



NEWSLETTER

Fiftieth edition of the Newsletter for: Pleasley, Pleasley Vale
New Houghton and Stony Houghton.

The next newsletter will probably be in the new year, very doubtful for late December, because getting it to the printers and being delivered can take three to four weeks. Therefore Pleasley Parish Councillors take this opportunity to wish all our residents an early happy and joyous festive season for Christmas and the coming year.

This edition celebrates the fiftieth edition of our Newsletter the first one being in October 2007. The first newsletter was just 4 pages now it is a regular 8 pages!

A lot of water has gone under the bridge since then and a change of parish councillors with there being just four of the old brigade still on the parish council.

There has also been a big change in rules, regulations and protocol since then.

One of the biggest changes in protocol; over the years is in the way parish council meetings are conducted, it may seem bureaucratic, but strict rules and regulations should be applied, gone are the days when members can voice an opinion or make a point across the floor, as they can at almost any other meeting,

Parish Councils are very much like all district and County council meetings and government even, protocol is that you raise your hand for permission to speak which is given through the Chair, **this is very often mistakenly overlooked by some members.** There should also be a time schedule for making a point in speaking. **This is never used it is something we should consider.**

At a Parish Council Meeting nothing can be discussed and decided upon unless it is on the Agenda, the reasons for this is members must be forewarned so they may study the issue and be prepared for a debate.

Councils and Councillors are governed by statute (Laws). Unlike District and County which are political, Parish Councils are not political.

Parish councils have a variety of powers, duties and responsibilities, all of which impact directly on the community.



Community Defibrillator Seminar.

The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how to the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

The Verney Institute, Pleasley Tuesday
7th November 2017 at 7pm

or

New Houghton Community Centre
Thursday 9th November 2017 at 7pm

The more people that know how to use the portable defibrillator installed in our community, the more chance there is of saving the life of a victim of Sudden Cardiac Arrest.

Everybody is welcome, and no special skills are required, just your willingness to play an important role in the event of a medical emergency.

Community Defibrillator - Seminar

Pleasley Parish Council plans to install a defibrillator in the converted phone kiosk on Chesterfield Road, Pleasley, opposite the junction of Newboundmill Lane, and also on the outside of the Freedom Centre, Rotherham Road, New Houghton.

The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

Everyone is welcome to attend **one** of the following sessions (which may last up to two hours):

The Verney Institute, Pleasley, Tuesday 7 November 2017 at 7.00pm, **or**

New Houghton Community Centre, Thursday 9 November 2017 at 7.00pm.

HEART ATTACKS

Not that we expect snow this early but there may be snow before our next newsletter so here is a word of warning regarding your health that has been received from Daily Health.

“Even though we have just come out of Autumn and the weather is becoming colder, I hope you keep the following alert in mind when winter sets in.... especially if you want to protect yourself from a heart attack.

Weather-wise, February and March can be worse than January

And while snow may look picturesque, according to researchers, it can be a heart attack waiting to happen.

And that's especially true if you're already at risk of a heart attack and you live a sedentary life.

US research has shown that over 1,600 people die from shovelling-related heart attacks every year, most of them over age 55. Just being in the cold air poses a danger to your heart: It constricts the blood vessels throughout the body, causing your blood pressure to soar.

And when you step out into the cold to clear your driveway of a few **inches, the combination of low temperatures and vigorous** exercise is the perfect storm for a heart attack. You see, using your arms is actually more taxing on the heart than leg work, so it's a dangerous situation.

Now, I don't expect you to sit inside your home all winter, but you don't have to risk your life either. Ask your doctor if he or she thinks you're healthy enough to shovel snow yourself. If you're not, get help from a healthy and strong neighbour, friend or relative.

If you decide to tackle it yourself, avoid shovelling first thing in the morning, when your blood is more prone to clot. That's actually when most heart attacks happen... and it's not just shovelling snow, the same risk applies to early-morning exercise in cold weather.

And – at least an hour before AND after shovelling (or exercise) – stay away from stimulants that elevate your blood pressure and heart rate, like coffee and cigarettes.

Don't get me wrong: Shovelling can actually be great exercise if you're strong enough to do it. But you don't want it to be the first time your muscles and heart get a workout in ages. And since we are now enjoying warmer days, make use of this time to get out and get active so that you focus on your overall health all year long.”

**Editor
Nutrition & Healing**

KEEP FIT in The VERNEY

TAEKWONDO

Taekwondo is a traditional Korean martial art, which means "the way of kicking and punching". In taekwondo, hands and feet can be used to overcome an opponent, but the trademark of the sport is its combination of kick movements.



