

Cotgrave Connections

COTGRAVE TOWN COUNCIL

SUMMER
MARKET

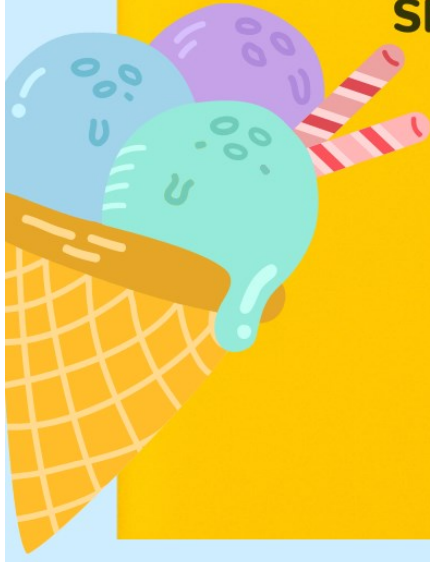
SATURDAY
3RD AUGUST

11AM TO 4PM

COTGRAVE SHOPPING CENTRE

- * MARKET STALLS * FOOD & DRINK
- * FREE ENTERTAINMENT INCLUDING
SKATEBOARDING AND SLACKLINES
- * MUSIC

FUN FOR ALL THE FAMILY



Inside This Issue

- Page 2:
- Page 3:
- Page 4:
- Page 5:
- Page 6:
- Page 7:
- Page 8:
- Page 9:
- Page 10:
- Page 11:
- Page 12:
- Page 13:
- Page 14:
- Page 15:
- Page 16:
- Page 17:
- Page 18:
- Page 19:
- Page 20:
- Page 21:
- Page 22:
- Page 23:
- Page 24: Councillor Contact Details - Meeting Dates

Support your Community Newsletter by sending us your items in time for the next edition (Autumn 2024) before :-

Friday ?????

Cotgrave Connections, Cotgrave Town Council
 Suite F, Cotgrave Business Hub, Candleby Lane,
 Cotgrave, Nottingham, NG12 3PJ
 Tel: 0115 9893876 Mobile: 07497 495105
 Email: connections@cotgrave-tc.gov.uk



OUTDOOR THEATRE PERFORMANCE

HUGH LOFTING'S TIMELESS CLASSIC CELEBRATES THE POWER OF EMPATHY AND INSPIRES AUDIENCES YOUNG AND OLD TO SEE THE WORLD THROUGH THE EYES OF ANIMALS.

THIS FUNNY, EXCITING NEW FAMILY MUSICAL IS PERFORMED WITH FLAIR AND WIT BY ILLYRIA IN THE GREAT OUTDOORS.

ON: SUNDAY 8TH SEPTEMBER

AT: DOVE COTTAGE TEA ROOM

TIME: 3PM



**FOR MORE INFORMATION AND TO BOOK, VISIT:
WWW.DOVECOTTAGE.ORG/THEATRE**

LOCAL BUSINESS LOOKING TO ADVERTISE?

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

PRICE TARIFF:- All Prices are plus VAT.

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

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

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The views expressed in this newsletter are those of the contributors and may not be those of the Town Council.

Information in this newsletter is correct at time of going to print.



Notts in Mind

Notts in Mind: Women

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

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

For more information, contact:

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



Car parking pressures at the Precinct and Hub – no need to Park and Ride there!

We have our fantastic Hub, shops and offices at the Precinct, including large car parks.

However there are times when the car parks are very busy and full but there does not seem to be many people around.

It's possible that some people are parking in the car parks and then heading off on a bus to town or wherever. This means that car parking spaces are being taken up and preventing shoppers and visitors being able to park.

There is no need to park and ride at the Precinct, because we have two FREE dedicated Park and Ride sites at The Welfare and The Shepherds, where the buses literally stop right next to the car parks.

So, if you are catching the bus, please do use the official Park and Ride sites, which in turn will help residents and businesses at The Hub.

Also, there are reports that some people are parking all day on some side roads and avenues causing some obstruction and inconvenience for residents. Again, there is no real need to do this because we have the Park and Ride car parks.

Thank you.

Councillor Richard Butler



Cotgrave resident and County Councillor, Richard Butler, has been elected by all parties on Nottinghamshire County Council to be the Chairman of the County Council for the 2024-25 civic year.

Being chairman of the County Council is the equivalent of other councils' ceremonial mayors and is formally the "first citizen of the county". This means representing Nottinghamshire at civic events and welcoming Royal visitors and dignitaries to the county.



The role is on top of the daily commitments of representing the Cotgrave division on the County Council, which Richard has done since 2001. He is now one of the continuously serving councillors on Nottinghamshire County Council.

Celebrating Rushcliffe Awards - Pride of Rushcliffe

Back in November, 2023, local Cotgrave resident, Nicola Brindley, was winner of the Pride of Rushcliffe Award. Nicola champions J9 and Tara's Angels, training business and organisation in the Borough for free in her own time, creating a network of safe access spaces for survivors of Domestic Abuse.

Her work has included an appeal for children affected by domestic abuse in their homes to receive Christmas gifts, that have reached out to cover 700 young people.

Nicola was presented with her award by the Rushcliffe Mayor at that time, Councillor Debbie Mason.



Cotgrave Methodist Church
Bingham Road , Cotgrave

Minister Revd. Mark Roberts - Tel: 9331926

Sunday Worship and Junior Church 10.30-11.30. All are very welcome.

Holy Communion Monthly
Coffee and tea serviced after the service.

Bible Study and Prayer 7.30pm
(Last Thursday of Month except August)

Youth Worker - Martin Blyth
Email: youthworkercmc@gmail.com
Tel: 0115 9894670

One of the main aims of these youth groups are for the children to come into a safe environment to enjoy playing games and chatting, to have an opportunity to ask questions about the Christian faith and life in general. If you are interested in any of the following groups, please get in touch. We need parents/carers permission for everyone under the age of 18.

