



NEWSLETTER

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

The winter edition covers the months of December, January and February, three worst months of the year, the months of coughs and colds. February always the worst month. One thing to look forward to is that six weeks after Christmas the nights start to get lighter. The *shortest day* of 2018 fell on December 21. This is known as the winter solstice.

PARISH COUNCIL REPORT

Our Bus Shelter near the Millennium Green has now been completed, and within a week it was desecrated by vandals.

The dog bag dispenser near the bus shelter was also destroyed and has been replaced with a new one. This is not a very encouraging view for the decent law abiding people of New Houghton.

The two bus shelters near the school on the A617 have also been damaged.

Residents have been concerned about the state of the Stanton Hotel which is becoming an eyesore through neglect and damage. The Parish Council did write to the owner but never received a reply.

The Parish Council is to purchase high visibility safety vests embossed with the wording "Pleasley Parish Volunteers".

It was reported that on the Community Speed watch session which was on 19 November three vehicles were recorded exceeding the speed limit. The next speed watch will be near the Doctor's surgery and Anthony Bek School, early 2019. They will probably have taken place by the time the Newsletter is delivered.

It is thought that an Interactive Speed Sign would serve an additional service.



Once again the talks and demonstrations on Thursday 22nd Nov in The Community Centre New Houghton and 27th Nov in the Verney Pleasley by the Community Heartbeat Trust on defibrillator use

were very interesting. It made people realize just the availability of a defibrillator is not enough to save the life of a person who is having a heart attack.

IF YOU WITNESS a heart attack, to increase the person's chance of survival first thing is:

Shout for help, Do not leave them at this stage. Dial **999 immediately**.

Ensure the airway is open and clear by lifting the chin and tilting their head back. Keep the head tilted back and listen for breathing. Look to see if the chest is moving.

Place your hands in centre of the casualty's chest and press down hard. Chest compression (pumping the heart by external cardiac massage), to keep the circulation going until the ambulance arrives. Press 2x per second.

Just do compressions **unless you feel confident to give breaths at the rate of 30:2.** rescue breathing (inflating the lungs by using mouth-to-mouth resuscitation).

Remember - even if you haven't been trained in CPR with rescue breathing, you can still use hands-only CPR. Get someone to fetch a Defibrillator, attach the electrodes (pads) and follow the audio instructions from the machine. If you are unable or unwilling to give breaths just do the compressions continuously.

Give 30 compressions at a rate of 100-120 per minute and the give two breaths. Repeat 30 compressions and two breaths sequence.

Continue until help arrive or you are too tired to continue, or the casualty start breathing normally again.

For an adult use two hands & compress 5-6cm.

There is a video you can view.

The demonstrations by Community Heartbeat Trust were poorly attended: 4 people in New Houghton and 8 in the Verney Institute.

The demonstration by the Heartbeat Trust was very good but in some cases it would not practical for everyone. There is a lot of advice, difficult to absorb and perform, the easiest way of dealing with this emergency is explained in the advert done by Vinnie Jones ex footballer this is shown in many doctors' surgeries. It would be to your advantage to see this advert and realise how useful this would be.

Google "Vinnie Jones Heartbeat Staying Alive".

Below is an example when this method is used.

Alan Linton, 42, collapsed at Charleton golf course after suffering a heart attack but was resuscitated by his friends who remembered a TV advert on CPR featuring Vinnie Jones.

In the recorded 999 call Mr. Linton's friends made to the emergency services, Paul Pinkey can be heard shouting "I'm doing the Staying Alive thing" whilst performing chest compressions.

The group of four had been out on the sixth green on the Charleton course at Fife when Linton felt dizzy, fell to his knees and then to the floor. Despite initially thinking he was joking, his friends reacted quickly and Brian Enderson called 999 whilst Pinkey started to resuscitate.

