# Mapperley Park News



**Vol 2 · Issue 04** May 2018

**By residents** for residents



PAGE 10

# Open Gardens Event 2018

Join us for the Mapperley Park Open Garden event, taking place on Sunday 8th July, 1.30 – 5.30 PAGE 11

# Mapperley Park vs The Pot Hole

I don't know about you, but I can't remember ever seeing the roads within our area in such a state of disrepair **ALSO INSIDE...** 

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Are you a keen amateur photographer? Do you love Mapperley Park?

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We would love to see your photos of Mapperley Park so please get snapping! Enter our bi-annual photography competition and one lucky reader will win a

your picture, which must be at least 1Mb in size, along with a brief description, your name, address, the date and location of the photo to info@mapperleypark.org
by October 31, 2018.

Please note All images submitted must be the work of the individual submitting them. It is the responsibility of each entrant to ensure that any images they submit have been taken with the permission of the subject and do not infringe the copyright of any third party or any laws. Entrants must warrant that the photograph they are submitting is their own work and that they own the copyright for it. Copyright in all images submitted for this competition remains with the respective entrants. However, in consideration of their providing the Competition, each entrant grants a worldwide, irrevocable, perpetual licence to Mapperley Park Residents Association to feature any or all of the submitted images in any of their publications, their websites and/or in any promotional material connected to this competition.



## The MPRA Committee -Serving the residents of Mapperley Park for 40 years.

# **Editors' Letter**

The latest edition of the Mapperley Park News brings exciting news about the roundabout on Mapperley Hall Drive and we welcome Pamela Lewis as our resident poet.

Thanks again to our loyal advertisers who make this publication possible. It's our fourth issue with the magazine being run by the committee exclusively for the benefit of our residents. It has been hard work but very fulfilling for those involved. The income from the magazine, along with member subscriptions means the association is more robust than ever.

Your residents' association committee works hard behind the scenes to make things happen in Mapperley Park but there are many people who do not subscribe. We'd like to encourage more of you to join for just £5 per year, a worthwhile investment with the sum easily recovered and more from some of the many privilege card benefits, including restaurant discounts.

Access to the Facebook page (exclusively for members) is also very worthwhile

to keep up with news in the area and get recommendations, such as local services, tradespeople and restaurants. An incredibly valuable facility is for you to be able to report and comment on planning permission concerns in the area.

We'd like to ask our members and anyone who wishes to join to help by asking two neighbours each side if they are members and if not, whether they would consider joining. There are many more households than members and with your help we can boost the subscription.

The Mapperley Park Open Gardens biannual event will be held on Sunday 8th July so pencil that date in, it normally attracts over 1000 people and raises close to £10,000 for charities. Fingers crossed for a day without rain. Look out for your committee members along the way and feel free to come and have a chat. Tipthere will be champagne and strawberries and a beer tent at one of the gardens.



# Our Cover Competition Winner

Congratulations to Ellie Stainsby-Grenville (age 12) for winning the Cover Photo Competition. The post box is situated at the top of Tavistock Drive. She wins a £20 Amazon voucher.

If you have any stories or photographs you would like to share with us, or any ideas or contributions, please contact members of the MPRA directly or email <code>info@mapperleypark.org</code>. Our publication dates are May and December.

By residents for residents

# The MPRA Privilege card

Exclusively for MRPA members



Joining the Mapperley Park Residents' Association costs just £5 each year. In return, all members receive a Privilege Card, allowing you discounts at various outlets throughout the City,

- A 15% discount off food at Hart's Restaurant and The Park Bar, Hart's Hotel.
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A full list of discounts can be found at mapperleypark.org/about-theassociation/loyalty-card.

# Get your own Privilege card

To join the Residents' Association, complete the form on page 13 and email it to our committee member for Membership, Mark Cox, at mark@dpemberton.com

Alternatively, you can set up a standing order. BACs payments can be sent to sort code 20-63-25, a/c 10609080, quoting your surname and postcode in the reference field.

Your subscription ensures we have a great community for the future of our children. Thank you!



# **A letter** from the Chair

An update by MPRA Chair, Sue Goode

#### At last Spring has arrived and our gardens are waking up after a long winter.

Thank you to all our residents who support us by paying £5 per household p.a. to enable us to continue our work on your behalf in key community areas of planning, crime, traffic, social events and the environment.

In conjunction with Nottingham city council we are making progress on our project to significantly improve the appearance and environment of the Mapperley Hall/Lucknow Drive roundabout. I hope that you will see work starting very shortly.

We are also working with Highways and Clarendon College to improve the issue of inconsiderate parking around the Zulla/

Magdala Road area. Full contact details to report any problems can be found on our website.

I would like to thank fellow committee members for their continuing hard work and to particularly thank Richard Bonnello for auditing our accounts. He has just finished our 2017 audit sign off - our accounts are available for you to see and they will posted on our website. Richard is now handing over to a new broom after over twenty-five years of voluntary work on our behalf.

Please do keep up to date with events and news via our Facebook page (paid up members only) and our website www.mapperleypark.org

I hope you enjoy the longer and warmer days.

# **Dates for your diary**

Keep your eyes peeled for these events this summer...

Sat, May 19 · 10:30+

#### Moana (PG)

Free showing for all at the New Art Exchange · nae.org.uk

Sat, June 16 - Sun, June 24

#### **Sherwood Art Week**

Various displays throughout Sherwood · sherwoodartweek.co.uk

Mon, July 23 - Sat, July 28

#### **She Stoops to Conquer**

The Lace Market Theatre. Adults £10, Concessions £9 lacemarkettheatre.co.uk



Sun, July 8 · 1:30 - 5:30

### **Mapperley Park Open Gardens**

Garden trail with refreshments and activities. For more information,

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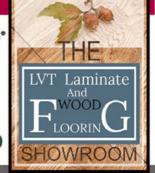












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# Gardening Group Report 2018

As you would expect the Mapperley Park Garden Group is flourishing. Like much of nature at the moment, the group make an occasional dash into the Arctic gloom but then retreat rapidly inside. | WORDS Shella Reece

Once warmth returns to the world, as good gardeners should, they throw off their hibernation and search far and wide in their quest for horticultural delights.