“BU” (Be Yourself) Sunday evenings 6pm to 8pm

BU is for young people aged between 8 and 23 years. We share in a time of fellowship and a faith based activity, then an option to participate in sports/games from 7 to 8pm.

“Transform” Every Wednesday during term time.

3.30pm to 5pm - “Transform - 1” for those in year 6

5.15 to 6.30pm—“Transform - 2” for those in years 7-10

At Transform we have a range of games and activities (Xbox, Wii, Pool table, table tennis, board games, crafts and indoor ball games) and we will provide a drink and a snack for everyone. For the last few minutes we get together and chat through relevant topics and issues.

“BfG “ (Breakfast with God) Sundays 9.30am to 10.15am

All young people are invited to join us on a Sunday morning for breakfast. After eating we explore the Bible and pray together.

“YoYABiF” (Youth & Young Adults Bible Fellowship Meal together on alternate Mondays at 6.30pm

Aimed at those aged 16 to young adult for fellowship and to discuss subjects relating to the Christian faith.

Toddler Café

Every Thursday (term time only)
9.15 am to 11.15am Donation £1 per family

Warm and Welcoming Spaces

Tuesday 12pm to 3pm
Saturday 10am to 1pm

We have our fantastic place called Warm Spaces, for the community of Cotgrave. Great company, good interaction and lovely refreshments. FREE for all.



Find out more by contacting our friendly team:

t: 0115 8599 209

e: warmandwise@ageuknotts.org.uk

Keeping Warm and Wise!!

We're thrilled to announce that our Warm & Wise project will continue for another 2 years! That means people aged 50+ will benefit from personally tailored, in-depth energy advice and the free fitting of appropriate energy saving measures.

Keeping your home warm this Winter shouldn't be a worry, at Age UK Notts we can share simple energy saving tips & tricks, such as how to maintain a healthy temperature at home, we can fit small energy saving measures and give advice on how to help improve your energy usage, we can even offer advice on maximising your income through benefit checks. We are here to help you!

Our Warm & Wise service is available to Nottingham & Nottinghamshire residents over the age of 50, across all tenures- homeowners and renters. We can give advice via home visits, telephone, online or email.

Why not book our service now, so you're ready for the winter (or the rest of the summer if it doesn't warm up!).

If you would like further information on how to become warmer & wiser about energy get in touch by telephone on 0115 859 9209 or via email warmandwise@ageuknotts.org.uk



Cotgrave Advice Centre

Over 30 Years of Caring

The Advice Centre is celebrating being open for 40 years in April 2024. We opened as a response to the Miners Strike in order to support the families in Cotgrave.

A team was set up, trained and we opened in the Church Hall, which is now owned by the Nursing Home next door. We provided information and support for all those in Cotgrave and surrounding Rushcliffe as well as giving coffee and biscuits to people who called in. We now operate from All Saints' Church in Plumtree Road Cotgrave on Tuesday and Thursday mornings.

We are now well known throughout the area with clients and their friends returning many times with different problems. We are expert in form filling, mainly welfare benefits, consumer problems, employment and have visiting Solicitors to deal with legal problems, as well as anything else we are asked to address. We have a superb website that is kept up to date and gives the answers to many queries people have. We kept going through the pandemic via our email and phones and now operate a walk-in service alongside our appointment system.

In order to keep our services available to everyone free of charge we need to be financed by grants from local councils and charities. Unfortunately we have suffered from the financial downturn nationally and are looking to find new sources of charitable grants alongside Rushcliffe Borough and Nottinghamshire County grants. We are also looking to recruit new volunteers to be trained up as advisors and doing office work with clients files and keeping our paper work up to date and applying for grants. We have had to change our telephone number in order to save money and our contact number and answerphone is now on 0115 8501851.

We are having a 40th anniversary celebration church service in All Saints Church on Sunday 11 August at 10.30 and all are welcome to join us to meet up with people who have supported us to share in hospitality after the service. Hopefully it will be a happy day with everyone swapping stories of past successes and looking to a positive future.

Jacky Shaw
Manager

Volunteers Urgently Wanted

Cotgrave Advice Centre is looking to recruit more volunteers for various jobs at the Advice Centre. We need people enthusiastic about helping people in Cotgrave and Rushcliffe. We do in-house training for Advisers, as well as for admin work and technically trained staff and need someone to help request grants.

To apply email for an interview on cotgraveadvicecentre@gmail.com or leave a phone message on 0115 8501851 or call in to one of our morning sessions on Tuesday and Thursdays from 9 to 12 noon.

We would love to hear from you, we know everyone has something to offer and we will ensure we make the most of any skills you have.

Member of

advice UK



If you need to contact the Police

Call 999 if :-

- A serious offence is in progress or has just been committed.
- Someone is in immediate danger or hard
- Property is in danger of being damaged
- A serious disruption to the public is likely



NOTTINGHAMSHIRE
POLICE
PROUD TO SERVE

Silent 999 calls

If you are in danger but you cannot talk on the telephone, you should still call 999 and follow the following instructions :-

Call 999 from a mobile -

If you do not speak or answer questions, press 55 when prompted and your call will be transferred to the police. Pressing 55 only works on mobiles and does not allow the police to track your location.

If you do not press 55 your call will be ended.

Call 999 from a landline -

If you don't speak or answer questions and the operator can only hear background noise, they' will transfer your call to the police. If you replace the handset, the landline may remain connected for 45 seconds in case you pick it up again.

Calling 999 from a landline automatically gives the police information about your location.

For all other non-emergency and general enquiries please contact 101.

