

# Community

## Club Reports

### Beeston Probus Club

THE dangers of skin cancer were well explained in a joint talk to Beeston Probus Club members by BBC's Radio Nottingham presenter John Holmes and Richard Clifford, representing the charity Skcin.

This charity has been chosen by present Club Chairman, Mr Brian Palmer, for support during his year in office, and he hopes to make a substantial financial contribution to its funds.

John Holmes opened the talk with a description of his own fight against the skin cancer that had appeared from time to time on his face. He attributed this to the fact that, as a young man, he would follow the trend of trying to get a 'healthy' tan when on holiday so that he could return home with a bronzed fashionable look and impress his colleagues.

In those days, he said, protection against the sun's rays was a very simple affair –

some olive oil or a proprietary cream was splashed on, not so much as protection but to encourage the tan, and no one felt any obligation to wear a sun hat at all.

"So," he said, "it was no wonder when the first small cancerous spots appeared on my face a few years later."

He told the club members that, after successive courses of hospital treatment, he has recovered to a large extent but still has to attend for check-ups.

Then Richard Clifford spoke on behalf of Skcin, the Karen Clifford skin cancer charity, providing information on how it came to be formed four years ago, and action taken to improve awareness.

Mr Clifford said: "Unfortunately, there is no national based charity devoted to skin cancer, and there ought to be.

"However, Nottingham's Queens Medical Centre has

set out to establish what it hopes will be the first high-profile charitable organisation in Britain targeting this specific form of cancer."

He continued: "The danger of over-exposure to ultra violet rays is very great and little understood by a large part of the population.

"Not only is staying in the sun without sun protection inadvisable, but the unsupervised use of UV beds in clinics could be even more so."

Mr Clifford believes that there should be tighter regulation as to UV bed use, especially for users under the age of 18. He is concerned about the lack of public education on the use of sunbeds, compounded by apathy and indifference in government circles.

Anyone wishing to know more will find the charity's web site at [www.skcin.org](http://www.skcin.org).

### Rotary Club of Beeston

A PARTY of nineteen members from the Rotary Club of Beeston, including wives and children, visited Tuttlingen in Germany, to help their hosts, the Tuttlingen Rotary Club, celebrate their 50th anniversary.

Rotarians and their families from four Rotary Clubs attended three celebration events. Tuttlingen's other link club in France, Thann, and the new club of Hohenkarpfen-Tuttlingen, also in Germany, were involved along with Tuttlingen and Beeston.

The President of The Rotary Club of Beeston, Jack Walton, presented a specially embroidered '50th Anniversary' banner to the Tuttlingen Club at the second of the three events, a formal gala evening. This was followed by presentation of the Rotary Club Charter to Anja Konz, first President of the new Rotary Club of Hohenkarpfen-Tuttlingen. Back on UK soil, Brian Westerman organised a family walk in Charnwood on May 22, which raised £260 for Water Aid.

### Two O'Clock Club

REFRESHMENT breaks at Bourton-on-the-Water and Broadway were on the itinerary when a number of the club members toured the Cotswolds countryside on May 18. The weather was warm and fine, and some even found time for a spot of retail therapy.

Before the meeting of May 20, presentations of £500 each were made to representatives of the charities supported by the club. These include the Rainbows Hospice for Children and Young People, and Lincs and Notts Air Ambulance.

The speaker for the same meeting, Mrs Davey of the WI and Nottinghamshire Biodiversity Group, gave a talk and slide presentation entitled 'Bags of Diversity'.

She explained how biological diversity, from the smallest organism to the largest animal, was essential in order to prevent species

from becoming extinct.

The government's Agenda 21 requires county councils across the country to establish Action Groups and create Local Diversity Action Plans; the Nottinghamshire Group is a partnership of 50 organisations including statutory, private and voluntary sectors that includes the WI.

In Nottinghamshire, the WI has undertaken surveys of flowers and butterflies to assist in measuring increase and decline. Colwick Park has been surveyed to find out what species are present: a similar survey at Rufford led to the discovery of a new species of slug.

Mrs Davey explained how humans might play their part in maintaining biodiversity by having less tidy gardens and having the odd pile of leaves for worms and slugs or logs for hedgehogs. The inclusion

of a pond increases biodiversity, as does a increasing the number of plant and flower varieties to attract more pollinating insects. A survey of her own garden produced an estimate of 2500 plants, insects and animals! She also reminded the gardeners amongst her audience that, whilst slugs and snails in the garden may not be popular with the humans, their presence does attract song thrushes.

Mrs Davey concluded her talk by asking the club members to consider what they might do to increase biodiversity in their own gardens, and to consider doing volunteer work to help increase it.

A Games Afternoon on May 27 included bingo and card games, with a Charity Tombola raising £68 towards the club's Charities Fund.

### Toton Methodist Church Women's Meeting

REVEREND Chris Gray came to speak to the ladies of the Women's Meeting on May 25 and, after reading from Psalm 19 'The Heaven's Declare the Glory of God', he went on to use the reading as a analogy to the glories he and his wife had found in China when they trekked along part of the Great Wall.

Rev Gray spoke of their experiences during the trek, often amusing and occasionally scary – and had brought along photographs taken during the visit. The trek had been organised to raise money for the Alzheimer's Society, and the Meeting's afternoon collection of £42 was donated to the Society.

The next Women's Meeting will be on Tuesday, June 8 at 2.15pm. The speaker will be Mrs Stephanie Barnard, and all ladies are invited to come along. Information concerning this, or other future meetings, can be obtained from Mrs Eileen Hall on (0115) 973 2861.