"The ad had been on the week before, it had been on a couple of times," said Paul Pinkey. "If it hadn't have been for Vinnie Jones you'd have looked at it and gone 'Yeah, whatever' but because he was doing it it just sticks in your head. It came straight to us. I was playing the whole thing in my head. We sang it out loud for a bit. It obviously works."

The advert starring Vinnie Jones was cleared by a watchdog of complaints.

CPR Training is vital to saving lives in the event of a cardiac arrest which is why Hand on Heart believes it is crucial to teach these life-saving skills.

You must remember to **Shout** for help, Do not leave them at this stage. Dial **999 immediately. Ensure the airway is open and clear** by lifting the chin and tilting their head back.

Keep the head tilted back and listen for breathing. Look to see if the chest is moving. Lay the person on a hard surface.

St Michael's church was filled to capacity with people paying their respects at the funeral of Canon Keith Bingley on Wednesday 21 November 2018. The Clergy that attended were Rev Karen Bradley, who officiated the service, Rev John Draycott, Rev June Palmer, Assistant Curate Jill Hancock and two past priests of St Michael's Church Pleasley the Rev John Goldsmith and his wife Rev Mary Goldsmith who now live in Derby. Cllr Howard Wright and his wife attended, he also represented Pleasley Parish Council.

The vast amount of people who attended the funeral probably didn't realise that the tradition or rule of the coffin which during the ceremony has the feet turned towards the altar it can be reversed in the case of a priest with the head facing towards the altar.

The idea is that the priest in death should occupy the same position in the church as he has always done in life; that is facing his people whom he taught and blessed in Christ's name. This rule also applies when he is buried: he should face his people as opposed to facing the traditional way of pointing East, where the altar is situated in a church, but in this case it did not happen.



St Michael's Church Christmas tree festival was a huge success. This year was a record, there were more trees than previous years, a big thank you for all the people who entered. The Parish Council's tree was one of the many trees on view,

The Verney Institute was also festooned with Christmas trees and decorations as was the Community Centre New Houghton. The larger tree inside the Church, The Verney and Community Centre were donated by Glapwell Nurseries.

Police Crime report. (14)

4 Anti-social Behaviour.

Chesterfield Road Pleasley (1) Leas Ave (1) Recreation Rd (1) Verney Way (1)

1 Drugs Chapel St (1)

9 Violence & sexual offences,

Chesterfield Rd Pleasley (6) Devonshire St (1)

CEMETERY QUESTIONS AND ANSWERS.

I own the grave - can anyone else be buried in it if I don't want them to?

No. Graves cannot be opened without the permission in writing of the registered owner of the grave. The only exception to this is where The burial is to be that of the registered owner in which case no written authority is required. The law protects your rights as registered owner of the grave.

When I purchase Exclusive Rights of Burial does this mean I own the Plot of land?

No. You own the right of burial within a particular grave space and not the land itself. When you buy a grave you purchase the Exclusive Rights of Burial in that grave for a set period of time, in this case 50 years.

(LACO), as amended) Section 23 of the Burial Act Act 1857 provides for an Order in Council to be made to require works to be undertaken for the purposes of preventing places of burial be coming or continuing to be dangerous or injurious to public health. It is not uncommon for families/next of kin to place unauthorized items in burial grounds on or around a grave. Families and the public should make enquires from an early stage about what kinds of memorials are acceptable along with being advised if any unauthorized items are to be removed.

Although this will not remove all possible distress felt by the family it will minimize any distress that might be caused.

Can I reserve a grave plot?

NO. Since the great demand of reservations in the past. Pleasley Parish council could see the that available grave spaces for immediate burials were becoming scarce this would result in there being more reserved plots for future burials than immediate burials. Therefore they had to stop plots being reserved.

Is there a time limit for those who did reserve a grave plot before this rule came into force?

An interesting item regarding our cemetery that many of you are not aware of is the right to bury in a grave is 50 years, which means hypothetically we could use the first grave near the top gate again, as it was first used in 1946 so the right to bury in that grave expired in 1996. Likewise any reserved plots that are not used within 50 years has to be forfeited. We made a Rule that there will be no more reserved plots allowed, this is to save space, as reserved plots would be more than vacant plots for future burials.