To report anything anonymously to Crimestoppers

Crimestoppers-uk.org or 0800 444 111

Your local officers are :-

PC 1946 Mills—Saskia.mills@notts.police.uk

PCSO 6258 Evans— phillip.evans@notts.police.uk

Crime Statistic for Cotgrave 20.3.2024 to 18.5.2024

20.3.24	Criminal Damage/theft public payphone Main Street—Cash box forced open and money from within taken.
28.3.24	Criminal Damage - Community Garden—garden plants pulled out of pots and rubbish emptied from bins on the ground.
10.4.24	Criminal Damage - Community Garden as above
12.4.24	EMAS First Responder car windscreen damaged overnight—Cotgrave Hub
14.4.24	Criminal Damage - UPVC front door damaged West Furlong
17.4.24	Police car windscreen damaged overnight—Cotgrave Hub
24.4.24	Criminal Damage - vehicle damaged whilst parked—Broadmeer
07.5.24	Criminal Damage - Community Garden—plants pulled out from pots, Poly tunnel damaged
18.5.24	Criminal Damage - Community Garden –furniture and plants damaged.



Let's Live Well
in Rushcliffe

*Sunny Days,
Healthier Ways*

**CHALLENGE
2024**

The Rushcliffe Summer Challenge encourages people to get out and engage in activities to boost your wellbeing.

Attend any 9 activities, receiving a sticker at each to win a prize!

SCAN FOR FULL EVENT DETAILS, TIMES AND MORE INFORMATION
Or visit rushcliffehealth.org/wellbeing-challenge
email: smelvin@rushcliffe.gov.uk

Rushcliffe Borough Council
Rushcliffe Social Prescribing Service

We are excited to announce the launch of our new seasonal wellbeing challenge, 'Sunny Days, Healthier Ways' and invite all Rushcliffe residents to participate in a variety of activities throughout the summer months designed to improve health and wellbeing.

There are 9 different activities to try - attend any of the activities to receive a sticker at each, get 9 stickers to win a prize! Please note: individuals do not have to complete all the activities within the challenge, for example the same activity can be completed twice for two stickers.

The challenge is flexible and can be completed at your own pace as long as it is completed within the season. The Summer challenge will end of August, and the Autumn Challenge will follow!

For more details about the Sunny Days, Healthier Ways challenge and to sign up for activities, please visit [Summer Wellbeing Challenge | RushcliffeHealth](https://rushcliffehealth.org/wellbeing-challenge) or contact Sofi Melvin: smelvin@rushcliffe.gov.uk

To find out on more Health and Social Care in Rushcliffe visit <https://www.rushcliffe.gov.uk/health/>



Cllr KEIR CHEWINGS

Rushcliffe Borough Councillor

COUNCILLOR SURGERY



 **Cotgrave Library, Cotgrave Hub, The Precinct,
Cotgrave Nottingham NG12 3UQ**



 **3:45pm - 4:45pm**

 **Wednesday 24th July Wednesday 27th November
Wednesday 25th Sept. Wednesday 18th December
Wednesday 23rd Oct.**

Get news delivered straight to your inbox!  Sign up for news, updates, events and more.

Get In Touch - I want to hear from you!

 @CllrChewings  @Cllr_Keir

 07404 378551  cllr.kchewings@rushcliffe.gov.uk



Colston Bassett, Owthorpe and Cotgrave Royal British Legion

It's time for me to write the Summer update, but unfortunately Summer seems to have disappeared!!

It's been a busy year so far... Afternoon tea at Colston Bassett village hall, a lovely Supper at Ashmore's restaurant in Radcliffe on Trent, an excellent D Day event organised by Cotgrave Town Council on the precinct and the green, and another visit to the NMA, where we presented them with a cheque for £1000 from our branch account.

Proms in the park on the 29th June has the RBL as the main charity, with all donations going to the poppy appeal. (West Bridgford)

Our Summer BBQ at Colston Bassett is on the 6th July, this is always a very well attended event, and helps us to raise money for places like Galanos house retirement home and the NMA.

Unfortunately, due to dwindling numbers, and a significant cost for security, there will not be a parade on Remembrance Sunday this year. The most important events on the day will be the church service, and the laying of wreaths at our war memorial. This decision was not taken lightly by our committee, and Cotgrave Town Council.

Once again there will be a remembrance meal at Ruddington Grange golf club. The feedback from last year was excellent for this venue.

Later in the year I will discuss our AGM, once again at Colston Bassett, hopefully followed by excellent fish and chips!!

STAY SAFE everyone, see you at our next event

Sam Mitchell
Chairman CBOC RBL Branch.



Contact your local Slimming World Consultant and join a friendly and super-supportive group today!

**Cotgrave Slimming World
Methodist Church Cotgrave
Tuesday 5.30pm and 7pm
Thursday 5.30pm
Contact Judy 07764 449382**

slimmingworld.co.uk



COTGRAVE FC
SOCCER SCHOOL

JUST TURN UP AND PLAY!

AGES 4-6
£2 PER SESSION
EVERY SATURDAY 9AM
COTGRAVE WELFARE, NG12 3JP
NO BOOKING NECESSARY

FORMING TEAMS READY FOR SEPTEMBER

Our Snack Bar will be Open!
Enjoy a breakfast cob and a warm drink while your little one is training!

Well Pharmacy thanks community for support during Covid Booster Program

+well Pharmacy

Branch Manager Karen, Pharmacist Scott, and the entire team at Well Pharmacy extend their heartfelt thanks to all patients for their patience and support during the busy Spring Covid booster vaccination programme.

Karen remarked, "It has been incredibly rewarding to support the NHS and provide a service that protects the over 75s and other vulnerable groups."

+well
Pharmacy

Ongoing Services at Well Pharmacy

Well Pharmacy continues to offer a variety of essential services to support GPs and the NHS:

Pharmacy First Avoid long waits at your GP or A&E with our Pharmacy First service. Our expert pharmacists offer health advice and NHS treatments for illnesses such as:

Earache
Impetigo
Infected insect bites
Shingles
Sinusitis
Sore throat
Urinary tract infection (UTI) in women



Contraception Services Whether you're starting contraception or seeking alternatives, our in-store team can help you explore and understand a wide range of products. No appointment is needed.

