b> <b>Whit Sunday</b>	11.00am	Morning Prayer	9.00am	Holy Communion	10.00 am	All Age Family Worship
<b>June 16</b> <b>Trinity Sunday</b>	9.00am	Holy Communion	11.00am	All Age Family Worship	11.00am	Morning Prayer
<b>June 23</b>	11.00am	All Age Worship Family Service	6.30pm	Holy Communion	9.00am	Holy Communion
<b>June 30</b> <b>5th Sunday</b>	10.00am	Holy Communion Mission Partnership Group Service		( no service )		( no service )
<b>July 7</b>	9.00am	Holy Communion	6.30pm	Evensong BCP	11.00am	Family Holy Communion
<b>July 14</b>	11.00am	Morning Prayer	9.00am	Holy Communion	10.00 am	All Age Family Worship
<b>July 21</b>	9.00am	Holy Communion	11.00am	All Age Family Worship	11.00am	Morning Prayer
<b>July 28</b>	11.00am	All Age Worship Family Service	6.30pm	Holy Communion	9.00am	Holy Communion

### St. Luke's Hickling June / July 2019 Rota

Date	Service	Sides-person	Refreshments	Flowers	Cleaning
2 <sup>nd</sup> June 6.30 pm	Evensong	A. Banner			D. Chahal A. Thomas
9 <sup>th</sup> June 9.00 am	Holy Communion	J. Bloor	D. Faulks	A. Banner	
16 <sup>th</sup> June 11.00 am	All-Age Worship	D. Faulks	M Simpson		M. Simpson V. Haines
23 <sup>rd</sup> June 6.30 pm	Holy Communion	J. Bloor		D. Faulks	
30 <sup>th</sup> June 10.00 am	HOLY COMMUNION AT KINOULTON MISSION PARTNERSHIP SERVICE				
7 <sup>th</sup> July 6.30 pm	Evensong	A. Banner		S. Bailey	M. Smith
14 <sup>th</sup> July 9.00 am	Holy Communion	J. Bloor	A. Thomas		
21 <sup>st</sup> July 11.00 am	All-Age Worship	D. Faulks	M. Smith	D. Chahal	R and L Moroney
28 <sup>th</sup> July 6.30 pm	Holy Communion	J. Bloor			

### **Christenings or Baptism, Weddings and Funerals.**

Just part of my job as your vicar is the taking of the above services and if you need to talk to me about any of these services, or indeed about anything, my contact details are below and also in the village magazines and on the village websites.

During this summer I have the greatest pleasure in officiating at two Weddings and a Wedding Blessing at our three Churches of St Luke. I do hope the sun shines on our couples as they join together in Holy Matrimony. If you are thinking of getting married and are thinking about a church wedding I am always very happy to talk to you about how we can help make this a very special day for you both, especially as many of the restricting regulations have now been removed.

Another fabulous part of my job is to Baptise or Christen babies, children and adults, which can be part of a Sunday service, or more often a special service just for you and your family and friends on whatever day suits you.

Of course there are sadder times, when I lead a service of memorial or a funeral either in church or at a crematorium. The churchyards at Kinoulton and Upper Broughton are both still available for burials, and although Hickling Churchyard is closed, burials now take place at the cemetery on Clawson Lane. All three of our churches have plots set aside for the burial of ashes and a small plaque may be added above where the ashes are buried.

However, whether it be a Wedding, Christening or a Funeral I will always spend time with the families, either at their home or here at The Rectory, talking through what they want, planning what might take place and offering support and reassurance.

It is a sad fact of life that we will all at some time become ill and should you or anyone in our villages want me to visit for a chat or reassurance, whether you are a regular church attendant or not, please do not hesitate to get in touch.

Please do feel that you are able to get in touch with me at The Rectory, for any reason or even just to ask a question. Whilst I do only work part time, if I am available I will always try to answer the phone or get back to you if you leave me a message. My email is also available.