In January the Garden Group Programme kicked off with a deeply satisfying talk by Sir John Starkey about the love of his life - The Bramley Apple. Several generations of the family have grown Bramleys at Norwood Park, Southwell. The history of the challenges the family met was clearly shown in the excellent slides Sir John had brought with him, however there is nothing Garden Group members like better than tasting the fruits of other people's labours.



They were very happy to sample the gustatory and horticultural offerings from a very successful fruit grower.

It was so fitting that in March when the group gathered again in St Jude's, the talk was by a Master Bee Keeper. The audience was entranced as the bee's amazing family habits unfolded before their eyes and of course there was honey still for tea. The whole afternoon was, to quote Swift "full of sweetness and light".

February had been so different. A small group ventured outside and visited Newstead Abbey. To prevent the icy wind freezing the very cockles of their hearts everyone set off at a rapid pace. It was obvious as they followed the paths a great amount of hands and knees gardening was going on, the necessary hard graft which has to be done if beauteous beds are to be revealed in Summer. The cats prowling the beds were quite unperturbed, after all they had bespoke furs to revel in. The large black monument with its epitaph to Byron's dog Boatswain (bosun) displayed typical Byronic exaggeration. "Beauty without Vanity, Strength without Insolence,



Courage without Ferocity, and all the virtues of Man without his Vices!". At last the group glimpsed what they had come to see, Snowdrops glowing white under the gloom of dark trees. Truly magical.

The rest of the year should be just as exciting. In April the Group hope to find Bluebells at Keddlleston Hall in its c18th Robert Adams parkland. May should supply inspiration in a Kimberley plant enthusiasts paradise.

The Coach trip this year is to Hodsock Priory, house and garden tour by the owner. Later in the Summer the Park and evening wine beckons plus brilliant borders in Burton Joyce, however the piece de resistance of the summer is a visit to the winners of The Daily Mail National Garden Competition 2016.

Last September the group was prevented by dastardly weather from visiting Hammonds Farm, they are hoping to right this wrong this year. As winter approaches the group intends to Plant Swap, delve into organic gardening and finally to eat, drink and be merry at Timmermans.



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06

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"Karen has experience in many alternative healing methods, and is always prepared to explore which are exactly right for the client. My advice to anyone who thinks they do not have time for these treatments is:

make time. You may need a few sessions, but it is well worth it."

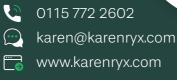
ROSEMARY S.

Karen Ryx is a dedicated Integrated Health Practitioner who has been successfully helping clients for over 17 years. She is a member of the Association of Reflexologists, a Reiki Master and Teacher in the Reiki Usui Method and a Yuan College of Traditional Medicine accredited micro-system acupuncturist.

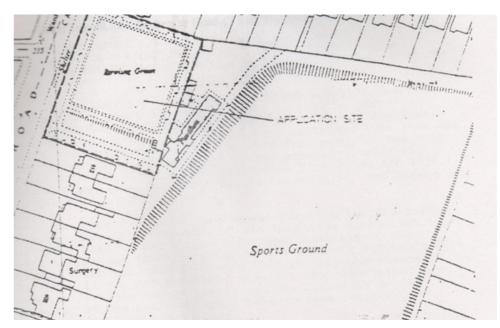
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# Carrington (The Old Police) Sports Ground (WORDS EWAN LAMONT

As we celebrated the 40th anniversary of the MPRA we came into possession of the extensive collection of and correspondence belonging to John Hewitt, a previous Chairman during the 80s and 90s.

He had been involved in the MPRA since its inception 41 years ago and from his files we have been able to chart some of the issues the MPRA has been involved in both large and small over the years. Interestingly, it seems that many of the issues that the MPRA faced 40 years ago we still face today. The following is extracted from files and correspondence. For some this will be old news for some new, if I get anything wrong please write in and I'll correct it on the website.

The biggest issue has always been the cricket ground at the centre of Mapperley Park. There has been a sports ground there as long as anyone can remember and we have rerecords of it being used by the High School and then by the police. There used to be a whole suite of sports on the site, including a well-used bowling green and tennis courts. One of the principle reasons the MPRA was formed was to fight the various attempts there has been over the years to sell bits of it off for development.

And it has been a hard fight. We really must give a debt of thanks to those involved over the years at least twice in 1988 and 1996 it

has required the intervention of the Secretary of State, off the back of residents lobbying in Westminster, to overrule planning consent to turn the ground into a housing estate. The route of the problem is since the loss of the City Police Force the land went to County ownership and since the City became a unitary authority the County ended up owning land it cared little for but could be worth a lot of money if used for development. This issue seems to come up every decade and with the lease on the land due to run out we are due another fight, with whoever owns the land now.

Who should be custodian of the ground was also a big issue. Straight after the police vacated it was left abandoned for eight years. This is a standard tactic of

land owners that want to develop land. If you leave it undeveloped and dilapidated it is much easier to get planning in the future, especially if the residual memory of what was there is lost. Fortunately it became the home for Carrington Cavaliers Cricket team and Sherwood Football Club, which will aid preservation for the future.

During the years of non-use we lost the planning battle on the tennis courts that were on Mansfield Road and are now a series of large modern houses. A regular battle ground was the bowling green - yes there is one there - behind the wooden fence on Mansfield Road. This for the owners is prime development land and every five years or so they try and put a flat complex on it. For others it is a better access route to the cricket ground that could replace the current entrance, potentially even providing extra parking. Right now it is seen as a vital piece of greenery in the city that remains protected. Though really it needs to be used and put on display or it will inevitably be lost at some stage...Anyone for bowls?