Blood Pressure Checks We offer free blood pressure checks for those over 40 who are not on any blood pressure medication. No appointment is necessary.

New Medicine Service (NMS) If you have been prescribed certain new medications, we will give you a call to ensure you're managing well with your treatment.

Flu & Covid Vaccines Early bird flu vaccinations are available for £17.99 – book online at Well.co.uk. Covid Spring vaccines are available for those over 75 or for individuals aged 6 months to 74 years with weakened immune systems.

HPV and Chickenpox Vaccines Available to book via Well.co.uk.

Period Delay Services For special occasions such as holidays, we offer a safe and effective private service to postpone your period. Speak to us in the pharmacy, no appointment necessary.

Repeat Prescription Reminders Please remember, the surgery no longer accepts phone calls for repeat prescriptions. Use the surgery's letterbox or the NHS app to order. Allow seven working days for your prescription to be ready. The process includes 48 hours for the surgery to send a barcoded token and five days for the pharmacy to prepare your medication.

Staff Updates We bid farewell to Jay, our Wednesday and Saturday pharmacist, who has decided to take a new opportunity. We thank Jay for everything and please be assured that we have pharmacists to cover these days. Finally, a huge congratulations to Nicola on passing her healthcare assistant exam – well done, Nicola!

Feel free to drop in anytime for good advice or a friendly chat. The team at Well Pharmacy is here for you.



Join Our Team In Rushcliffe

Are you someone who loves making a positive impact in the lives of older and vulnerable people in your neighbourhood? Do you thrive when you can mix compassion with practical help? Well, we've got the perfect job for you!

Position: Handy Housekeeping Role **Pay:** £11.60 per hour + holiday pay
Flexible Working: By arrangement

As one of our Handy Housekeepers, you'll be lending a helping hand with domestic tasks like cleaning, laundry, shopping, and even light gardening. But it's not just about the chores; it's about providing essential assistance, companionship, and care to those who need it most.

Your Responsibilities

- ♥ Deliver top-notch, personalised service tailored to each person's needs.
- ♥ Assist with domestic tasks with a smile on your face!
- ♥ Provide companionship and emotional support.

What We're Looking For

- ♥ A heart full of care and compassion.
- ♥ Reliability and dedication to going above and beyond.
- ♥ Flexibility to adapt to different situations.
- ♥ Previous experience is a bonus, but not a deal-breaker!

Apply now to become part of our dedicated team of Housekeeping heroes. Together, we'll make a difference! Call us on 0115 969 9060 or Email: admin@rushcliffecvs.org.uk

The Handy Housekeeping Service

www.rushcliffecvs.org.uk

X @RushcliffeCVS

Together

♥ We Improve Lives ♥

You can talk to us about domestic abuse

Telephone: 0115 9893876



best
foot
forward



Cotgrave
Health
Walk

Want to get more active? Then we're here to help.
Walking is a great way to get fit, explore what's on your doorstep and make new friends.

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

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

Wow! £3,500 Wow!

A BIG THANK YOU to everyone who made our fundraising quiz night a success! Friends of Voluntary Transport at RCVS organised the event to support The Voluntary Transport Service, and we are happy to announce that we raised £3,500! This money will go a long way in helping us improve lives in our community.

Together, we are making a difference in the lives of those who need it most. Let's keep working together to create a better future for our community.

Thank you again for your support!



For further info about our Voluntary Transport Service or to become a Volunteer Driver give us a ring on 0115 969 9060 or visit www.rushcliffecvs.org.uk

u3a
learn, laugh, live

**Cotgrave
& District**

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



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

No longer working full-time or raising a family?

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

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

EMERGENCIES:

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

HELP & ADVICE LINES:

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

DOCTORS/HOSPITALS

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

LOCAL GOVERNMENT:

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

SPORTS & LEISURE

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

TRAVEL:

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

CHURCHES:

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

SCHOOLS:

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

COTGRAVE ARMED FORCES COVENANT



Following on from the Town Council signing the Armed Forces Covenant, the Cotgrave community has an Armed Forces Community Champion.

EMPLOYER RECOGNITION SCHEME
SILVER AWARD

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

For more information please contact:

Telephone: 07497 495105

Email: cotgravearmedforcescc@gmail.com

Find us on Facebook





Cotgrave Bingham Keyworth

In the heart of Nottinghamshire, a story of passion, dedication, and unwavering commitment unfolds within the walls of blu Salons. It all began in 2004, in Cotgrave, where Dean Daws, a businessman, entrepreneur, and skilled hairdresser, envisioned a haven for top-notch yet affordable hairdressing. With limited resources but boundless determination, he meticulously shaped his dream into reality.

blu Salons' success didn't happen overnight. Dean's dedication and hard work, juggling roles as a barber by day and a hairdresser by night, laid the foundation for what would become a remarkable journey. As the client base grew steadily, so did the need for more stylists and expanded space.

The narrative wouldn't be complete without acknowledging the vital roles played by Lisa and Chloe Daws whose dedication and expertise have significantly shaped the business.



In 2007, Lisa entered the blu Salons narrative as Dean's wife, bringing her expertise to the company. Her role as the business manager was instrumental, as she adeptly controlled the various aspects of business operations. Working from the newly appointed head office, Lisa efficiently managed business finances, marketing, advertising, HR, and virtually every other aspect involved in running a successful business. Both Dean and Lisa's behind-the-scenes efforts and strategic acumen became the backbone of blu Salons' growth and success.



The salons continued to grow, branching out to Bingham and later, in West Bridgford. Each expansion was not merely a business venture but a commitment to delivering exceptional experiences to clients. The salons offered more than just hairdressing; they provided a sense of belonging and confidence to each individual who stepped through their doors.

