

THE GRINDLEFORD NEWS

July 2017



Grindelford ...on Sea!

Our carnival got off to a great start this year with the mums and dads v kids football fundraiser. Ian, Richard, Becky and Jane did a great job organising the teams and the games, whilst essential fuel for the day was provided by Trish, Cath, Leonie and Jamie. The kids had a whale of a time and the mums and

dads didn't do a bad job either!

Reverend Jude opened the carnival officially for us (just as the rain came) so it was an intimate affair with many members of the village turning out



to see the ambassadors and hear the Grindleford Singers.

After a false start on Monday, Thursday night saw a rescheduled Junior Fell Race (due to the horrific rain!). We managed to blag two hours



of beautiful sunshine for the children to run in. Beth and Andy organised pre-school, infants and juniors races, which were all well attended. Medals for all the children were very kindly donated by the PTA of Grindleford School.



Family games night was kindly hosted by Grindleford Youth club so thank you to Ian and Yvonne. This year saw a timed Nerf trail set up by Neil and Sophie which was great fun. Extreme Frisbee once again had everyone up on their feet (a new village favourite I think!).

Friday night saw many kind villagers turn out to help set up ready for the big day, whilst children of all ages were entertained by the school disco.

Carnival Day



A very wet start to the day with collapsed stalls and some pretty powerful wind. A quick rethink to the layout of the field (thank goodness for the marquee!!) and we were off! The Pantastic Steel Band burst into life as children arrived in amaz-



ing costumes
and the clouds
cleared!!
Yeah!!

Dr Panda-
monious Fish,
dog shows,
Punch and
Judy, donkeys
and tai chi

kept us all entertained whilst the stalls and bouncy castles gave us all something to do. We were happily fed with fish and chips, a BBQ by Critchclows, cakes and teas from The Maynard and beer and beverages from the Beer-Watch team. Children were delighted with the doughnuts and delicious things instead the usual ice cream van and of course the Grindleford rock.



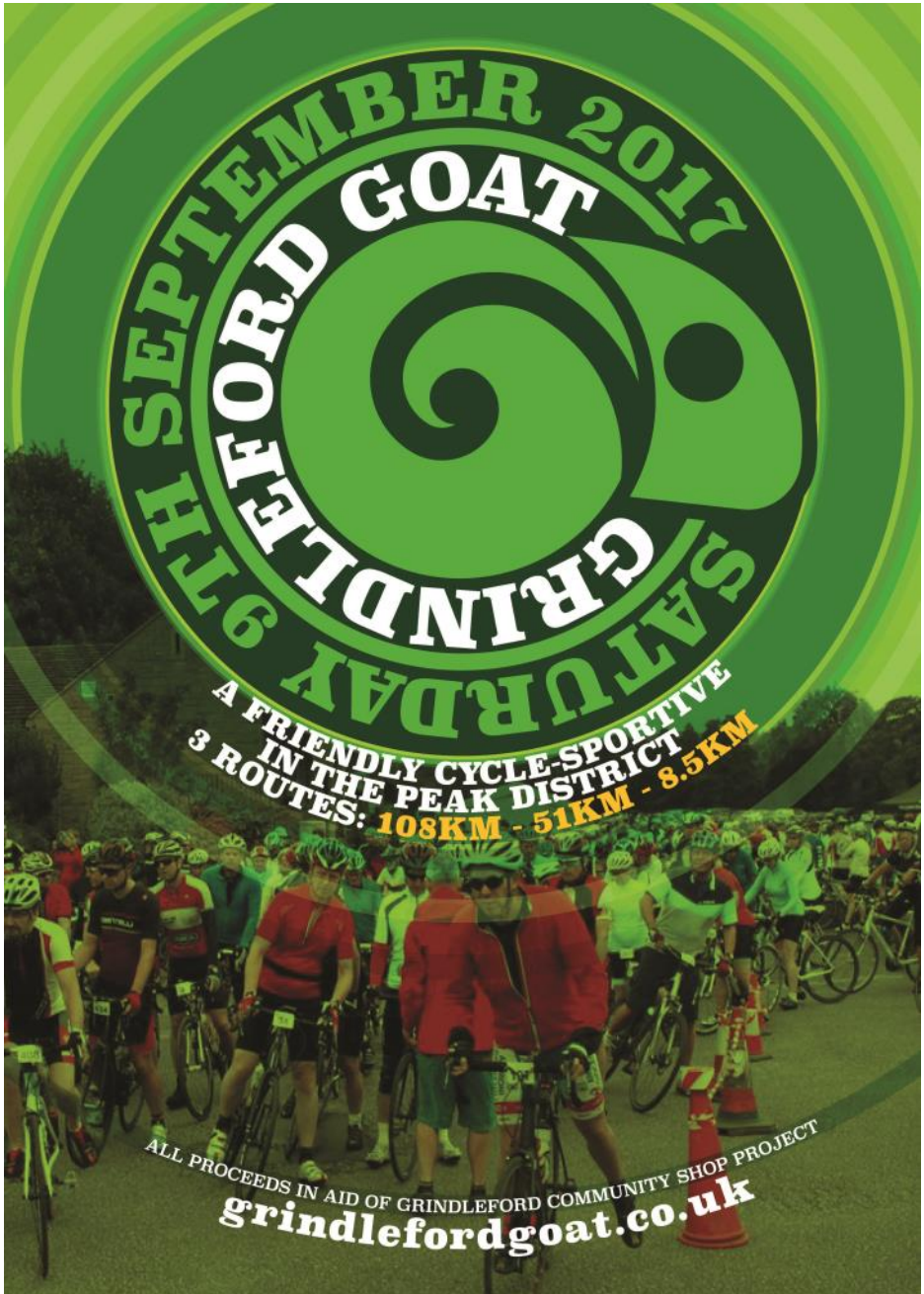
The evening saw a quick clear-up and packing a picnic ready for our evening of entertainment from the amazing Spanky Johnson. What a turn out! Full tables, full tummies, full dancefloor and a full tent. What a fantastic night!