Anyone who wishes to learn this art is welcome to enrol in the Verney Institute Every **Monday and Tuesday** from 6-30pm come along and have a talk to the black belt instructor Andy Timmons.

Also on Wednesday mornings from 10am to 11am gentle exercise for the over 50s Tai Chi style. Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because Tai Chi is a low impact exercise, it is especially suitable if you're an older adult who otherwise may not exercise.

WHY DO THE CLOCKS GO BACK?

Originally called Daylight Saving Time.

British Summer Time (BST) this year will officially end on the last Sunday of October. The clocks will go back one hour at 2am on October 29th as we returned to Greenwich Mean Time (GMT). GMT will then last until March 25, 2018 when the clocks will go forward an hour again.

Since October 1995, the start and finish of daylight saving time across the Europe Union has been aligned so that Central European Summer Time starts and ends on the same days as BST.

The first ever BST started on May 21, 1916 and ran until October 1. It was established by the Summer Time Act 1916 after a campaign by builder, William Willett, and later cemented by the Daylight Savings Act in 1925.

Willett used his own financial resources in 1907 to produce a pamphlet called 'The Waste of Daylight' to promote his idea that the clocks should be put forward by 80 minutes over four 20-minute stages on each Sunday in April, and then reversed the same way in September.

He suggested that this would make the evenings lighter for recreational activities and save on lighting costs. He won the support of MPs Robert Pearce and Winston Churchill, and the proposal was looked into by a parliamentary select committee in 1909.

During the First World War the issue became more pressing as coal needed to be saved for the war effort. Though a tireless campaigner, Willett did not live to see his idea adopted as he died in 1915 of influenza.

There is a hotly contested debate on how exactly we are affected by the changing of the clocks, with many suggesting that it's bad for our health. The immediate impact is to our bodies' circadian rhythm.

As we produce more of the important sleep hormone melatonin when it's dark, the change can disrupt our sleep, particularly in the spring when we lose an hour in bed as the clocks go forward.

A 2009 study found that it can take up to three weeks to adjust to the change. The change has also been linked to disruption to our metabolic rate and our immune systems. Some studies have even reported increased numbers of heart attacks at the beginning of daylight saving and found that extending BST to last all year could decrease the number of car accidents.

There are currently a number of campaigns to change the way we alter the time, with the Royal Society for the Prevention of Accidents and environmental campaigners 10:10 suggesting operating BST all year round but adding an additional hour in the summer, effectively putting the UK in the same time zone as France and most other European countries. The campaign says that such a change would save almost 500,000 tonnes of carbon dioxide per year and take 185,000 cars off the road permanently.

However, the idea is opposed by some in northerly parts of the country as this could mean that the Sun may not rise until 10am. Others have also suggested keeping GMT all year round, instead adjusting school and business hours to fit in with the changing daylight hours.

During the Second World War clocks were put back 2 hours to enable farmers to work later to harvest crops.

St Michael's Church Diary of events for November and December.

The service of Remembrance at St Michael's on **November 12th** at 10am followed by the laying of poppy wreaths at the Pleasley Welfare Memorial at 11am and then 11-15am at the New Houghton Memorial.

Monday 13th Nov 10am Congregational Meeting at 17 Newboundmill Lane the agenda being, "Forward planning and dates for 2018."

Wednesday 29th and Thursday 30th

Christmas Tree Festival. Put trees in church either day 1pm –5pm.

December 1st Carol Service 7-30pm with Pleasley Welfare Band to open the Christmas Tree Festival.

Sunday 3rd 3pm Christingle Service.

From Saturday 2nd to Tuesday 5th the Church is open each day from 12 to 3pm to view the trees.

Sunday 10th Dec 9-15am 9 Lessons and Carols.

Sunday 17th Family Service with Sunday Club Nativity 9-15am.

Sunday 24th 7pm Carols in the Nag Garden 11-30pm Midnight Mass.

Monday 25th Dec 10am Short Service of Carols and Readings.

KEEPING FIT IN THE PARISH

The first Senior Citizens' Exercise Class was held on 19th July at The Verney with tutor Andy Timmons leading an enthusiastic group of people through a series of light exercises and stretches.

The course aims to help individuals with co-ordination, balance, mobility, flexibility and muscle strengthening.

Participants wear clothing that does not restrict movement and all are advised to consult their GP before embarking upon the exercise class. None of the exercises is too demanding and participants are able to withdraw from any activity that might be too difficult.



The class, which is held each Wednesday for one hour from 10am, is funded by the parish council.

There is no charge for Pleasley Parish residents but there is a nominal charge of £2.00 per session for those residing outside the parish. If you would like to join in just pop along on a Wednesday morning and complete a basic registration form.