Since it came back into use there has been several more minor issues the MPRA have had input on. There was concern at a shipping container being used for storage in 1995 and it was only allowed if it was removed by 30th April 1996. There was a lot of concern about the new pavilion not meeting the building standards of the conservation area and when the club applied for a license for alcohol - something the police were regularly refused - there was massive local concern. A separate campaign group grew up not involving the MPRA directly that campaigned really strongly against this. Today it is licensed but is not allowed to host any parties or gatherings not directly related to training and matches and the club needs to close at 9pm during the week and 11pm during the weekend or it will lose its license. Relations have been strained over the years with many residents feeling threatened or insulted by the groundsman but the cricket pitch and the green space is

> one of the key features that make Mapperley Park what it is. We can hope for good relations and if there is any future attempt to develop the land that

we will unite to ensure that the sound of leather on willow will echo over our part of the city for many years to come. If I can get hold of the Carrington Cav's CC fixture I'll put it on the website and maybe the residents should turn up to cheer the local team on and even have a drink after!

One of the principle reasons the

MPRA was formed was to fight

the various attempts there has

been over the years to sell bits

of it off for development

By residents for residents

# **Mapperley Park Open** Gardens event 2018

Join us for the Mapperley Park Open Garden event, taking place on *Sunday 8th July, 1.30 – 5.30.* 

The event is seen as both a celebration of Mapperley Park and an effort to put something back into local communities.

The Garden Trail has raised over £30,000 for Charities since it started in 2008. Charities this year are: Maggies, Open Voice and The Ear Foundation.

This year the organising committee has collected a plethora of delights to tempt you round the trail of gardens. Fifteen gardens of every distinction have been chosen: tiny, huge, modern, traditional, well established and just started, all throwing their gates open on Sunday 8th July.

In addition to the planting wonders you will find table tennis, a maze, children's activities, horticultural glass ornaments and cards to buy. Beer tents are planned. Strawberries and Champagne have been ordered. Music has been promised (a choir / an oboe quartet) Two vintage ice cream sellers are booked and to help the laggardly of leg, a BUS. The Community minibus will be trundling round the gardens in order "to make the rough places plain".

All these details have been packed on to a delightful map which will be distributed widely by our army of volunteers. Once you receive yours, start planning!

## What can you do to help?

Before the day volunteer, bake cakes and make plants (label and price if possible).

Email reece490@btinternet.com if you are planning to donate plants to the plant stall.

Email alarcher42@hotmail.com for general volunteering if you have not already promised to bake cakes, deliver leaflets or work in the garden on the day.

All volunteers are given free access stickers and a choice of "shifts" in their garden.



# **Mark Cox**

MPRA Membership committee member

#### Who are you?

I'm Mark Cox, Membership committee member and teacher at Nottingham Girls High School.

#### What was your first job?

Washing up in the local pub when I was at boarding school age 17.

#### What did you want to be when you grew up?

I wanted to be an architect but then found out it was more than just Lego!

#### What is your favourite overseas destination?

Tuscany, I always go to the same place about 40 miles south of Florence.

### What is your guilty pleasure?

Ice cream. Good old-fashioned supermarket Neapolitan between two wafers, very 1950s

One minute with... is an ongoing series introducing your committee members to you. If you wish to speak to anybody from the committee, our contact details are available on page 23



**Mapperley Park vs the Pot Hole** 

nearly 5 years, I can't remember ever seeing the roads within our area in

I don't know about you but having lived in Mapperley park now for

such a state of disrepair. | words Tom Thorpe

At the weekend I decided to have a walk about

the area and I was really amazed by how many

pot holes there were on selected roads; I was

I know the council says it's been due to the

recent bad weather this year, but to be honest

a lot of the visible ones in and around Cyprus

Road and Magdala to name a few were there

sometime before, so I don't buy that. In my

opinion they have left these roads too long

before doing any repairs, which I'm sure is

the problem.

winning gardens.

going to cost more and take longer to rectify

This area itself is a beautiful place, especially

months, with everyone doing their best with

the gardens in around the Mapperley Park area ready for the open gardens events. It's a

shame that the physical road conditions are

now letting the area down and making it look

uncared for, which is not going to reflect well

Apart from making the area look untidy, there

are also worrying factors which effect us all

vehicles, which some of you may not be aware

vehicles suspension as well as your alloy rims

and in some cases can cause your tyres to blow

as well as affecting tracking which results in

premature tyrewear, thus more cost to us.

We all need to make the council aware

of the conditions on the roads. With ever

increasing council tax rises we need to feel

that we are getting something for the extra

money we are paying.

on the ongoing hidden damage to all our

of. Pot holes cause serious damage to your

when we get all those visitors to see these

now we are entering into the summer

more shocked how deep some were.

To help with making it easier, I have found a great app called 'Fill That Hole'. From the app you can submit all the information and photos as well as pinpoint the exact location, which is then directly submitted to the correct county council in that area. It's a great, simple and quick way to make the council aware of these issues on the roads. You even get a confirmation when submitted and a login to see what action is being taken to resolve it.



#### What to do if you can't avoid a pot hole:

If you do encounter an unavoidable pot hole, which is not easy at the moment, this is how to prevent possible damage to your vehicle.

If you can't avoid a pothole for whatever reason, do try and slow down before you hit it, but don't brake directly over the pothole itself; this can actually cause more damage to your car than driving over it at speed.

If it's raining be more cautious when driving over a puddle of water because it might be a deep pothole waiting to get you.

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By residents for residents mapperleypark.org

# **Novelist Dorothy Whipple**

Between the world wars Dorothy Whipple was Nottingham's best-known novelist, and the 'Jane Austen of the 20th Century', according to J. B. Priestley. | words John Baird

Whipple moved here after her husband became Nottingham's first Director of Education and it was here that she wrote her bestsellers, from her home in Mapperley Park at 35 Ebers Road.

