



The Butter Cross

THE PARISH CHURCH SERVING THE COMMUNITY

June 2026

*Welcome to this month's
edition of Butter Cross*



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JUNE SERVICES AT PARISH CHURCH

Sunday 7th June

- 9.00 am Holy Communion
- 10.30 am Intergenerational Worship for All

Sunday 14th June

- 9.00 am Holy Communion
- 10.30 am Family Worship with Children's Activities

Sunday 21st June

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Sunday 28th June

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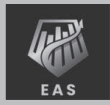
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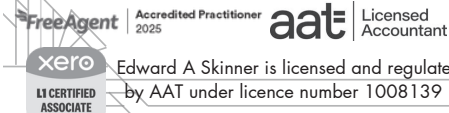
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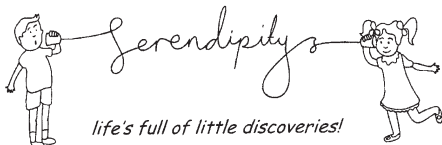
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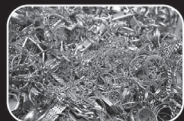
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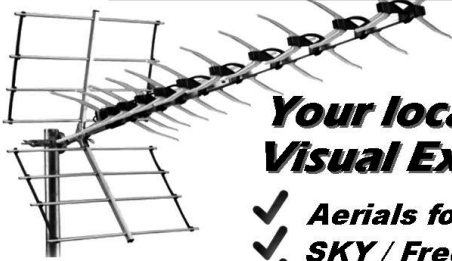
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PARISH CHURCH CONTACTS

Parish Contact during Interregnum

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wendyatstmaryschurch@yahoo.com

07534 129 023

Assistant Ministry:

Curate: Wendy Forbes-Buckingham

Churchwarden:

John Woodman, 24 Priors Close, Bingham, NG13 8EP
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Treasurer

Susan Price, Parish Office, Old Church House, East St, Bingham, NG13 8DR
binghampcctreasurer1@btinternet.com

831 897

Assistant Treasurer (Planned Giving Recorder):

Mrs Vivien Dyer

838 614

Honorary Organist:

Mr Anthony Watts (available after services)

875 968

Butter Cross Editorial:

Please deliver copy for next issue of *The Butter Cross* by Sunday 7th June to Parish Office, Old Church House, East Street, Bingham, NG13 8DR or John Woodman, 24 Prior's Close, Bingham, NG13 8EP
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836 717

Tower Captain (Bell Ringing):

Mr Andrew Peters: ampeters@ntlworld.com

836 329

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CURATE'S LETTER

Dear Friends

And here we are, just like that, halfway through the year! In the Church calendar we are now in a period of time called Ordinary Time which is a season between the big festivals of Easter and Christmas (with a few other special occasions such as Harvest in between). But Ordinary Time doesn't have to be that – ordinary – during these middle months of the year there is still lots to do and lots to think about both in our own personal lives, the lives of our families and friends and indeed the life of the Church.

So, exams are almost out of the way, some of us will be looking forward to a summer holiday or time with friends and family. We may even have good weather! But maybe also we are in a season when we can re-evaluate, look at what's happening around us, search out new things, new interests, new possibilities. And obviously, I am going to suggest here that you may take the time over the next couple of months to come at pay us a visit at St Mary & All Saints; see what we do; find out why we follow the Lord Jesus; find out who He is; find out what it could mean for you to come to know more about Him. We have two services on a Sunday: a traditional service of Holy Communion at 9.00 (except on a fifth Sunday of the month) and a more informal Morning Worship service at 10.30am (with Communion on the fourth and fifth Sundays of the month). There are children's activities and teaching during these services, usually based on the same things that we will be talking about in the main service. We have just started our monthly Intergenerational Service on the first Sunday of the month at 10.30am which is a time where can all worship together and where we have lots of fun for children and adults. So do come along and see what we get up to.

I'll finish with a word of encouragement taken from the Bible: In Matthew's Gospel Jesus says *"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light."*

I and the rest of our Church family look forward to meeting you.

Blessings

Rev. Wendy

FROM THE REGISTERS

Funerals

Bryan Copley, aged 87 years

Kay Smith, aged 92 years

Funerals conducted away from the Parish Church, at crematoria, for example, do not come to our attention. However, we are always willing to publish death notices from families if full name and age of the deceased are supplied to the Editor (contact details on page 19). Please supply your own details in case we need to contact you.

PARISH CHURCH NEWS

Regular Services

On the first to fourth Sundays in the month, we have a Traditional Communion service at 9.00am. It includes congregational hymns – mainly of the traditional variety – with organ accompaniment.

This service is followed by a family friendly service at 10.30am which has children's activities. There is Communion at this service on the 4th Sunday of each month. After the service we enjoy refreshments and a time for fellowship.

On fifth Sundays there is usually a single service, Family Communion, at 10.30am, followed by a *Bring and Share* lunch.

Monday Prayer Group, 9.30 – 10.00am

Thursday Welcome Café, 10.00am to 12.00pm, Children's play area, dogs welcome. This is held currently in Old Church House as it is warmer than Church.

Friday Soup & Cob, 17.30 – 18.30pm

Come and join us for a bowl of home-made soup and a cob. All free, in the church every Friday.

The church is open Monday to Saturday to around 3.00pm and on Sundays for services.

Butter Cross – Help Needed

If you could spare half an hour a month (excluding January, May and July) to help please ring Lyn (07504 222721).

Help is needed to deliver house to house on Starnhill Way, Forest Road and Singleton Drive (Roman's Quarter). Thank you to those who are now helping on Harvest Close, Campion Way and Rufford Grove.

Several people with cars are also needed to join the team of distributors, particularly for the east and west end of Bingham and the Romans' Quarter. Distributors collect boxes of Butter Cross from Lyn Thomas, Newgate Street, and distribute them to the end deliverers who go door to door. Please ring Lyn (07504 222721) if you can help.

This is a most useful piece of community service, and it does not take a lot of time to deliver to your road or one nearby. There are 9 issues per year. The magazine contains much useful information about all the many and varied activities available in Bingham as well as the various churches and, also, very useful adverts for the local shops and tradespeople – vital for new residents.

CHURCHES IN BINGHAM

Parish Church Services see page 3 and Parish Church News.

Methodist Church Services are to be found in Methodist Church News.

Minister: Revd Dawn Brown (01949 837330)

St Anne's Catholic Church serving Radcliffe on Trent, Bingham and villages
Part of the Parish of the Annunciation, Rushcliffe
New Road, Radcliffe-on-Trent (opposite Library)
Contact: parishoftheannunciationrushcliffe.co.uk

Mass celebrations:

Saturday, 4.30 pm: St Anne's

Sunday, 9.00 am: St Anne's

Parish Priest: The Revd Fr John Martin (0115 933 2738)

BINGHAM CHURCHES' WALKING GROUP

In June, the Saturday walk is a 6.3 mile walk around East Midlands Airport on June 20th. Please meet outside Old Church House at 8:55 for a prompt start. This will be a picnic walk.

The two evening walks will both be 4 miles. The first walk following the Southwell Heritage Trail on June 9th, departing 6.00pm, and later in the month a walk along the Belvoir Ridge ending up with drink while watching the sunset (weather permitting) on June 23rd. This will be a 6:30 start for sunset viewing.

The July Saturday Walk will be on July 18th, and it will be a walk of 8 miles led by Ian. There will be an opportunity for a picnic but there is also a café available.

We only have one evening walk in July. That is on July 14th, called "Bestwood Ramble" led by Esme. She tells me it is a 4-mile walk.

Please remember to be at Church house 5 minutes before the setting off time which is 9.00am for Saturday walks and 6.00 pm for evening walks.

In August our Saturday walk is on 22nd and is 8 miles long, it is led by Brian and will be around Waltham on the Wolds.

Our evening walks in August are on the 11th led by Chris and Pam around Gedling Country Park, a walk of 3.5 miles, and on the 25th around Bunny led by Jane, a walk of 4 miles.

Our final evening walk of the year will be a supper walk in Woodborough led by Esme. It is a walk of 3.5 miles followed by a pub supper.

If you cannot manage the walk, you can still join us for the supper.

There will be more details in the September magazine. You will need to book with Esme and the walk starts at 4.00pm.

Please feel free to join us for any of these walks – there is no age limit for humans or dogs.

For more information, please contact Frances Bailey (07796 546035).

METHODIST CHURCH NEWS

Bingham Methodist Church is part of the Grantham and Vale of Belvoir Circuit.

More information about Bingham Methodist Church can be found at www.binghammethodist.org.uk and www.facebook.com/binghammc or on the Methodist Church noticeboards.

Contacts

Minister: Revd Dawn Brown

Telephone: 01949 837330

Email: minister@binghammethodist.org.uk

Families and Youth Worker: Mrs Sarah Hobbs

Email: cyp@binghammethodist.org.uk

Room Bookings: Mrs Janet Ritchie, lettings@binghammethodist.org.uk

Church News Contact: notices@binghammethodist.org.uk

Ten-year Anniversary Bingham Methodist Church and Community Centre

On Sunday 12th April at 10.30am we will be celebrating the ten-year anniversary of the opening of the Bingham Methodist Church and Community Centre.