CONGRATULATIONS TO ANTHONY BEK

The school year 2016-17 has been another very good one. The long awaited OFSTED inspection took place on the second day of the new term after Easter and the outcome was that the school was rated as "Good" again with the inspector indicating that the school is not too far away from being "Outstanding". The following observations by the inspector are a great testimony to the work of all the staff and pupils:

"Pupils are polite, work hard and want to achieve well"; "...they love school, enjoy their learning and are proud of the progress they have made". "The governing board makes a strong contribution to the advancements in the school." 100% of the responses (from the parental questionnaire) state they would recommend the school to others. "In 2016, pupils at key stage 2 made rapid progress in writing and mathematics, with progress scores in the top 10% of schools nationally" and "There is a vigilant culture of safeguarding in school."

The school is also performing above national standards in many areas. School attendance for the whole school is 96.9% - the same overall as last year and slightly above the expectations set nationally.

The school has performed really well in the end of year assessments - at the end of Reception- 74% have a good level of development which is an increase of 8% from last year and above the expectations set nationally. It is also the highest percentage ever reached in Reception.

By the end of KS1 88% of pupils have met the expected phonics standard. In Numeracy, 84% and in Reading 75% of pupils are working at or above expected standards (higher than national standards).

At KS2 74% of pupils are working at or above expected standards in Reading, 87% in Writing, 81% in both Numeracy and Grammar. All these are higher than national standards. **Well done, pupils, staff and parents!**

The Beks & the Hermitage

The link with the Hermitage and the medieval Royal Manor of **Pleasley** in the 13th century revolves around the Becks (also spelt Bek/Beke/Bec. The Becks began with Walter de Bec one of the most distinguished knights at Hastings and subsequently rewarded with the Lordship of Eresby, Lincolnshire plus other estates. Fast forward about a 100 years skipping generations of Walter Beks and we have Walter Bek. This Walter had two sons, Henry Bek of Eresby and Walter of Lusby. Staying with this Walter of Lusby - his great grandsons were Antony Bek and Thomas Bek. Right. Going back to Henry Bek of Eresby - he had a son naturally called Walter who had 3 sons, John, Thomas & Antony. Antony Bek - Bishop of Durham between 1284-1311(died) brother of- Thomas Bek - Bishop of St David's, Pembroke-shire between 1280-1293 (died) related to- Antony Bek - Bishop of Norwich between 1337-1343 (died) brother of- Thomas Bek - Bishop of Lincoln between 1341-1347 (died). Oxford educated Antony, Bishop of Durham and Thomas, Bishop of St David's. Antony participated in the 1270 crusade to the Holy Land where he attracted the admiration of Prince Edward, the heir to the throne. When Edward became King in 1272, Antony became one of his closest advisors and was also able to promote his brother into the King's circle. The estate was gained through marriage of Thomas's niece (daughter of John Bek, Thomas's elder brother) to the Willoughbys.

There are numerous mentions of Thomas Bek and his involvement in the **Pleasley** Manor including an intriguing reference to King Edward's overnight stay at Thomas's mansion at **Pleasley** on February 17th 1293, where the King and his entourage most likely indulged themselves in a few stags from **Pleasley Park**. The site of Thomas Bek's mansion in **Pleasley** is debatable though, with some medieval documents stating the mansion was overlooking **Pleasley Vale** and others having it north side of the river Meden on **Pleasley Hill**. Let's go back to the Hermitage reference and we see records state the year 1302 when Thomas Bek enclosed the land at the Hermitage and leased it to Lenton Priory. However, Thomas Bek, Bishop of St David's died in 1293. A record also states 'in the reign of King Edward' so that puts it between 1272-1307. The likelihood is that the date is correct and that Thomas Bek from Pleasley, Bishop of St David's was the originator of the Hermitage and built it as a retreat for himself possibly because he liked to fish! Records also suggest that he was often begging King Edward's pardon for stealing the odd stag or two so maybe this was his hideout! However, after Thomas's death in 1293 his estate passed to his brother, Antony, the powerful Bishop of Durham and close advisor and envoy of King Edward who was obviously far too busy to be bothered with his deceased brother's estates. On the death of Antony in 1311, the considerable Bek estates were passed to his brother John's heirs, the Willoughby's but were eventually seized by the Crown after it was revealed that Antony had left huge debts. Another record dated 1446 states that the Hermitage, which was about 1 acre in size was owned by the Crown and yielded 1 shilling annual rent.



PLEASLEY STAGS GIRLS FC

U13S - SCHOOL YEARS 7 AND 8 FROM SEPTEMBER

GIRLS WANTED

For a brand new girls' football team.