Yours in Christ

Reverend Maggie Woodward

The Rectory, 41 Main Street, Kinoulton

01949 81183

maggie.woodward511@btinternet.com

20

### **NEVILLE & LANGAR WARD NEWS from your Councillor Tina Combella**

**Rushcliffe Borough Council shortlisted for Council of the Year Award and also named Entrepreneurial Council of the Year.**

RBC has been shortlisted for the Municipal Journal's Council of the Year award! A real achievement in itself with only larger unitary and London Boroughs also shortlisted. They find out if they have scooped the accolade at an awards ceremony in June in London.

Rushcliffe Borough Council has been named Entrepreneurial Council of the Year at the prestigious annual LGC Awards.

Run by the Local Government Chronicle, the accolades are the largest and most coveted for the local government sector, which recognise the best of local government innovation and service delivery. Judges cited the council's approach to making the most of its assets in recent years to deliver a new leisure centre and offices at Rushcliffe Arena, shrewdly investing in property and transforming its grounds maintenance programme with the creation of Streetwise.

#### **Vale of Belvoir named among Best Places To Live in Britain**

Our wonderful Vale of Belvoir, including some of our Neville Ward villages, was named in the annual Sunday Times' best places to live in Britain last month. The poll assessed employment, schools and broadband speeds (controversial I know) culture, community spirit, house prices and local shops, and was overseen by an expert panel in order to compile the list.

#### **Fortnightly Police updates**

There is now a fortnightly Nottinghamshire Police update from Inspector Craig Berry, who oversees the force in its West Bridgford and Rushcliffe South districts. Updates will appear on the Community Safety pages of Rushcliffe Borough Council website and the latest update is here: <https://bit.ly/2v06HIS>

#### **Rushcliffe Supports the Great British Spring Clean**

Rushcliffe Borough Council has pledged its support for this year's Great British Spring Clean that aims to further clean up streets, parks and beaches across the country. Teams from Streetwise have been busy sprucing up and cleaning Bingham, Ruddington and other villages recently as part of the Great British SpringClean. The dedicated efforts are further cleaning our town and village centres and Streets, removing weeds, litter and debris as part of four weeks of works. This adds to the dedicated efforts of village litter picks and volunteers who regularly clear up other people's litter.

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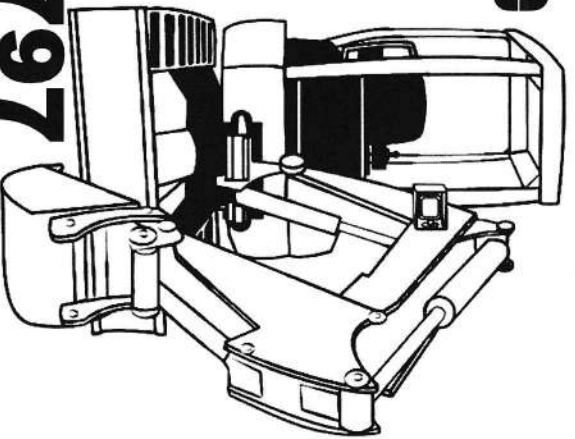
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Be a tree warden and help your local environment



Hicking Local History Group

An appeal has been launched for environmentally minded Rushcliffe residents to apply to be a tree warden and ensure trees in their neighbourhoods are protected to breathe further life into communities. Tree wardens are volunteers appointed by Parish Councils to champion local trees and woods, involve fellow residents in tree projects and protect local trees by reporting early signs of insect pests, disease and vandalism.

The initiative follows the Rushcliffe Borough Council's successful free tree scheme last year, which saw over 1,600 trees given to residents and Parish Councils to plant in their gardens, properties and communities.

The Council's Executive Manager for Communities Dave Mitchell said: "It is incredibly important not only that we plant new trees in Rushcliffe but also look to protect and encourage trees to flourish in our towns and villages.

