



NEWSLETTER

31st edition of the Newsletter for: Pleasley, Pleasley Vale
New Houghton and Stoney Houghton.

The Pleasley Parish Council wishes all the readers a very happy Christmas and a healthy, happy and prosperous New Year. I will not say merry, healthy and happy is more appropriate.

This will be the last newsletter this year. Let's hope the winter is a kind winter. The forecast is not a good one in general, the frosts are already visible.

Bolsover DC has said it will stop collection of green bins during the three winter months.

Winter solstice officially begins on December 21st but the last green bin collection will be Thursday 21st November, and commence once again Thursday March 13th.

The refurbishment of the Terrace Lane recreation ground should commence this month.

As there was only one application to fill the advertised vacancy on the Parish Council the applicant could be co-opted at the next council meeting. The applicant is from New Houghton. This brings the number of councillors back up to full strength.

REMEMBRANCE SERVICE.

The Remembrance Service in St Michael's Church Pleasley at 10.15am on November 10th in memory of the fallen heroes in the conflicts as far back as the First World War was well attended. The service was taken by Canon Keith Bingley. This was followed by the laying of poppy wreaths at Pleasley War Memorial at 11am and afterwards at 11-30am at the New Houghton War Memorial. Both services were conducted by Canon Bingley.



Archaeological way development

Work to improve the Langwith Branch Line, Shirebrook Town and Poulter Country Park routes were added to the capital programme for 2013/14.

The work, costing £34,160, will include tree clearance and is being paid for by the Heritage Lottery Fund. Once complete in 2015 the Archaeological Way will create an 11 mile walking and cycling trail between Pleasley Pit Country Park and Creswell Crags.



There will be carols in the Verney once again Friday 13 December at 7pm.

A chance to meet old friends and have a chat.

Those attending will participate in a festive drink with the Parish Council Chairman and members of the council



Christmas Fayre
Saturday 30th November at 1.00pm
New Houghton Community Centre

St Michael's Church Pleasley.
Annual Christmas Tree Festival. From Friday 6th, when the Pleasley Colliery Band will play carols, to 10th Dec. The festival closes with a free concert by the Forest Singers at 7pm. The church will be open daily from Saturday to Tuesday from 11.00 to 4.30pm.

People who enter this festival can place their trees in church on Wednesday 4th and Thursday 5th December between 1pm and 5pm. Enquires contact

Barry Clay 01623 810574.
Ralph Holmes 01623 810230.
Phillip Briggs 01623 810732
Garry Hall 01623 810766





Somewhere to go Something to do.

Pleasley Parish Council continues its season of entertainment on November 23rd at 7-30pm with another outstanding and exciting duo. **THE HUT PEOPLE**

The Verney on November 23rd.

The Hut People is an accordion / exotic percussion duo with many happy village halls under their belt. A varied night of music from around the world. Humour, spontaneity and determined to get your audience involved from the off!

The Hut People are constantly gaining more of reputation as one of the most entertaining acts to appear on the folk scene in a long while. In their surprisingly engaging and often hilarious show, they perform a truly unique high-octane blend of folk music from around the world - perfectly formed & embellished with a mind-boggling array of exotic percussion (with some Quebecois foot percussion & dancing thrown in for good measure too!).

See www.thehutpeople.co.uk and YouTube for more.

Tickets which are £8.00 (full) and £7.00 (concessions, over 60 and U16) are available

There will be complimentary light refreshments in the interval and, in the absence of a bar, concertgoers are welcome to bring their own drinks. **Doors open at 7.30pm for an 8pm start.**

Telephone 07724 274848 to book your tickets There are still some tickets available.

CHRISTMAS CRAFT FAIR

SATURDAY 7th December

10am—3pm

in Pleasley Pit

Free Entry

Salvation Army Choir (am only)

Arts & Crafts Stalls

Hot and Cold Refreshments.



KEEP FIT

Turn up Tone up

Verney Institute

Starts Monday 4th Nov

9-30 — 11 am £3-75

Gentle exercise for all ages for seven weeks.

Community Learning in the Pleasley area

AN OFFER YOU CANNOT REFUSE.