Sunday Worship

Sunday Worship with Junior Church is held at 10.30 am. All are welcome.

Christian Youth Group (ages 11 – 18) at 5:30 – 7:00 pm, third Sunday of the month
Sunday Worship is also live streamed on YouTube, search for Bingham Methodist Church on YouTube or go to the Bingham Methodist Church website and click on the YouTube Channel. Following the service, it can also be viewed on the Bingham MC Facebook page.

Regular Weekly & Monthly Activities

Lively Spirits: parent/carer and toddler group, Monday 10.00 – 12.00 noon (term time only)

Memory Café: second Monday of the month 2.00 – 3.45pm

The Upper Room Discussion Group: Tuesday 10.30 – 11.30am

Wholeness: a time of prayer, reflection and music
first Tuesday of the month 7.30pm on YouTube and WhatsApp

Prayer Bubble: Wednesday 9.00am on Zoom

Lunch 'n Chat: first Wednesday of the month 12.30 – 2.00pm, Chestnut Community Centre

Messy Church: first Wednesday of the month 3.45 – 5.00pm (term time only)

Coffee Shop: Thursday 9.30am – 12.00 noon

Boys' Brigade & Girls' Association: Friday 6.15 – 7.45pm (term time only)

Board Games Club + Pizza: ages 10 – 18 (year 6+)
second Friday of the month 3.45 – 5.30pm (term time only)

Who Let The Dads Out? first Saturday of the month 10.00 – 12.00 noon (term time only)

COME AND SING DAY: MASTERING MOZART

Bingham and District Choral Society, Saturday 11th July, St Mary and All Saints Church, Bingham. 11.00am to 4.00pm, registration from 10.30am.

This will be a fun-filled day of singing many of the great works by Mozart, led by our esteemed Musical Director, Dr Stephen Bullamore, accompanied by Michael Overbury, a wizard on the piano.

The cost, inclusive of music, is £25.00

Tea and coffee will be available. Cakes and pastries will be on sale.
Please bring a packed lunch.

To reserve your place (essential) please go to www.ticketsource.co.uk, search “Bingham, Nottingham”, click Find Event.

On Sunday 14th June BDCS will be joining in the Choral Evensong, 5.00pm, at St Mary Magdalene Church, Newark, to celebrate the reopening of the church.

We welcome new members. Rehearsals are on Wednesday’s 7.15pm – 9.30pm, Carnarvon Primary School, Bingham. We offer a free, three-week trial.

Please visit: www.binghamchoral.org.uk

A NIGHT AT THE MOVIES

VALE VOICES COMMUNITY CHOIR SUMMER CHARITY CONCERT

Sunday 5th July 7.00pm (Doors open 6:45pm) at Bingham Methodist Church

Tickets £6 (includes coffee / tea & cake) all proceeds to Vale First Responders. Tickets can be purchased at ticketsource.com/vale-voices-community-choir/t-xddgpem or contact valevoicescc@gmail.com.

ROTARY CLUB OF THE VALE OF BELVOIR SWIMATHON 2026 SATURDAY 20 JUNE 1.00PM AT THE BINGHAM ARENA

You ... decide on the cause.

You ... create your team of up to 6 people, aged 8+ level 6+.

You ... collect your sponsorship money.

If you have any questions please contact Jane:
jane.m.hart@hotmail.com, 07795 562707.

Scan the QR code to register. Sponsorship forms and other relevant paperwork will be share with you on registration.

With thanks for generous support from Wyvern Engineering Services and T.M.S Hardware.





Bingham and District Choral Society

'Come and Sing' Day

'Mastering Mozart'

A selection of great choruses by Mozart

Led by Dr Stephen Bullamore

Accompanist: Michael Overbury

Saturday 11th July 2026

St Mary and All Saints Church, Bingham. NG13 8AL

Cost: £25.00 inclusive of music

11am - 4pm (Registration from 10.30am)

To reserve your place (essential) please go to
www.ticketsource.co.uk



Or call 0333 666 3366



www.binghamchoral.org.uk

President: Neville Ward

Patron: Paul Romney

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Registered charity number: 503557

**SCOTTISH COUNTRY DANCING
METHODIST CENTRE BINGHAM
NG13 8AD**



CHARITY DANCE

**SUPPORTED & ORGANISED BY
WALTHAM SCOTTISH COUNTRY DANCE GROUP**

SATURDAY 20 JUNE 2026

7:00 pm

WITH BUFFET SUPPER

£12.00 admission

ALL WELCOME!

PROCEEDS FOR

**ALL
WE
CAN**

**Methodist
relief and
development**

LONG ACRE ARTS



This is Long Acre Arts today as an Arts & Wellbeing centre to serve the Community of Bingham and the surrounding area.

Whilst secular, it has strong direct connections with *The Butter Cross*, the Parish Church magazine in serving the community. Built in 1841 by the then Rector Robert Lowe as the first Anglican school in Bingham it then had other uses until it was actually formally purchased from the Crown Estate by a later Rector John Reay on behalf of St Mary & All Saints Church on the 19th September 1951 to provide more space for the ambitious Rector's needs at the time. The sale was subject to a covenant stating that the building 'cannot be used for any purpose other than as and for a village hall for religious and political purposes, entertainments and social objects of the inhabitants of Bingham'.

To this end the Church periodically rented out the building to the County Council for various uses such as speech therapy and physical education, and most significantly as an antenatal clinic in the early years of the National Health Service. This building at 26 Long Acre was eventually sold by the church on the 18th December 1969 and now thanks to the generosity of the last owner Jan Parnham it has been donated to Bingham and is being run by the Jan Parnham Trust with charity status.

Wider history is now available in a short historical essay by local resident and Long Acre Arts volunteer Tony Fox entitled *The Life and Times of 26 Long Acre, Bingham 1841 - 2026*.

This Community/Village Hall now operating as Long Acre Arts only opened to the public in June 2025 but has an established set of repeat bookings and a programme of courses, such as music performance, painting, creative writing and glass fusion, as well as yoga classes, to

name just a few. In addition, there is a regular programme of visiting professional entertainment, cinema nights and artisan fayres and much more is in the pipeline.

Long Acre Arts is a community venue for all ages and interests, and we intend to be a safe and welcoming space for everyone. If you haven't been inside yet anyone is welcome to drop in on Monday mornings between 10.00am and 12.00 noon for a look-see or of course attend one of the events.

THE BIOLOGY & BENEFITS OF CREATINE MONOHYDRATE (advertorial)

Creatine monohydrate promises a range of benefits for all those looking to enhance their physical performance. Nutritional science has shown that creatine may increase strength, muscle mass, speed, and power. Also, there is a persuasive case for creatine's role in wider health scenarios. Studies have shown it can improve metabolic health and cognitive performance. It can aid recovery from injury and help healthy aging. There is evidence that it may help mental toughness as well as physical strength.

Creatine occurs naturally in our bodies, and it is also in our diets – mainly via animal products. It is primarily stored in the muscles, where it plays a crucial role in our energy production, especially during exercise. Biologically, creatine is involved in the production of adenosine triphosphate (ATP), the primary energy carrier in cells. During short bursts of intense activity, such as sprinting or weightlifting, ATP is rapidly depleted, leading to muscle fatigue. Creatine helps replenish ATP levels, allowing for sustained energy output at a cellular level.

If we supplement with creatine monohydrate, we may increase the phosphocreatine stores in our muscles that can be used to regenerate ATP more quickly, enhancing performance during high-intensity physical activity.

That creatine restores energy stores in muscles is fairly well established, though now we think it may be doing something similar to the brain too.

Populations other than those engaged in high-intensity sports or strength training may benefit from creatine supplementation. In older adults, creatine may help combat age-related muscle loss and improve strength and function. Since creatine is primarily found in animal products, those following plant-based diets may have lower levels of creatine. Supplementation may help bridge this gap. Many start with a loading phase of 5-7 days taking 20 grams of creatine divided into four doses per day followed by a maintenance dose of 3-5 grams per day. This approach helps saturate muscles with creatine more quickly. Though timing is not critical, many athletes prefer to take it post-workout when muscles are more receptive to nutrients and combining creatine with a source of carbohydrates and protein may enhance uptake.

Creatine monohydrate supplementation may help with neurological conditions, as some research suggests that creatine may have neuroprotective effects.

While creatine monohydrate is generally considered safe, those concerned about their gut or kidney health should consult a healthcare professional beforehand. Creatine can cause water

Come and watch our Sponsored Singathon

Radcliffe on Trent Male Voice Choir

Rehear Sing four free Concertini

A marathon 4 one-hour concerts where we

Rehearse and Sing

20 of our favourite songs

in support of Juno Women's Aid

On Saturday 11th July at Bingham Methodist Church

Needham St, Bingham, NG13 8AE 2.00 to 6.30 pm.

Pop-in any time!

Refreshments will be served!

It's a relaxed affair!

Juno Women's Aid supports women of South Nottinghamshire who suffer domestic abuse, providing refuge and move-on accommodation, counselling, legal advice and much more.

Helpline 0808 800 0340

junowomensaid.org.uk

Safety. Support. Strength



The Choir has set a target of £10,000 to support Juno in this vital work. To sponsor us or donate - scan the QR Code.

