

NEWS FROM THE FORUM

The Newsletter of the Dunkirk & Lenton Partnership Forum No.40: January 2008

A Healthy New Year!

The excesses of Christmas are over and no doubt many of us are determined to include 'get healthy' in our New Year's resolutions.

Well, the Forum, Care Link and The Lenton Centre are teaming up to provide a great opportunity to start your healthy new year. On Friday 18th January, The Lenton Centre will be hosting a health event for the over 50s.

There will be exclusive use of the gym with fitness instructors available to help you get the most out of the equipment. There will also be chair aerobics, a therapeutic drumming session and belly dancing. Hearing tests, health checks and a range of

massage therapies are also on offer. As well as all of this activity there will be plenty of information stands providing advice on health issues such as diabetes, healthy eating, local health projects. Local services, such as Care Link and The Lenton Centre, will be also be promoting their services so you can find out how to keep healthy and active for the whole year.

The event is starting at 11am and will continue throughout the day until 3pm. Lunch is being provided by our nationally renowned Crocus Café. And best of all, it's all FREE! We look forward to seeing you all there!



We will be holding our AGM on Tuesday 29th January 2008, 7-9pm at The Lenton Centre, Willoughby Street. All are welcome to come.

You must be a member of the Forum in order to vote at the AGM. Contact the Forum office for further details – telephone 9419525 or email forum@dunkirkandlenton.co.uk.

Access to healthy food in Dunkirk and Lenton

According to surveys carried out for the Forum, one of the issues in the area is a lack of access to affordable, good quality fresh fruit and vegetables and healthy food. The Forum is aiming to address this through developing a project.

We are currently trying to get ideas from local residents regarding

how the project should work, what would be useful and how many people would like to use it. If you think this scheme might benefit you or you have an idea about how it should run, please get in touch with Fiona at the Forum. Telephone 9419525 or email us at cw@dunkirkandlenton.co.uk.

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HAVE YOU FOUND THE LENTON CENTRE YET?

- GYM, Therapies, Yoga, Classes, Meeting Rooms, Offices and much more!!

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Dunkirk & Lenton Partnership Forum

Registered charity number 1119337

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Email: forum@dunkirkandlenton.co.uk **Website:** www.dunkirkandlenton.co.uk



News from Lenton School and Nursery

Built in 1878 in response to the Education Act of 1871, this school, together with many others in the city, has delivered education to the children of the surrounding area for 130 years. Looking at the logbooks down the ages, this school has offered a good standard of education throughout this time.

At the end of July 2008 the school closes its doors to children for the last time. There must be many of you who attended the school or know of people who did, or even worked there and have photos and memories of that time.

Some people have already been in touch and we are beginning to collect some fascinating memories and photographs. We are mounting a collection of these photographs and memories to be exhibited in the school at the end of July for anyone to visit, so if you can help, then please get in touch.

Are you in the photographs, from the 1950s, shown on these pages? Or do you know of anyone either in

these photographs or who attended the school? If so, let me know by ringing the school on 0115 9151793.

The school will be opening on Saturday 12th July 2008 for visitors to come and look at the school as it is now and remember their time at Lenton Primary School, and perhaps link up with old friends. I look forward to meeting some of you. Staff will be on site to show the work which children do at present and the exhibition of memories will be on show in the dining hall. We are hoping to provide some refreshments and entertainment as well, so please come along. The date and times will also be found in the *Evening Post* nearer the event, in the April issue of *News from the Forum* and on Radio Trent.

In the meantime, we continue with our partnership project on Global Citizenship with Creative Partnerships, Edna G Olds School and Dunkirk Primary School. We have shared carol singing with Edna G Olds at Sainsbury's and at the Church

Square shops. We have also shared some Christmas productions at both schools. The junior children went to see *The Nutcracker* ballet, the Pantomime at the Theatre Royal and a cinema outing with Radford school and enjoyed it hugely. We have had some fascinating wildlife workshops where exotic animals have been brought into school for the children to handle. We have also had some interesting workshops with parents.

In partnership with Groundworks, a competition was held in school to design a metal frame for the railway bridge over the footpath to Lenton Lane. Two designs were chosen to be combined to make the frame. This will be a lasting legacy to the children of Lenton Primary School. There is a suggestion that the frame may also be made for the bridge over Sherwin Road.

Our business partners IKANO very generously donated Christmas

Above: Lenton Infants 1958.



Above: The Junior Choir, Lenton Junior School, 1959.

Right: Lenton Junior School's Year 3 in the gym (school hall), 1952.



gifts for each child and all the staff. We also have a partnership with schools in Lebanon and two of the staff will be visiting Lebanon during the Easter break. We hope to continue the fun element in the spring term with a grand finale at the end of the summer term – more of this later.

Pat Shaw, Chair of Governors



**Dunkirk & Lenton
Partnership Forum**

Dunkirk & Lenton Partnership Forum exists to work with and for the community to improve and promote the area, making it more appealing to live and work in for a broad range of people.

Notable dates at Monty Hind

- | | |
|--------------------------------------|--------------------------------------|
| 13.02.08 Men on a Mission | 10.03.08 Inter Club Badminton |
| 03.03.08 Inter Club Badminton | 17.03.08 } County Camp |
| 04.03.08 U12, U14 Football | 18.03.08 } |
| 06.03.08 U16, U19 Football | 19.03.08 } |

The Monty Hind Youth Club, Leengate, Lenton, Nottingham NG7 2LX

Monday to Thursday 6.30–9pm

Ages 10–18 years

INFORMATION



Lenton Festival

This year's Festival saw something of a change – a new season! Usually held in June, this year the event took place on 29th September. And it was a gamble that paid off as the weather was lovely by the time the Festival was in full swing. A central arena played host to a number of exhibitions including the very popular belly dancing by Janet, plus the Wild Cat Cheerleaders (shown above). The owls, provided by Ambulance Aid, were also a really popular attraction. This year the Sikh Gudwara Temple got involved with the Festival and its members were a great support, providing us with fresh samosas and pakoras when we were let down at the last minute by another food provider.

As usual we had numerous information stalls, plenty of craft activities and health checks and refreshments provided by Shaw's and the Crocus Café. Overall, all of those who attended felt the afternoon had been a great success. Our thanks to everyone who got involved and supported the Forum to make the day such a success. Special thanks to the Temple, Holy Trinity church for helping with the cleaning up at the end of the day, all our volunteers, Parbinder and Fi from the Neighbourhood Management team for helping with all the setting up and clearing up, Parks Department for the use of Lenton Rec and Robert Howard for being our official photographer. See you next year!

Improve your street!

In the last edition, we mentioned the street reps scheme that the Balanced Communities working group is piloting in the area. Well, we are still looking for volunteers! We are looking for both students and long-term residents to keep an eye on

problems in their street, for no more than 2 hours per week. Full training is provided. It's a rewarding way to improve your neighbourhood and get to know your community. Interested? Contact the Forum office on 9419525 for more details.