"Tree wardens in Rushcliffe will help to ensure that as communities grow, green, sustainable environments surrounding them will increase too, giving current and future residents a higher quality of life."

Residents interested in joining the scheme should email [media@rushcliffe.gov.uk](mailto:media@rushcliffe.gov.uk) or contact the Borough Council on any of its social media channels.

### WARD TREES

Trees have been planted in many of the Wards in Rushcliffe, however if the summer is as dry as last year they will need regular watering. Why not adopt a newly planted tree in your village to water. New trees are vital to mitigate climate change, too, giving current and future residents a higher quality of life."

Residents interested in joining the scheme should email [media@rushcliffe.gov.uk](mailto:media@rushcliffe.gov.uk) or contact the Borough Council on any of its social media channels.

### MORE EVIDENCE OF RUSHCLIFFE'S CAMPAIGN AGAINST FLYTIPPERS

Rushcliffe are well aware of resident's concerns about fly tipping. This is a notice recently spotted at a fly tip site in the Newlie Ward



Don't forget if you have any concerns or issues in your Ward or planning applications which you don't understand please do not hesitate to contact me at [Cllr.tcombella@rushcliffe.gov.uk](mailto:Cllr.tcombella@rushcliffe.gov.uk)

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## Should you treat your dog when training?

Not everyone believes that you should give treats to your dog and I can understand that. I've seen many dogs that won't follow any command from their hapless owner unless they have a treat in their hand. Frustrating to say the least!

However, 90% of dogs are motivated by a treat reward and a dog will learn 50% faster if you use treats 'correctly' so for me it's a no brainer.

The secret is to never use treats to lure a dog to do anything. By that I mean putting the treat in front of your dog's nose and giving it when they have done as you have asked. Instead put the treats in a pocket and when your dog has done as asked, produce the treat and praise your dog straight away.

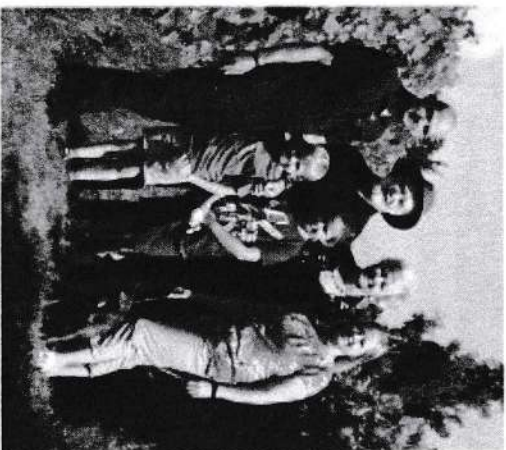
Grade the treats according to their appeal to your dog. A five star treat would be for something really special. Reserve these for when your dog has achieved something difficult, done exceptionally well or when starting recall training. At the other end a one star treat would still be worth working for but not as exciting. Lower ranked treats can be used for simple exercises with no distractions. Note: I stop giving a treat as soon as a dog is content at a skill to motivate them on to the next level.

Make sure you count treats as part of your dog's daily food ration and use healthy natural treats without additives wherever possible. Good luck with your training this month.

Lynne Marshall  
[www.loveyourdog.org.uk](http://www.loveyourdog.org.uk)

Dog Behaviourist and Trainer  
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**THE VALE PHYSIOTHERAPY and SPORTS INJURY CLINIC, HICKLING**  
We are delighted to be able to share with you our new website [www.thevale.org.uk](http://www.thevale.org.uk), where you will be able to see what our wonderful team of experienced physios will be able to do for you, assessing your problem and getting you mobile and pain free fast. Do log on and have a look at it.

What a great shame it was that the Leicestershire CCG, in late 2018, made a general policy decision to stop all NHS patients being treated at any private physiotherapy clinics anywhere in their area. Instead all NHS patients now have to be sent to local NHS hospitals where the waiting lists can be in the region of 18 weeks. Having looked after the NHS patients of Long Clawson Medical Practice for the last twenty five years we were saddened by this decision.

