



NEWSLETTER

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



COMMUNITY DEFIBRILLATOR SEMINAR

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. 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.

The Verney Institute, Pleasley TUESDAY 27th November 2018 at 7pm or

New Houghton Community Centre Thursday 22th November at 7pm

We are installing two more defibrillators one on Terrace Lane and one on the Community Centre this will bring the total to five in the parish, others locations are, The Freedom Centre, Telephone Kiosk Pleasley Cross, and Pleasley Pit.

Autumn covers September October November.

After a brief layoff the council meetings resumed on September 3rd with a few important things on the agenda. Our bus shelter near the Millennium Green has been demolished and a base laid to receive the new one. New equipment is to be installed on both recreation grounds. Advice will be given by playground equipment companies as to which will be beneficial to older persons.

Concern was raised about the eyesore of Chris Church and the Stanton Hotel. Plans for the development of the Christ Church land has been given we were informed and a letter has been sent to the owner of the Stanton.

The bridge footpath over the A617 is void of any lights at night, owing to the overgrowth of trees making it unacceptable for people's safety, this is being addressed.

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£435 was raised in the Pleasley Parish Council Scarecrow festival and was presented by the Chairman Cllr Howard Wright on behalf of Pleasley Parish Council to Gill Clarke of the Breast Cancer unit.



Parish Council Report continued.

It was reported that trials are taking place by DCC to create a stronger asphalt for road repairs and pot holes. The process involves fusing waste plastic into the asphalt mix in place of bitumen.

The Extreme Wheels sessions provided by Bolsover DC have now finished and a feedback from staff on attendance and success will be sent to the Pleasley PC very shortly. The Street Sports Sessions offered by Bolsover DC at Terrace Lane recreation ground did not have any attendance, the Rotherham Rd recreation ground in New Houghton was well attended.

Crime Report for May and June.

May. **5 Anti Social Behaviour.**

Bek Close (1). Chesterfield Rd Pleasley (2).

Crompton St (1) Portland St (1)

3

Burglary. Occupation Rd (1). The Willows (1)

Parking Area Outgang Lane (1)

Other Crime. Chapel St (1).

Vehicle Crime Devonshire St (1)

Violence & Sexual Offences Chesterfield Rd

Pleasley (1). **Total 11**

JUNE. **4 Anti Social.** Crompton St (2)

Devonshire St (1). Recreation Rd (1).

Burglary 1. Parking Area Outgang Lane (1)

Vehicle Crime 2. Crompton St (1) Miners

Welfare Field (1)

Violence & Sexual Offences 3 Chesterfield Rd

Pleasley (2) Wilkinson Close (1) **Total 10**



The planned date for the Scarecrow Festival for 2019 is 8th & 9th June.

Any member of the public who wishes to be included in the working party for this event should contact

the Parish Council Clerk Neil Pocklington or the Chairman Howard Wright. There will be an entry form in the Winter and Spring edition of the Newsletter.

The next four Live and Local events have been confirmed. The first one is Saturday 13th October 2018, which will have taken place before you get this Newsletter. The second one will be Saturday 15th December. See page three for details.

KEEP FIT.

The **FREE** Gentle keep fit class for the over 50s, senior citizens of our parish is now on Tuesday afternoons 1-30 to 2-30pm. Why not take advantage of gentle exercise and stretch



routine to loosen up your joints? The course aims to help individuals with co-ordination, balance, mobility, flexibility and muscle strengthening. None of the exercises is too demanding and you may withdraw from doing anything that might be too difficult, have a rest, People living outside the parish can attend and there is a small charge.

So Make a Date Tuesday afternoons 1-30 to 2-30.

Cemetery Report

The Parish Council gets asked many questions regarding cemetery items to which we reply. We will publish several questions and the answer given.

Who is responsible for the memorial? Whilst the burial authority is responsible for maintaining the cemetery in a safe condition you have a responsibility to maintain your memorial in a safe condition throughout the period of the Right to Erect and Maintain a Memorial. If you fail to do this the Parish Council may take action to make it safe.