Just to allay your fears , the reuse of graves in our Cemetery will never happen with the present parish council.

Could Coffee Help Protect Your Liver From Alcohol?

By Tanya Rakhmilevich,

Today's blog, republished from my friends at TheAlternativeDaily, Tanya is going to explain the potential benefits of a staple in many people's regular day-to-day live.

Another noteworthy benefit has been added to the list of perks that coffee may have for your health.

New research has found that drinking your daily java may help protect your liver from alcohol-related cirrhosis.

While a little bit of alcohol may actually be healthy, we all know that overdoing it on the spirits is extremely dangerous in a number of ways. One effect of excessive alcohol consumption is the potential for liver cirrhosis, a condition characterized by liver scarring, which can lead the liver to fail.

Another beverage that has been linked to a lot of health benefits - without the detriments - is coffee.

Coffee may help to boost metabolism and brain power, as well as potentially lower type 2 diabetes risk, among many other perks.

So how are alcohol and coffee connected?

A recent study has found that two cups of coffee per day may reduce one's risk of alcohol-related liver cirrhosis by up to 43 percent.

On coffee, the authors of the new study, published in the journal *Alimentary Pharmacology & Therapeutics*, wrote:

"Coffee comprises over a thousand compounds, many of which are biologically active and may affect human health. These include caffeine, chlorogenic acid, melanoids and the pentacyclic diterpenes, kahweol and cafestol... The biological effects of coffee include stimulation of the central nervous system, primarily by caffeine, the attenuation of oxidative stress and inflammation, and anti-carcinogenesis... In the context of liver disease, coffee appears to confer a number of protective effects."

Some studies suggest that **drinking coffee**, caffeinated and decaffeinated, may actually reduce your risk of developing **diabetes**. If you already have **diabetes**, however, the impact of caffeine on insulin action may be associated with higher or lower blood sugar levels.

LIVE AND LOCAL

December 15th 8pm Celtic Christmas Strings - Chris Newman and Maire Ni Chahahahaigh



This concert promised much, all the tickets were sold well in advance of the date and it did not fail to deliver. Audience member Chris writes

"Before the show, I thought this might be a difficult review to write. Not so. The words flow from my gel-pen like cascading water from a mountain stream, like the notes from Chris' guitar.

I'm going to talk about Maire first. She combines musical talent with obvious years of experience, playing a piece of musical equipment most Englishmen have only seen on the side of a Guinness can. My understanding of the harp is very limited, but her mastery of said instrument is immediately evident. More appealing still, however, is the way she can fill a room with the harp's ethereal sound. Sound which blends perfectly with Chris' guitar. I'm so impressed that two such globally renowned performers have the generosity to explain the words and deeds which

underlie the tunes they play for our enjoyment. Festive, Debussified, Christmassy enjoyment!

Chris Newman is an extremely accomplished guitarist. His whole performance, effortlessly cool, produces a torrent of listening pleasure. Don't become complacent though. Twice he stopped me dead in my tracks, with guitar feel that can only come with rare, rare talent. That, or going to the crossroads! Pulled together brilliantly, once again, in front of a full house, Live and Local have delivered for us, the lucky few, an unforgettable night."

February 2nd 2019 8pm Kathryn Roberts and Sean Lakeman

At the time of writing the evening with one of the UK folk scene's most rewardingly enduring partnerships, Kathryn Roberts and Sean Lakeman was awaited eagerly. With a month to go before the show less than a dozen tickets remained unsold.

April 27th 8pm "Tell Tale Tusk". Tickets £10.

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

Spellbinding (...and award-winning) three-part vocal harmonies weave around melodious instrumentals to create a take on folk that is bold and original. As well as inventive interpreters and skillful arrangers of music from the British Isles, the ensemble are prolific writers, adding their distinctive and astute voices to modern day folksong.