But don't despair.....you can still avoid waiting lists and get fast and effective treatment at The Vale Physiotherapy Clinic in Hickling by simply phoning us on 01664 822234 and self-referring yourself as a private patient. We can typically see patients within two working days and, in emergency cases, sometimes even the same day. Call and speak to our friendly reception team.

The problems that we regularly see include back, neck and leg pain, sports injuries, cycling injuries, headaches, post fracture rehabilitation and promoting healing after joint replacement surgery. There are many others.

There has been a massive increase in recreational and sports cycling across The Vale of Belvoir and, not surprisingly, we are seeing more cycling related injuries. One of our physiotherapists, Jenny, is very experienced in the treatment of cycling injuries, in evaluating your cycling position and suggesting changes to help to prevent injuries occurring or recurring.

We use hands on treatment methods, but also make use of acupuncture very successfully, where indicated, and also have state of the art equipment including laser, ultrasound and interferential therapy. But our most exciting addition (available at very few clinics) is 'shockwave' therapy. This has produced amazing results with longstanding conditions such as tennis elbow, Achilles tendon injuries and patella tendonitis.

This is the time of year when we all head outdoors, start to garden, get more active and play more sports. If you feel that your leisure activities have caused aches and pains, or injury, just give us a call on 01664 822234, and we will be delighted to help to restore you quickly to full function.

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### Charity Run To London Update.

Well the epic adventure of our run to London and then the London Marathon has been completed!

We set off from the City Hospital, Nottingham on Tuesday 23<sup>rd</sup> April and spent five long but enjoyable days running through some stunning countryside to reach London in time to register for the marathon. Then on Sunday 28<sup>th</sup> April we took part in the London Marathon itself. For those who may want to take part in the marathon then keep trying, it took me 15 years to get a place! It is an amazing experience with hundreds of thousands of people lining the streets and cheering you on. A really uplifting and feel good experience (including the tired feet!)

In total we ran 173 miles and completed the London Marathon in 4 hours 23 mins which was a lot quicker than we expected, although Sir Mo Farah was under no threat..... from us!

We had just about every type of weather from horizontal hail, a torrential downpour in Northampton, a head wind virtually the whole way, some lovely sunshine and then we were 'joined' by Storm Hanna when we arrived in London!

After months of planning and hard training we had total belief that we would complete this epic adventure although it was an immense physical and mental challenge. However, we were totally taken aback and humbled by the support we had from near and far. We were joined by locals from our villages at the start (and the regional press from the BBC and Central) who ran a variety of distances to help us on our way. We were also cheered on by the pupils at Pierrepont Gamston Primary School as we passed through Gamston. We ran into Kinoulton Village School grounds to be met by the whole school, wearing red shirts in support, for a lap of the sports field. In addition to the children a number of residents turned up to cheer us on. And we had a welcoming party meet us in Upper Broughton as well.

We were also taken staggered by the number of supportive messages we received throughout this adventure.

All this support, and the great memories we made, helped us through the long miles (our longest day was 34 miles) when the feet were throbbing and the legs felt like a bag of spanners rattling about! And a massive spur was the amount of money that was flooding into our sponsorship. At present we are just over £14,000, including gift aid, which is a tremendous amount for our chosen charity, Bloodwise, which is fighting to find a cure for blood cancers.

We both want to say a huge and heartfelt Thank You to everyone for their support and sponsorship which has made this such a brilliant experience.

This was a run not only in memory of my niece, Rebecca Holmes, but also in celebration of the advances in treatment which have meant that people like Anne, Rob's wife, is still bringing joy and love into our lives, and also in the hope that this money will go some way to helping to find a cure to this vile disease.