A massive thank you to the village for all your support this year, whether it was hanging bunting or making a mermaid. We had a tremendous turn out considering how bad the weather

had been all week. Next year we are hoping for our best carnival yet and are planning on moving back to our original date, now that the Eroica festival has moved further afield: 10th – 16th June 2018.

Matilda Cooper





A FRIENDLY CYCLE-SPORTIVE
IN THE PEAK DISTRICT
3 ROUTES: 108KM - 51KM - 8.5KM

ALL PROCEEDS IN AID OF GRINDLEFORD COMMUNITY SHOP PROJECT
grindlefordgoat.co.uk

It's only a hill,
get over it!



1.77 km
200m elevation
11% average gradient

Sir William Hill Climb

RAISING FUNDS FOR GRINDLEFORD & EYAM PLAYGROUP
FRIDAY 8th SEPTEMBER 2017

Back by popular demand!
Includes the Friday night Hill Climb festival,
with live entertainment, food,
real ale and a bike fair.

SPONSORED BY:
High Peak cycles
Calver & Glossop
grindlefordgoat.co.uk

£10

JACOBXRAY@MAG.COM

Grindleford

Pavilion Development

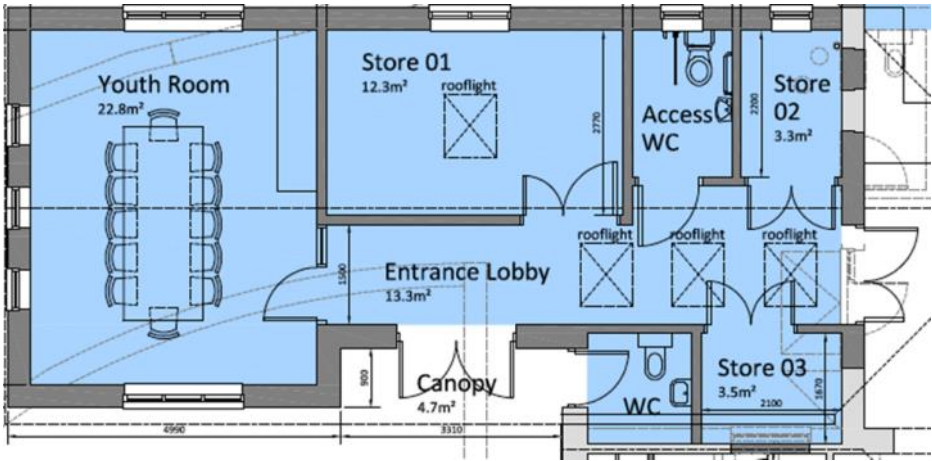
Planning Permission Granted

We have now submitted our application for planning permission for the Pavilion Development. The project is able to be developed in two stages. **Phase 1** development includes youth club room, storage rooms, accessible toilet facilities, new entrance & lobby, and outside access WC. **Phase 2** development involves refreshing and enhancement of the existing Pavilion building including building fabric repairs, toilet and washroom refurbishment, kitchen enhancements / extension.