Hothouse tickets

Don't forget, the Forum is a member of the Playhouse HotHouse scheme, providing an opportunity to go to the theatre for reduced costs. It's been really popular to date, especially the panto! The next production is Tolstoy's *War and Peace*, a 2-part production in February. More details are available from the Forum office on 0115 9419525.

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Email: enquiries@pj-hotel.co.uk



**Dunkirk & Lenton
Partnership Forum**

News from the Forum is published by the Dunkirk & Lenton Partnership Forum; edited by Lesley Fyffe and Susan Griffiths; and printed by Parker & Collinson, Lenton. Opinions expressed within are not necessarily those of the Forum.



ment, Street Scene and Neighbourhood Management. Dunkirk Primary School and Dunkirk Fun Club have also been involved in driving the project forward. Alongside this, Street Scene is working to ensure that the park is being regularly maintained, installing a new bin, clearing litter and graffiti and repainting the railings. Through Dragons' Den, the Forum secured £100 to buy spring bulbs, which were planted on 13th December by children from the Primary school, helped by officers from Dunkirk Fire Station and local Park Rangers (see photograph left). This will bring a splash of colour so everyone can start enjoying the park again.

So what next? Well, all of the ideas given are being looked at and will be developed into a realistic plan for the future of the Park. The Forum and its partners will be looking at fundraising to put the plans into action. G&A Associates based on the Science Park have donated £100 already and Dunkirk chippy is collecting funds at the counter. Watch this space for more details!

The Spider Park comes back to life

Over the years residents have been asking for Dunkirk Park, affectionately known as the Spider Park due to its distinctive climbing structure, to be brought back to its former glory. Or at least for it be made to look a bit more loved and cared for. Well, finally moves are

underway to inject some new life into the park! On 5th December the Forum hosted a public meeting at Dunkirk Community Centre to collect ideas about how you would like to see the park being used. The work is being coordinated by the Forum in partnership with Parks Develop-



ment, speak for 2 minutes about how they would like to spend the money, after which the audience voted to accept or reject the idea. No effort was spared to gain the money – including poetry, props and brazen bribery with chocolate! The winning ideas included:

- ◆ Bluebells for Lenton Recreation Ground
- ◆ Bulbs for Dunkirk Park
- ◆ Planting for Church Square
- ◆ A new play project in Dunkirk
- ◆ Gates for Cecil Street
- ◆ A youth forum
- ◆ A new notice board for The Lenton Centre
- ◆ Costs towards publicising walks around historical Lenton
- ◆ Hillside regeneration

Dragons' Den comes to Lenton!

Area 8 committee offered local groups and residents a chance to bid for £100 pots of money to make a difference to their local com-

munity. The event took place after the Your Choice, Your Voice event on 15th November at the Lenton Centre. Participants were invited to

The free prize draw of Victoria Centre vouchers was won by Mrs E Gough. Congratulations to all the winners!

INFORMATION

Update from the Forum

As usual, the Forum office remains a busy place, working hard with our community to help make Dunkirk and Lenton a better place to live and work. Since the last edition, we are delighted to welcome 2 new additions. Firstly, the safe arrival of Philippa's daughter, Macy, who arrived in something of a rush on 18th October. Congratulations to them both. Secondly, the arrival of our new community engagement worker, Fiona Corbett (see photograph right), who started at the Forum on 16th October. Many of you will have already met Fiona and started working with her. We'd like to extend a special thanks to Lynda Lally who had been covering the post during the recruitment process and did a wonderful job – we hope she will be able to rejoin the Forum in the future.

You will see from other parts of the newsletter that we have been busy with several projects including planning a health event, launching a voluntary and community sector forum, a healthy eating project and supporting local projects. On top of this it's business as usual with our working groups.

Housing & Environment and Community Safety working groups: meetings are set for every 6 weeks

and vary between venues in Dunkirk and Lenton. They also vary between times to give everyone a chance to attend. The community safety working group also incorporates the neighbourhood meeting. Everyone is welcome – it's your chance to meet local beat officers and council officers and raise your concerns directly.

Lenton Rec Consultation Group: meeting 4 times a year, this group acts as a critical friend to Lenton Rec, overseeing plans for Green Flag and reviewing the park management plan. Most recently the group was involved with organising the planting of bluebell bulbs in the park. We look forward to seeing the display next year!

Balanced Communities working group: this group meets 4 times a year and brings together reps from the council, the University of Nottingham and its Students Union reps, local residents groups and landlords. Work to be looked at this year is the further development of the street reps project, a pride in Dunkirk and Lenton campaign and developing a transformation plan for the area.

Don't forget our AGM on Tuesday 29th January. This is your chance



to hear more about the work of the Forum and our plans for the future. There are always opportunities to become a member of the Forum – it's free and gives you a chance to vote at public meetings and the AGM and have an input into the work of the Forum. Want to be even more involved? Then why not think about joining the Executive Committee? Meetings are held once a month and trustees are responsible for overseeing the overall management of the Forum. Contact the Forum office for more details.

Wishing everyone a happy and healthy new year!

The Forum Staff team.

Steph Knowles (Manager)
coordinator@dunkirkandlenton.co.uk

Alex Sinclair (Admin Officer)
forum@dunkirkandlenton.co.uk

Fiona Corbett (Community Engagement Worker)
cew@dunkirkandlenton.co.uk



News from the Neighbourhood Management Team

A Community Representatives Induction Day took place on 1st November. It was a chance for the Community Representatives from Meadows, Dunkirk and Lenton who sit on the Area 8 Committee, to meet, take a tour around the area and find out more about how the Area Committee works

A word from the chair

I hope that you all had a very good Christmas holiday and that the articles in this edition will be appealing, full as they are of ways to improve your health and get fitter.

This month the Forum holds its AGM (29th January) and I hope that all of you who have supported us in the past will come along and join with us on the night, to elect our future committees and review our year.

Finally I would like to thank Susan Griffiths, our guest editor for this edition of *News from the Forum*, who has taken over from Philippa, whilst she is at home 'minding the new baby'. By no means a new face to the role, Susan was the original editor and produced the very first editions, setting the standard which has been so well maintained over time.

Lesley Fyffe



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- you see an abandoned car.
- you wish to report bin-diving.
- you witness a crime being committed but you wouldn't class it as an emergency.

Beat officers' mobile numbers:

Dunkirk (PC Wakerley)

07792 437324.

QMC (PC Draycott) 07792 437365.

New Lenton (PC Silverwood)

07812 215919.

Hillside (PC Shaw) 07792 437344.

University Park (PC Barratt) 07792 437363.

Domestic Violence Helpline:

0808 8000340.