How deep are graves? A single grave 4ft-3inch usually. There must be 3ft of soil on top of the coffin, the average depth of a coffin is 1ft 3inch. If another burial takes place in the same grave there must be 6inch of soil between coffins. A double grave is therefore 6ft.

What is the appropriate depth for burial of an urn in an ashes plot? This will depend on the height of the urn, but generally you should have about 6inches of soil between the top of the urn and the ground surface. For example, if the urn is 12 inches in height, you want a hole 18inches deep, so when the urn is placed, there is 6 inch of soil on top.

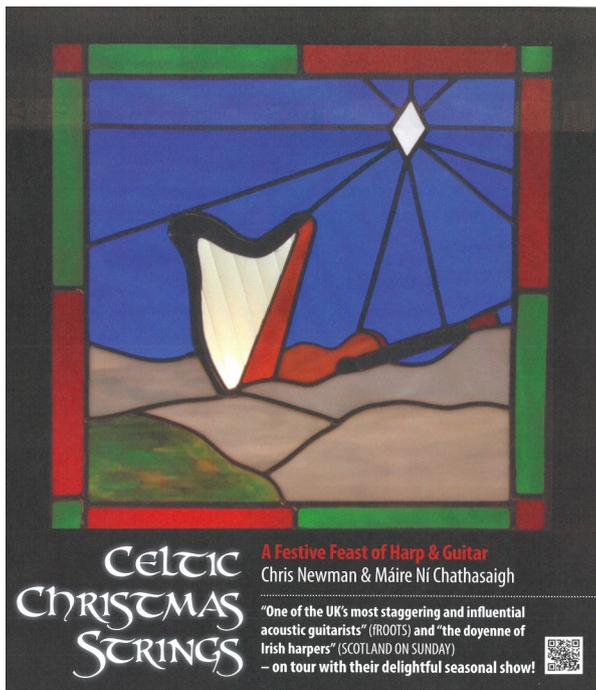
Can I put my own memorial up?

No. All memorials must be done by an approved monumental mason, as they must adhere to health and safety requirements and legal requirements in case of insurance claims. If anyone is injured in any way by an illegal memorial those responsible can be sued for damages. Any home made memorials will be removed eventually. It doesn't matter how long they have been in place, breaking the regulations is an offence.

What will happen when the cemetery is full? It will be a few years before that happens.

The next Parish Council Cemetery will most likely be in New Houghton, behind Dale Engineering, entrance being on Rotherham Rd.

LIVE AND LOCAL



December 15th 8pm
“Celtic Christmas Strings - A Festive Feast of Harp and Guitar”

In a class of their own, 'one of the UK's most staggering and influential acoustic guitarists' (fRoots Magazine) in concert with the 'doyenne of Irish harpers' (Scotland On Sunday) take to the stage with a spellbinding treat for mid-winter.

A breathtaking blend of traditional Irish and Scottish music, swing jazz, bluegrass and baroque, and festive favourites given a fresh voice with moving and beautiful arrangements, this very special concert charms from the first few magical chords.

Máire Ní Chathasaigh's & Chris Newman's performances described by The Irish Times as 'music of fire and brilliance from the high-wire act in traditional music' - are rooted but eclectic, emotional but adventurous: a blend of traditional Irish music, hot jazz, bluegrass and baroque, coupled with striking new compositions and a delightfully subversive wit.



February 2nd 2019 8pm
Kathryn Roberts and Sean Lakeman

One of the UK folk scene's most rewardingly enduring partnerships, Kathryn Roberts and Sean Lakeman are 'songwriters par excellence' (fRoots Magazine), their music tuneful, intelligent and soulful.

Duos come and duos go... And some nurture and fine tune their art and watch it grow into something totally original, captivating and award-winning.