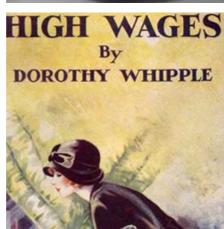
Whipple's second novel Greenbanks (1932) brought with it a great success that continued with her subsequent tales of everyday life, most of which are set in Notts, or as it appears, 'Trentham'.



One of her books, The Priory (1939), was inspired by a cottage she rented in the grounds of Newstead Abbey, while two of them were made into films, They Knew Mr Knight with Mervyn Johns, and They Were Sisters starring James Mason. Her final novel, Someone at a Distance (1953), is perhaps her best. Whipple describes it as, 'a fairly ordinary tale about the destruction of a happy marriage'. Her memoir, Random Commentary (1966), offers much reflection on her many years in Nottingham.

Tastes changed after the second world war and Whipple's books fell out of favour. Persephone Books recently republished several of Whipple's novels including the excellent High Wages. The noir-ish movie They Knew Mr Knight of 1946 includes scenes of Ebers Road and the city centre.





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# Join the **Residents' Association** for just £5

*By residents for residents* 

We rely on your membership fees to pay for all the things we support. For example, in recent years we have contributed significant sums of money in match funding to the City Council for replacement street trees.

To join the Mapperley Park Residents' Association costs £5 each year. The year runs from 1 January. In return, all members receive access to the community Facebook page and a Privilege Card, allowing you discounts at various outlets throughout the City. A full list of discounts can be found at mapperleypark.org/about-theassociation/loyalty-card.

Your subscription ensures we have a great community for the future of our children. Thank you!



Please submit all application forms to our committee member for Membership, Mark Cox, at mark@dpemberton.com

# **MPRA Annual Subscription Form**

Please complete the appropriate form and return both to: MPRA, 34 Thorncliffe Road, NG3 5BQ. We will forward the SO form to your bank. Please complete either form with capital letters.

#### Form 1: For cheque, cash or online payment

I wish to renew / apply for membership of the Mapperley Park Residents' Association. I enclose my subscription of £5 for the year 2018. (Please make cheques payable to MPRA) or, I have sent an online payment (delete as appropriate).

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**For online payments,** please see our bank details below and ensure you enter your surname, initial and postcode as payment reference.

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mapperleypark.org By residents for residents



# **Pamela Lewis**

Resident Poet Mapperley Park News

# Ranunculus ficaria At Nottingham University

Lawrence in bronze holds a gentian, still blue after many years.

I say hello in passing and tell him where the celandine are flowering, just a few missed by the mower,

I watched a man mowing on Wednesday,
Solitary flowers growing near the rough, near the cherry trees and the dying daffodils.

Near Eastwood they grow in masses, on banks and near the roadside.

They lie like sunlight to warm the aware. seen from along the lane they tempt like gold, we know we must not look at the sun looking at small flowers is quite safe.

#### University

A whole year has passed, the celandine are out again. I count up to twelve scattered and just in flower. My companion laughed. I am not going to tell you who he is.



# I went for a walk

| WORDS John Houghton

With retirement rapidly approaching the search for something to do took on a fresh urgency. I found the answer in a book that I'd bought some years previously.

Entitled 'Land's End To John O'Groats', it outlined a choice of 3 routes, none of which I followed, but all of which gave me an objective. I was joined by Nick Frost, an old friend who had also just retired.

We set off for Penzance in April 2015, and after a restless night at the youth hostel, caught the bus to Land's End to register for the walk at the Land's End Hotel. We finally set off along the South West Coast Path heading back to Penzance. The sun shone, the wind blew and the scenery was amazing and our backpacks were waiting for us at the youth hostel but the path was absolutely brutal. We actually met one walker climbing the path on his hands and knees near the Minack Theatre.

We finally arrived back at the youth hostel suffering wind burn, sun burn, quite exhausted and wondering if a stroll along the A30 might not have been a better idea. Undaunted we set off along the coastal path next day to Porthleven before heading inland through Truro, St Austell and Liskeard to Launceston. As we approached Launceston it was obvious that one of Nick's legs had become twice its normal size and completely the wrong

colour. A trip to the NHS walk-in centre confirmed that our initial attempt was over.



At the foot of Whernside heading for Dent.

In September 2015 we returned to Cornwall, and shortly after leaving Launceston we crossed the River Tamar and after 113 miles, and six days walking, we finally entered our second county. Devon proved to be as arduous as Cornwall, but without the wonderful sea views. Thankfully, the Somerset Levels lived up to their name, although the roads don't always head in the direction you want. Finally the Levels gave way to the Mendips and a return to rolling hills with a surprising history of coal mining. Eventually, Bath Abbey came into view and our second outing had come to an end 16 days walking and 260 miles from Land's End.

**[LEFT]** Nick, standing, and me at Land's End with excitement and apprehension in equal measure.

Returning to Bath just after Easter in 2016 we set off along the Cotswold Way. At last our direction of travel was definitely north. The Cotswold Way was, without doubt, the muddiest part of the whole journey, and in an unexpected turn of events we set off one morning in a snow storm. The Way passes through a series of picture perfect villages before arriving at its northern end in Chipping Campden. Most striking was the sudden change of building style from mellow Cotswold stone to red brick and half-timbered buildings. Our last day of walking on this stretch took us into the Midlands at Bidford-on-Ayon.



One last look back at Loch Lomond before heading north to the Highlands.