Crimestoppers: 0800 555111.

Parking Services: 9156655.

If a car is parked in the wrong place

Neighbourhood Wardens: 9152020.

Fire Service: 999 (emergencies).

Home safety checks and smoke alarm service: 9421600.

Fire safety advice: 9670880.

CCTV Control Room: 9151612.

If a camera isn't working or an incident occurs near a camera.

Street Lighting Hotline: 9152211.

Give the number of the light not working.

Highways Hotline: 9152000.

For issues relating to highways maintenance and obstruction.

Drainage Enquiries: 9156650.

If the street drains are blocked.

Planning & Advertising Info:

9155414.

If shops are leaving objects on the pavement without permission.

Planning enforcement: 9155426.

If regulations are being contravened.

City Council Planning website:

www.plan4nottingham.com/

Drug Action Team: 9151961.

If you find a needle or a syringe.

QMC: 9249924.

NHS Direct: 08454647.

If someone is injured by a needle.

Public Health: 9156798/6170.

For environmental issues.

Dog Wardens: 9156123/9170.

To report persistent dog fouling.

Pest Control: 9156123/9156224.

(answer phone outside office hours).

If you see rats or other vermin etc.

Housing Repairs Hotline:

9152222.

If your council house needs repairing.

Lenton Housing Office: 9153740.

For general council housing enquiries.

Refuse Collection & Street Cleansing:

9156666 or City Contract

Works: 9152000. Also www.nottinghamcity.gov.uk/waste if:

- your bin has not been emptied.
- your street needs cleaning.
- you need bulk waste collecting.

To contact the FORUM:

Tel/fax: **9149525** or email:

forum@dunkirkandlenton.co.uk

Other numbers

Social Services: 9155500.

(out of hours emergencies: 9159299).

Education Department: 9150800.

Early Years & Childcare: 9150773.

Trading Standards: 9507910.

Council Tax: 9154851.

Housing Benefit: 9154944.

Antisocial Behaviour: 9152020.

City Council Switchboard: 9155555.

Nottingham On Call: 9152222.

Park Maintenance: 9155555.

Park Development: 9152014.

Local councillors

Dunkirk and Lenton ward:

Zahoor Mir (Lab): 9151398.

David Trimble (Lab): 9121393.

To speak to your local councillors in person you can attend their surgeries at Dunkirk Community Centre or The Lenton Centre (see pp18-19 for times).

Please feel free to suggest other useful contacts and let us know if you experience any difficulties when calling any of the above numbers so that we can monitor effectiveness.

They think it's all over – it is now!

Wow what a year 2007 was! With Christmas and New Year already behind us in Lenton and Dunkirk it seems hard to believe that 2008 is already underway.

2007 really was a year full of moments to cherish. Amongst other things happening at Care Link in 2007, we had a fabulous Easter Egg Hunt, summer trips to stately homes and country parks. We cruised down the river on a brand new boat, had fun with crafts, hosted two Christmas parties, a Christmas meal, a trip to the Sherry Party and of course there was our hugely successful Christmas Fair.

In 2007 over 300 older people in Lenton and Dunkirk either came to one of our Day Centres, had a prescription collected or delivered or received a visit from one of our Befrienders and each and every one of those older people told us in some

way that what we had done had made a difference to them.

We worked hard last year to make a difference for Nottinghamshire's Over 60s and in 2008 things will be even more exciting and there will be much more happening.

In January we are pleased to be working in partnership with the Dunkirk and Lenton Partnership Forum and The Lenton Centre to run the first Older People's Health Event in Lenton. It promises to be a fun filled day for all older people with stalls, information, activities and a light lunch. We are already planning our Spring Fair, a host of summer trips and a wider range of activities for our Day Centres.

From this January our dedicated Prescription Service Team is now offering all its service users a free newsletter full of useful information, as well as continuing to collect and deliver

all your prescriptions and to provide you with all your medication.

Our Link Up Visiting Scheme is being re-launched this January and now offers even more opportunities for us to support local older people with visits at home and more chances to come together in the community and also for more volunteers to give a little something back to the older people of Nottinghamshire

A full copy of our programme of events, more information about our services and details of how to become a volunteer can be found at Thomas Helwys Baptist Church in Lenton or at the Dunkirk and Old Lenton Community Centre in Dunkirk.

If you, or anyone you know, would like to find out more about Care Link, to use our services or become a volunteer you can call Aisha on 0115 941 2499.



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Goodbye Lenton Care Link – Hello Care Link!

Following a vote by members at EGM held in November 2007, it was unanimously decided that the charity previously known as Lenton Care Link will now be known as Care Link and that the previous working area of Lenton, in the County of Nottinghamshire, will be superseded by the working area of the County of Nottinghamshire.

These changes to our constitution have been formally adopted and the Charities Commission informed. If you have any enquiries or require further information or clarification please call 0115 941 2499.



Royal Visit

On 25th September HRH The Countess of Wessex visited The Ear Foundation in Lenton to meet groups of deaf children and their families.

The children have had their lives transformed by cochlear implantation: from being totally deaf, they can now hear the conversation of their families and friends. The parents of some of the youngest children told the Countess about the changes that cochlear implantation has brought to family life, whilst the older children were able to speak for themselves about what a cochlear implant has enabled them to do at home and school and the challenges they face as they enter further education and the world of work.

Tricia Kemp, the mother of 18-year-old Alex, who was born profoundly deaf and was the first born-deaf child in the UK to receive a cochlear implant, said: 'If someone had told me when my profoundly deaf son Alex was one year old that, when he was 18, he would be chatting with a member of the Royal Family, I would never have believed it. It just goes to show that dreams can come true – certainly the clos-

est thing to a miracle I have seen in my lifetime.'

Jason Broekhuizen's three-year-old son, Tom, benefited from the single cochlear implant which he received when he was 22 months old, and Jason decided to fund the second one himself. Jason said: 'Cochlear implants have restored a world of opportunities to our son following his hearing loss through meningitis. We have benefited enormously from the expertise and support of the staff at The Ear Foundation, an organisation bringing much needed publicity to the many issues surrounding cochlear implantation: access to two implants and the importance of high quality ongoing therapeutic involvement.'

At the end of the visit, 12 year old Tara Vinden made a moving speech about how she has been helped by her cochlear implant, enabling her as a profoundly deaf child to go to a mainstream school.

Above: Visiting one of the regular groups at The Ear Foundation which is run by Speech & Language Therapist Suzanne Harrigan.

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LOCAL POLICING

SmartWater



SmartWater has been used in Nottingham since 2001. It has been applied in over 25,000 homes and we have found that these properties are rarely burgled again.

SmartWater is available to anyone living within the City of Nottingham, free of charge. It is also offered to students living in Halls of Residence at both Universities, as well as all schools in the city and county.

SmartWater has helped significantly to reduce burglary during the last two years.