Bonded by an unseen alchemy, Kathryn Roberts and Sean Lakeman have entwined their professional and personal relationship into an enviable class act of imaginative

songwriting and musicianship. The Dartmoor-based husband and wife have twice won the coveted Best Duo title at the BBC Radio 2 Folk Awards (2016 & 2013), consistently delivering assured, distinctive performances whether live or recorded. Over two decades of performance they have never been trapped in a groove – always bold and innovative, mixing traditional song arrangements with their self-penned material which reels from the bitter to the sweet, the wry to the sad, the political to the passive.

The couple's greatly varied original songs cover such subjects as wicked mermaids, Norwegian legends, and a lonely whale. With a story that includes over 20 years of music making with the likes of Seth Lakeman, Cara Dillon, Levellers, Fotheringay, Kate Rusby and Show of Hands, Kathryn Roberts and Sean Lakeman have consolidated themselves as pillars of modern British folk.



Coming in April “Tell Tale Tusk”.

Tell Tale Tusk are a contemporary-folk ensemble reimagining folktales old and giving light to folktales new.

BOOK NOW: Mick Gamble 01623 810.035 Tom Kirkham 07734 274 848

Complimentary light refreshments during the interval. No bar - but you can bring your own drinks.

Street parking.

liveandlocal.org.uk



Health Column

Rid Your Body of Chronic “Joint” Inflammation. “3 Anti-Inflammatory Superfoods”

Here are Top 3 picks from a new publication,

1 – Green Tea

Green Tea is one of the world’s most popular beverages. It is loaded with antioxidants and nutrients that have powerful effects on the body, including improved brain function, fat loss, a lower risk of cancer and inflammation-fighting properties. Green tea is also the least processed of all the predominant types of tea: green.

2 – Pistachios

A 2009 study found that bioactive compounds in pistachio, and molecules present in pistachios, have anti-inflammatory properties. Pistachio oil decreases levels of an inflammatory marker known as “lift-2.” Pistachios are nutrient dense and provide protein, fibre micronutrients, plant sterols, gamma-tocopherol and other phytochemical compounds, including flavanoids and phenolic compounds. Overall, they are an excellent weapon in the war against chronic “joint” inflammation.

3 – Kiwi

The Kiwifruit is a small fruit approximately 3 inches long and weighing about four ounces. Kiwi provides your daily intake of antioxidants such as polyphenols and carotenoids which help fight damage caused by oxidative stress and free radicals. Kiwifruit is also known to assist in warding off the effects of stress, joint inflammation and attack from viruses and bacteria.

A latest report on aluminium foil is that it is bad to use to cook with. There is something in the aluminium that does harm to your body and causes all sorts, it takes a while, but it is not good - they advise a glass dish with a lid on, Aluminium has long been scrutinized by the scientific community for its potential role as a neurotoxin. Researchers maintain that, due to the fact that aluminium has no physiological role in the human body, it has the potential to cause significant detrimental effects when consumed. The fact also remains that aluminium foil is not fully inert; food cooked or prepared in it has been shown to have significantly higher levels of aluminium than if they were prepared in another medium. The takeaway is simple: aluminium foil has the potential to cause neurotoxic effects, including Alzheimer’s disease.

A notice in the Doctor’s Surgery raised some interest. **What do you know about Lupus?**

Frankly nothing! Is it another scaremongering disease put about by the Big Phama to sell more drugs, NO.

Lupus is a systemic autoimmune disease that occurs when your body’s immune system attacks your own tissues and organs. Inflammation caused by **lupus** can affect many different body systems — including your joints, skin, kidneys, blood cells, brain, heart and lungs. More detail can be studied on. www.lupus.org.uk

Another unknown but interesting Plant-Based Chemical With Many Potential Health Benefits is **Polyphenols.**

Polyphenols are a group of over 500 phytochemicals, which are naturally occurring micronutrients in plants. These compounds give a plant its colour and can help to protect it from various dangers. When you eat plants with polyphenols, you reap the health benefits as well.

You may have heard of phytochemicals, including a number of the polyphenols, without knowing it.

They are often the subject of news reports that cover research studies. The claims can include anything from red wine, coffee, and tea to fruits and vegetables that help lower cholesterol or blood pressure, decrease the risks of diabetes or cancer, or lead to a longer life.