“What actually is Community Learning?”

This is the common question that gets asked along with “Am I too old?”

In answer to the above, in 2012/13 Vision West Nottinghamshire College Community Team engaged with over a thousand learners, delivering courses in 60 small, community venues such as Surestart centres, scout headquarters, libraries, and church halls including Pleasley’s own Verney Institute. The aim of Community Learning is for colleges to engage with people in the harder-to-reach and more rural areas and to focus on providing opportunities for local people to improve their opportunities, gain new skills and to make friends.

Often learners are taking their first, tentative steps back into learning and have been out of the learning environment for many years, so the concept of small, friendly classes in venues that are local and known to them is crucial to making the courses successful. In addition to advertised, open-access provision the college also works in partnership with many local organisations and self-help groups to offer bespoke, discrete courses for their clients, so any local group with a desire to learn a specific subject or topic can approach the college and talk to one of the dedicated Community Development Workers to set up a course specifically tailored to their needs. The college also has a team of fully qualified and experienced tutors who can plan courses suitable for any group and cover a wide range of subjects from Archaeology to Zumba and almost everything in between!

Vision West Nottinghamshire College is currently planning a range of courses in the Pleasley area starting in the New Year and will be delivering subjects such as an Introduction to Digital Photography, Mixed Crafts and Stretch & Tone in conjunction with local schools and The Verney Institute. All of these courses are designed for learners aged 19 to 90 plus, so in response to the question “Am I too old” the answer is “No”! So, if you are interested in learning a new skill or developing an existing one, then look out for one of the Community Learning course guides and see what’s happening in Pleasley in the New Year. You’ll be surprised how many things are happening right on your doorstep! Alternatively telephone Vision West Nottinghamshire College Community Learning Team on 0800 1003646 or 01623 413602 for more information.

Want to get fit in the New Year?

If the answer is “Yes!” get down to the Verney Institute on a Monday Morning for our Post-Christmas **Tone-up class starting Monday 13th January.**

For more information and to book your place, contact Vision West Nottinghamshire College Community Learning Team on 0800 100 3646 or 01623 413602. Pre-booking essential!

Bolsover District Council. For how long???

Bolsover District Council has formed an alliance with North East Derbyshire District Council Chesterfield, and is working jointly. Sharing Chief Executive and Directors and Assistant Directors, Department Officers who work so many days per week working in each constituency.

This is to cut down on costs and still maintain good services to the public. However each District Council will still be responsible for its own constituencies and have its own identity.

The Government will be going through a consultation process over the next few months to gauge opinion and if approved, the councils of Barnsley, Doncaster, Rotherham, Sheffield, Bassetlaw, Chesterfield, Derbyshire Dales, North East Derbyshire and Bolsover will be effectively one new authority.

This must be the forerunner of a unitary authority. These same councils were completely against the creation of Unitary authorities in the 1980s.

Bolsover DC, along with the other authorities, carried out a governance review and they concluded that a combined authority would improve the delivery of statutory functions in connection with transport, economic development and regeneration across South Yorkshire.

As a new legal entity it would give them the power to decide on all the issues listed above, and Bolsover's leaders are of the opinion that tagging on will benefit the area.

However, Bolsover, as a non-constituent member would not have a vote, but non-constituent members may make a contribution to the costs of the new authority.

The new authority would have the power to levy an additional rate on constituent authorities. The combined authority could also have other powers that include further education and tourism.

Luckily Parish Councils are the common type of local council which was constituted by Local Government Act 1894 to take over local oversight of civic duties in rural towns and villages. They are independent bodies and not ruled by district or county council.

Their areas of responsibility were known as civil parishes and they were grouped together to form rural districts. Civil parishes existed in urban districts, but did not have parish councils. The forerunner of Town and Parish Councils were called parish vestries.

There are over 9,000 parish and town councils in England and they form the tier of local government closest to the people.

They have a wide range of powers which essentially relate to local matters, such as looking after community buildings, open spaces, allotments, play areas, street lighting, bus shelters, car parks, cemeteries and much more.