We returned to Bidford-on-Avon in late summer and the big challenge on this stretch was circumnavigating Birmingham. The question being do you pass it to the west or the east? We decided on a route to the east and set off along The Avon Way towards Stratford-upon-Avon. From there we switched to Shakespeare's Avon Way, possibly the worst maintained footpath on the whole journey. In places the route was completely overgrown with five feet tall nettles and thistles. In the midlands the towns came thick and fast. Warwick, Kenilworth, Coventry, Nuneaton and Ashby-De-La-Zouch were passed in 3 days. North of Ashby we crossed the medieval causeway called Swarkstone Bridge. At just under a mile long it's essentially a single track road with two way traffic and no footpath. It was a fairly stressful 30 minutes or so. Once north of Derby the route became more scenic as we headed into the Peak District. The last day of this section, from Bakewell to Chapelen-le-Frith was, without doubt the wettest day of the whole journey. The only respite from the rain came as we walked through the re-opened railway tunnels on the Monsal Trail.

As 2016 progressed we felt that if we hadn't reached Carlisle by the end of the year there was every chance that we wouldn't complete the walk. With that in mind we returned to Chapel-en-le-Frith and set off north. We were surprised by just how long the county of Derbyshire is. After entering the county to the south of Swarkstone Bridge it was five days and almost 80 miles before we moved into Greater Manchester on the Pennine Bridleway. On the route between Rochdale and Burnley we crossed the mid-point of the whole walk, 536 miles, although we didn't realise this at the time. The route started to become more isolated as we walked past Ingleborough and Whernside heading for Sedburgh, Orton and Penrith. We approached Carlisle with a spring in our step as we realised that we were back on schedule and increasingly likely to complete the walk.

Sadly, Nick was unable to join me for the final sections so I was joined by my son Mark. We set off from Carlisle along the old A74 heading for Glasgow. The old road is a series of long sweeping curves, and I quickly came to the opinion that they'd be best observed through the windscreen of a fast moving car. Accommodation was few and far between leading to some long days made worse when one B & B called us to say that we couldn't stay there that night as they'd just failed a fire inspection. Finally we left the main road and headed north to Lanark and followed the River Clyde Walkway into Glasgow. That was a most welcome change! Navigation was easy for the next seven days as we'd decided to follow the West Highland Way. I'd attempted the walk some 35 years previously and failed miserably when blisters made me abandon the attempt

The path was absolutely brutal.

climbing the path on his hands &

knees near the Minack Theatre.

We actually met one walker

near Crianlarich. That was not an option this time. We strolled along in beautiful sunshine and thoroughly enjoyed the experience

on this most popular long distance path. I'd forgotten how difficult the stretch to the north of Inversnaid was, particularly with tired legs. It was with some relief that we finally arrived at the Drovers at Inverarnon. The weather remained sunny all the way to Fort William when we realised that we'd walked for 13 days, covered 216 miles and not required waterproofs once.

The final stretch came in autumn 2017. We returned to Fort William to head north on

the Great Glen Way to Inverness. After the obligatory photographs at the impressive start point we'd covered less than 50 yards before the rain started. That set the tone for the first day, with the waterproofs going on and off several times. Thankfully the weather improved as we progressed.



Journey's end. A much lower key location than Land's End.

Compared with The West Highland Way, The Great Glen Way is fairly quiet. We did keep bumping into a party of New Zealanders, Sometimes we overtook them, sometimes they came down the trail towards us, but normally they were sitting down enjoying a packed lunch. Most of the trail is through woodland, so there are few opportunities to glimpse the stunning Loch Ness. After a visit to the Eco Café at Abriachan we set off along the old drove until the city of Inverness appeared in the valley below us. After a rest day we set off on what I assumed would be the most daunting stretch, the A9 to the north. We used the route suggested by the John o'Groats Trail across the Black Isle to Alness but stuck to back roads, where they exist, after that. North of Dornoch we tried following a stretch of the JoG Trail,

> but finding ourselves trapped between a railway line, barbed wire fences and a herd of skittish cattle we

cut our losses and headed for the A9 once more. We finally left the main road in the village of Lybster and headed up the unclassified, and deserted, road to Watten past the Camster Cairns. We set off from Watten for the last day's walk with mixed feelings. Elated at the thought of arriving whilst a little sad that an endeavour that had provided so much fun was finally over. We strolled to the marker post, no brass bands, no flags flying and no civic reception, but it was over. 1073 Miles, 65 days of walking, 3 pairs of boots, 27 named trails and no midges.

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# **Introducing** Lesley Brown

Mapperley Park resident, Lesley Brown has been involved in amateur dramatics since appearing in the Operetta 'Orpheus in the Underworld' at school at the age of 15.

This resulted in a lifelong love of music. Further school performances included the role of Aranka in The Gipsy Princess, chorus member in The Grand Duchess of Gerolstein and Nancy in The Boy Friend.

In 2009 Lesley joined Derby Gilbert and Sullivan Society helping backstage with The Gondoliers and The Mikado at Chatsworth House and Derby Live. The following year she joined the company in HMS Pinafore and as a mama in Fiddler on the Roof. The latter being performed at both Derby Live and Harrogate Theatre.

For the last few years Lesley has been a member of The Lace Market Theatre and has been involved in more than 15 productions there, mostly with backstage responsibilities including properties and stage management but has also appeared in A Midsummer

Night's Dream, Women of Troy and The History Boys.

One of her most exciting times was stage managing A Midsummer Night's Dream as part of an exchange with the Die Käuze Theatre in Nottingham's twin city Karlsrühe in Germany.

She has recently stepped down as a Trustee of the Lace Market and this has given more time to test her acting skills.

She has worked backstage on The Jungle Book at Lakeside and on Carousel with Grantham Operatic. Unfortunately, due to ill health she was disappointed not to stage manage West Bridgford Operatic Society production of Fiddler on the Roof at The Space.

Lesley is currently rehearsing the role of Mags in the comedy 'Bunkered' by Lynn Brittney.



Bunkered is being performed by the Woodborough Players in Woodborough Village Hall from 17th -19th May.