Polyphenols are a complicated group of plant-based chemicals. They’re found in everyday food and available as supplements. Before you go overboard on seeking them out, however, it’s a good idea to understand them. Isolated compounds are often extracted from plants and examined for their potential health benefits. Foods rich in polyphenols certainly are good for you. However, it’s difficult to know how much of that benefit is actually due to the specific plant compound or to all the nutrients, fibre, and other phytochemicals also found in those foods.

The polyphenols typically act as antioxidants. They can help prevent cellular damage from free-radicals that occur with pollution, smoking, eating rancid foods, and as a by product of normal metabolism. It’s also thought that polyphenols contribute to the body being in an anti-inflammatory state. This is also associated with a lower risk of several chronic diseases. Several polyphenols, such as quercetin, catechins, lignans, resveratrol, and curcumin, are touted as being anti-cancer agents. Researchers are continuing to study their effect on cancer cells so it’s not known if they could prevent cancer or have any effect on cancer cells in a human body. Polyphenols also appear to improve the function of blood vessels and may help to slow down the formation of blood clots. For example, researchers have found that the catechins in tea may have the ability to slow down the process that causes clogging of the arteries. More information if you google polyphenols.

Health Column continued.

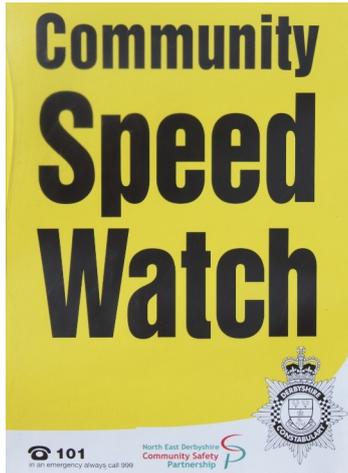
Bring back paper towels.

Seizing

the door handle to exit a toilet can be a health hazard, a great many people do not bother to wash their hands, another failure to observe is some fail to dry their hands, a basic principle of hygiene, wet hands spread more bacteria. A study in the Journal of Hospital Infection by a professor of medical microbiology has found that jet hand dryers spread more germs than disposal paper towels, because people do not wash their hands thoroughly so the hand dryer blasts the bacteria into the room. As a result, bacteria as well as staphylococci can cause significant ill health. The message here is, jet air hand dryers should not be used in any public buildings.

Below are a couple of old photos. The photo bottom right shows Mr Wright, the blacksmith, outside the smithy. Mr Geeves and son are seated on the cross. This predates the large one, the other side of the road, which is believed to be around 1902 showing the Pleasley Cross and cottages. The first cottage is now the garage. Is that a column rising? The photo bottom left shows a similar monument in Norfolk. The one in Norfolk still has a stone column rising up in the centre similar to what happened to the one at Pleasley Cross. You will notice on the Pleasley picture of 1902 sign post direction did not include Shirebrook the reason being In 1811 Pleasley was the main dominant parish which consisted of (Pleasley, Shirebrook, Stoney Houghten) and contained about 90 houses. The cottage with the lady in the doorway is where the garage is now. .



SPEEDING TRAFFIC.**WHAT IS COMMUNITY SPEED WATCH?**

Complaints of speeding traffic on Terrace Lane and Newboundmill Lane have yet again been raised by residents. Neighbourhood Speed Watch Programme (NSWP) or Community Speed Watch (CSW) has been implemented.

Two members of our community have been on the Police Camera course and the first speed check was on Monday 24th September. The result was 2 vehicles were observed speeding and were reported. Further checks will be carried out on Newboundmill Lane, Terrace Lane and Rotherham Rd.