Their traditional songs are carefully chosen to portray and represent women in more assertive roles and their original material aims to change and diversity the narratives about the female experiences usually found in folk music.

The ensemble has grown and developed together over the years, emerging first as an *a Capella* trio, before collecting a fiddle player and setting hands upon new instruments to explore and expand their palette. Since December 2017, the group has been collaborating with local cellists in order to round out their sound and delve deeper in the possibilities of groove and harmony.

Their highly collaborative process and different musical backgrounds are what informs the diverse styles and varied sounds that can be heard within their music. The singers of Tell Tale Tusk have captured the imagination of international audiences, and were awarded the prize for "Best Instrumentalist" at Haizetara festival in Spain. The panel of judges decided to treat the three voices as one instrument based on their "seamless voice blending" and intricate harmony writing.



To book concerts: ring Mick Gamble 01623 810035 or Tom Kirkham 07734 274848

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

Street parking.

liveandlocal.org.uk



Residents are getting frustrated with the delay of yellow lines near Pleasley Cross, Highways cannot give us a date when this will be done, its ongoing.

The vehicles parked Pleasley Cross and Deansgate are becoming a danger and a nuisance to residents however we have received this latest bulletin from Derbyshire County Council further information from the Derbyshire County Council website.

Parking Restrictions & On-Street Parking

3.25 Derbyshire County Council Civil Parking Enforcement (CPE) are responsible for the enforcement of parking restrictions in Derbyshire. Civil enforcement officers (CEOs) have replaced traditional traffic wardens and enforce a range of restrictions. Further information can be found on Derbyshire County Council's Website via the following link:

https://www.derbyshire.gov.uk/transport_roads/roads_traffic/parking/parking_enforcement/default.asp

3.26 CEOs are responsible for enforcing

Double/single yellow lines. Residents' parking zones. Blue Badge bays. Loading bays. School "keep clears".

Dropped kerb access (also police) double parking (also police). pedestrian crossings (also police)

3.27 The police are responsible for enforcing:

Double white lines, obstruction – for example, pavements with no parking restrictions. Dangerous parking where there are no restrictions in place, for example, **on bends**, brows of hills and **Road junctions**.

Dropped kerb access (also CEOs) **double parking** (also CEOs) one-way traffic. Box junctions. Access only. White-hatched areas. Pedestrian crossings (also CEOs).

3.28 In summary, problems about contravention of parking restrictions should normally be reported to Derbyshire County Council on **01629 533190** or email **contactcentre@derbyshire.gov.uk**

3.29 For police related offences, please call 101 or 999 in an emergency.

It is in the best interest of residents to call and report any traffic offence repeatedly until action is taken. Perhaps an attached picture of the offence would be a help to bear proof.

The Police and Crime Commissioner for Derbyshire, Hardy Dhindsa office reports:

As part of his Police and Crime Plan for 2016-2021, the Commissioner has pledged to visit all 383 towns and villages in Derbyshire to understand the communities' needs and expectations of policing, community safety and victim services in their local area. PCC Dhindsa is interested in attending a parish council meeting in Pleasley in 2019 and would be grateful if we could offer him some dates that he may be able to visit the local residents.



The parish council has now had its fourth defibrillator installed in the parish. It is in the former bus shelter at the top of Terrace Lane, Pleasley. It will be in operation as soon as it has been registered with the ambulance service.

District Councillor Brian Murray-Carr Cabinet Member for Street Services attended the January 7th Parish Council Meeting to give an update on certain traffic related issues, raised by parishioners.

He also informed the councillors that Bolsover District Council is using legislation to issue notices to the owners of private land and gardens which are deemed to be unsightly; this could include for example, gardens containing items which provide shelter for vermin, such as mattresses, bed bases or large piles of rubbish, or where the land is said to be "detrimental to the local amenity" or having "materials which are just unsightly". It is hoped that this could help to improve the general appearance of the parish and reduce potential environmental health hazards.