GOOD NEWS for Pleasley Parish

News! Community Outreach Services Community Outreach Workers can assist you to access information, advice and service provision in your area. The service is free and confidential to any resident of Bolsover District.

What service can they provide?

- Help to prepare a budget to reflect your individual circumstances
- Support to ensure you are receiving all the financial help available
- Referral to debt advice agencies
- Support in tackling food and fuel poverty
- Help with improving physical, mental and emotional wellbeing
- Support to promote a healthy lifestyle
- Otago Exercise classes to improve strength and balance
- Help to improve your social interaction and enjoy new activities
- Help to deal with letters and forms
- Referrals to specialist agencies to meet your needs
- General advice and information

If you would like to find out more then please contact Bolsover District Council on 01246 242424 or your local Community Outreach Worker directly on their mobiles who can arrange an appointment in a location convenient with you:

Julie Lewis
Tel: 07788 860 812
Kerry Oscroft
Tel: 07989 146 193
Emma Kendall
Tel: 07989 146 119

BLOOD PRESSURE

It seems like the very second your blood pressure starts ticking up, the unwelcome advice starts rolling in. They'll tell you to exercise more and lose that spare tyre; they'll recommend you give up your favourite foods; they might even try to get you hooked on prescription pills like diuretics, with dangerous side effects like vision loss and heart palpitations.

Well, this is your lucky day. Researchers in London may have discovered a blood pressure cure that's safe, effective, and takes just seconds a day.

In fact, all you have to do is guzzle a glass of juice!

You see, in a new small study published in the American Heart Association journal *Hypertension*, researchers asked 15 people with high blood pressure to drink just one, eight-ounce glass of **beetroot juice every day**.

The ruby essence of the ordinary beet could easily be called a superfood. Beetroot juice has been traditionally used to treat circulatory, bladder and menstrual problems

As beets contain calcium, iron, and vitamins A and B-6, they add nutrients to any diet. However, a beet's powerful properties can easily be overdosed, so use in moderation.

The results were stunning. Just a single glass of this simple, nutrient-packed juice was enough to drop blood pressures, on average, by 10 full points! Barts and the London School of Medicine and the Peninsula Medical School in the United Kingdom suggested that beetroot juice could also significantly reduce blood pressure

The secret could lie in the fact that beetroot juice is loaded with dietary nitrate, which helps relax blood vessel walls.

Beetroot juice has a smooth and earthy finish that's very palatable. If you own a juicer, you should also **add other fruit juices to the mix until you find a taste combination that works for you**, with just one eight-ounce serving a day.

Bear in mind we are not addressing anyone's personal situation and you should rely on this for informational purposes only. If you wish to consult your own Doctor by all means do so. One thing people tend to forget is your Grandma's old recipes which work wonders, and the natural herbs you have in the garden that cure many things.

If you've been fighting stubborn high blood pressure, a glass of beetroot juice could be one more safe, drug-free, weapon to include in your arsenal. Make it part of your morning routine for a few weeks — you just may find it's the easiest blood pressure treatment anyone has ever recommended. **A word of warning.**

Blend the beetroot juice with apple juice, cranberry juice, or blend it into a vegetable juice. The juice should not be consumed in large quantities without diluting it, as it is believed to cause vocal cord paralysis.

Simple brain-boosting treatment leaves others in the dust.

In fact, if you're getting a little grey around the temples and are serious about warding off Alzheimer's disease, dementia, and other types of mental decline, you should "Use it or lose it."

That old adage is getting new life thanks to a new study that found that the key to keeping your brain in top shape is to just simply use it.

A research team at the University of Toronto looked at every study they could get their hands on that measured memory and mental function.

The researchers found that there wasn't a drug on the market that was as effective as mental training at warding off cognitive decline. In fact, researchers couldn't find a single study where participants received some sort of mental training and didn't benefit.

Study participants who learned exercises to help them improve their memories or reasoning abilities were still benefiting years later. Simply teaching people how to use their brains better was enough to ward off memory loss and a host of other mental afflictions that haunt us as we age.