What is SmartWater?

It is a property marking agent which can be used to mark items that are of value to you. It is almost invisible to the naked eye and contains numerous minute particles. When magnified the particles bear a nine digit code, which is unique to that bottle of SmartWater. These details, together with your own, are then entered onto a database.

What is the benefit?

We have found that in Nottingham SmartWater is working as a deterrent to burglars. It is important you display the window stickers provided, which give a clear message to the burglar. Items that have been marked with SmartWater will be difficult to sell. SmartWater also helps to convict burglars and means that stolen property can be traced to the rightful owner.

Can it be removed?

No, it is impossible to remove every trace, even the smallest deposit can be picked up by ultra violet light and analysed by the Forensic Laboratories.

Is SmartWater catching burglars?

Yes. All custody suites in Nottingham are fitted with ultra violet lights and

every offender who is arrested will be scanned for traces of SmartWater. This can be traced to a crime scene, and provide a secure conviction.

How can I get it?

It couldn't be easier. It can be obtained by telephoning the Crime & Drugs Partnership office on 9153701 or by email at smartwater@nottinghamcity.gov.uk.

The Burglary Reduction Team will arrange to visit and demonstrate how to mark your valuables. Our Crime Prevention Officer Valerie Bullin is also available to give presentations to groups or attend events in the community.

Neighbourhood Watch in Nottingham

Neighbourhood Watch schemes can provide a valuable way for communities to keep in touch with one another and help people in those communities to help one another to stay safe. The main purpose of Neighbourhood Watch is to get people looking out for their neighbours, making sure that everything is alright and reporting anything suspicious. Support for schemes is available from the Police and the Crime and Drugs Partnership and other agencies in your area. We can provide you with information about what is happening in your area and who can help you, plus give you street signs. If you would like to set up a scheme or would like some more information please get in touch.

Contact: Janis Clarke

Tel: 0115 9153704

Janis.clarke@nottinghamcity.gov.uk

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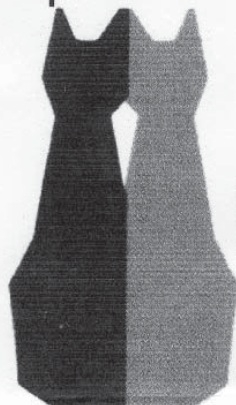
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New Community Officers



My name is Jez Hughes. I'm a Community Protection Officer (CPO) employed by Nottm City Council and work alongside Police officers and Police Community Support Officers as part of the Safer Neighbourhood Team covering the New Lenton area. CPOs were formerly called Neighbourhood Wardens.

I'm currently based in the Radford Road area but I hope that I will be based closer to the New Lenton area in the not too distant future.

My main role is environmental issues such as litter and fly tipping. I'm also aware of the current police priorities of cycling on the pavement and drinkers gathering by the Nottingham canal.

I can be contacted through the Anti Social Behaviour line which is 9152020.



My name is James Seward (PCSO 8189). I'm a Police Community Support Officer employed by Nottinghamshire Police and work alongside Police officers and Community Protection Officers as part of the Safer Neighbourhood Team covering the New Lenton area.

My main role is high visibility foot patrol. I am also able to provide education about, and if necessary enforce, local priorities such as cycling on the pavement and drinking by the canal side.

I can be contacted at Canning Circus Police Station on 0115 8445164.



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Wise up to drink: Is alcohol putting your health at risk?

Happy New Year! Now the festivities are over perhaps it would be a good time to review your drinking habits. Statistics for 2004 show that one in three 16–24 year olds binge drink – that is higher than among any other age group. In 2002 statistics showed that women’s alcohol intake was 45% higher than in 1992. Women working full time, in professional or managerial jobs are most likely to develop a problem with drinking.

Recommended limits

Men: 21 units per week with two alcohol free days

Women: 14 units per week with two alcohol free days.

Why lower limits for women? There are 3 main reasons:

Smaller body mass - therefore less to absorb the alcohol.

10% more fat on average than men, which means less body fluid to dilute alcohol and consequently alcohol is more concentrated as it travels, causing more harm.

Women get drunk quicker and effects last longer because the liver produces less of the enzyme used to breakdown alcohol.

Patterns of drinking alcohol are most important for both ill health and health benefits. Binge drinking is dangerous as the risk of developing alcohol dependency jumps dramatically for men who drink more than 7–8 units per occasion, or for women consuming 5–6 units. Whereas drinking 1–2 units only several times a week does have some health benefits, such as

- ◆ helps to prevent heart disease in those who are middle aged (over 40);
- ◆ offers protection against stroke;
- ◆ protective against gallstones production;

◆ may reduce the risk of type 2 diabetes.

However, people who choose not to drink alcohol can get similar benefits from regular exercise, a healthy diet and by not smoking.

How much is a unit?

That depends on the strength of the alcohol and the size of the glass

used, use the chart below to help you work out your intake.

Linnette Lovelock

Community Heart Nurse based at Sneinton Health Centre, tel: 9480488.

Further information

www.drinkaware.co.uk
www.apas.co.uk www.bbc.co.uk
www.knowyourlimits.gov.uk

Beer	Bottle (330ml)	Can (440ml)	Pint
Ordinary strength 3.5% - 4%	1.3 units	1.8 units	2.3 units
Premium (5%)	1.6 units	2.2 units	2.8 units
Strong (6%)	2units	2.6 units	3.4 units
Lager			
Ordinary strength 3.4% - 4%	1.3 units	1.8 units	2.3 units
Premium 5%	2 units	2.2 units	3 units
Super strength (9% +)	3 units +	4 units +	5 units +
Wine	Standard glass 175ml	Large glass 250ml	Bottle 750ml
11%	1.9 units	2.8 units	8.3 units
12%	2.1 units	3 units	9 units
13%	2.3 units	3.3 units	9.8 units
Spirits	Single measure 25ml	Double 50ml	
Gin vodka rum & whisky	1 unit	2 units	

Did You Know?

- ◆ More than 3 units a day increases the risk of breast cancer.
- ◆ Brewer’s droop occurs because alcohol is an anaesthetic, numbs the genitals and makes it harder to achieve and maintain an erection.

Excess drinking causes

- ◆ Man boobs because alcohol speeds up breakdown of testosterone into female hormones
- ◆ Impotence
- ◆ Shrinking genitals
- ◆ Stomach disorders/ulcers
- ◆ Mood changes
- ◆ Cirrhosis of liver or liver cancer
- ◆ Pancreatitis

You need to cycle for an hour to burn the calories in a pint of beer and a packet of crisps.

Church Square Working Group: Report for 2007

Last Christmas, for the second year running, children from Lenton Primary and Edna G Olds Primary sang carols in the Square. Alas we shall lose Lenton Primary in July, as it is closing after 130 years. However the singing tradition will surely continue. This past Christmas we also enjoyed a visit from the Holy Trinity Hand Bell Ringers. We also invited Kathryn and Gerard from Thomas Helwys Church to tell us about their Christmastide Winter Shelter programme, which was well organised and very well received.