Thank you.



retention in the muscles, so it's essential to stay well-hydrated while supplementing. Weight gain may occur for the same reason, but this is usually temporary.

In conclusion, creatine monohydrate can be a powerful supplement for athletes, older adults, and anyone looking to enhance their physical performance. Emerging evidence suggests it may also contribute to good brain health too.

If you would like help achieving your optimum nutrition, please come and see me at Bridgford & Bingham Nutrition.

Nina Thomas, Registered Associate Nutritionist and Food Scientist
Tel. 07958 765337, e-mail: bridgfordbinghamnutrition@outlook.com
www.bridgfordbinghamnutrition.co.uk

NOTES AND ANNOUNCEMENTS FOR THIS MONTH FROM BINGHAM'S GROUPS AND CLUBS

103 The Eye is the award-winning community radio station serving the Vale of Belvoir, including Bingham, Bottesford, Cotgrave, Radcliffe-on-Trent, Keyworth and all the surrounding villages through the Vale right down to Melton Mowbray – a population of around 90,000 people in Rushcliffe and Melton Borough.

The station has been on the air since 2005, providing entertainment, local information and education. We play music from the past six decades through to today, broadcasting 24 hours a day, seven days a week on 103 FM and on DAB+. You can also listen online via our website www.103theeye.co.uk, or on a smartphone, smart TV and other media.

103 The Eye is a not-for-profit organisation run by volunteers. We've recently gained the King's Award for Voluntary Service – the group equivalent of an MBE.

We're here to give local people a voice. If you have some news or a story to tell and would like to be featured on one of our programmes, or there's an event you want to publicise, do contact us. We also offer media training opportunities and a showcase for local unsigned musicians.

Phone 01664 565315, email studio@103theeye.co.uk or write to 103 The Eye, PO Box 103, Melton Mowbray, Leicestershire LE13 9AW.

1st Bingham Scout Group

Beavers, Cubs, Scouts, Explorers (adult help also always needed); see www.1stbinghamscouts.org.uk or phone John Green (875 057).

Archers of Bingham (formerly Bingham Leisure Centre Archery Club)

Archers of Bingham is the longest established archery club in the area. In the Winter Season we shoot outdoors on Sunday mornings in Aslockton about twice a month and indoors in Bingham, at the Toot Hill Sports Centre every Friday. In the Summer Season we shoot on Wednesday and Friday evenings in Aslockton and Saturday afternoons at Toot Hill.

Our nationally accredited coaches, with experience of coaching at all levels up to international, run beginners' courses several times a year. If you are interested in taking up archery, please let us know and we'll be in touch with full details.

Our members shoot all bow styles and the field in Aslockton allows for practising at all competitive distances. Many of our members shoot just for fun but some are more competitive, entering competitions locally, regionally, nationally and, on occasion, internationally. The club's aim is to enable everyone to enjoy shooting in a sociable, friendly, and supportive environment.

For more information contact the club secretary – binghamarcheryclub@gmail.com, or visit our website www.binghamarchery.co.uk. We look forward to hearing from you soon.

Aslockton Tennis Club

Tennis is for everybody! Aslockton Tennis Club, situated in the centre of the village, has 2 fully floodlit all-weather tennis courts; all ages and ability levels are welcome to join.

Whether you've been playing for a while or are a newcomer to the game you will be welcomed to join in the varied playing and coaching activities within the club.

The annual subscription is kept low and adult members are encouraged to bring along their children who can play free of charge up to the age of 11 and thereafter, while in full time education, for a minimal charge. Children under 14 must be accompanied by an adult while using the courts. We are keen to provide an easy pathway into the club so if you'd like to give tennis a go, get in touch and we'll be pleased to introduce you to the club before you decide whether or not to take up membership.

aslocktontennisclub@outlook.com

clubspark.lta.org.uk/AslocktonTennisClub

www.facebook.com/AslocktonTennisClub

Belvoir Archers

We are a friendly archery club formed in 2011 and based at Works Lane, Barnstone, NG13 9JT. Our club culture is to have fun in a safe place where you can just *shoot your bow*.

We shoot outdoors March to September and have 3 shooting sessions per week, Tuesday evening 5.30pm until dusk, Thursday evening 5.30pm until dusk and Saturdays 2.00pm until 5.00pm. During the winter, we have 1 outdoor session on Saturdays 11.00am to 2.00pm.

We shoot indoors October to March in the Barnstone Village Hall on Tuesday evenings 8.00 – 10.00pm and Thursday evenings 6.30 – 8.30pm. We also have coaching on alternate Saturdays from 9.00am – 2.00pm,

We have archers of all abilities who shoot with Recurve, Longbow, Compound, Barebow, Flatbow, and Recurve Target Crossbows.

The club has three Archery GB Level 2 coaches and one Level 1 coach, and two are also National Crossbow Federation qualified Instructors.

We regularly run Beginners Courses and also offer a 2-hour Taster Session throughout the summer months.

For more information: www.belvoirarchers.co.uk, or e-mail coaching@belvoirarchers.co.uk

Bingham and Radcliffe Advice Centres

We are open from 9.30am to 12.30pm on Wednesdays in the Bingham Town Council Offices, The Old Court House, Church Street, Bingham, NG13 8AL, and from 9.30am to 12.00pm on Thursdays at St Mary's Hall, Main Road, Radcliffe-on-Trent, NG12 2FD, no appointment necessary.

We offer free, confidential advice on a number of issues including Welfare Benefits, Debt, Tax, Housing and Employment. For further information see our website www.advicecentres.co.uk, email us at info@advicecentres.uk, or telephone 07549 184832.

Bingham Art Club

We meet every Thursday between 2.00pm and 4.00pm at Long Acre Arts.

New members, beginners or experienced, are always welcome to join our group. There are members experienced in a mixed range of artistic media to offer help and advice to those starting out.

Whether you are an experienced artist or you are just thinking of starting art, why not contact us for more details, email Heather at binghamartclubmembers@gmail.com. It will be fun.

Bingham Belles W.I.

We are a relatively new W.I. having formed in 2012. We are a group of like-minded women of all ages. We enjoy a wide variety of meetings where we always learn something new and broaden our view of the world. Meetings are on the third Wednesday of each month at the W.I. Hall on Station Street, 7.45 – 9.45pm. Visitors and new members welcome.

Contact: binghambelles@gmail.com or Helen Pidgeon (838 567). Alternatively, visit our website: binghambelleswi.weebly.com or our facebook page www.facebook.com/binghambelles.

Bingham Bowling Club

We are a very active Bowling Club, and our 2026 bowling season runs through to late September.

We welcome anybody who wants to have a go so give us a ring and come down and try before you buy. We'll meet you at our Club House and talk you through what we can offer. You don't need to worry about equipment as we'll provide you with all that's needed and some friendly guidance.

Annual subscription for Bowling membership is £70 per person.

Facilities include a Club House with a fully stocked bar, supplied by Greene King, providing beers, lagers, wines, spirits and soft drinks at a very competitive price.

Our Summer Opening Times are:

Monday to Friday 7.00pm – 11.00pm and Saturdays 5.00pm – 11.00pm.

If you are interested in bowling, please contact us using the following details.

Membership Secretary: Tony Petersen, tony@petersenfamily.co.uk, 01949 838668;

Club Secretary: Susan Rowley, susan.rowley57@icloud.com, 07513 857202;

Address: 'The Dovecote', Long Acre, Bingham, Nottingham NG13 8BU.

Bingham Breastfeeding Support Group

Are you pregnant and want to know more about breastfeeding? Do you have a baby and need some breastfeeding support? Or would you just like to meet other breastfeeding families?

We are a friendly group run by trained breastfeeding peer support volunteers every Wednesday 10.00 –11.00am at Bingham Children’s Centre. Older siblings welcome. Call Bingham Children’s Centre (0115 977 3749) to book a place.

Bingham Bridge Group

Now known as the Thursday Bridge Group. We meet 7.00 – 9.00pm on Thursday evenings in the Trent Room at Grange Hall, Radcliffe-on-Trent and play duplicate bridge.

We welcome intermediate level players who would like to play in a relaxed and friendly environment.

There is a charge of £2 to cover room hire.

Please contact Rosie Garner (07766 518708) if you are thinking of coming along as we have occasionally been at full capacity and had to operate a waiting list.

Bingham Business Club

Do you live in or around Bingham? Does your business operate in or around Bingham?

The Bingham Business Club meets for breakfast on the 4th Tuesday of every month from 8.00am until 9.00am for an informal chat over sausages, bacon, beans, mushrooms, egg and a roll to exchange information about our services, what we do and how and where we do it. There are guest speakers each month on a wide range of interesting topics, and local issues that affect local businesses are discussed; all that for only £8 a meeting (only £6 if you take up Full Membership).

If you would like to come along to any of our meetings to *shout about* what you do or to simply enjoy the social company of like-minded friendly business locals, then please call Chairman, Jonathan Hammond (01949 878 685) jonathan@hammondpropertyservices.com, for further details, costs involved and full details of future meetings and guest speakers.

It could be the most productive telephone call you’ll make this week.

Local businesses helping local businesses!