However, the legacy of passion and dedication didn't stop there. At just 14 years old, Chloe, their daughter, joined the blu team as a Saturday assistant. Her exposure to the salon environment ignited a passion that quickly blossomed. Completing her GCSEs, Chloe moved forward to achieve distinction at NVQ levels 2 and 3. Her ambition and commitment were palpable as she swiftly advanced in her career, going on to become a Goldwell Master Colourist and Stylist, most recently gaining the opportunity to become a Goldwell Kerasilk Consultant.



But Chloe's impact extended beyond the salon chair. With an innate understanding of modern trends and communication, Chloe took charge of managing the company's social media marketing. Her flair for engaging content and her ability to connect with the audience through digital platforms became an essential component of blu Salons' brand image and outreach.



However, life isn't without challenges. In early 2023, the West Bridgford salon faced an unexpected transition due to a change in ownership of the building. Despite this, the blu Salons team didn't waver. Instead, they saw an opportunity to recreate their haven, moving to Keyworth and promising a space meticulously designed to maintain the high standards their clients expect.

The success isn't just about offering a high standard of hair services; it's deeply rooted in their commitment to continuous learning and development. Recognising the importance of staying abreast of the latest trends and techniques, blu invest in their team's education. They believe that nurturing their staff's growth ultimately leads to a higher level of service for their cherished clients. The blu Academy became the nucleus for in-house training, where apprentices are guided by experienced assessors working in partnership with NHTA with whom they have worked successfully with for 20 years bringing new stylists to the floor. The belief in progress didn't stop at the salon; it extended to prestigious collaborations with industry leaders like Goldwell & GHD, offering opportunities to further their education at the Academy in London

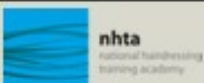
What sets blu Salons apart is their approach to staff development. They are profoundly passionate about fostering an environment where stylists flourish, not only as professionals but also as individuals, prioritising their well-being, ensuring a supportive, nurturing workplace that values their growth, creativity, and skill enhancement. The belief in continuous education and skill development is at the core of their ethos. Continuously investing in the team's ongoing training, keeping them abreast of the latest trends, techniques, and innovations in the hair industry.



Central to their commitment to excellence is their longstanding partnership with Goldwell. This partnership enables blu to offer nothing less than the pinnacle of quality in colour treatments and luxurious hair care products. Goldwell's cutting-edge technology aligns perfectly with their pursuit of providing the best to their clients, ensuring that every colour, every style, and every treatment is executed with finesse and precision.

"For us, our 'why' is simple: it's about delivering an exceptional experience to our clients through a harmonious blend of expertise, creativity, and premium products. It's about nurturing a haven where our team thrives and evolves, ultimately creating a space where every individual who walks through our doors feels valued, listened to, and leaves with a newfound confidence in their style".

As they forge ahead into their 20th year in business, blu Salons celebrates its success and continues to create a legacy of excellence, craftsmanship, and an unyielding dedication to their team and clients.



Cotgrave Integrated Neighbourhood Working (INW)

The NHS have identified Cotgrave as an area where there are people living with poorer health conditions, than in other others of Nottinghamshire.

To try and improve people's health and wellbeing, and to live happier, healthier lives, we have established a working group (called Integrated Neighbourhood Working) who are working together, in partnership, with the community of Cotgrave.

Below are some of the partners currently involved in this work:

- *Health and Social Care services*
- *Children's services*
- *Rushcliffe Borough Council*
- *Cotgrave Town Council*
- *Rushcliffe Community and Voluntary service*
- *Metropolitan Thames Valley Housing*
- *Local Primary Schools*
- *Local Community Groups and existing services within Cotgrave*
- *Residents and local volunteers*



You are the most important part of this, and we want to listen and understand what really matters to you. We want to hear from both adults and young people (11-18 years).

Please take a few minutes to complete the survey, either by scanning the QR code or clicking on the web link below and help support us in making Cotgrave even better!

Adults Survey



<https://forms.office.com/e/qJMKHfcmHi>

Young Peoples Survey (11-18 Years)



<https://forms.office.com/e/jXmXaMtUgA>

The results of the surveys will be shared through the Cotgrave Connections later in the year.

This is a real opportunity for people who live and work in Cotgrave to be involved and have their voice heard to help make positive changes within the community.

If you would like to be involved in supporting and developing this work, or would like to find out more, please email nnicb-nn.cotgrave-inw@nhs.net to register your interest.

D-DAY 80 ANNIVERSARY COMMEMORATIONS

Thursday 6th June 2024 saw the 80th anniversary of the D-Day.

D-Day was the name given to the June 6, 1944, invasion of the beaches at Normandy in northern France by troops from the United Kingdom, United States and other countries during World War II. France at the time was occupied by the armies of Nazi Germany, and the amphibious assault - codenamed Operation Overlord, landed some 156,000 Allied soldiers on the beaches of Normandy by the end of the day.

Despite their success, some 4,000 Allied troops were killed by German soldiers defending the beaches. At the time, the D-Day invasion was the largest naval, air and land operation in history, and within a few days about 326,000 troops, more than 50,000 vehicles, and within a few days about 326,000 troops, and some 100,000 tons of equipment had landed. By August 1944, all of northern France had been liberated and in Spring 1945 the Allies had defeated the Germans. Historians often refer to D-Day as the beginning of the end of World War II.



To commemorate this event, Cotgrave held a small event on The Green which included the Radcliffe-on-Trent Male Voice choir who sang several songs and was accompanied by a pianist and violinist .

Cotgrave's local piper, Jim Cook also play and following the lighting of the beacon a tribute was read by veterans and serving military personnel from Cotgrave.

Also represented at the event were members of the Royal British Legion (CBOC branch) and Army Cadets .

Wreaths were laid on behalf of both organisations.