In April we made our third visit to the Council's Woodthorpe Grange plant nurseries and enjoyed a conducted tour by David Howell – always a delightful and interesting event! At Easter we arranged an egg hunt and it was a pleasure to see the children race around and enjoy the hunt! Our Trade Directories have

been our most expensive project this year and we hope they have proved useful to you. Maureen Birkin of Nottingham City Homes invited us to her estate inspections. We are always very grateful for the support of NCH staff. This year we are without student Clare Hardy and Claire Reeves from NCH – our warm thanks for their keen help.

We objected to the planning proposal that the Texaco site on Derby Road should be another Jackson's store. The former Conservative Club on Church Street is, again, on hold by developers. We reported to Planning on this once gracious Regency building, fronted by an Edwardian 'carbuncle', to quote HRH. We linked up with the Lenton Local History Society for the story of the richly carved Norman font at Holy Trinity Parish Church.

Mercifully nobody was badly injured in the 20th May explosion

though the first floor flat had to be entirely demolished and the adjacent external staircase has been obliterated. There is, of necessity, a temporary staircase that has had to be rebuilt at least twice. Week by week we are keeping the Council aware that we need help and your support on this matter would be welcome.

Our AGM was held on 26 November 2007. Kathy Price was appointed as Chair, Pat Shaw as Vice Chair and Marion Spencer as Secretary. We are in need of a Treasurer – please get in touch if you can spare the time to help.

The future

We aim to make shopping in the Square more varied and the adjacent area more interesting – trees

Continued on page 17

Holy Trinity Church

This time last year the church had a large hole in the roof, due to storm damage and falling masonry from the tower. Inside was a scene of devastation that required new ceilings, new light fittings, and new carpets. Twelve months on the repair work is almost completed and it's business as usual. Actually it has been business as usual even when the church wasn't useable or the tower was covered in scaffolding. That's because church is more about people than it is about a building and our people have been getting on with their everyday calling of loving God and loving their neighbours.

When it comes to loving our neighbours we haven't always been very demonstrative or practical about it. 2008 rings in a commitment to changing that. Hope 08 is a year long project for churches to join together to give a million hours of

kindness to their neighbours and community. This might be anything from decorating, gardening, throwing street parties, helping the elderly, to running children's fun activities. Look out for things happening around you and if you know of a need or have any suggestions do please contact us (if we can't help we will try and team up with other local churches who can). Of course hope doesn't cease on the 31st of December 2008, and neither does our commitment to the community.

Hope 08 is about us getting out into the community, but I would like to tell of two special things that are happening inside the church.

On Sunday 10th February there will be a Bereavement Service at 3pm in Lenton Priory Church. This is a short service of remembrance for loved ones who have died in recent years.

An informal but dignified opportunity to give thanks, to light a candle, to lay a flower by the altar, and to pray or quietly reflect. The invitation is to people of any faith and of none. Light refreshments will be served afterwards. Please do contact us at our website or by telephone if you would like more details

On Saturday 16th February (the closest we could get to Valentine's Day) Marriage Blessings and/or Renewal of Marriage Vows. Whether you have been married one year or 50 years, whether you married in a church, in a Registry Office, or on a beach, this is an opportunity for you, friends and family, to celebrate your relationship. Booking is essential so please contact us soon if you would like further information.

Wishing you every blessing throughout 2008.

Martin Kirkbride, Vicar Lenton Parish.
Tel: 0115 970 1059, email: martin@lentonparish.org.uk, web: www.lentonparish.org.uk,

Councillors Dave Trimble and Zahoor Mir
Labour members for Dunkirk & Lenton Ward
Nottingham City Council, The Council House
Old Market Square, Nottingham NG1 2DT
Tel: 0115 915 5117, Fax: 0115 915 5497



Hello to all our residents,

Your local members have been very busy recently with the neighbourhood management team in getting things done and ensuring that we are listening to you.

During election campaigning time you told us that you wanted to see some of the things below happening in the ward:

better management of student housing

- replace old street lights with new
- local parks being looked after better
- recycling.

You should now see an improvement in private rented housing conditions. We now have an extra five public health officers who will ensure that landlords in our ward look after their properties properly. Unipol, a housing charity, has also opened in Nottingham and will help us drive up improvements in student housing conditions.

The Council has now agreed a way forward for street lighting and it is hoping to get money from government and the private sector to improve not only our lighting, but lighting across Nottingham City.

We now have an officer at Lenton Recreation Ground looking after the park — he is our park ranger. We will be helping our local residents in the Dunkirk area to get some money from the area committee to improve their local park.

There is now a recycling scheme up and running in the Drives area. We made sure that the officers listened to your concerns around the space the bins took and changed the scheme so it suited you. We will be speaking with residents to make sure that they are happy. We will also be pushing for more recycling schemes in the ward.

We have also been out and about listening to you. We have been doing this in several ways:

- walking the ward speaking with you on the street as well as checking to make sure that things are being done in the area, for example, streets are being cleaned;
- holding public consultation events through our neighbourhood management team — we held Councillor cafés at Church Square and we also held Your Choice, Your Voice events;
- holding our surgeries regularly;
- responding to your telephone calls and letters.

We have also been letting you make some of the decisions on how area committee money should be spent. We held a Dragon's Den event where local people came up with ideas on how to tackle some of our local issues and other local people decided on whether it should be funded. Twelve local projects were agreed by you. The Local Health Group, made up of residents and partners, agreed to use some of the area committee money to support the Dunkirk and Lenton Partnership Forum to run an event in the area for older people.

We have also been encouraging more local people to join the area committee so we can hear your views and so that you can be involved in deciding what is best for our ward.

If you want any further details about any of this please contact one of us and we will be happy to provide you with the information. Please call us or come and see us if you have an issue or concern.

Councillor Dave Trimble

Councillor Zahoor Mir

HMO Action Team

Leonie Stewart

Neighbourhood Environment Manager, Nottingham City Council

The Lenton HMO Action team has been formed to help achieve the fundamental change which is necessary to help transform the city of Nottingham's neighbourhoods. The team comprises two Environmental Health Officers, two Enforcement Officers and a Licensing Support Officer. Within the next two years the team will work in the Lenton Drives area and endeavour to raise the profile of the licensing regime within the Housing Act 2004, ensuring that all licensable HMOs are licensed. We will also be working in the area to tackle poor housing standards and environmental issues.

To date the response from landlords and agents has been disappointing. However, we have been walking the streets of the Drives area and identified over 40 properties which have not applied for a licence. The majority of these have now applied for a licence but where landlords fail to license their HMOs prosecutions will be sought.