Bingham Butter Cross Art Group

Do you love to paint, draw, sketch? So do we! So why not join us? We have been going for forty years and are a friendly and mutually supportive local art group, meeting at Old Church House on Monday mornings 09.15 – 11.15am for three terms per year.

At our meetings we have coffee/tea/biscuits and annually we have a Christmas lunch. We also do outdoor sketching / painting during the summer break and annual exhibitions in the library and at QMC.

If you wish for further information, please contact Maureen Pook: maureenpook@yahoo.com, telephone 01949 837 744.

Bingham Cricket Club

The sixth oldest cricket club in the world offer training and playing opportunities all year round.

Senior cricket (open) – Indoor training Sunday evenings at Ratcliffe College 6.30 – 8.00pm.

Women’s cricket – Indoor training Monday evenings at Barnby Road Academy, Newark 8.00 – 9.00pm.

Junior cricket – times vary, please contact binghamcc@hotmail.co.uk for more information.

Girls’ cricket (up to year 6, softball) – Indoor training Saturday mornings, Toot Hill Leisure Centre 9.00 – 10.00am.

We are currently looking for adult players aged 18 and above who would be interested in joining for the outdoor season in 2026. We have 6 weekend teams on a Saturday and Sunday as well as midweek cricket opportunities.

GENERAL INFORMATION – contact binghamcc@hotmail.co.uk or call Cricket Manager Paul Maylard-Mason (07817 983285), search Bingham Cricket on Facebook and Instagram, X – @ BinghamCC.

Bingham Day Service for the Elderly, Moor Lane (formerly Moorlands)

For information on day-care services please contact 836 652. Alternatively, you can contact the Customer Services Centre for all enquiries about social care (0300 500 8080).

Please look out for our forthcoming events.

Bingham and District Angling Club

Formed in 1974 this small friendly club caters for anglers of all ages, abilities and disciplines. The Club is affiliated to Leicester AMAL and the East Midland Angling Association allowing members to fish a wide range of waters across the East Midlands at no cost. Additionally, active members also have the opportunity to become members of Ashfield Anglers who control the Gunthorpe / Bulcote lakes complex and many miles of the River Trent again at no cost.

For those interested in match fishing the Club meet every fortnight at a variety of different venues. Contact Martin Fielding (01949 877588, 07973 444276) for details.

Bingham and District Audio Magazine

The Audio Magazine was launched in September 1985 by a group of people who wanted to bring local news and events to vulnerable people who could not access community events from their homes. Since then, it has developed a vast archive of materials and continues to deliver discs to the listeners every month.

As part of our 40th birthday celebrations, we have launched a new website. The website gives lots of information about who we are and what we are doing. Go to www.bdam.org.uk.

You can join our lively and ever-growing community by listening to our podcast in lots of different ways. The latest monthly magazine can be accessed via the website or from the details below.

If you have a virtual assistant such as Alexa or Siri simply say, “Play Bingham Audio Magazine Podcast”.

You can also access the podcast on the internet using binghamaudio.buzzsprout.com.

For further information contact Sue Hull (01949 839346) or Lesley Lyon (07815 118641).

Bingham and District Choral Society

Every year we hold four concerts. In 2025 we filled St Mary and All Saints Church, Bingham, for all concerts and our *Come and Sing* Day workshop. Our next workshop led by Dr Stephen Bullamore with accompanist Michael Overbury, titled *Mastering Mozart*, is on Saturday 11th July 11.00am – 4.00pm (Registration 10.30am) at St Mary and All Saints Church, Bingham – see page # for details.

We welcome new members. Rehearsals are on Wednesday evenings 7.15pm – 9.30pm at Carnarvon Primary School, Bingham. We offer a free three-week trial period.

Please visit: www.binghamchoral.org.uk.

Bingham and District Diabetes Support Group

We welcome you to our volunteer led open meetings every 3rd Wednesday in the month. 10.30am to 12.00pm at The Old Courthouse, Church Street.

These meetings are a very informal chance to meet others living with diabetes, share experiences and top tips on living with the condition.

For more information contact Rowan Bird (876 570, rowanbird@ntlworld.com), or just turn up and meet us.

Bingham Dolls' House Club

We meet in members' homes on the fourth Wednesday of each month from 2.00 – 4.00pm. We like to make items for our projects, but anyone who just collects is equally welcome.

As our members live in various places in east Nottinghamshire, meetings are not always held in Bingham. For further information, please ring Jenny David (01949 748391).

Bingham Folk Club

The club has been established in the town for more than 50 years and is currently based in the Rugby Club Pavilion on Brendon Grove, NG13 8TN. We meet once a month during most of the year, normally on the 4th Friday of the month, and offer a varied programme of singers' nights (sometimes with a high-quality PA system) and guest nights. Everyone is always very welcome, and a wide range of musical styles is covered – folk, country, jazz, blues, pop, etc.

These are our forthcoming events (all club nights start at 8.00pm in the Rugby Club pavilion, and end at 10.30pm):

June 26th Feature Night with THREE'S COMPANY. Bob Ballard, Al Harris and Roger Strickland have all been familiar and popular musicians on the Nottinghamshire folk scene for many years, performing solo as well as members of various groups. They will be playing for

about half of the evening, with floor singers welcome as well (the PA system will be available for their use). Entry is just £5 at the door (no tickets).

July 17th Open Mic Night for any performers who would like to share a couple of songs with us. A good PA system is available, and any folk / blues / pop / acoustic songs are welcome, as is anyone who would like to just come along to listen. Entry is just £2.50 at the door.

Further information and updates can be obtained from our club Facebook page (simply search for “Bingham Folk Club”) or website (binghamfolkclub.weebly.com), both of which are updated regularly. Alternatively, please contact Marion Downs (07879 226427).

Bingham Garden Club

Do come and join us to meet our friendly group of garden enthusiasts. If you are a new gardener or an experienced one with either a large or small garden or even just a balcony you are welcome to come and pick up new gardening tips and ideas.

Our Summer season of outdoor activities runs from June until August.

Our Winter Speaker Programme runs from September to May. The meetings are held every 2nd Tuesday of the month at 7.30pm in the W.I. Hall, Station Street, Bingham.

The Winter evening activities include interesting talks by informed and professional gardeners. There is usually a sale of plants which are often brought along by speakers or contributed by members.

To all gardeners we wish a happy and fruitful summer season.

Looking forward to see members and welcome new members in September.

September 8 Hannah Silvester (Herbalist) Medicinal Plants: the Medicine Chest in your garden.

Why not just come to see us for a preliminary visit for only £3, You might like us!
Annual Membership is currently £25.

Contact Barbara Savage (01949 838782) for further information.

Bingham Garden Club are on Facebook

Bingham Heritage Trails Association

Bingham Heritage Trails Association promotes awareness of the geology, archaeology, history, built environment and natural history of the parish of Bingham. A recent archaeological dig in Warner's revealed some interesting finds. Find out more on our web site binghamheritage.org.uk

New members welcome. For more information, contact membership secretary Nikki Thomas (01949 876570).

Belvoir Ladies Probus Club

We meet monthly for Lunch & Talk at The Chequers Inn, Woolsthorpe by Belvoir, NG32 1LU. Meetings are on the 1st Wednesday in the month and start at 11.00 am.

New Members are always welcome. For more information, please contact Liz Jeffries on 01400 282606.

Bingham Library

Our opening times:

Monday to Friday: 9.30am – 5.00pm

Saturday: 9.30am – 4.00pm

JUNE

Exhibition: June 1 to 13 **Vale of Belvoir Rotary Club** Children's Art competition exhibition

Police Beat: Friday 19 June 4.00pm – 5.00pm and Thursday 25 June 9.30am – 10.30am

EventBrite bookings can be made by phoning 01623 677200 or at the Library help desk.

REGULAR SESSIONS

Chess: Monday weekly 1.30 – 3.00pm, FREE no need to book.

Unwind with Words: 1st Monday of the month 11.00am – 12.00pm. Adult literary conversation group, FREE no need to book.

Story Time and Craft: 3rd Monday of the month 2.00pm. Under 5's, FREE no need to book.

Crafty Crew: 2nd & 4th Monday of the month 10.00am – 12.00pm, FREE no need to book.

Heritage Café: 1st Tuesday of the month 2.00 – 3.00pm. Drop with your ancestry enquiries, FREE no need to book.

Drop in & Draw: Last Tuesday of the month 2.00 – 3.00, FREE no need to book.

Rhyme, Rattle & Roll: Wednesday and Friday term time only 10.00 – 10.30am, FREE no need to book.

Literary Quiz: 1st Wednesday of the month 10.45am, FREE no need to book.

Board Games Club: Thursday weekly 3.30 – 4.30pm, FREE no need to book.

Scrabble: Thursday weekly 2.00 – 4.30pm, FREE no need to book.

Little Creatives: 2nd Thursday of the month 10.00 – 10.45am & 11.15am – 12.00pm, FREE book on EventBrite.

Lego Club: Saturday weekly 1.00 – 3.00pm, FREE no need to book.

Let's Talk Tech: 1st Saturday of the month 10.30 – 11.30am. Come chat to our IT volunteer, FREE no need to book.

Gallery Space: exhibitions from local artists and groups every month.