As a final thought just remember that what we think we can achieve and what we can achieve are two very different things, there is so much more in us than we think. Nick Steele and Rob Jackson

## Main Street, Hickling. House names.

### *To Kinoulton*

Meadowgate	Rosegarth
Willowtree Cottage	Ferrbank
Canal View Farm	Farmsgate
	Ashtrees

### **Grantham Canal**

Canal Bridge House	Canal Basin
The Plough PH	The Old Wharf
Rosedene Cottage	
Canal View	Wharf House
Old Mill Cottage	
Cherry Trees	Wharfside
Vale Physiotherapy	
Carneal Cottage	

### **Mill Lane**

The Wheelhouse	Glebe farm
Ivy House	Old Rectory
The White House	Jessamine Cottage

Greengates	Churchgates
Church Farm	Glebe Cottage
	Water Lane Farm
Cesterern	Donnyville
Yewtree House	Rose Cottage
Elm Farm	Kynance
	Vale House
	Fair Holme
	The Covert

### **Bridgegate Lane**

Chapel House	
Old School House	
Mapleton Cottage	
Juniper Cottage	
Wisteria Lodge	
Hebe House/Lupin Lea	

### **Marshes Paddock**

Chestnut House
----------------

Home Farm  
Ivy Cottage  
Beech House

The Old Barn

Clearfield

Old Forge

The Dovecote  
Rowan House  
Holly House

Mulberry House

Forge Cottage  
Old Post Office  
(No Name)

Cobblestones  
Malthouse Farm  
Cromwell Field Farm  
The Orchard

### **Long Lane**

Burnetts  
Homestead

The Yews

Woodbine Cottage  
Swan House  
Elm House

*To Nether Broughton*

The Byre

The Barn  
Richmond Cottage  
March's Farm  
The Cottage

### **Clawson Lane**

Weir House  
Westholme  
Duisdale  
(Manor House)  
The Grange

### **The Green**

Village Hall  
Japonica

Appletrees  
Nos. 12 and 10  
No. 8

### **Harles Acres**

The Brambles

### **Pudding Lane**

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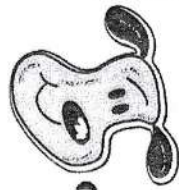
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# Village Directory

150 Club	Liz Vear	822562
Beavers	Susanne Youngson	07884 136890
Bellringers	Lynn Irving	07388 348341 lynn.irving74@gmail.com
British Legion	Colin Henson	01949 81453
Councillors	John Cottee (County)	cllr.john.cottee@nottsc.gov.uk
	Tina Combella (Borough)	TCombella@rushcliffe.gov.uk
Country Fair Committee	Margaret Woolley	822319
	Karen Buckley	822102
Cricket Club	Sally Jenkins	07971 520711
	P. Parkes	822370
Cubs	JD Walker	822244
Film Society	Susanne Youngson	07884 136890
Gardening Club	Tim McEwen	822834
	Mr B. Baxter	01949 81374
Good Neighbours	Mrs B. Grundy	01949 81442
Scheme	Liz Vear	822562 or 07805 407229
Guides	Kay Hand	822612
Hickling Pre-School	Alison Popplewell	01949 81604
Hickling Standard	Nick	07950 558608
History Group	see back inside cover	
	Dorothy Chahal	822369
	Carol Beadle	822195
	Jane Fraser	822845
	Gill & John Bloor	822682

Kinoulton School	Mr Savage (head)	
Kinoulton School PTFA	Sarah Parris	01949 823925
Neighbourhood Watch	Chris White	822152
Nottinghamshire Police	Control Room	
	Non-emergency number	101
Parish Council	Jo Cartmell (Clerk)	822866
Parochial Church Council		
Rector	Maggie Woodward	01949 81183 maggie.woodward511@btinternet.com
Churchwarden	John Bloor	822682
	Gill Bloor	822682
Treasurer	Alex Thomas	823420
Secretary	Dorothy Chahal	822369
Scouts	Susanne Youngson	07884 136890
Sunday Club	see PCC	
Vale Beaders	Elizabeth Evans	01949 81501
	Jackie Haynes	822364
Village Hall	Barbara McEwen (Chair)	822834
	Tim McEwen (sec.)	822834
	John Robinson (treas.)	822762
	Phillipa Jacks (bookings)	823622
Village Singers	Lynn Irving	07388 348341 lynn.irving74@gmail.com
Women's Institute	Dorothy Chahal (Pres.)	822369
	Gweneth Cane (Sec)	0115 937 3970
	Kathryn McPherson (Treas)	01949 823733