Other areas of work we are keen to tackle include the displaying of To Let boards and bins on streets. The Town and Country Planning (Control of Advertisements)(England) Regulations 2007 lay out certain conditions in relation to 'for sale' and 'to let' boards, including that the board must be removed no later than 14 days after the granting of a tenancy. Where the conditions are not complied with formal action can be taken in the form of prosecution with a fine up to £2,500.

We are also taking formal action against wheelie bins being left out on the street. Failure to comply with this requirement will result in a Fixed Penalty Notice for £100 being issued to each individual in the house.

We hope that our presence will make a notable difference to the Drives area and that we will improve housing standards. If you have any

continued opposite

Heritage Open Days a huge success

The Guru Teg Bahadur Sikh Gurdwara took part in the annual Heritage Open Days for the first time this year when they threw the doors open on the 8th and 9th September.

Their participation in this national event, co-ordinated by the Civic Trust, was part of the ongoing project planning work for the Temple's bid to the Heritage Lottery for capital funding towards the restoration and re-development of the old school building on Church Street where the Temple is housed. The redevelopment will see the creation of the Temple Centre which will be home to both the Sikh Gurdwara and a newly created local heritage centre. To reflect this dual purpose of the proposed development, the Heritage Open Days focussed on both the heritage of the building and the wider history of Lenton, and on providing an insight into the Sikh faith.

The Heritage Open Days were extremely well supported with nearly one hundred visitors passing through the doors over the two days, with some people even returning for a second visit on the Sunday. Visitors on the Saturday were able to follow a timeline showing the history of the building since it was built in 1841, ending at the present day with a presentation of the proposed plans and an opportunity to participate in the ongoing consultations. Local historian Robert Howard had created a heritage trail, exploring the vast amount of Lenton history which can be found within a short radius of the Temple, and he led a walk which was thoroughly enjoyed by all who took part. With 43 points of interest included in the trail, it is guaranteed to captivate local residents and visitors alike. Copies of this and other Lenton maps can be downloaded from www.local-history.co.uk/dlmap.

On the Sunday visitors were able to enjoy a condensed version of the timeline but the main focus was on the building as a Sikh Gurdwara. Temple members led tours around the building, answering questions on the Sikh faith and on the plans for the redevelopment. Visitors were also invited to join

Right: preparing food in the Gurdwara's kitchen for visitors.



Left: visitors enjoy the display about Lenton's history.

Right: some of the intrepid walkers on Robert Howard's heritage walk.



Temple members in the Darbar Hall during worship and in the Langar Hall for a delicious vegetarian lunch.

Visitors on both days were able to enjoy an exhibition by the Lenton Local History Society which provided background on the wider history of Lenton and included some fascinating images from the past.

The feedback received from visitors was extremely positive with a lot of support for the project expressed. Project Officer Jeannie Clough commented 'It was fantastic to see so many people enjoying the activities over the two days and it was great to welcome people from all over Nottinghamshire as well as local residents. The response we have had is a clear indication of the scope for a local heritage centre and that there is an audience for its activities.'

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issues you would like to raise or any complaints you would like to bring to our attention please contact us on public.health@nottinghamcity.gov.uk or 0115 9157530.

Start the New Year with Tai Chi — first lesson FREE

Dunkirk & Old Lenton Community Centre

Friday 11 January 2008, 1.45pm–3.15pm

Please come along in soft comfortable clothes and flat footwear

LOCAL NEWS

TRAD

It is with sadness we have to tell you that our Chair Maurice Loseby passed peacefully away in his sleep on the morning of Monday November 26th 2007. Thank you Maurice for all you did to make Dunkirk a better and cleaner place for us all. You will be greatly missed by everyone. Goodbye and God Bless.

The Tenants and Residents group for Dunkirk will still be active and meet twice a month, the second and fourth Friday, at the Dunkirk Community Centre on Montpelier Road, from 7pm until 9.30pm. Anyone who has a problem about this area can come to meet the committee and discuss it and we will help you whenever we can. Also on the fourth Friday of every month the local Councillors will be available to discuss matters with you. The local policeman is also usually available on that same evening. So if you have

any local problem just come along and let us know if we can help you solve it somehow.

Even if you do not have a problem, why not join us on those two Fridays every month – we make it a social evening every time, chatting, enjoying refreshments, playing easy board games and others such as table tennis, darts, dominoes, short mat bowls etc, and it is all free, all we ask is a smile and a cheery hello. You do not have to live in Dunkirk to come and join us, we welcome all-comers, any age (children under 8 years must have a parent with them), any nationality (come and tell us about your country). We are just a friendly group of people who enjoy an evening together twice a month, nothing formal.

Good news for anyone interested, if you would like to learn Acol Bridge, a new class should be starting in the New Year for complete beginners. We are getting some new books about the game and will go through it session by session. The first books are very good and explain the game in

detail, then a second book takes you to a stage where you will feel confident enough to play with more experienced people. Acol Bridge is acknowledged worldwide, so anyone who knows the Acol rules will be able to play with any club, anywhere. If you are interested, ring 0115 8461404 and leave a message with your name and contact telephone number as soon as possible and then I will let you know more details as soon as they have been arranged.

We hope everyone has had a good year during 2007 and we wish you the best for 2008.

The Lenton Centre

Gym membership from as little as £15 per month!

STOP PRESS!!!
Our Therapy Room will open in February — look out for posters with further details.

CAO

Café Bar Bistro

Now open during the day from 11.30am serving coffee, paninis, baguettes, pizza, pasta, salads, steak, chicken & light bites.

SPECIAL OFFER

Any 12" pizza or pasta dish
with FREE bottle of Forza Azzurri lager for just £5.95!

SPECIAL OFFER

Buy any Panini and get a
FREE tea or coffee!

SPECIAL OFFER

Buy any baguette and get a
FREE soft drink!

Offers available on pre-bookings Sunday to Thursday. Available for a limited time only.

CIAO

32 Lenton Boulevard, Tel: 0115 941 1088.

A tribute to Maurice

As read by Jane Alford,
Headteacher at Dunkirk Primary
School, at Maurice's funeral

I wanted to say just a few words on behalf of the school. Maurice was a wonderful friend to everyone at Dunkirk Primary School. He was very special to us in so many ways. In fact, in my 30 years of teaching in 6 different schools, I've never come across anyone quite like Maurice!

I remember my first day at Dunkirk so well – 10 years ago. I think I spent 2 hours with Maurice that first morning and of course, as anyone who knows him would expect, he did most of the talking!!

At that time he was excited about the new climbing frame and slide in the Nursery playground and he told me in great detail about all the donations and fundraising he'd done – several thousand pounds in fact. I knew straight away that Maurice was a man to have on our side!