June 1 to 13; **Vale of Belvoir Rotary Club** Children's Art competition exhibition

HOME LIBRARY SERVICE: Are you aware that you can have books delivered to your home?

For many people who are housebound, due to age, disability, or circumstance, reading or listening to a recording is an important stimulation, as the opportunity for social contact. A group of volunteer Community Makers deliver books supplied by Inspire Nottinghamshire

Library Service, on a fortnightly basis every other Tuesday to residents, who for many of the reasons above are not able to visit the library in Bingham.

If you would like to make use of the service or know of someone who would like to do so, please contact the library (837 905).

CHECK US OUT ON FACEBOOK – Inspire Bingham Library now has its own page! or see our website for more information: www.inspireculture.org.uk

Bingham Model Railway Club

Bingham Model Railway Club is a long-established club aimed at all those interested in the design, building and operation of model railways.

Tuesday mornings and Thursday evenings are the main club meeting times and members often bring their own bits and pieces to work on. Some get involved with the new club layouts, and others come for a cup of tea and a chat. There is a good atmosphere, a great sense of togetherness and two large layouts to test and run-in locomotives.

We have members interested in all gauges although the club tends to concentrate on the more familiar gauges of 00 and N. We are currently working on several new layouts with members heavily involved in the construction of the layout, scenic items, and electrics.

Our current club room is located at Cotgrave Welfare Scheme Centre, Cotgrave, and new members are always welcome at the clubroom and if you are a complete novice to either railways or modelling, there will always be someone who can help you out.

Our web site is www.bingham-model-rail.co.uk where you can find contact details and a wealth of photographs of layouts we are involved with.

Bingham Musical Theatre Company

NANDA Award-winning theatrical group who welcome new members from all walks of life ages 5 to 90!

We perform at least twice a year at the Bingham Arena and have a growing membership.

Auditions, rehearsals and social events take place all year round and there is no membership fee (only pay for the shows you perform in).

Not only do we produce musical theatre, but everything from Shakespeare to panto, plays and showcase events. We're currently looking for a wide range of off-stage members to help with building sets, admin, planning and securing funding; if you love theatre but don't fancy being on stage.

Email: contact@bmtc.co.uk; Phone: 0115 871 3404; Website: www.bmtc.co.uk; Socials: @bmtcnotts.

Bingham Netball Club – Juniors

Netball club for girls aged 9 to 16. Term time only on a Monday at Bingham Leisure Centre. Contact for times and directions while Covid-19 restrictions ongoing. Cost is £2.50 per week, first week free or £7 per month. Players of all abilities welcome.

Please contact Claire Bowen (07971 077327) or see www.binghamnetball.co.uk.

Bingham Netball Club – Ladies

Ladies netball club for all ages and abilities, we are always looking for new players. Please come along and give it a try, no commitment to come every week needed. We are a friendly group of ladies and all about fun and as much fitness as you want (don't worry if you haven't played for 15 years or more). We do play matches and tournaments, but this is optional.

We play at Bingham Leisure Centre on a Tuesday 7.30 – 8.30pm, excluding some school holidays, on the tennis courts behind the centre. Cost is £2.50 per week (first week free) or £7 per month.

All government Coronavirus guidelines are adhered to.

For more information contact Claire (07971 077327), Sue (01949 839946), or see www.binghamnetball.co.uk.

Bingham Penguins Swimming Club

We are a swimming club for people of all ages with a disability. We are run by a team of DBS checked volunteers with the poolside teachers qualified to Swim England standards. We hold our sessions on a Sunday afternoon 2.30 – 4.00pm at Bingham Arena. We are looking for new volunteers aged 14+ to help swimmers in the water. Please email Lisa Wright, binghampenguins@outlook.com if you would like more information.

Bingham Playgroup

Looking for a fun, friendly, and nurturing environment for your little one?

Join us at Bingham Playgroup! We offer engaging activities, creative play, and socialisation for babies and toddlers to develop essential skills in a safe and welcoming setting.

10.00am – 12.00 noon at Old Church House, East Street, every Friday during term time.

£3 per family

Suitable for babies and toddlers (birth – 5 years old).

Join us on Facebook for regular updates and weekly themes by searching *Bingham Friday Playgroup*.

Bingham Ramblers

Bingham Ramblers walk every other Sunday throughout the year, usually within easy travelling distance of Bingham.

We meet at 10.00am behind Church House on East Street, NG13 8DS.

The walks are usually 5 – 6 miles in length.

For further details email binghamramblers@gmail.com.

Bingham Repair Café

Held on the second Saturday of every month in the Methodist Centre, Needham Street, from 10.00am – 12.30pm.

A team of volunteer fixers will be on hand to offer repairs to electrical & electronic items, computers, clothing, textiles, wooden items, bikes, glassware, ceramics, toys, musical instruments, some clocks, jewellery, tool sharpening and other general repairs – just bring

your item along. While we cannot guarantee every item will be repairable, we will do our best to keep as much as possible out of landfill and give it a new lease of life.

The kitchen will be open to serve hot and cold drinks and refreshments while you wait or just pop in for a chat.

The team are all volunteers and give their services free of charge, but donations will be gratefully received to help cover the costs of hiring the venue, insurance etc.

If you would like to join the team of fixers or feel you could help in any way, please contact John Yard at binghamrepaircafe@gmail.com.

Please follow our Facebook page Bingham Repair Café for the latest news and information.

Bingham Rugby Club

Welcome to Bingham RFC

Home of Seniors, Touch Rugby, Minis & Juniors (U7–U15), and Little Ruggers (3–6 yrs)

Whether you're returning to rugby, new to the area, looking for a fresh challenge, or just want to enjoy some social rugby in our newly established 2nd XV, players of all ages and experience levels are welcome at Bingham RFC.

New to the area? Looking for somewhere for your child to play Rugby? Not played since school? Want to get fit, make new friends, or just have fun?

Bingham RFC is a family-orientated club where everyone is made to feel part of the community from day one.

We also host regular social events, screen live matches on our big screen, and hire out our facilities for community, family, and private functions.

Contact us: www.binghamruffc.co.uk, secretary@binghamruffc.co.uk, 07780 112025

Get fit. Have fun. Make friends. Play rugby.

Bingham Scottish Country Dancing

We are a friendly group that began in 1971. Enjoy the sociability and great exercise for mind and body. Beginners are welcome – you don't need a partner.

Classes run on Monday afternoons, 2.00pm to 3.45pm at the Methodist Centre, Union Street, Bingham NG13 8AD, except on the second Monday of the month when the class is at The Thomas Cranmer Centre, Main Street, Aslockton NG13 9AL.

Three terms of classes are held from September to mid-July. Classes are also held at The Bridge Centre, Lincoln Road, Newark NG24 2DQ, see separate entry.

For further information, please contact Pat Harland, (07752 283119) pharland29@gmail.com. Website is www.newarkscottishcountrydancing@weebly.com.

Bingham Sub-Aqua Club is a branch of the British Sub-Aqua Club and meets at the swimming pool at Bingham Leisure Centre on Tuesday evenings from 8.45 to 9.45pm for swimming sessions and pool training for SCUBA diving and snorkelling.

Afterwards, the members socialise in the Horse & Plough Pub in Bingham. The club welcomes both new members who would like to learn to dive and any experienced divers who wish to cross over to BSAC from other training agencies. The club has qualified instructors who can train members who wish to learn to SCUBA dive and obtain the necessary qualifications which will enable them to dive all over the world.

Anyone who wishes to learn to dive should contact either Susan Shipley (01949 851386) or Helena Robertshaw (01476 410354 or 07940 822025) to arrange a try-dive, or come to the Leisure Centre on a Tuesday evening for a chat.

George Smith, Secretary (0115 933 4407)

Bingham Surgery Patients Participation Group

Useful information for patients:

- **Cashless Payments:** From 1 April 2026, all surgeries will move to a cashless system. Please be prepared to pay for any services using a credit or debit card.
- **Improved Communication:** We are working with the surgeries to help everyone use technology for booking appointments, ordering prescriptions, and accessing personal health records. If you need support with these online services, please reach out. The surgery website has lots of useful information.
- **Free Blood Pressure Checks:** Many local chemists offer free blood pressure checks. These are especially useful if you need a prescription from your doctor.

Would you like to join the Bingham Patient Participation group or find out more? We are a small group of patients who provide a link between patients and surgery staff. For further information please ask surgery staff or visit our page on the surgery website www.belvoirhealthgroup.co.uk/ppg/about-our-ppg. Do consider joining us.

Bingham Tennis Club

We are a small friendly tennis club with three floodlit tarmac courts at Toothill School that are available to members outside of school hours. Courts can also be booked by non-members with electronic gate access codes. Annual membership is £60, £90 for families. Social tennis on Monday evenings for members.

More details and booking available on our website at:
clubspark.lta.org.uk/BinghamLawnTennisClub

Bingham, The Spiritual Foundation of Light

We have moved to The Old Court House, Church Street, Bingham, NG13 8AL.
Contact: tel. 07482 285305.

The Church is open every Sunday except for bank holidays for a service 6.30 – 8.00pm with a different visiting medium each week. We also hold evenings of clairvoyance, supper with spirit and reading days, which are all advertised on our Facebook Page throughout the year.