This is a locally driven initiative where active members of the community join together with the support of the Police to monitor speeds of vehicles using speed detection devices. Community Volunteers receive appropriate training, and are supported by neighbourhood policing team staff. Vehicles exceeding the speed limit are referred to the Police with the aim of educating drivers to reduce their speeds. Volunteers have been supplied with speed detection equipment to use it to identify drivers exceeding the speed limits in our parish. Drivers caught breaking the speed limit have their registration numbers checked on the police national computer and are sent warning letters by the police. They can be targeted for prosecution if they get three letters for speeding through volunteer speed traps. Hopefully this is the answer to speeding motorists in our parish. This is receiving the support of the Parish Council. The next speed check will be 8th October 3pm to 5pm Newboundmill Lane, the results will be in our next newsletter the Winter Edition.

More volunteers wanted

If you are interested in becoming a Community Speed Watch Volunteer in the parish, contact the Parish Clerk Neil Pocklington on 01623 819786 or email eil.pleasleypc@gmail.com

This will be the last newsletter this year.

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. Let's hope the winter is a kind winter.

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

Winter solstice officially begins on Friday December 21st but the last green bin collection will be Friday 23st November, and commence once again Friday March 8th.

Forthcoming Events.

Saturday 13th October 8pm Harp & a Monkey Live & Local Concert in the Verney Institute.

November 11th (Poppy Day) 10am St Michael's Church Service of Remembrance, this will be followed at 11am by the laying of the Poppy Wreath by the Chairman Cllr Howard Wright at the Pleasley War Memorial at Pleasley Miners' Welfare and afterwards by Vice Chair Cllr Pauline Bowmer at the war memorial in New Houghton at approx. 11-20.

This year's remembrance day parade and service is the 100th anniversary of the end of the First World War.

Friday November 30th at St Michael's Church Carols with Pleasley Welfare Band.

Wednesday 28th & Thursday 29th November **Trees for the Christmas Tree Festival** can be taken to the Church either day between 1pm & 5pm.

From Saturday 1st December to Tuesday 4th December the Church will be open to view the trees.

Sunday 2nd December Carol Service at 7pm with Pleasley Welfare Band to open the Christmas Tree Festival.

Saturday 15th December Live & Local Concert in The Verney Institute 8pm Celtic Christmas Songs - Irish Harp and Guitar

Saturday 2nd February 2019 8pm Live & Local in The Verney Kathryn Roberts & Sean Lakeman.

Lidl opens in Shirebrook in November.

KNOW YOUR PARISH COUNCILLORS

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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

Caretakers for hall bookings for meetings, parties and functions.

Lauretta Brudenell for Community Centre
New Houghton

01623-811390

Phillip Crouch for Verney Institute Pleasley
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Bolsover District Councillors

Pauline Bowmer



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Ann Syrett



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County Councillor

Christine Dale



christine.dale@deryshire.gov.uk

COMPETITION TIME

Name:

**THIS WORDSEARCH IS:
11**

Address

Phone No .

Names of Clouds.

Post entries in Verney Institute post box or 59 Newboundmill Lane or give to any councillor.
Closing Date Aug 20th

- Cirrus Cirrocumulus
- Cirrostratus
- Alto-cumulus Alto-
- stratus Opacus
- Stratus Nacreous
- Cumulus Intortus
- Cumulonimbus

The winner of the summer wordsearch was M Davies Pleasley who received a garden voucher presented by Cllr Howard Wright on behalf of Pleasley Parish Council.

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

Grow your own food. Have your own allotment.

Pleasley Parish council has garden allotments available in New Houghton at affordable rent for anyone who wants to grow their own vegetables etc
Contact the Parish Clerk Neil Pocklington neil.pleasleypc@gmail.com



DISCLAIMER.

Every effort has been made to make sure that all the information and news is accurate and up to date. We cannot take liability for any information which may contain errors, omissions or inaccuracies in the general information and guidance contained herein, or loss, consequential or inconsequential. Any information contained within this newsletter does not constitute legal or professional advice and is not necessarily endorsed by Pleasley Parish Council.

Many of the items are general information from District and Local Council bulletins, news cuttings and newsletters and information from various council periodicals and public information from health magazines and the internet. Plagiarism is not intended. We also reserve the right to edit where necessary and retain the right to print or not. We also reserve the right to deliver only where possible.