KNOW YOUR PARISH COUNCILLORS

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johnwright828@btinternet.com

Contacts for the Parish Clerk.

Parish Clerk Neil Pocklington 819786

This number has an answering service.

Email neil.pleasleyppc@gmail.com

Mail Address The Verney Institute,
Newboundmill Lane
Pleasley
NG197PL

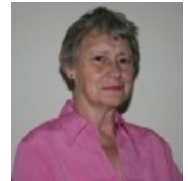
Caretakers for hall bookings for meetings,
parties and functions.

Lauretta Brudenell for Community Centre
New Houghton
01623-811390

Phillip Crouch for Verney Institute Pleasley
01623-810996

Bolsover District Councillors

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paulne.bowmer@bolsover.gov.uk



Ann Syrett
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County Councillor

Christine Dale

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Next year with the new boundary changes we
will have three District Councillors.

LEAVES.

No one can be held responsible for the falling of Leaves, under the law, falling leaves are considered a natural product of trees and not something the owner of the tree can be held liable.

There are no laws against having a bonfire, but there are laws for the nuisance they can cause. You cannot get rid of household waste if it will cause pollution or harm people's health. This includes burning it. You could be fined if you light a fire and allow the smoke to drift across the road and become a danger to traffic. A bonfire must happen frequently to be considered a nuisance.

It's now the time of year when many people across Derbyshire will be getting ready to tidy up their garden to prepare it for the cold season ahead.

Derbyshire County Council is urging gardeners not to burn organic garden rubbish or throw it away but to compost it ready for spring planting.

"For those who don't already compost at home there's never been a better time to get started.

"Our record wet summer has encouraged plant growth and created an abundance of garden prunings, spent bedding plants and grass cuttings.

"All of these, plus autumn leaves, could be used over the coming months to produce a nutrient-rich free supply of compost."



You have until June 2019 to think of your next scarecrow. There are plenty of themes to think about, google "scarecrows" for ideas start **NOW**. Let's make 2019 a bumper year. It's not a matter of winning, it's taking part in a worthy cause that matters. This year will be in aid of Bowel cancer, helping cancer research, helping cancer patients, This will be repeated in the spring edition, anyone wishing to help in any way contact the Clerk to the council or the chairman, on early entry form below.



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.

PLEASLEY PARISH COUNCIL

I WISH TO ENTER THE SCARECROW FESTIVAL FOR PLEASLEY PARISH ON JUNE 8TH & 9TH 2019

Name **Telephone**

Address

Please use this entry form and return to 'Scarecrow' Verney Institute, Newboundmill Lane Pleasley NG197PL or Howard Wright 59 Newboundmill Lane, or contact johnwright828@btinternet.com or any parish councilor ASAP & before 14th May.

Profits to be donated to Bowel Cancer Unit at Kings Mill Hospital SIX Prizes will be awarded, to be judged by the public by voting for the best scarecrow.

COMPETITION TIME

THIS WORDSEARCH IS:

16 Fictional Detectives
Names

NAME

Address

Closing date. February 28th

Tel No

Poirot, Marples.

Morse, Endeavour.

Holmes. Kojak

Lewis Columbo

Raisin, Wimsey.

Marlowe. Mason

Tracy Clouseau

Magnum. Gently

The winner of the
Autumn wordsearch
was Grace Brooks
Parthenon Close
Who received a £10
Garden Voucher pre-
sented by the Chairman
Howard Wright on behalf
of the Parish Council

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

After the Christmas and New Festivities you will want to get back into a normal routine, Why not take advantage of the **keep fit** class for the over 50s and get back into shape with gentle exercise to loosen up your joints? and its **free for parish residents. Every Wednesday** afternoon in the Verney Institute from 1.30 to 2.30.

OPEN DOOR is open on Thursday mornings at New Houghton Community between 9.30 and 12.30 for anyone who would like help in improving their computer skills. **Attendance is free for people who live within Pleasley parish** but there is a nominal charge of £2 for those who do not. There is also a small charge for printing.

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.