The list of things he did for the children and staff is too long to recount but included in particular:

- being a swimming observer when we were struggling to get help;
- tidying the library every week, having endless patience;
- locking and opening the back gates every morning and afternoon, much to Nathan's delight;
- treating the children every Christmas;
- providing all sorts of other equipment for school and Fun Club,

like the greenhouse which enabled the children to grow and sell their own vegetables;

- coming to help on school trips – he often had more stamina than many of the children.

Whenever we needed something and couldn't afford it, I can hear Maurice saying "Don't worry, I'll take care of it" and sure enough the money always miraculously appeared. Maurice had his own way of persuading others to help.

Maurice was selfless in his attitude and commitment to work for the children at Dunkirk school. He gave generously of his time and even of his own money. His support was wholehearted and I hope he knew how much we always appreciated it.

He was not only known for his fundraising but also for his stubborn persistence in getting his own way with regard to any issue he believed in strongly, both for the school and the Dunkirk community. He was a very, very kind man who believed passionately in doing the best he could, not only for his family, but for his friends and neighbours too. As one of the children said to me 'He thought about other people all the time.' Perhaps if more of us followed his fine example, our world would be a better place.

We were very taken aback and grateful when we realised that Maurice's wish was for donations to be made to the school and yet it is just like him – he always had a surprise up his sleeve!



I want you to know that we will use any donations we receive completely for the benefit of the children. I'm sure Joseph (Maurice's grandson) will remember the weekly cup we present to a child who has excelled in some way. We have decided we are also going to have a second cup, in Maurice's name and memory, which will be presented to one child every week who has been a good friend to someone else – just as Maurice was to us – always. That will be one of our lasting tributes to someone very special.

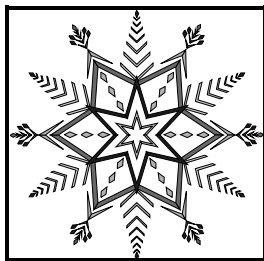
Our thoughts are very much with Maurice's family and I know this is a very difficult time for you all, but he really was one heck of a good guy! The staff and myself feel extremely proud to have known him.

Rest in peace Maurice.

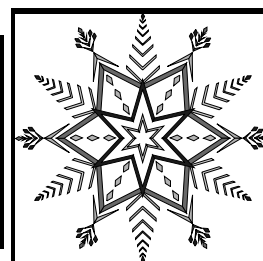
P&C advert

Continued from page 13

and a variety of flowers now grow on the lawns where factories once stood. PLEASE DO COME AND USE THE SQUARE – IT IS YOURS! Much is going on in the area for our community. Join our group and offer your support and ideas for future outings geared to local and not so local treasures. Phone 947 2233 for more information.



Dunkirk Spirit



Happy and Sad memories

Dunkirk and Old Lenton Community Association celebrated its 60th Anniversary in 2007. Several events were planned to reflect the diverse nature of the activities which take place in the Centre.

The Carelink group had a lunch-time party complete with sparkling wine and Birthday Cake (not sure there were quite 60 candles on the cake though!) They were entertained by local keyboard player and singer, Clarry, who played a range of music from throughout the 60 years.

A very pleasant afternoon was spent playing Whist, echoing all those days when the Association first started as a place for locals to go and play cards and/or dance. Several younger (!) members of the group had had some hurried tuition in the previous few Games nights but the winners were those who had been playing for many years – nothing beats experience!

As a thank you to the Management Committee, we went for a 'Night at the Dogs'. We visited Nottingham Greyhound Stadium for an enjoyable evening out. Don't be surprised if there is a big lottery winner in Dunkirk soon – one of our party won on every race of the evening, although she tells us it was pure skill and not luck!

Finally, many of those who have been associated with the Centre over the years were invited to an Evening Dinner. The room was described as looking like a 'Winter Wonderland', decorated as it was in white and silver. Many thanks to Pat and her team for the delicious food.

However, the best thing about the evening was the opportunity to speak to people we hadn't seen for a while. Many of the younger members had to put up with 'Haven't you grown, I remember when...' But even they managed to find people they were with at Playscheme or Scouts, Brownies and Guides.

Older people caught up and reminisced with people had not seen for many years or enjoyed looking at the information boards containing photos and memories, kindly supplied by Glenys Randle. The evening was concluded with our life member, May Noble, raising a toast to the future of the Association.

It is with great sadness that since these events two valued members of the Association have passed away. Maurice Loseby, long term Committee Member will be missed by all residents of Dunkirk and the wider community as the man who got things done. Ken Sheldon, who had recently become our invaluable handyman at the Centre will be greatly missed.

The Association send our condolences to both families.

Dunkirk Fun Club

Panto Fun!

'Oh! No you didn't!' 'Oh! Yes we did!' Dunkirk Fun Club went on a trip to the Nottingham Playhouse on the school INSET day at the beginning of December. We took 30 children to see a marvellous performance of *Dick Whittington*. It was enjoyed by adults and children alike, and we travelled there and back in the minibus.

After School Club

Our after school club is thriving, with many activities – including computers, art & craft, board games, imaginary play and baking – on offer.

The minibus is available to pick up children from other schools in the area at the end of the school day and bring them to our club. If you would like further information about the club and minibus pick-ups, then call the numbers below, or visit our website. Your school may also have information available.

Holiday Club

Staff had a well-earned break over the Christmas holiday, but will be ready for action again at half-term. This year it is early (11–13 February), with Easter following hot on its heels (17–28 March). Visit our website or telephone for details.

Volunteers

If you have a few hours to spare, maybe you would like to become a member of our Voluntary Management Committee. This would involve attending meetings approximately once every half term, and would be subject to CRB clearance. Please telephone for details.

Tax Credits

You may be entitled to up to 80% reimbursement of your childcare costs through the Tax Credits system. Telephone 0845 300 3900 for further information.

Contact Details

Mobile: 07984 094 084/07985 626 339. Website: www.dunkirkprimary.com (click on childcare).

Events programme for Dunkirk & Old Lenton Community Centre

Monday

Over 60s Luncheon Club 10am–2pm

Tuesday

Notts Cine & Video Club 7.30–10pm

Karate with Slim 6–8pm

Thursday

Karate with Slim 6–8pm

Friday

Tai Chi with Ken Twist 1.45–3.15pm

TRAD Games Night see page 16 for details

Saturday

Ninjutsu with Kim 10am–1.30pm

Sunday

Catharine Wheelers

Square Dancing 8–10pm

Alcoholics Anonymous 7–9.30pm

Dunkirk & Old Lenton Community Centre, Old School, Montpelier Road, Dunkirk NG7 2JW

Tel: 0115 9790770

For room bookings phone

June Kirk on 0115 9149382

The Lenton Centre

What's on...

Gym

Weekdays 8am–8pm

Women Only Gym

Wednesdays & Fridays 1–2pm

Circuit Training

Wednesdays 2–3pm

'Club Run' (New! Starts 22 January)

Tuesdays 6pm

Pilates (New!)