Your brain isn't a muscle — but think of it as one. Give it regular training by reading new books, completing puzzles, or engaging in other exercises that stretch you mentally. You might develop some healthy new interests in the short-term - and in the long-term, you may be giving your brain the workout it needs to fight back against Father Time.

Start by doing the wordsearch on the back page.

More cutting edge Health news.

Excerpt from Journal of Natural Health.

Vitamin D3 can stimulate the production of virus-killing CD8-T immune cells that will help protect your body against seasonal infections.

Here are 10 simple natural small changes you can make to your diet and lifestyle, which will give your immune system an extra boost before the flu season is in full force.

1. Hand Washing: It's easy and probably one of the most effective ways to protect yourself against infections. As many as 80 per cent of infections are transmitted by touching surfaces that have been sneezed or coughed on. Scrubbing before eating, drinking or touching your face, and disinfecting shared surfaces in the home (like the bathroom) and the office, like phones, computers and fridge door handles will drastically minimise your chances of infection.

2. Sleep: While you're off in dreamland, your body gets to work repairing cells and injuries you may have incurred during the normal day's wear and tear. Getting your seven to nine hours a night means your body can repair and heal itself and ward off infections. In fact, skimping on sleep is as disruptive to the immune system as stress, according to a 2012 study.

3. Exercise: Let's face it, during the colder months, getting enough exercise can be an arduous task. However, getting your blood pumping regularly can increase the activity of white blood cells that attack viruses. As little as 30 minutes of exercise a day can dramatically improve your overall health ... and you don't necessarily have to hit the gym. Walking around the office, upstairs, downstairs and to and from work will also do the trick.

4. Zinc: Getting the right amount of nutrients, vitamins and minerals, as part of a healthy diet leaves your body in optimal condition to ward off infections. This means cutting back on sugary, fatty foods and increasing your intake of vegetables, fruit and lean protein. One of the essential nutrients is zinc.

One study, published in the *Journal of Infectious Diseases*, found that zinc lozenges cut the duration of colds from seven days to four days, and reduced coughing from five days to two days. While it's not a cure-all, foods rich in zinc, like oysters and wheat germ, may offer some protection.

5. Garlic: The anti-microbial properties of this pungent bulb (and its relative, the onion) can fight off certain bacteria and viruses, as can the compounds in other herbs and spices, like thyme. Garlic's immune-protective action is attributed to the compound allicin, which seems to block infections. Try it in your next bowl of soothing chicken soup or warm winter salad.

6. Water: Your cosy-warm home this winter comes with a downside. Those cranking radiators dry out the air and without sufficient moisture your immune system cells can't work optimally, so it's important to stay hydrated.

7. Skipping Happy Hour: Alcohol suppresses both the part of the immune system that protects you from coming down with something and the part that fights off the germs already in your system. So knocking a few too many back puts you at increased risk of catching every bug doing the rounds... and also means you'll have trouble getting rid of them.

8. Massage: A favourite solution for many to de-stress, massage can also help you stay physically healthy. While there's been little research into exactly how it works, massage certainly increases circulation, which may help promote the general state of wellness in the body. A good massage stimulates blood flow, which in turn helps nutrients to circulate around the body faster and it increases absorption.

9. Have a cuppa: I've already mentioned that staying hydrated during the winter months helps your immune system to work optimally. Opting for a regular cup of green tea will give you the added benefits of more concentrated antioxidants, in particular EGCG, which helps fight off viruses by increasing the number of regulatory T cells in the body, a marker of stronger immune system functioning.

10. Pepper it up: A cup of chopped red bell pepper contains 190 milligrams of vitamin C, which is more than twice as much as an orange. We already know that Vitamin C is an all-powerful flu-fighter, but red bell peppers have the added benefit of being rich in vitamin A, which aids the growth of mucosal cells, the first line of defence against bacteria.

The fact remains that if your immune system is operating optimally, your chances of contracting cold or flu are very slim, but not foolproof. Protection is better than cure.

There have been recent reports from residents in the Chesterfield and North East Derbyshire areas regarding suspicious callers.

Doorstep calls are being made by people claiming to be from Medequip, saying they want to service people's home loan equipment. They expect people to pay for this service and this is NOT THE CASE.