Training (Fridays 7-8pm) and home matches Sundays (10am-12pm) take place at the Rotherham Road Recreation Ground in New Houghton.

Contact manager Amy Page on 07464936189 for further information.

LIVE AND LOCAL - LIVE AT THE VERNEY

SUNDAY DECEMBER 10th 8pm

Concert two from Live and Local is **NINEBARROW**. On a Sunday for the first time.

Ninebarrow is a multi-award winning folk duo, impressing audiences across the country with their innovative and captivating take on the folk tradition. John Whitley and Jay LaBouchardiere combine breath taking vocal harmonies and melodies, delivering original songs that are inspired and rooted in the landscape and history of the British Isles. As well as crafting unique and engaging original material, Ninebarrow also take a wide range of traditional folk songs and rework them in their own distinctive way. Not only exceptional singers and musicians, Ninebarrow are also equally passionate about the stories behind their songs - combining their music with history, folklore and storytelling.



Described by Kate Rusby as "absolutely amazing" and Mike Harding as sounding "damn fine". They were selected by Cambridge Folk Festival as one of five 'showcase' artists in 2016 and were described by the festival as being a group destined for 'great things in the future'.

The duo was nominated in the 2017 BBC Radio 2 Folk Award 'Horizon' category for Best Emerging Artist and also for 'Best Duo' in both the Fetea Magazine Awards 2016 and the Folking.com awards of 2017. In March 2017, the duo were invited to perform a live session on Mark Radcliffe's BBC Radio 2 Folk Show, where the presenter described their singing as 'A rather lovely thing...like two halves of one voice'.

Tickets £10.00 from 01623 810035 or 07734 274848

Doors open 7.30pm.No bar – bring your own drink! Complimentary tea & coffee.

Now to more delicate and controversial matter.

Pleasley Parish Council owns all the land in the cemetery. It owns the land where every body is interred either in a grave or ash plot.

When you buy a grave at Pleasley Parish Cemetery, what you are actually buying is the Exclusive Right of Burial for a specific period for a coffin or casket.

Many people think that once someone has been buried, they essentially own the land that they are buried in, forever.

When a grave is purchased, this **does not** mean you are purchasing the grave freehold or land itself. Rather, under what is known as the 'exclusive right of burial', you are purchasing the exclusive right to say who will be buried in that grave for a set period. This is more like purchasing a lease.

The ownership of the grave and the land remains with Pleasley Parish Council.

There are so many rules and regulations it is not practical to inform every one of every item, the best way is before you do decide to do anything to a grave plot ask the parish council if you can. That way it saves any unpleasantness later, when so many families have disregarded the rules it causes animosity towards the council when it has to enforce the rules.

Notice was given to many grave owners regarding home made surrounds, to remove them. This hasn't been adhered so the parish council will now have to take action and inform the owners of their intention to remove the home made surrounds, the following is reminder of the intended policy made in 2013 and why it was decided upon.

A lawn style grave – this allows for a headstone at the head of the grave but in front is laid to lawn and no other memorial is permitted on the lawned area. The lawn grave was designed on the war grave principle (to have only a memorial of limited size at the head of the grave with the rest of the grave laid to lawn). In this manner the limited area available for burial is best utilised. In addition maintenance is easier to accomplish with large mowing machinery being used to keep the area in a neat condition. It is also easy for the grave digger to approach graves for a second burial. These graves are sold on the understanding that only lawn style memorials are erected.

If the headstone is erected directly on the excavated area of the grave there must be a period in the cemetery regulations which gives the ground time to settle and consolidate. During this period the it should be monitored if any sinking becomes apparent the ground should be topped up periodically with top soil until settlement ceases.

This period may differ around the country due to differing soil types and conditions. Even after settlement has ceased it is advisable to ensure that your memorial mason adopts the NAMM Code of Practice as mentioned above, this is your responsibility.

Local authorities are not authorised to sell the land in which the burial is to take place. **Cemeteries law** stipulates that only the exclusive right of burial **in a grave can be sold**. This right may be granted for a period of no more than 100 years. Some authorities restrict this right to as little as 25 years The law does permit the period of right of burial to be added to and to be handed down the generations, so the grave can stay in the family for as long as they wish. However, ownership will never be issued for more than 100 years at any one time. One must emphasise again ownership does not mean the land, it is only the grave space, to put it bluntly the hole in the ground.