Cotgrave Community Kitchen Newsletter

An update on our activities



Cotgrave Community Kitchen has again produced food bags for families in the local area. This half-term, over 30 bags were shared and included frozen food, tinned and fresh. We've received some great feedback, about the quality of the bags and how they have gone some way to reducing some of the financial burden felt during the school holiday.

We are operating this scheme every school half term and have reached out to Children's Services.

It was National Volunteer Week from 3rd to 9th June a week to mark the value and contributions of volunteers. We have over 25 regular volunteers who are vital to the success of the Community Kitchen. Without them, we would not be able to offer the services we do. Our volunteers collect food daily, work in the shop, cook, undertake admin duties or promote the kitchen via marketing activities. People volunteer for lots of reasons, it may be a cause that is close to their hearts, or it may be the wish to develop certain skills, if volunteering appeals to you, please get in touch. We also offer volunteer placements to students undertaking the Duke of Edinburgh Awards.

Cooking up a Storm!

We continue to cook a two-course meal for Thurlbeck Residents and last month we had a visit from the Joyful Jukebox, who came and sang to the residents, many of whom danced along! Residents enjoyed the meal, all supplied, cooked and served by volunteers with the Cornflake Tart getting rave reviews!

We hope to do more at Thurlbeck and are looking to start a chair exercise class at the Thurlbeck lunch club.



Recipe of the Season - Tomato Passata

1kg tomatoes, fresh or tinned
6 garlic cloves, halved
1 tbsp olive oil - optional
1 tsp sugar

Put the tomatoes, garlic and olive oil in a saucepan over a medium heat. Cover and cook for 10 minutes, snaking occasionally, until the tomatoes have collapsed.

Season generously and add the sugar. Remove the lid and boil for 5 minutes until the garlic is soft. Allow to cool, then serve. Ideal as a pasta sauce, bolognese base, or for pizzas!

Opening Times

Thursday & Saturday
10:30 - 12:00
Wednesday (limited
food) 10:14-11.30

Passed with flying Colours!

Last month Environmental Health Officers visited the Community to ensure we maintain, follow, and meet requirements set by the Food Safety Agency and we are pleased to report a successful visit.

Thank you

We are forever grateful to all our donors, including all the retailers who share on weekly basis.

St Vincent de Paul society have been extremely generous bringing us shopping with our half-term food bags.

As the better weather arrives, we are receiving more home-grown vegetables from the Community Gardens and local allotment growers, all organically produced and on our doorstep!

We continue to support the Community Garden and have held raffles throughout the last few months to raise money to help them continue to grow and supply us with their produce.

Well Pharmacy Thanks Community for Support During Covid Booster Program

+well Pharmacy

Branch Manager Karen, Pharmacist Scott, and the entire team at Well Pharmacy extend their heartfelt thanks to all patients for their patience and support during the busy Spring Covid booster vaccination programme.

+well
Pharmacy

Karen remarked, "It has been incredibly rewarding to support the NHS and provide a service that protects the over 75s and other vulnerable groups."

Ongoing Services at Well Pharmacy

Well Pharmacy continues to offer a variety of essential services to support GPs and the NHS:

Pharmacy First Avoid long waits at your GP or A&E with our Pharmacy First service. Our expert pharmacists offer health advice and NHS treatments for illnesses such as:

- Earache
- Impetigo
- Infected insect bites
- Shingles
- Sinusitis
- Sore throat
- Urinary tract infection (UTI) in women

Contraception Services Whether you're starting contraception or seeking alternatives, our in-store team can help you explore and understand a wide range of products. No appointment is needed.

Blood Pressure Checks We offer free blood pressure checks for those over 40 who are not on any blood pressure medication. No appointment is necessary.

New Medicine Service (NMS) If you have been prescribed certain new medications, we will give you a call to ensure you're managing well with your treatment.

Flu & Covid Vaccines Early bird flu vaccinations are available for £17.99 – book online at Well.co.uk. Covid Spring vaccines are available for those over 75 or for individuals aged 6 months to 74 years with weakened immune systems.

HPV and Chickenpox Vaccines Available to book via Well.co.uk.

Period Delay Services For special occasions such as holidays, we offer a safe and effective private service to postpone your period. Speak to us in the pharmacy, no appointment necessary.

Repeat Prescription Reminders Please remember, the surgery no longer accepts phone calls for repeat prescriptions. Use the surgery's letterbox or the NHS app to order. Allow seven working days for your prescription to be ready. The process includes 48 hours for the surgery to send a barcoded token and five days for the pharmacy to prepare your medication.

Staff Updates We bid farewell to Jay, our Wednesday and Saturday pharmacist, who has decided to take a new opportunity. We thank Jay for everything and please be assured that we have pharmacists to cover these days. Finally, a huge congratulations to Nicola on passing her healthcare assistant exam – well done, Nicola!

Feel free to drop in anytime for good advice or a friendly chat. The team at Well Pharmacy is here for you.



ALL SAINTS' PARISH CHURCH, COTGRAVE

Plumtree Road, Cotgrave,
Nottingham, NG12 3HT



www.allsaintscotgrave.co.uk



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

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

Church Wardens:
Gordon Marsh 0115 9899930
Sheila Astill 0115 9892844

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

Sunday Morning Service

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

Wednesday Services

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

Reflections / Messages

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

'Little Lights' Children's Group

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

Ladies Fellowship

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

Memory Café

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

Bellringing Practice

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

Weddings, Baptisms & Funerals

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



Cotgrave Advice Centre

Over 30 Years of Caring

**Free, Confidential & Impartial
Advice Sessions**

**Tuesday & Thursday mornings:
9.00am to 12.00 noon
(Appointments are not always
necessary)**

**Get specialist advice on a range of
issues, including:**

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

**Plus free appointment with solicitor -
first Thursday of every month**

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

Tel: 0115 8501851

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

Member of

advice UK



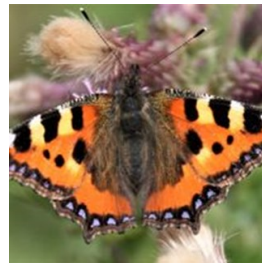
More Fun on Cotgrave Country Park



Once again, The Friends of Cotgrave Country Park have a programme of educational and fun events on the park in the next few months. There are experts to lead and inform on the walks. We would love to see you there!