Medequip, who provide an equipment service throughout Derbyshire, do not make unsolicited visits and never charge clients for servicing or repairing any equipment. Medequip always visit in liveried vans with ' Medequip Community Equipment Services' clearly displayed and staff always wear uniforms with the Medequip logo

Medequip always contact people by telephone to arrange deliveries, collections, servicing and maintenance visits. If they can't make contact by phone after 2 attempts they will drop a card through the door asking the client to contact them.

If you hear of, or receive this type of bogus call, contact Derbyshire Police immediately on 101.

Next year will be the 100th anniversary of the start of the First World War, There will not be anyone around who will remember this, but there will be those who remember the second World War. It will be interesting to hear from you, what can you remember?

The Bus Shelter on the A617 near the School that was damaged by vandals was repaired and within days it has been vandalised yet again, more expense.

Pleasley Parish Council has received a letter of thanks from the MACMILLAN Cancer Support thanking it for the £320 donation that was collected during this year's Scarecrow festival. This would not have been possible without the generous support of the public who visited and more so the residents who participated in this event. Pleasley Parish Council would like to thank those people who gave their time to make a scarecrow and make this donation possible. Without you there would be no event. We hope you have big ideas for next year.



News! Chesterfield College Free Skills Training, Are you looking for work? Are you unemployed claiming Job Seekers Allowance or a member of the Employment Support Allowance Work-Related Activity Group? If so, Chesterfield College can help.

Free training is available to help you stand out from the crowd, including:

- Retail
- Warehouse and Storage
- Business Administration
- IT & Universal Job Match
- Intensive Job Seeking
- Budgeting and Personal Money Management

If you are interested or if you require further information please contact the Programmes for the Unemployed Team on 01246 500701 or email Katie Wheeldon: wheeldonk@chesterfield.ac.uk

Derbyshire parents are being urged to continue reading with their children throughout primary school years to support literacy skills and boost their education.

It is with regret that we are now without a post office in the near vicinity. The nearest Post Offices are now in New Houghton and Bull Farm.

Five royal post boxes attached to posts have been stolen during September in Staffordshire, Anyone who sees suspicious persons or activity around a post box please report it.

Congratulations are in order once again to Superintendent Winnie Bennett.

Winnie has been presented with a 2013 Special Recognition Award for services rendered to the St John Ambulance Brigade.

She also received a certificate for 50 years efficient service with the Pleasley Colliery St John Ambulance Quadrilateral.

This brigade started in Feb 1927 in the Stanton Arms as Stanton Iron Works Ambulance Division before moving to Pleasley Colliery.

What do you know about Pleasley?

The name has come to notice, spelled out in thirty three different ways. It must at one time have been Pleasa's ley, meaning the meadow of some Saxon owner called Plesa. Ley means meadow.

Shirebrook was anciently part of the parish, and this simple name, meaning probably "county brook" or possibly "bright brook" has been met within seventeen different spellings.

Stoney Houghton was in the Domesday Book (1086) called Holtone, pronounced very likely "Hotun with a silent L. This has been found with thirteen different spellings. At an early date the pronunciation had become 'Hockton'.

The originating is probably from "Hoo" or "Hoe", meaning a projected headland, which is very evident, looking up from the underlying valley.

This "Hoo" is here of course the escarpment of Permian Limestone upon which stands Bolsover Castle, further along.

The addition of "Stoney" seems to occur first on Burdett's map of 1767, and it is shown as "Houghton" only in 1610.

New Houghton of course explains its self.

Houghton Felley is part of Stoney Houghton manor formerly in the possession of Felly Abbey, Notts. When the word Manor is used one immediately thinks of a dwelling, which is a Manor House, the meaning is a landed estate probably consisting of a Manor House.

The Parish lies in:-

1. The Hundred of Scarsdale,
Which is an administrative division of a county in England, supposed to have originally contained 100 families or freemen. (Hundredfold).
2. The Rural Deanery of Bolsover.
3. The Archdeaconry of Chesterfield.
4. Parliamentary Division Bolsover.
5. The Rural District of Blackwell.
6. The Petty Sessional Division of Chesterfield.
7. The Union and County Court District of Mansfield.
8. The Ecclesiastical Diocese of Derby.