Tickets are £7 each and can be obtained from Lesley on 07952 769222.

Anyone interested in joining the group for future productions would be most welcome.



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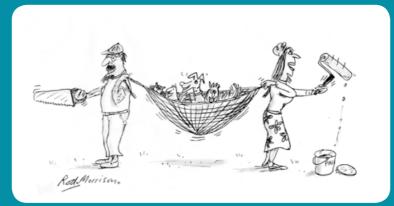
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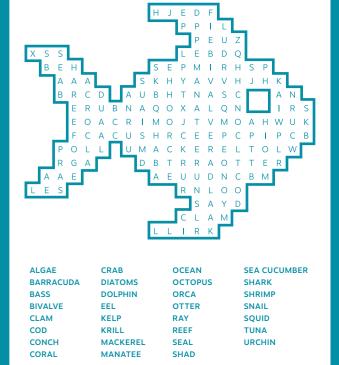
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Why did the dolphin cross the beach?

To get to the other tide

What did one tide pool say to the other tide pool?

Show me your mussels

What do you call a Frenchman wearing sandals?

Philippe Philoppe

Why did the bee have sticky hair?

Poney comb

# Pet Competition



# Congratulations to Bruce and his owners Herbie and Oscar Mellors.

Bruce is a 7 year old bearded dragon. He lives in a vivarium heated to 33 degrees to stay warm and his favourite foods are live locusts and Malaysian worms. Fun fact: he doesn't need to drink; he gets all the water he needs from eating cucumber and carrots. He also enjoys going in the bath. When he gets cross, his beard puffs out and goes black. Our favourite hobby together is listening to Peter Andre, Bruce's pop artist of choice. Fun fact #2: he has no sense of feeling on his underbelly, so he is not phased by hot sand in the desert!

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Entries close on Wednesday 31st October 2018.

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# **Grilled Rack of Lamb**

Recipe courtesy of Amita Sawhney at MemSaab

Coriander powder Cooking oil Cumin powder Large onions, thinly sliced Turmeric powder large tomatoes, diced Red Chilli powder 2tbsp Garlic paste Garam Masala powder 100ml Single Cream 1tbsp Ginger paste Fresh Coriander for garnish

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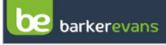
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## THE ISSUES

Caring for a relative or friend? Confused about social care? Mental capacity worries? Property ownership concerns?



#### **KEY FACTS**

- Free Home Visits
- Fixed Fees
- . Member of Solicitors For The Elderly
- Social Care Lawyers

Barker Evans Law

0115 7722129

#### Cooking Method

Lamh shanks

Heat the cooking oil in a heavy bottomed pan suitable for the oven and, on a medium heat, sauté the onions to a golden brown colour. Remove the onions using a slotted spoon and drain on

Blend the onions into a smooth paste adding a little water, if required. Separately blend the tomatoes, garlic and ginger pastes together, again into a smooth paste.

Heat the oil left from the frying the onions and add the onion paste. Sauté for a further 2-3 minutes. Then add the tomato paste and all the powdered spices. Stir and mix well.

Sauté the resulting (onion, tomato and spice) masala for about ten minutes, until the oil begins to separate from it. Then add the Lamb shank to the masala. Season with salt to taste and stir to fully coat the lamb pieces with the masala.

Sauté until the shank is browned well. Then stir in ½ cup of hot water, mixing well. Cover the pan and simmer for 10 minutes. Place the covered pan into the oven at 150 degrees. Cook for about 45 minutes until the lamb is tender.

When cooked, remove the pan from the oven and gently stir in the single cream. The 'gravy' should be fairly thick when done.

Remove from the pan onto a plate and garnish with chopped coriander. The lamb shanks can be served with mashed potato and blanched wild spinach leaf!

Enjoy!







# Resolve disputes quickly, cost effectively and with less stress.

Family dispute arises frequently and often is simply resolved with a break and time passing. One of the situations that isn't resolved so easily is finance. Things get complicated in many areas; family business, loan arrangements, wills and distribution of assets when a member passes away.

Preparing early with a lasting power of attorney is advisable and this can be particularly important if an older family member suffers from decreased mental capacity. If this is not in place, mediation can help in the event of a family dispute. If all else fails, the Office of the Public Guardian can intervene. Above all steps must be taken to ensure the safety and security of the people involved.

Often, people's families are far apart and people don't notice that a neighbour is lonely or needs something. Take 5 minutes to knock on and check up on people and try to engage a little; interpersonal contact is beneficial both ways!

If you have concerns about a dispute arising, then please call for a free and confidential chat to see if I can help. Remember that acting sooner is more effective but also that mediation can help at any stage of dispute.

#### Alisdair Butler • alisdair@mymediator.org

ADRg panel mediator and Mapperley Park resident.

By residents for residents



# An update from **Chris Leslie MP**

Summer is fast approaching and parents will be hoping that they can finally get their children outdoors to run around.

Children's playgrounds are a great British tradition, mostly developed in the 20th century, and everyone knows how important they are for children's health and happiness. Around Nottingham East, I see their importance to local children, whether it's nearby Pirate Play Park, Hood Street Play Area



or the newly refurbished Shipstone Street Playground, which I recently visited.

In March, I led a debate in Parliament on the importance of playgrounds and the pressures they are facing. Nottingham City Council has improved 75 play areas, with more set for improvements. However, resources are still an underlying problem and Nottingham has had to cut it's parks budget by £3 million since 2009, with a further £300,000 to be cut in the next year. Like a lot of local authorities, it has had to look for grants from charities and funding bodies to plug that gap.

Across the country, hundreds of playgrounds have closed, with hundreds more earmarked for closure, while £100 million from central government could deliver 1,600 playgrounds.

The Government has set up a Parks Action Group, but it does not focus specifically on children and the importance of play, so I'd like to see a dedicated national leadership agency on this issue to look at the development of children's playgrounds, and more engagement with allies in the charitable and play sector.