Sunday 23 rd June	Wildflowers and Butterflies	10.00am-12.00pm
Sunday 14 th July	Birdsong and Identification	8.30 am start {approx. 2 hours}
Saturday 24 th August	Free Children's nature activities, including crafts and bug hunts.	10.00am-1.00pm
Friday 6 th September	Bat Detectors	7.15 pm
Sunday 13 th October	Fungi Foray	10.am - 12pm

Wildflowers and Birdsong are already available for booking on our website. No need to book for the children's activities.



Cotgrave WI

The ladies of Cotgrave WI have been treated to some interesting speakers so far this year. Ranging from driving tips for older drivers (but relevant to everyone really), bra fitting and general breast health, to the view from the speaker's office window, which turned out to be the cockpit of his RAF and commercial planes! We also went back in time with a talk on his early career from pop star Vince Eager.

June's meeting took the form of an evening trip out to Tresillian House in Melton Mowbray to see the lovely gardens and to enjoy tea and cake. Food is often involved in the WI's activities.

Coming up, there will be energy saving tips from The Green Doctor in July and an introduction to macramé in August. Thank you to everyone who came to our jumble sale in April helping us to raise some much-needed funds. We hope you found a bargain or two.

The WI had some exciting news recently. Later this year, we will be celebrating our 100th birthday. Cotgrave WI was originally formed in November 1924. We have a copy of the original document. During the second world war, it was suspended due to members being involved in war work so we always thought we had to count birthdays from when Cotgrave WI started up again in 1946. However, the National Federation of WIs has sent us a certificate commemorating our 100 years so, if they say we are 100, who are we to argue? Any excuse for a party!

We have been taking part in the WI's campaigning side. At the national annual meeting at the Royal Albert Hall in London, delegates voted to campaign to improve access to dental care across the country. You may not think it but the WI can be an influential body to many government departments and institutions. By the way, being a delegate at such a meeting and hearing Jerusalem sung by an Albert Hall full of WI members is very uplifting and inspiring.

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



The Patient Participation Group would like to wish Dr Lewis all the best for her well-earned retirement. She will be missed at Cotgrave surgery but we all hope she enjoys the next chapter in her life.

Members of the PPG helped with the running of the covid booster clinics and will do so again when the Autumn round up comes along.

Patients are encouraged to look at the Belvoir Health Group website for information and updates. There is a section with more information about the PPG too.

The group is also part of the Rushcliffe Primary Care Network. They have a website, www.rushcliffehealth.org/directories, where you can find useful information on a lot of subjects.

Prescriptions can also be ordered online, either via the NHS app or SystemOnline. Please ask at the surgery if you are not sure how to access these.

Once again, many appointments at the surgery have been wasted due to patients not attending. In April, 358 appointments were made but not used. That represents 17 for each working day. We often hear nowadays about people complaining that they can't get appointments at GP surgeries. Those 358 could have been given to someone else had the person informed the surgery that they would not be attending for whatever reason. If you make an appointment and are not able to attend, please inform the surgery. You could telephone or reply to your text reminder.

To help with the well-being of staff, a small, grassed area has been identified behind the surgery and will be used for staff to have a bit of R&R at lunchtimes for example, with a picnic table and seating. Any volunteers to look after the garden area and keep it clean and tidy would be most welcome. Also, if any gardeners have any plants and cuttings to enhance it, they too would be welcome. Contact the surgery if you could help.

Look out for details to come of a new dementia support initiative, which aims to help the whole community work together to raise awareness of the condition and to offer support where they can.

Anyone fancy having a go at bowls?



St James' Park Bowls Club in Upper Saxondale are looking for new members.

We are a friendly club looking for new members. Experienced bowlers or complete newbies are welcome and coaching can be arranged for anyone who have never played before.

We are currently playing in three leagues but we also have social practice "roll up" sessions on Tuesday afternoons where you can meet some of our players and find out a bit more about the club. If you cannot make Tuesdays, don't worry, we can arrange an alternative met up for you.

We have the option of becoming a "full" or "social" members, but there is no obligation to sign up for the first few weeks until you feel the game is right for you.

We also hold inter-club competitions, occasional social events such as quiz nights and we have an annual turkey and tinsel weekend away.

Please contact us via our Facebook page or email me a keithlaing@talktalk.net if you want any more information, we look forward to hearing from you.

Keith Laing
Vice President.



COTGRAVE TOWN COUNCIL

SUMMER MARKET

SAVE THE DATE


3RD AUGUST 11AM TO 4PM

COTGRAVE SHOPPING CENTRE



MARKET STALLS, INCLUDING CRAFT AND FOOD STALLS

FREE ENTERTAINMENT INCLUDES -

 Skate Nottingham

SLACKLINE SCHOOL

LIVE MUSIC

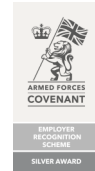
FREE ENTRY



CLOSER TO THE COMMUNITY



Tel: 0115 9893876
Mobile: 07497 495105
Website: www.cotgrave-tc.gov.uk



Proudly
supporting
those
who serve

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

CHAIRMAN'S REPORT ANNUAL REPORT 2023/2024

The last year has been rewarding in a number of ways. In May of 2023 there were five vacancies on the Council following the May elections and during the year a further vacancy arose following the sudden and sad death of Cllr. Bill Handbury who had served for over 12 years. Four residents - Cllr. Myles, Cllr Jeffreys, Cllr Denham and Cllr Woodward subsequently applied for co-option and joined the council during the year. Whilst there are still two vacancies remaining, all other councillors are doing excellent work for Cotgrave and I would like to thank them all for their help and support.