Bingham & The Vale Boardgamers

Held the 2nd and last Tuesday of every month from 7.30pm in the Snug at the Buttercross pub, Market Place. We play a wide range of board games.

If you want to learn something new, play a classic or bring a favourite game. Then we look forward to you joining us a warm friendly bunch of people who love board games.

For more information contact Tony Carr by text (07970 544221) or email masseycarr@hotmail.com.

Bingham Town Football Club

Bingham Town FC is a volunteer run, not for profit, community organisation providing football for over 450 players of all ages from 4 to 64. The club has around 40 squads covered by our boys and girls youth sections as well as an adult section for women and men, including a Vets team. There is also The Outlaws our disability squad covering all ages where new players are always welcome. Young players just starting out in football can join our Wildcats sessions for girls (5 to 11-year-olds) or Bingham Rangers sessions for boys (4 to 7-year-olds) both of which run on a Saturday morning.

Bingham Town FC holds the highest England Football Accreditation level and provides a welcoming and safe environment for players of all ages to enjoy *the beautiful game*.

Volunteers to help run the club are always welcome as are local businesses looking to provide support in the form of sponsorship to an organisation at the heart of our community.

Interested in knowing more? www.binghamtownfc.com or chairman@binghamtownfc.com.

Bingham Triathlon Club

A friendly club for all adults 18 to 80, all welcome from novice to seasoned competitor. Swim and run sessions at Bingham Arena including coaching, plus regular cycle rides. binghamtri@gmail.com

Bingham Twinning Association

This is our 42nd year of being twinned in friendship with the town of Wallenfels in Bavaria (the Wallenfels people always correct us with “Frankonia” in Bavaria, as they are particularly proud of their region!). Last year some of our members enjoyed a trip to Wallenfels, continuing to build our friendship links through common interests, new friendships and long-standing friendships. This year, there are going to be two visits of Wallenfelsers to Bingham, and we look forwards to welcoming them to our town, celebrating how it has changed over the last four decades.

We welcome new members. We have a website: www.binghamtwinning.com on which there is much to see of Wallenfels and our events. For further information, please contact Ian (07739 410101) or email at: binghamtwinning1984@gmail.com.

Bingham U3A

A friendly group for those no longer working full time who want to pursue interests they have never had time for. Come and meet us. We have over 20 different activity groups plus a monthly meeting. A good chance to socialise etc. Open to members and non-members.

Bingham Town Council



SUMMER FAIR - SATURDAY 13 JUNE 2026

We're looking forward to seeing you at the Market Place where there'll be stalls, entertainment and refreshments. We've ordered blue skies and sunny weather so have your sun hats and sunscreen ready.

NEXT TOWN COUNCIL MEETINGS

Community, Recreation & Amenities	Tuesday 2 June 2026	7.15pm
Finance, Policy & Resources	Tuesday 16 June 2026	7.00pm
Planning	Tuesday 30 June 2026	7.00pm
HR	Tuesday 30 June 2026	7.15pm
Full Council	Tuesday 14 July 2026	7.00pm
Planning	Tuesday 28 July 2026	7.00pm
Community, Recreation & Amenities	Tuesday 28 July 2026	7.00pm

The meetings are open to members of the public and press. Meeting dates are subject to change, please check our website.

CONTACTING COUNCILLORS

Cllr Tony Wallace – 07974 650097 – twallace@bingham-tc.gov.uk

Cllr Wayne Stapleton – 07913 381005 – wstapleton@bingham-tc.gov.uk

Cllr Gareth Williams – 07557 763868 – gwilliams@bingham-tc.gov.uk

Cllr Rowan Bird – 07941 440458 – rbird@bingham-tc.gov.uk

Cllr Norman Mees – 01949 358079 – nmees@bingham-tc.gov.uk

Cllr Andrew Shelton – 07764 605220 – ashelton@bingham-tc.gov.uk

Cllr Francis Purdue-Horan – 07505 461002 – fpurdue-horan@bingham-tc.gov.uk

Cllr Maureen Stockwood – 01949 875778 – mstockwood@bingham-tc.gov.uk

Cllr Nadia Jejna – 01949 875832 - NJejna@bingham-tc.gov.uk

Cllr Elena Georgiou – 07796 953603 - EGeorgiou@bingham-tc.gov.uk

Cllr Mike Baulcombe – 07494 156609 – mbaulcombe@bingham-tc.gov.uk

Cllr Peter Walters - 07799 182546 - pwalters@bingham-tc.gov.uk

Cllr Isabel Shouler – 07939 123344 – ishouler@bingham-tc.gov.uk

Bingham Town Council, The Old Court House, Church Street, Bingham, NG13 8AL

E-mail: info@bingham-tc.gov.uk Website: www.bingham-tc.gov.uk

Tel: 01949 831445

The popular Bingham U3A coffee mornings are held on the second Monday of each month at The Butter Cross pub, Market Square, starting at 10.30am. All welcome. For more information contact Frances (07796 546035) francesbailey0@gmail.com.

For more information, see www.binghamu3a.org or our Facebook page www.facebook.com/binghamu3a, or email bingham.u3a.membership@gmail.com.

Bingham United Charities 2006

The income from investments is available in the form of grants to residents of Bingham who are in need or financial difficulty, or to organisations which are able to assist Bingham residents who are in need or financial difficulty.

Requests are most welcome from individuals, but applications supported by a professional, medical or a social care agency are sometimes able to be dealt with more quickly, so this may be worth considering.

All applications are carefully considered and not all applications are successful. Each application is looked at on an individual basis and treated on their merits and in the strictest confidence.

Application forms are available from the Secretary by emailing binghamunitedcharities2006@gmail.com

Bingham Walking Football

Walking football takes place at Toot Hill Sports Centre on the outdoor astro pitches on Wednesday nights 7.00pm. Aimed at over 50s, it is a non-serious, non-tackling fun hour which tends to veer into trotting. All new players are welcome.

If interested, please contact Shaun (07800 761557).

Bingham W.I.

W.I. monthly meetings are held on the second Monday of the month at 2.00 pm, W.I. Hall, Station Street. Visitors and new members very welcome.

The community coffee morning is open on Thursdays at 8.00 until 11.30am for refreshments and we look forward to seeing you all.

For hall bookings please contact Val (836 584), or email: binghamwihallbookings@hotmail.com.

Bingham Wind Band

Fun, friendly, music group looking for players of clarinet, tenor sax, trumpet, french horn, trombone, bassoon, euphonium, tuba, drums, percussion, timpani. All players most welcome.

Rehearsal Wednesday's 7.15pm – 9.15pm at Robert Miles Junior School, Bingham.

Please contact Sarah Parnell (07710 561982) or binghamwindband@gmail.com for further details.

Bootlace Buddies

We are a walking group for single people over 50. We walk in the Nottinghamshire,

Derbyshire and Leicestershire areas. Walks are between 7 and 10 miles and are of varying grades, every Sunday all year. You must be a car owner.

Contact denhenshaw@hotmail.com for further details and the monthly programme of walks.

Bonnets and Breeches

We are a friendly group of people who love to dance historical dances from the Georgian, Regency and Victorian period. We welcome new people. All you need are a pair of flat shoes. No prior knowledge required.

We meet on Sundays 7.00 – 9.00pm at Old Church House, East Street, Bingham, £5.00 entry.

Contact bonnets.breeches@gmail.com or find us on Facebook: Bonnets and Breeches Dance Society.

The Boys' Brigade and Girls' Association is a Christian uniformed organisation for children aged 5 and over. We do lots of different activities which include crafts, music, games, sports, making friends, and exploring stories. The programme is organised into five programme zones of Body, Community, Creativity, Mind and Spirit through which the children have the opportunity to gain awards. We meet on a Friday evening at 6.15 – 7.45 term time only. For further information or to book a place please email: boysbrigade33@live.co.uk.

Bramley Squares Dance Club

Exercise for Brain and Body. Fun and friendship. Suitable for all ages. Wednesday evenings 8.00pm – 10.00pm, Bingham Methodist Centre, Needham Street, NG13 8AD. American square dancing is a great way to exercise body and mind at the same time. Beginners' course starting in the New Year. Why not give it a try. £4 week. FIRST VISIT FREE.

Contact Chris Atkin (0115 9611115, 07533 503470, chris.atkin@hotmail.co.uk) or just come along Wednesday evenings.

Bumps and Babies

Are you Pregnant? Do you have a young baby? This is a friendly group that welcomes all babies under one and their parents/carers to come and play and socialise in a relaxed safe and friendly environment. This is a great place to meet other expectant mums or parents with children of similar age. If you ante-natal group has outgrown meeting at each other's houses, then feel free to come along and use this group to meet together.

Bumps and Babies takes place every Wednesday morning 10.30am – 12.30pm at the Village Hall, Screveton Road, Car Colston (2 Miles from Bingham off the A46 to Newark). Cost is £2 per family including refreshments.

We also have a fantastic toy library where toys can be hired for £1 a week.

For more information contact Laura (07795 634538).