Tuesdays Beginners 6–7pm
Advanced 7–8pm

Aerobics (New!)

Wednesdays 7.30–8.30pm

Yoga (half price to Gym members!)

Wednesdays 6–7pm

Wing Tsun

Mondays & Wednesdays 6.30–9.30pm

THBC Parish Nurse (just pop in!)

Tuesdays 2–3pm

Irish Dance Classes (new dancers welcome!)

Saturdays 9.15–10.45am

Activ8uth

Fit2Eat Mondays 5–7pm

Work I.T. Wednesdays 3.15–5.30pm

Fusion Thursdays 3.15–8pm

Tactic Beats Saturdays 11am–1pm

The Park Day Club Wednesdays 9.30–11.30am

Muslim Community Luncheon Club Tuesdays & Fridays 1–3pm

Castle College English Class Wednesdays & Thursdays 1–3pm

Local Councillors' Surgery 2nd Tuesday of each month 6.30–7.30pm

Room Hire (for meetings, parties etc) Call Reception to book 9412422

The Lenton Centre

Willoughby Street, Lenton

Nottingham, NG7 1RQ

Tel: 9412422

Email: reception@

thelentoncentre.org.uk

Web: www.thelentoncentre.org.uk

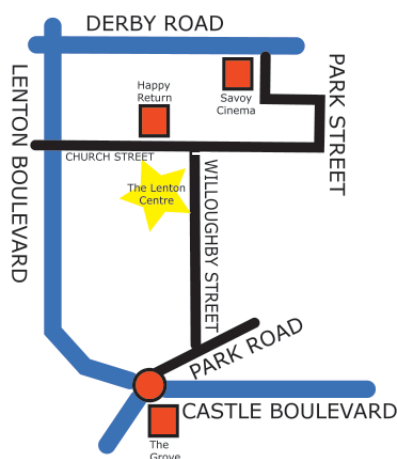
Is... Getting Fitter!

...one of your new year resolutions? ...Then get down to the TLC gym!

At the TLC GYM you will be helped with a personal exercise programme, top tips and plenty of encouragement. And it is great value at just £18 per month (only £15 per month if you pay by standing order) — no extras, no catches, no tie-in.

Not found TLC yet?

Then come and have a look — we are a friendly bunch and won't be far away from you — see below.



A question we are often asked is:

Are you part of the Council?

No we are not. We are a local charity, **your** local charity! Set up to take over the former leisure & community centre from the City Council and to develop it into an exciting 'hub of activity' for everyone in this area.

If you haven't been to The Lenton Centre recently, then please do pop down and see the improvements!

Wanted! Volunteer Gardener

Could you spare some time to tend the Centre's front garden?

If you could help, please call

Reception or email

volunteer@thelentoncentre.org.uk

New for the New Year...

Pilates, Aerobics, Mobility Classes, a Club Run and a range of Therapies are all planning to start early in the New Year, with other activities to follow. If you are interested in any particular activity then let Reception know and we will contact you when they are about to start.

TLC Team

Challenge the TLC Team!

Is there something that you have always fancied doing?

Whether it be kick-boxing or tai chi, art class or flower arranging just let us know. Better still, get the names of 8 people who also want to do it and we will make it happen! **Go on! Challenge us!**

Backyard update

Work on the Backyard is continuing apace, and the City Council recently finished concreting the area. It is now ready for tarmac — this will make it usable until we have secured future funding. In November, 5 young people went to our super Allan Joyce Architects' office to create computer scale drawings of the area following a survey they had completed in September. Much fun was had by all, and they managed to render the drawings in just an hour and a half — quick by anyone's standards! The next step is to draw plans for real. In the meantime, we are taking tenders from potential contractors to install the playing surface, fencing and seating area.

We are still searching for a new name for this area when it opens - an iPod is the prize to be given to whoever comes up with the best name. Drop your suggestions off at The Lenton Centre marked for the attention of Nicci, or fill in a slip and pop it in the box at Reception. Any young people with any ideas for the development of the backyard are more than welcome to join us.

Nicci Robinson

Project Manager

Activ8 Uth @ The Lenton Centre

NEW YEAR'S RESOLUTION? Get Active, Get Involved!

Get the best out of the New Year... take advantage of the opportunities provided by your Students' Union and get active!

Whatever your level of commitment, there are hundreds of ways to contribute to your local community and gain valuable skills and experience.

Last October students made a difference in Lenton by contributing to the Lenton Day of Action. To find out more and how to get involved in other community projects, contact sucommunity@nottingham.ac.uk



SSHH CAMPAIGN

Xmas, New Year end of exams and the start of a new semester... so many reasons to celebrate! However, whilst celebrating, it's important to remember that not all your neighbours are students.

The Students' Union 'Sssh Campaign' aims to raise awareness and reduce the impact of problems associated with students living in the community. One such problem is noise pollution and we want to reduce its affects on our local area. During the last week of term, Students' Union volunteers handed out lollies at the end of club nights with the slogan- 'Stop shouting...Start sucking!' Look out for us at future events!



We hope you have an amazing time whilst living in Dunkirk and Lenton, but let's ensure that **everyone** enjoys their home by keeping the noise down and showing our community some respect.

SMART WATER



Were you lucky enough to get a new laptop, TV, ipod or other valuable equipment for Xmas?

Smart Water is a unique way of protecting your property and deterring potential thieves. It works by putting a unique code on your property which can be traced back to you. This is currently available for **FREE** (it would normally cost you £50!).

Please contact sucommunity@nottingham.ac.uk to take advantage of this chance to make your property secure, for absolutely **FREE!**

ALREADY THINKING ABOUT WHERE TO LIVE NEXT YEAR?

Students' Union house-hunting top 3:



1 DON'T PANIC!

Hunting too soon means inflated rents and increased stress. Leave it until after your exams in January!

2 Use Unipol:

 For hassle free house-hunting, go to www.unipol.org.uk/nottingham

The Unipol website provides you with a comprehensive listing of accommodation options.

3 Get your contract checked FOR FREE before you sign at the Student Advice & Representation Centre, (SARC) Portland Building, or student-advice-centre@nottingham.ac.uk

£££ Fines, Fines, Fines! £££

It's not unusual to be a bit strapped for cash in January... so the last thing you want is a fine! Remember to avoid the following or incur penalty:



- ♦ **Cycling on the Pavement:** Illegal due to injuries and deaths of pedestrians, so stick to the cycle paths or roads or face **£30** fixed penalty notice.
- ♦ **Leaving your bin out:** If you leave your bin out after Monday night you could face a **£100** fine!
- ♦ **Fly tipping:** If you have bulky rubbish don't just dump it, call City Council 01159152000 and they will remove it for **Free!**