

# RUSHCLIFFE BOROUGH COUNCIL'S TOWN AND PARISH UPDATE

**Tuesday December 3, 2019**

## **New GP Exercise on Referral scheme**



Get Healthy Rushcliffe is launching a new exercise on referral programme to help our residents with long term health conditions become more physically active.

The new 8 to 12 week programme allows patients who have been referred by their GP to engage in a personalised and safe exercise programme on a one to one basis with a qualified instructor.

It offers expert advice in relation to health conditions and exercise. Instructors are highly trained in planning and delivering programmes tailored to the needs and goals of the individual participants.

As part of the programme, residents are able to access the fantastic facilities at Bingham Leisure Centre, Cotgrave Leisure Centre, Keyworth Leisure Centre and Rushcliffe Arena at a discounted rate to enable them to take up more physical activity.

For more information contact the Get Healthy Rushcliffe team on 0115 784 5690, by email at [parkwood.gethealthyrushcliffe@nhs.net](mailto:parkwood.gethealthyrushcliffe@nhs.net) or by visiting [www.gethealthyrushcliffe.co.uk](http://www.gethealthyrushcliffe.co.uk)

## **Final date this weekend to collect free trees**



A reminder that we're continuing to distribute over 5,000 free trees to householders and parishes after thousands responded to our environmental campaign.

Over 2,500 households successfully applied for up to two free Crab Apple or Rowan trees and numerous parishes for up to 10 trees earlier this year.

There is one further collection date this Saturday 7 December from 9am to 12 noon at:  
East Leake Parish Council car park, 45 Main Street, East Leake, LE12 6PF. It follows distribution in

Bingham and West Bridgford over the last two weekends.

The initiative forms part of our strategy to provide further sustainable environments across communities in the Borough with the chosen tree species native to the Borough.



Meanwhile 200 new trees have recently been planted in East Leake by local Guides and The Woodland Trust with the help of the tree wardens and volunteers from the village.

## Christmas events continue across the Borough



Festive lights switch-ons and events are continuing across the Borough.

### **Bingham**

A display of 80 Christmas trees will light up the parish church of St Mary and All Saints, from Thursday 5 December until Sunday 8 December.

The Vale Voices Community Choir will be present on Saturday December 7 to further entertain those visiting the church and

there will also be a raffle with over thirty prizes drawn at 4.30pm on the Sunday, before a Carol Service takes place at 6.30pm.

### **Ruddington**



Ruddington's Christmas Fayre comes to the village on Saturday December 7 from 12 noon to 5pm.

It follows the Ruddington Village Market in the morning from 9am. The High Street will be closed to traffic and have a double marquee with traders including handmade jewellery, crafts and willow products, plus charity stalls run by the Mustard Seed Project and the Royal British Legion.

There will also be lots of carol singing, performances from local choirs and food and drink on offer, along with the popular fair rides at the top of the High Street.

St Peter's Rooms will host a number of stalls including jewellery, handmade gifts, cards and tombolas, along with Marvo the Magician and the ever popular Santa's Grotto. There'll also be a number of hot food options available.

Meanwhile, St Peter's Church will have lots of retail stalls offering a great variety of gifts, Christmas decorations, cards, wildlife photography and much more.

The day will draw to a close with a visit from Santa, who'll be driving around the village on his sleigh, and the Christmas tree lights switch-on at St Peter's Church.



## Winners and nominees praised at our Celebrating Rushcliffe Awards with Nottingham Forest



The winners and shortlisted nominees of this year's Celebrating Rushcliffe Awards with Nottingham Forest have been praised for their contribution to life in the Borough.

Residents, groups and community heroes took their place in a glittering showcase of the great and good at The Becket School on November 20 with lead sponsors The Reds and media partner West Bridgford Wire.

It celebrated the Borough's wonderful volunteers, businesses, clubs, organisations, environmentalists, sports teams and athletes and the best of its health and wellbeing and food and drink sectors.

The 11 awards were capped by West Bridgford Colts FC receiving the Pride of Rushcliffe Award for their remarkable 30 years of providing sporting opportunities to tens of thousands of children across the Borough and becoming the UK's largest grass roots football club.

The club currently hosts 1,300 players over 102 teams every weekend, with its achievements made possible by the hard work of over 200 volunteers, whose dedication caught the eye of the judging panel.

For a full breakdown of all the winners, nominees and reaction visit [bit.ly/2O9kruJ](https://bit.ly/2O9kruJ)

## Take five to ensure you do not fall victim to a fraudulent attack



Ensure you take five to stop fraud and ensure you do not fall victim to a fraudulent attack in person or by phone, text, email or online.

Everyone should always take five minutes to reflect and step back from the situation if a phone call, message or online exchange requests personal or financial information.

Even if an individual says they are a bank or other trusted organisation, you still need to take the time to stop and think about what's really going on.

Nottinghamshire Police, Nottinghamshire Fire and Rescue and Nottinghamshire local councils, all represented on The Safer Nottinghamshire Board, are reiterating the message as part of the global effort to minimise the impact of fraud through further awareness and education.

Always take a step back to take the five minutes and follow these key steps to avoid falling victim to fraud:

- A genuine bank or organisation will never contact you out of the blue to ask for your PIN, full password or to move money to another account. Only give out your personal or financial details to use a service that you have given your consent to, that you trust and that you are expecting to be contacted by.
- Never automatically click on a link in an unexpected email or text.
- If you're approached with a request for personal information, don't provide it. Instead, contact the company directly using a known email or phone number.

- Don't assume an email or phone call is authentic. Just because someone knows your basic details such as your name and address or even your mother's maiden name, it doesn't mean they are genuine.
- Be mindful of who you trust – criminals may try and trick you into their confidence by telling you that you've been a victim of fraud. They can also make any telephone number appear on your phone handset so even if you recognise it or it seems authentic, do not use it as verification they are genuine.
- Don't be rushed or pressured into making a decision. Under no circumstances would a genuine bank or some other trusted organisation force you to make a financial transaction on the spot. They would never ask you to transfer money into another account for fraud reasons.
- Listen to your instincts. If something feels wrong then it is usually right to question it.
- Stay in control. Have the confidence to refuse unusual requests for personal or financial information. It's easy to feel embarrassed when faced with unexpected or complex conversations. But it's okay to stop the discussion if you do not feel in control of it.

Also, remember to #Tell2 and simply tell two friends or family members to be mindful of scams too, especially those who you know who may be vulnerable or those who are elderly.

## Ensure you get in a licensed taxi this Christmas



If you're using a taxi over the festive period in the Borough always ensure it's a black licensed hackney carriage or licensed private hire operator.

That's our message to residents and visitors to never get into a vehicle unless you have pre-booked it through a legitimate operator.

Remember as we near Christmas and the New Year, taxis are harder to find so booking early is a must.

Using a licensed taxi cab by pre-booking your ride home or using a recognised taxi rank means that the vehicle will have met specified standards, the driver is a fit and proper person to drive you home and that the vehicle roadworthy and insured.

All licensed drivers can be identified by photographic identity badges that must be worn at all times.

All Rushcliffe Hackney carriages are built specially to carry disabled passengers and some Private Hire companies have similar vehicles for hire.

Visit [www.rushcliffe.gov.uk/taxis/](http://www.rushcliffe.gov.uk/taxis/) for a list of wheelchair accessible vehicles and private hire companies who can provide a vehicle.

**Wish to include an item in this update? Email [media@rushcliffe.gov.uk](mailto:media@rushcliffe.gov.uk)**

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