Calverton and Bingham Swimming Club (CABSC)

CABSC is a family/volunteer run competitive, yet friendly, swimming club affiliated to the ASA and SWIM 21 accredited. We offer lessons, competitive swimming opportunities, excellent training and water polo to all ages from 5 to 95 yrs mainly based at Bingham and Calverton Leisure Centres. We also have sessions at a number of other pools in the Notts.

area. Our dedicated Teaching and Coaching team are all ASA qualified and our swimmers and teams compete successfully at a high level in local, national and international competitions. We are always looking for new recruits, both in and out of the water, so please visit our website for more information and how to contact us at www.cabsc.co.uk.

Chestnut Avenue Centre

Are you retired, looking for something to do? Then join us:

Monday: Bingo, 2.00 – 3.30 pm

Tuesday: Mencap lunches, 12:00 noon

Wednesday: Coffee Morning, 9.30 – 11.30 am

Every 1st Wednesday: Soup & Chat 12.30 – 2.00 pm

Thursday: Joyful Dance, 9.30 am:

Friday: Knit & Natter, 2.00 pm

Saturday: Café, 10.00 am – 12.00 noon

Keep your eye on our noticeboard or pick up a leaflet about our many outings and functions, or phone 831 393.

Cranmer Company of Singers (CCS)

New singers are always welcome to come along and join us on Wednesday evenings at 7.30pm for a few weeks after which there will be a relaxed audition, nothing too scary hopefully. Please email Deborah Davies at cranmercompany@googlemail.com or phone 0775 909 1160 if you are interested in joining us.

Dickens Fellowship

If you would enjoy sharing a Dickens novel with a group of friendly enthusiastic readers, come to the Nottingham Mechanics Institute on South Sherwood Street the 1st and 3rd Tuesday afternoons of the month, 2.00 – 4.00pm. Phone Jennie (07756 825 164) for details.

Dyslexia Association is a registered charity (1082345). We provide information, advice and guidance, dyslexia screening and assessments, as well as tuition and training for dyslexic children and adults of all ages, their parents/families, educators, employers and the wider community. Our head office is in Nottingham and we provide services primarily across the East Midlands (Nottinghamshire, Derbyshire, Lincolnshire, Leicestershire, Rutland, Northamptonshire) and neighbouring counties. If you are dyslexic or think you might be dyslexic, or if you are concerned about another person who may have dyslexia, we can help. Website: www.dyslexia.uk.net, Helpline: 0115 924 6888.

East Bridgford and Bingham Drama Group

We are a lively and welcoming Drama Group with members in the East Bridgford and Bingham area. We put on three plays a year alongside a range of drama and other social events like play-readings, workshops and theatre visits.

We would love to hear from you, especially if drama and theatre are your thing and you have recently moved into the area. We would welcome new members either for acting in plays or helping with all the many backstage roles. It would be great to hear from you. Please contact Chris Henley by e-mail cfch@live.co.uk. You will be made very welcome!

Friends of Bingham Linear Park

Please join us for a nature walk on the Linear Park to see what is about and enjoy a walk in the countryside. Just turn up, see the following dates. We meet at the top of the steps by Tithby Road bridge at 10:00 am.

21 June

19 July

For more information, please contact via email linear_park@hotmail.co.uk, or phone 01949 838585, or visit our website: www.friendsofblp.org.uk.

Fun Chorus

Singing for fun, confidence, health, happiness and friendship! Wednesdays 7.00 - 8.30 pm.

For further information: www.funchorus.com or 07891 209 083.

Grantham Canal Society

This beautiful canal is often overlooked but was once a vital trade route through the counties of Nottinghamshire, Leicestershire and Lincolnshire. We are doing our utmost to restore it to being classified as a Cruiseway by the Canal and River Trust and would ask you to consider publicising our aims.

Should you wish to discuss any aspect of the canal or the work currently being undertaken then please contact our Chairman, Mike Stone by phone 0115 9313375, or by email: chairman@granthamcanal.org.

Girlguiding in Bingham – Rainbows, Brownies and Guides

Joining Bingham Rainbows or Brownies – this needs to be done via Girlguiding's centralised online list which can be found at www.girlguiding.org.uk/get-involved. Please register your daughter's details on the website and then she will be allocated to the local waiting list. Sadly, there is a long waiting list due to limited volunteers, so be sure to register your daughter's name as early as you can.

Volunteering with Girlguiding – this can be really rewarding and great fun. Not only will you get involved with supporting the learning, development and confidence-building of the girls, but you will have lots of fun. No experience is necessary, each unit has a team of leaders who would give you a warm welcome and you will be given support from a mentor to help you develop your skills as a volunteer. Registering your interest to become a volunteer can also be done via the following online link www.girlguiding.org.uk/get-involved.

For further details, please contact Lucy Effingham
e-mail: nottsfossedivision@girlguidingnottinghamshire.org.uk or phone 07972 812732.

Ladies Five a Side Football

FA Just Play Female Football Sessions.

We train every Monday evening 8.00 – 9.00pm at Toot Hill Sports Centre. All ages and abilities welcome. Lots of fun and great for fitness. £3 a session.

Please contact Esther Cooper for more information (07741 458745 or esthercooper10@outlook.com)

Lively Spirits Parent and Toddler Group

Our popular Parent/Carer and Toddler Group meets at the Methodist Centre. Open Mondays 10.00am – 12.00pm. For ages 0 – 4. Term time only. £2 entry per adult. Refreshments are available. Lots of toys, crafts and song time. Lynn and the team look forward to welcoming you and your little ones.

Long Acre Arts (LAA) – ‘Helping to improve lives through Arts’

We are an Arts and Wellbeing venue in the town centre opposite Market Street. Run by The Jan Parnham Trust, a registered charity 1213033, we offer a safe space for arts and wellbeing activities. Run by volunteers, we welcome anyone new who wants to be involved either as a visitor, friend, active volunteer or a facilitator to run or deliver creative activities. Some activities are provided by people who hire the space, and other activities are run directly by us. We have an Open House on Monday mornings 10.00am till 12.00pm, all welcome.

More information at www.laabingham.org.uk, for general enquiries email info@laabingham.org.uk or call 07353 739703, and for premises hire email bookings@laabingham.org.uk.

We have cinema nights, live shows, art workshops, musical afternoon teas, artisan fairs and exhibitions, just to name a few events which everyone can attend plus many more activities. Do look at our *What's On* page on the website for up-and-coming activities.

ME Support Group

We are a very friendly and informal group that meets weekly every Wednesday between 2.00pm and 4.00pm. We are for anyone with, or who suspects they have, ME / CFS or FM. Some refreshments are available, including chocolate biscuits!

For more information, please contact Sophy (07772 232 083) sophy.wynne@hotmail.co.uk.

Meditation Classes

Free meditation classes are conducted on Tuesdays at 7.00 pm in Bingham Methodist Church for an hour. Classes are led by Rosemary Kaur.

For further information: www.meetup.com/Bingham-Free-Meditation-Yoga-Meetup.

Newark Scottish Country Dancing Society

We are a friendly group that began in 1971. Enjoy the sociability and great exercise for mind and body. Beginners are welcome – you don't need a partner.

Classes are held on Tuesdays, 7.30 to 9.45pm at the Bridge Community Centre, Lincoln Road, Newark NG24 2DQ. There are 3 terms each year, with Garden Dances in the summer.

Classes are also held in Bingham on a Monday afternoon, see separate entry.

For further information, please contact Pat Harland, (07752283119), email pharland29@gmail.com

Website is www.newarkscottishcountrydancing@weebly.com.

Newark Speakers Club (Bingham)

Newark Speakers Club is one of over 100 clubs in the UK, chartered to the Association of Speakers Clubs.

Do you want to speak in public? Do you want to do the best job you possibly can? Come to Newark Speakers club 3rd Monday of the month at Bingham Methodist Centre, 19.15 for 19.30 start till 21.30, upstairs. Refreshments included. Guests £5 (£2.50 first visit). We also meet 1st Monday of the Month at the Newark Salvation Army Community Centre, Balderton.

Our first aim is to give you the confidence to speak in front of an audience and then help with your speaking techniques. All are welcome to join us in a warm welcoming environment for a fun entertaining educational evening. In the past our membership has ranged in age from 9 to 92. All walks of life for various reasons, Duke of Edinburgh Award, presentation at college, work, wedding speech, business, asked to do talk on hobby, own personal development or just for the fun of it, whatever your reason we can help.

For those that wish we work through a series of assignments in the 'Speakers Guide' earning internationally recognised awards as we take the speakers pathway. We also have competitions going up to national level for the competitive ones in you.

For more information, email the North Midlands Area President, Martin Cox (martin.cox1@outlook.com, 01949 851869 mob. 07745 106307 – not always strong connection) or simply turn up at a meeting (prior notice of attendance is appreciated). Visit our website at newark@asc-northmidlands.org.uk.

NSPCC, Bingham Branch

We collected at Blue Diamond Garden Centre on April 12th and raised £278.57. Thank you to everyone who supported and helped us with this.

There will be a Race Day at Southwell Racecourse on June 2nd. If you would like more details or tickets, please contact Judith Swann (01949 838 752).

Tea and Cakes will be served in the garden of 19, St Marys Road, on June 24th from 2.00 – 4.00pm. Hopefully the weather will be kind!

Please make a note of these dates and support us if you can. We are only a small group and welcome new ideas and help if you are able. Please contact Gill (01949 838 673).