## Diary

28 May	7.30	Village Hall	Film Club - The Favourite
9 June	11-3	Driveway Sales	
18 June	7.30	Village Hall	Film Club - Collette
20 June	7.30	Village Hall	W1 - The Funny Side of the Funeral Business
27 June			W1 - Trip to Skegness
9 July	7.30	Village Hall	Film Club - Mary Queen of Scots
11 July			W1 - Trip to Althorp Estate
18 July	7.30	Village Hall	W1 - Quits for Service Men
23 July	7.30	Village Hall	Film Club - Stan and Ollie
8 August			Trip to Apethorpe Palace, Fotheringay Castle Site and Oundle
5 September			W1 - Trip to Baddesley Clinton and Dobbies Atherstone
14+15 Sept			Scarecrow Weekend - "Animation"
19 September	7.30	Village Hall	W1 - Plant Propagation and Pests
17 October	7.30	Village Hall	W1 - Supper and "Songs from the Shows"
1 November	7.30	Village Hall	Village Hall Quiz Night
21 November	7.30	Village Hall	W1 - The Work of "Blood Bikers"
12 December	7.30	Village Hall	W1 - Christmas Crafts

Beaver Scouts 6-8 years, Tuesday 6.15-7.15pm; Cub Scouts 8-10.5 years, Monday 6.30-8.00pm; Scouts 10.5-14 years, Monday 7.30-9.00pm

All at Kinoulton Village Hall  
 Contact for ALL the sections is through Susanne Youngson 07888 413 6890  
[gslkinoulton@gmail.com](mailto:gslkinoulton@gmail.com)



The Hickling Standard is printed by South Wolds Academy Reprographics  
 Unit - [printroom@southwolds.notts.sch.uk](mailto:printroom@southwolds.notts.sch.uk)

## Hickling Village Newsletter - Committee

**Chair; Tim McEwen - Tel. 822834 or [tmcewen@globalnct.co.uk](mailto:tmcewen@globalnct.co.uk)**  
**Treasurer/Advertising; Andrew Terry } Tel. 822088 or**  
**Copy & Secretary; Maggy Jordan } [a.terry125@btinternet.com](mailto:a.terry125@btinternet.com)**  
**Copy Collection; Jane Fraser - Tel. 822845**

Please get in touch with any of us if you have any comments or suggestions. We would welcome any contributions for future issues - articles, opinions, reports, recipes, poems, brain-teasers - whatever you would like to see in print!

### 2019 Copy Dates:

August/September 7.7.19 October/November 15.9.19

Copy must be received before these dates to guarantee its appearance.

Please note that the committee reserve the right to edit or omit any material submitted. Opinions expressed in published articles remain the responsibility of the author. Articles may be published anonymously but the committee does need to have details of authorship before publication.

**If you are submitting articles ready for publication - (either typed or in computer format) we would be grateful if you could send it in A5 size.**

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- please make sure that attachments are sent in Microsoft Word or Publisher compatible formats - thank you!

### **Handwritten Contributions.**

If you have handwritten contributions please pass them for typing to:

Maggy Ivy House, Main Street or  
 Hazel Copperoaks, Bridegate Lane or  
 Jane Mill Lane Cottages

Otherwise please continue to pass any contributions or ideas to any of the other committee members. Thank You!

### **Advertising Rates** (one advert for one year - 6 issues.)

Front inside cover - £50 Back cover - £65 Quarter page - £20  
 Half page - £30 Full page - £45  
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