The owner of the right to have a memorial on a grave is responsible for maintaining it in a safe condition. However the burial authority (Pleasley Parish Council) is responsible for maintaining the cemetery as a whole as a safe place for the public to visit. If an owner fails to do this, the Parish Council **may take action to make a memorial safe without prior notification to the owner**. When a memorial is identified as being unstable and there is a risk that it may fall and injure someone, it may be cordoned off, laid flat or have a temporary support installed depending on the circumstances, for health and safety reasons. The authority will send a letter to the owner in these circumstances and it is then the owner's responsibility to arrange suitable repair. The problem we have in the cemetery is with relatives of the deceased that are interred in our cemetery. They have blatantly disregarded the rules and regulations of adorning the grave plots with ornaments and other items, covering the grave plot with various material not in keeping with cemetery ruling applicable to lawn type graves which the parish council are trying to establish and appear to be fighting a losing battle, It has been pointed out that these items of broken/worn, unstable and home made equipment, can cause trips/fall/slips resulting in serious injuries to people visiting the cemetery especially the older people. The issue regarding homemade kerbs/in inappropriate sized kerbs/memorials is covered in our cemetery regulations. Notices have been put up in the cemetery and have been torn down. Letters have sent to the people concerned where items breach the cemetery rule/regulations and still nothing been done. **it is now time to enforce the rules, which unavoidably will be very emotional and unpopular. We are doing it but if one gets away with it the others follow.**

Cemetery rules can seen on our web site: www.pleasleyparishcouncil.org

May we remind you once again who your local councillors are. KNOW YOUR 10 PARISH COUNCILLORS and contact details. Names are printed in every newsletter. Just to make things clear here is the locality requested alphabetically.

New Houghton Councillors.

Ian Allen. Devonshire St
810346 ian@arromax.co.uk



Tom Kirkham Parthenon Close
07734274848
tomkirkham2@hotmail.com



Howard Wright (Chairman)
Newboundmill Lane
810486
johnwright828@btinternet.com



Pauline Bowmer. (Vice Chair)
Pavilion Gardens 811492.
pauline.bowmer@bolsover.gov.co.uk



Contacts for the Parish Clerk.

Parish Clerk Neil Pocklington 819786
This number has an answering service.
Email neil.pleasleypc@gmail.com
Mail Address The Verney Institute,
Newboundmill Lane Pleasley NG197PL

Valerie Douglas Recreation
Road
811761
valerie.douglas@btinternet.com



Caretakers for hall bookings for meetings, parties and functions.
Lauretta Brudenell for New Houghton
01623-811390
Phillip Crouch for Pleasley 01623-810996

Pleasley Councillors

Mick Gamble Holbrook Close
810035
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Derek Gelsthorpe Terrace Lane
810830 derek.gelsthorpe@btinternet.com



District Councillor
Ann Syrett
ann.syrett@bolsover.gov.uk
Ann is also Leader
of Bolsover Council.

Neil Jordan Holbrook Close
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District Councillor
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Jackie Jones Wilkinson Close
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Our County Councillor
Christine Dale

Caroline Randall Chesterfield Rd
812318 caroline.randall@outlook.com



Christine.Dale@derbyshire.gov.uk

COMPETITION TIME

**THIS WORDSEARCH IS:
14 KNIGHTS of the Round Table
Closing date 1st January**

NAME
Address
Tel No

Post entries in Verney Institute post box or 59 Newboundmill Lane or give to any councillor.

**Arthur, Galahad Lancelot
Kay Bors de Ganis Gawain
Geraint Lamorak, Gareth,
Tristan Percivale, Bedivere
Lionell Lucan Gaheris**
The winner of July Wordsearch was.
H Hallowes
Pleasley who received a £10 Garden
voucher purchased from Glapwell
Nurseries presented by
Cllr H Wright on behalf of Pleasley
Parish Council.

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**You have until 15th October to
dispose of your old £1 Coins.
Charities are hoping that as you
find them you will donate them to
charities.
It is thought that there are millions
of old £1 coins out there, lurking in
jam jars and piggy banks and
drawers.**

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|------------------------------|----|
| CRIME REPORT | |
| MAY | |
| Anti-Social Behaviour | 6 |
| Criminal Damage and Arson | 1 |
| Other theft | 1 |
| Violence and Sexual offences | 1 |
| JUNE | |
| Anti Social Behaviour | 10 |
| Burglary | 1 |
| Criminal Damage and Arson | 2 |
| Drugs | 1 |
| Other Theft | 1 |
| Public Order | 1 |
| Vehicle Crime | 1 |
| Violence and sexual offences | 1 |

Kim Burton.

Chiroprapist and Foot Health Professional .
(MCFHP MAFHP)

Member of the Same Institute.
To book your appointment call Kim.

**Home 01623 810587
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