# **Notes from Our Councillors...**

Mapperley Councillors are undertaking regular neighbourhood visits to listen to views and concerns. This week we visited Elm Bank in Mapperley Park and will write to all residents to update them on actions. Why not invite us to your area?

#### **Grime and Crime**

National media has reported widely on concern about reduction in police numbers linked to increase in crime. We have a local ward action plan based on issues identified in public consultation.

We met with James Walker, our new Police Inspector who starts in April. New police recruitment will boost numbers generally in Nottingham, with at least one extra officer in our area by September. There has been a restructure with more focus on local policing. Greater resources are available to be directed to any crime hot spots identified, with a number of actions which might be appropriate. This might include targeted leaflet drops giving crime prevention advice such as lighting, high profile patrols and possibly additional CCTV in areas with persistent issues and capture cars to identify and pursue vehicle offenders.

Councillors have been handing out security devices at public meetings.

Councillor mobile CCTV has been used in fly tip hot spots locally to record evidence for possible prosecution and recently a £300 fine was imposed. There are more in the pipeline.

#### **Leaf Collection**

Leaf collection date this autumn is Monday 19th November. One bin of leaves only. No side waste. We are committed to maintaining this service despite severe budget restrictions. The cost of collection is £900 from Councillor funding. We can no longer cover the cost of individual household letters. We therefore propose to put this in our summer newsletter, on Facebook and Twitter, and email to those for whom we hold contact details. Please share this with your neighbours and put the date in

# Pot holes

Pot holes have been a widespread problem due to the severe weather. Residential roads are inspected annually while arterial roads are monthly. Residents can report pot holes deteriorated since inspection to Highways Services Tel 9152000. It is an emergency if deeper than 50mm in roads and 25 mm in a pavement so repair will be carried out within 36 hours. Others will be repaired within 28 working days.

#### Let us hear your views and concerns



Rosemary Healy **T** 07534 344 699



Chris Tansley hris.tansley@nottinghamcity.gov.uk **T** 07534 943 471



Leslie Ayoola **r** 07508 492 381

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Boys £6.00 Saturdays £7.00 OAP's £4.00 Monday to Wednesday

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No appointment necessary

# **Police update**

A big hello from myself, PCSO 4943 James Hrycaj, PC 27 Mick Marshall and CPO 9771 Loizou

The Mapperley Park beat team is due a reshuffle at the end of April so there will be a few changes which we will keep you updated with. Burglary has been quiet in the area in recent months however, neighbouring areas have had a recent increase of burglary so please be mindful of your security. There has also been an increase in car crime in the last fortnight, mainly around the Mansfield Road side of Mapperley Park, so please do not leave valuables on show. Apart from that, there has been little incident in Mapperley Park. Please report any suspicious activity in the area, never mind how minor you may think it is.

# Trees report I WORDS June Greenway, Tree Officer, MPRA

Mapperley Park Residents' Association have jumped at the opportunity to plant up the roundabout on Lucknow Road junction.

Nottingham City Council will be removing the existing planters and creating proper beds which gives us an opportunity to green and beautify.

MPRA would love residents' ideas for planting and offers of plants will be much appreciated.

We are not sure what the soil will be like but we need annuals, hardy perennials, ornamental grasses, and small evergreen and deciduous shrubs that will flourish in full sun and potentially dry conditions.

We are after plants that give maximum bang for the buck e.g. shrubs that havespring flowers, summer berries and autumn colour, long flowering hardy perennials with good leaf colour/ shape and winter structure, and annuals that will prolong the flowering season into the Autumn.

If you are dividing plants, sowing annuals for this Summer or want to get involved in the planting please email june.greenway@ntlworld.com for further details.

mapperleypark.org By residents for residents

# Never miss a match!

Sunday 20th May

Outlaws vs Warwickshire Trent Bridge

Family Fun Day - £1 tickets!

9th - 17th June

**Nature Valley Open** 

Nottingham Tennis Centre

Thursday 7th June

Accenture World Triathlon Mixed Relay Victoria Embankment

Saturday 28th July

**Big Swim Nottingham 2018**National Watersports
Centre

Please send your sport news and fixtures to info@mapperleypark.org

# SPORTS DESK

# Angus, a Mapperley Park Runner

I never liked running at school, the school cross country was always won by someone tall and athletic, definitely not someone like me; a solid prop forward.

Thing is, you can't play rugby all your life and so when it came to hanging up my boots and settle down with a job and family, my life became fairly sedentary.

Skip forward another couple of years and unfortunately my blood pressure was on the up. The Doctors were struggling to bring it back down. After another disheartening trip to the consultant, I decided to take matters into my own hands and try and get fit myself. On went an old pair of trainers and I headed out to Holme Pierrepont, as I liked the idea of running next to water.

I had no idea how far or how long I could run and it turned out, it wasn't much. A couple of hundred metres on, my face was redder than a beetroot and I was totally out of breath. I walked back to the car but something had happened; my journey had started. I went out again and again, each time a bit further and a bit more comfortable. It wasn't long before I was hooked. For the first time ever I understood why people ran!! I started to feel healthier, less stressed generally, it was like finding the missing piece in a jigsaw. Soon I could run around Holme Pierrepont lake and decided to do my first half marathon!!

2008 Nottingham was my first medal; a dream since that first run!!! Crossing the line to be greeted by my wife and daughters was one of the proudest moments of my life.

A few halves later in 2015 an opportunity came up to run the Iconic London

Marathon for a great charity, "Age UK"!!

I went for it. London was truly amazing; such a fantastic experience!! Running is more popular now than ever and instead of being a "lonely" distance sport, running is sociable and supportive.

The local volunteer led to 5km, Park Runs and Junior Park Runs are proof of that!!