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Orston Village Choir

We are a mixed choir and sing for fun; it's good for the soul. No singing experience or ability to read music necessary.

We meet at the Thomas Cranmer Centre in Aslockton on Thursdays 6.45 – 8.00pm (term time only). For further information contact Ali (07971 183872).

Parkinson's UK, Nottingham Branch

If you have been diagnosed with Parkinson's, or are living with Parkinson's, you are not alone. Nottingham has a vibrant Parkinson's branch, which is there for you.

Every 3rd Wednesday of the month the branch meets at St Jude's Church Hall, 405 Woodborough Road, Mapperley, Nottingham NG3 5HE., from 1.30 pm to 3.30 pm.

Various activities take place which include guest speakers, trips out, etc., nothing too daunting, and you will be able to mix with like-minded people and learn of the other Parkinson's venues, which are open to you in Nottingham. Come along give us a try, the only costs involved is a donation to cover your tea or coffee. You will be made most welcome.

For any assistance contact 0808 108 833, or parkinsonsnottingham@hotmail.co.uk.

Probus Club, Radcliffe-on-Trent and District

Have you given up full-time work? Are you semi-retired, or about to retire? Are you looking for good conversation, a decent meal and an after-lunch speaker? Then you have found it!

We meet twice a month on Tuesdays at Ashmore's Restaurant, Bingham Road, Radcliffe-on-Trent. Please contact Stan (0115 933 3395), www.radcliffeontrentprobus.co.uk.

Probus Club, Vale of Belvoir

The Club meets at The Chequers Inn in Woolsthorpe, on the 2nd and 4th Wednesdays of each month at 10.15am.

Membership is for retired professionals, businessmen and the like. We start with a social gathering followed by a speaker and then an optional informal lunch. We also have social events and outings for members, family and friends.

If you would like more information about our Club please contact Barry Greenhalgh, Membership Secretary, at baza54@hotmail.com or tel. 0115 841 2851.

Radcliffe Knights Badminton Club

The Club plays every Monday at South Nottinghamshire Academy 7.30 – 9.30 pm. We are a friendly club looking for new members of club standard. Why not come along and get your first session FREE. For more details contact Club Secretary, Ken Curtis (07966 293 743).

Radcliffe-on-Trent Male Voice Choir

For the latest information on the Radcliffe Male Voice Choir, please go to the website or Facebook: www.radcliffeontrentmvc.org and www.facebook.com/ROTMVC.

We meet on Thursday evening, phone Bill (07972 013614) for more details.

Ramblers Association, Vale of Belvoir Group

Members of the Vale of Belvoir Ramblers walk every week in the local area and further afield in the East Midlands and the Peak District. Our selection of walks is chosen to suit all abilities and interests. Call 01949 836042, email vbramblers@gmail.com, or go to our website at www.vbramblers.org for more details of our group's activities and photographs taken on our walks.

Ready Steady Go... running club

For adults and children of all abilities. Held at Bingham Leisure Centre running track.

Adults Monday at 7.30pm and children at 5.00pm Thursday.

For further details call 07751034613, email deena.tomlinson@ntlworld.com, or visit the website at www.readysteadygorcbingham.yolasite.com.

Royal British Legion, Bingham Branch

The Branch meets at 7.30pm on the 3rd Wednesday of each month, except August, in the Bingham Bowling Club. New members are always welcome.

Membership is open to everyone. If you have an interest in the objectives of the Legion and want to help and support those who have served and their families, come and join us. We welcome men and women of all ages, whether they have served in the Armed Forces or not.

Contacts: Chairman, Hywel Rees (reeshywel@gmail.com); Secretary, Gavin Vallance (gavvallance@virginmedia.com).

Rushcliffe Athletics Club www.rushcliffeac.co.uk

The Club meets at the Athletics Track at Bingham Leisure Centre running 3 sessions weekly, as well as competing in various Track & Field events, Cross Country and Sports hall events locally, regionally and nationally throughout the year. Competing for the Club is optional but encouraged.

* Floodlit facilities * Qualified UKA coaches * Event specific coaching * Indoor training during winter months * Regular Induction days *

- 1 Track & Field, Cross Country: for children from age 8 years old to senior athletes, a full range of events on one of the country's best facilities. Training Tuesdays and Thursdays 6.45pm to 8.00pm and Saturdays 9.45am to 11.00am.
- 2 Road Runners: Are you one of the many seen jogging around Bingham? Come and join us! All abilities, male and female sessions.

Please contact the club via email rushcliffeac@gmail.com for more information about the club and for the next induction dates.

Shelford Art Group

A place where you can develop your artistic flair in watercolours, oils, pastels, acrylics, drawing or linocut. Just starting art? Rediscovering an interest in art? or an experienced artist? All are very welcome. Our group meets on alternate Saturday mornings between 10.00am and 1.00pm at the Village Hall, Church Street, in Shelford. Why not pop in, have a cuppa and a chat and check us out. For information on our next meeting call Mike (07413 389377). We look forward to meeting you.

South Nottingham Hockey Club

Toothill Sports Centre, The Banks, Bingham, NG13 8BL.

Email: southnottmhc@gmail.com

Tel: 07973 864 458

Website: snhc.clubbuzz.co.uk

4 Men's teams and 1 Ladies team play from early September in the competitive Midlands League. Qualified coaches. Seniors training and coaching,

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A thriving Juniors section, boys and girls aged 6 – 13 welcome.

Juniors Sunday training and coaching 10.30 – 11.30am on the Astro Pitch.

Games v other Junior Clubs planned this season.

South Notts Flower Club

We meet at Burnside Hall, Plumtree, NG12 5ND.

Sunrise Junior Badminton Club for 7 to 17 years of age to learn the skills of badminton and play competitively at Bingham Leisure Centre, Sunday mornings. For more information, please ring Gill Payne (0115 312 839).

The Arts Society Trent Valley

We meet on the first Wednesday of every month (with the exception of August and September). Talks start at 11.00am with coffee available from 10.15am. If you'd like to join this friendly organisation and would enjoy hearing lectures by experts in their field please contact Hilary Horsley at hilartincb@yahoo.co.uk or call 0115 933 2151 regarding membership.

The Rosary Community Centre

Thursday: Music Quiz for Fun, 2.00 pm

Friday: Coffee Morning, 10.00 am – 12.00 noon

The Rosary Community Centre is off East Street.

Vale of Belvoir Lions Club

The Vale of Belvoir Lions are local people who share a common interest in raising funds, having fun at the same time and helping those less fortunate than most. The Club meets The Durham Ox in Orston every 2nd and 4th Wednesday of the month, 8.00 pm. Our website is www.vobliions.org.uk and you can always catch our latest news here www.vobliions.org.uk.

Vale of Belvoir Rotary Club

We meet on Thursday evenings, 6.30 for 7.00 pm at The Rutland Arms, Bottesford, and would always welcome new members. This year we are introducing a new programme, "Friends to Rotary", for people who would like to be involved in our activities, particularly community service and fund-raising but who do not wish to commit to becoming Rotarians at present. Full details of *Friends of Rotary*, our activities and meetings can be found on our website: www.valeofbelvoiro rotary.co.uk.

Vale of Belvoir Cycling Club

We are affiliated to British Cycling, the CTT for Time Trialists and also the local Cyclocross league. We are a friendly club and cater for all cycling abilities.

Our open forum Facebook page called Vale of Belvoir Cycling Club is where we share information, videos, pictures and chat. All are welcome to join our *Open Forum* page and can contact the club through there if you are considering joining us for a ride or two before deciding whether to join.

We actively encourage women into cycling, and we have a separate women only Facebook page called Vale of Belvoir Cycling Club (Women's Cycling page).

For more details please contact vbccsecretary@gmail.com.

Vale of Belvoir Probus Club

We are a non-charitable gentleman's club who meet every 2nd and 4th Wednesday of each

month at the Chequers Inn at Woolsthorpe by Belvoir. We are a friendly group and have varied, interesting talks followed by lunch. Guests are welcome, why not try us out? Please contact Peter Sheardown (07502 933526) or John Case (07970 728523).

Vale and Fosseway Responders – delivering Basic Life Support to the Vale of Belvoir.

We are a voluntary organisation of responders operating in local areas. We are trained by EMAS,, East Midlands Ambulance Service. For more information contact Nikki (07505 366129).

Vale Netball Club

Training takes place on Tuesdays 7.00 – 8.00pm at South Notts Academy, Radcliffe-on-Trent, indoor training all year round at £11 per month by standing order. Fun and fitness, qualified coaches and umpires.

Please contact us for further information: Stef 07876 683946 or valenetballclub@yahoo.com, you can also find us on Facebook.

Vale Voices Community Choir

Love to sing? Come and join our friendly choir. No auditions and all abilities welcome. We meet at the Methodist Community Centre, Bingham, each Monday at 7.30 – 9.00pm (term time only).

First session free and additional taster sessions £6.00. If interested in coming along or for more information email valevoicescc@gmail.com.

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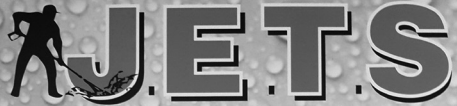




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