The Clerk and the Administration Manager have had numerous difficulties to cope with and have in every instance gone above and beyond expectations to ensure that Cotgrave gets the best results possible from facilities provided for residents. I am sure all councillors will join me in thanking them for their efforts and professionalism.

The long outstanding matter of the proposed building of the new pedestrian bridge over the canal reached its final stage with the planning application being refused by Rushcliffe Borough Council. Barratt Homes decided not to appeal this decision and further discussions are taking place between Rushcliffe Borough Council, Cotgrave Town Council and Barratt Homes to come to an outcome.

We have been working with the Community Garden to enhance the appearance of the raised beds in the Precinct, Cotgrave Town Council have been permitted to maintain a limited area within each plant bed and the results of the joints efforts with Rushcliffe Borough Council will become visible as the planting that has been done comes into bloom.

In these challenging financial times, considerable work was undertaken with the budget on which the precept is based and this entailed some very difficult decisions being made. The ones that will be noticeable will be the absence of the Remembrance Day Parade – reported in my Chairmans's report in March of this year and the withdrawal of the Councillors allowance that covered incidental expenses incurred. The saving of saving of these associated costs meant that the precept was only

increased by some 80p per year on the Cotgrave Town Council element.

The main events of the year were the Safari Sales, a Summer Street Market, the Firework display in November, the Christmas Lights event, and the Pensioners Christmas Meal. All events were exceptionally well organised and greatly enjoyed by all who attended. Regarding the Fireworks event, it was felt subsequently from a health and safety perspective, that action needed to be taken to ensure the safety of the hundreds people attending and the exceptional traffic situation experienced were better controlled. To this effect a meeting has been held with the Welfare and a plan of operation to be adopted has been written and introduced to increase safety measures. This will be reviewed annually after the event to make any improvements that are considered necessary.

As the Council's year has now come to a close, I believe Cotgrave Town Council is in a strong position financially and comprises of an excellent team of Councillors, Clerk, Administration Manager, Ground Staff and Park Keepers who will carry us through the year ahead.

Councillor Ian Shaw
Chairman, Cotgrave Town Council

8th May 2024

How to contact the Council

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

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

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

Vandalism to equipment on The Green Play Area

Council have endured vandalism to the play surface on the play area on the Green

Councillor Long Service Award

Following the council meeting held on 17th June, the Chairman of Council, Councillor Ian Shaw presented Councillor Richard Butler with his Long Service Award.

Councillor Butler joined Cotgrave Town Council following the elections in May 1999, and has served on the Town Council for 25 years.



Broadmeer Play Park New Equipment

Following the removal of the Springer/Rocker at Broadmeer Play Park, Council will be installing a replacement piece of equipment.



This will be a Kompan Supernova, this is a large slanting ring with 7 divided sections to invite children to explore the play options - turning, spinning and balance either seated or standing, alone or with friends. Because the Supernova is a ground level piece of equipment it makes it possible for all abilities to be included in play for ages 6+

2024/2025 COTGRAVE TOWN COUNCIL

Chair: Councillor Ian Shaw

Vice Chairman: Councillor Steve Gardner

MEMBERS OF THE COUNCIL

NAME	ADDRESS	POST CODE	TELEPHONE NO	EMAIL ADDRESS
Richard Butler (N) (B) (F)	1 Church Court	QW	0115 9892504	cllr.richard.butler@cotgrave-tc.gov.uk
Keir Chewings (B) (F)	163 Ringleas	PS	07404 378551	cllr.keir.chewings@cotgrave-tc.gov.uk
Shaun Denham	24 Lingford	LB	07949 484529	cllr.shaun.denahm@cotgrave-tc.gov.uk
Stuart Ellis (B) (F)	8 Poplar Close	SN	0115 6482759	cllr.stuart.ellis@cotgrave-tc.gov.uk
Steve Gardner (V)	11b Flagholme	PE	07895 630638	cllr.steve.gardner@cotgrave-tc.gov.uk
Leo Healy (F)	22 Bakers Close	RG	07769 159041	cllr.leo.healy@cotgrave-tc.gov.uk
Christine Jeffreys	12 The Old Park	TN	0115 9892829	n/a
Sam Mitchell	48 White Furrows	LD	07960 937590	cllr.sam.mitchell@cotgrave-tc.gov.uk
Norman Monday	26 White Furrows	LD	07903 449337	cllr.norman.Monday@cotgrave-tc.gov.uk
Mary Myles	16 East Acres	JP	0115 9892179	cllr.mary.myles@cotgrave-tc.gov.uk
Ian Shaw (C) (F)	13 The Dial	QP	0115 9894484	cllr.ian.shaw@cotgrave-tc.gov.uk
Anthony Simpson	10 Chichester Drive	JJ	07484 203630	cllr.anthony.simpson@cotgrave-tc.gov.uk
Darren Stothard	213 Ringleas	PS	0115 9890503	cllr.darren.stothard@cotgrave-tc.gov.uk
Michelle Woodward	Cotgrave Road	5PE	07841 843035	cllr.michelle.woodward@cotgrave-tc.gov.uk

Please Note: * all Cotgrave Postcodes beginning with NG12 3
 C Indicates a Committee Chairman, V a Committee Vice Chairman
 B Indicates a member of Rushcliffe Borough Council
 N Indicates a member of Nottinghamshire County Council
 F indicates a member of the Finance Committee

Dates of Meetings 2024-2025

	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MARCH	APR	MAY
Full Council	17	15	-	9	21	18	9	20	17	17	14*	<u>ATM/ACM & COUNCIL</u> 19
Finance Committee	-	-	-	16								

ATM -= Annual Town Meeting

ACM = Annual Council Meeting

* This meeting will be held on the second Monday of the month due to the date of Easter

Notes:

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