Now you can find me running along the banks of the River Trent on "the big track" and have just returned from the Turin half Marathon with Southbank RC, another very supportive and fun club. I feel blessed to have made so many great friends throughout Nottingham's wonderful running community!!

It would be amazing to think someone else might read this article and for whatever reason be inspired to give running a go!

# **Useful Contacts...**

#### Churches

**Mansfield Road Baptist Church** 

Gregory Boulevard/Sherwood Rise 0115 960 4304 • Morning Worship - Sun 10:30

**Sherwood Methodist Church** 

Devon Dr/Mansfield Road • 0115 962 2616 Main services Sunday at 10.30am

St. Andrews C of E

Chestnut Grove • 0115 912 0098 Main services Sunday at 10.30am

St Augustine's Catholic Church Woodborough Road • 0115 950 6693

Woodborough Road • 0115 950 66 Mass Sunday at 11am

St John's C of E

Mansfield Road, Carrington ⋅ 0115 962 1291 Main service Sunday at 10am

St Jude's C of E

Woodborough Road • 0115 985 6131 Family service 11.00am

#### Council

NCC Switchboard 0115 915 5555

#### Councillors

**Chris Tansley** 07534 943471 chris.tansley@nottinghamcity.gov.uk

**Leslie Ayoola** 07508 492381 leslie.ayoola@nottinghamcity.gov.uk

Rosemary Healy 07534 344699 rosemary.healy@nottinghamcity.gov.uk

Surgeries – St Ann's Valley Joint Service Centre, Livingstone Road, NG3 3GG Wednesdays 6pm-7pm - Saturdays 10am- 10.30am by appointment

#### **Dentists**

Holly Tree House Dental Practice 0115 962 2882 • 334 Mansfield Road

**Tavistock Drive Dental Care** 0115 9602717 · 1 Tavistock Drive

#### **Doctors**

Sherrington Park Medical Practice 0115 985 8552 · 402 Mansfield Road

**Sherwood Health Centre** Elmswood Gardens, Sherwood 0115 985 8822

Mapperley Park Medical Centre 0115 8412022 · 41 Mapperley Road

#### Library

**Sherwood Library** Spondon Street ⋅ 0115 915 2827

#### MP (Notts East, Labour)

Chris Leslie

chris.leslie@parliament.uk

#### **Newsagent - Delivery**

MJ News

347 Mansfield Road • 0115 844 0222

#### **Pharmacy**

**Carrington Pharmacy** 

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#### Police

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607 Mansfield Road

Sherwood Rise PO 41 Beech Avenue

#### **Public Transport**

**Citycard Cycles** 0115 876 1300

East Midlands Airport 0800 083 8759

East Midlands Trains 03457 125 678

Nottingham City Transport 0115 950 6070

Nottingham Express Transit (Trams) 0115 942 7777

#### **Social Groups**

Mapperley Park Book Club Stasia French · 0115 910 7644 · Meets monthly at residents' homes

Mapperley Park Tennis Club, Carisbrooke Drive · 0115 969 1278

Magdala Road · magdalatennis.org.uk

Magdala Tennis Club

**The Nottingham Bridge Club**Mansfield Road • 0115 960 7992

#### **Utilities (Emergency)**

Power cut? Call 105

**Electricity: Western Power distribution** 0800 678 3105

Gas: National Grid 0800 111 999

Water: Severn Trent Water 0800 783 4444



# The Mapperley Park Residents' Association

info@mapperleypark.org

Chair **Sue Goode**0115 844 0269

Treasurer **Ed Davys** 

Membership
Mark Cox

Secretary **Elisabeth Sanders** 

Planning
Mike Reade

Trees

June Greenway

Website **Ewan Lamont** 

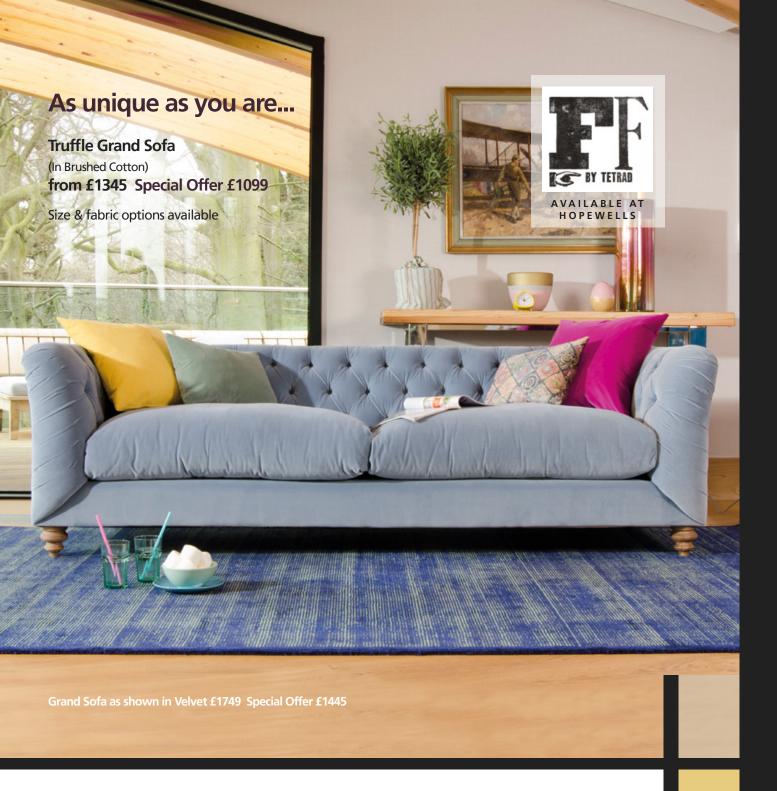
Neighbourhood Watch / Private Road Laura Archer

Committee Member **Alisdair Butler** 

Advertising **Sally Butler** *07817 995987* 

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