The river Meden (anciently "Mayden Water) means "middle water", because this is the middle of three rivers. The Maun, Meden and Poulter, which unite to form the River Idle.

The Poulter was originally the Clun upon one arm of which stood Clowne and further down stream Clumber.

The River Meden separates not only Notts and Derby but also the King's Forest of Sherwood formerly 95,000 acres, from land "non terra regis" ie "not royal demesne". Pleasley Mill must be centuries old, and a bridge must have succeeded the old forest ford here at an early date.

The bridge at Newboundmill Mill, (formerly Newbold Mill, ie "new built mill) was originally Heyter-bridge, and later Hartney Bridge, but this name has long ago been lost.

A small portion of Houghton Basset, ie that was owned by the family of Basset, is in Pleasley Parish, but most of it along with Langwith Basset, lies in Langwith parish.

Shirebrook was separated from Pleasley as a civil parish, in 1904, by Local Government Board Order No 46368. This took away half of Pleasley's area and three quarters of its population. The ecclesiastical parish of Shirebrook was formed in 1849. Pleasley in 1921 had 1807 acres, of which 8 were water, and 224 woodland. There has, at a comparatively recent date, been an alteration of course of the River Meden between the counties and the two adjoining parishes.

Most of the parish lies between 400 and 500 feet above sea level, the rail level at Pleasley (LMS) station being 467 feet.

Although Newbound (Newbold, from new and both) mill is newer than Pleasley Mill, it was erected before 1287. In contrast, Pleasley Colliery was sunk as late as 1873, because it is only comparatively recently that it became known that coal deposits lay beneath the Yellow, Permian, or Magnesian Limestone, as well as below the coal measures.

Pleasley Vale's real name is Pleasley Forge Dale; a deep narrow ravine like a miniature Matlock, but of Magnesian, instead of Mountain, Limestone.

Upon the whole, the land is better for arable than pasture; the yellow limestone seems to produce somewhat better grasses. Root crops do well - mangolds, swedes and potatoes.

At one time the rather rare Greater Periwinkle was a flower commonly found growing wild in Pleasley Park. Three species of orchids were found, the Sweet Scented, the Bee, and the Fly. The latter, a most marvellous flower.

The Kingfisher and Sparrowhawk are now both rare birds but the Kestrel, the tiniest of falcons except the Merlin, is still to be seen hovering aloft.

COMPETITION TIME

THIS WORDSEARCH IS:

22 Slang expressions for Money

NAME

Address

Closing date. January 6th

Tel No

- Grand. Monkey.
- Century Ton
- Tenner. Score.
- Pony Fiver
- Guinea Nicker Quid.
- Sovereign. Coppers
- Dollar. Half Crown
- Florin. Bob. Tanner.
- Joey. Clod
- Farthing Bread

The winner of July word search was Mrs M Cowlishaw, Pleasley who was presented a £10 Garden Voucher by the Parish Council Chairman Cllr Howard Wright

There will be carols in the Verney once again on Friday 13 December at 7pm. Those attending will participate in a festive drink with the Parish Council Chairman and council members.

October crime figures.

Total 13	
Violence against person	4
Dwelling Burglary.	1
Drug Offence	1
Thefts	5
Attempted Theft	1
Criminal Damage	1

G	U	I	N	E	A	R	E	H	T	O	N
R	E	K	C	I	N	N	O	C	Y	R	T
A	P	E	N	L	J	B	N	I	A	G	A
N	N	N	I	R	O	L	F	O	Y	O	N
D	A	E	R	B	E	D	D	T	N	O	G
O	B	U	U	K	Y	E	K	N	O	M	N
L	Q	C	E	N	T	U	R	Y	P	N	I
L	S	C	O	R	E	N	N	E	T	I	H
A	Q	N	E	S	R	E	N	N	A	T	T
R	U	V	C	O	P	P	E	R	S	R	R
A	I	S	O	V	E	R	E	I	G	N	A
F	D	N	W	O	R	C	F	L	A	H	F

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