The pictures show a visualisation of **Phase 1** of this scheme and the plan of the Phase 1 extension.

There are some conditions with this planning permission. We had submitted plans with natural gritstone wall facing to all elevations except the east facing elevations (those facing the bank at the back of the building) faced in gritstone render. The planners, having received an objection regarding this feature, have specified natural stone on all elevations. This is unfortunate because it could add about £3000 to the cost. We don't yet have sufficient funds for the complete project and this money we think we could be more usefully spent on, for example, fitting out and furnishing the youth room, uprating the fire detection and warning system, or many other similar incremental costs we will incur to finish the project.





Funding

We are very close to our £250,000 target which we believe is the cost of Phase 1 of this development, however we have a small shortfall. Now that planning permission is granted there are a number of further grants we can apply for and we have started to submit applications.

We believe the cost of Phase 2 is about £100,000 and we will start fundraising for this once Phase 1 is funded.

Current Development Activity

Detailed plans and specifications are now being prepared in readiness for submission for building regulations approval as well as invitations to tender for the construction work.

Tim Reynolds

Grindleford Primary School Toddler Group

Every Thursday, 1-3pm, run by local parents.

Come along to our friendly school for a relaxing cuppa.

Lots of pre-school toys, beautiful outdoor area.

For more details call the school office on 01433 630528.

Grindleford

Horticultural Society

67th Annual Show

Saturday August 19th 2017 2pm

Entrance £2

Accompanied children free

Car parking free

‘And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.’

The Great Gatsby

F. Scott Fitzgerald

Some people will have been tending plants and vegetables daily, in the hope that on the day, theirs will shine; others will take a more casual approach, selecting what’s good on the day. Either approach could be a winner. Why not put your own work or produce into the show—while it’s a competition, it’s not elitist, and it’s surprisingly rewarding. So

whether you’re growing in your garden or in the allotments, baking a cake, or submitting a work of art, there is a class for you. There is always the opportunity for a little intra-family competition: can you take a better picture than your Dad, bake a better cake than your mum, grow a longer bean than granddad?

Submitting an entry could not be easier. On the Thursday evening before the show (17th) bring your completed entry form, entrance fees and poem or prose to the Bishops Pavilion between 7.00pm and 8.30pm. Then on Saturday ensure your entry is placed in the Marquee between 8.00am and 9.45am. Judging takes place in the morning and





all will be revealed when the show is declared open at 2pm by Dr & Mrs Walker.

Outside the marquee there will be music by the Hathersage Silver Band, an array of local stalls, bric-a-brac and refreshments, children's entertainment and a raffle. At 4pm the show closes with a raffle and an auction of the donated exhibits.

The Grindleford Horticultural Society does more than just put on the show each year. It has a programme of talks during the autumn and winter months and arranges visits to various local gardens during the spring and summer. New members are always welcome and at £4 annual membership it is great value.

Programme for Autumn 2017

- October 17th 2017: "A bottom up approach" at Chatsworth
- November 21st 2017: AGM and Social Evening

Finally I'd like to thank all those advertisers who sponsored the show, without whose support these great events would not take place.

David Jackson

Volunteers Needed!



The Grindleford Goat Sportive is on 9th September. It's a great local cycling event with a lovely atmosphere preceded on the Friday night by the Sir William Hill Climb. The Goat raises essential funds to keep the community shop going and we're on the look out for volunteers to help out for a couple of hours on the day. We need marshalls, people for registration, parking, route marking/checking/clearing (not all by the same person!) and

we're also on the look out for a keen photographer to take some snaps on the day so we can put them on our Facebook page.

If anyone is willing to help please contact Helen Fulson on helen.fulson@gmail.com, or chat to Sarah Battarbee in the shop.



The Grindleford Community Shop

A True Story – Part 1

We have recently promised some of you a glimpse into the archives of the shop, so we thought we might start here in this edition of the News.

This particular story is going to be all about restoring the cellar, and it will be in two parts.

Many years ago the church was heated by a coal fired boiler located down there, but new boilers in the back of the shop kitchen had meant that there was no need for the old system any more. The church, with their usual generosity, said we could use the cellar for some additional storage space, but it was a long, long time since anyone had been down there. So long, in fact, that the key took a bit of finding. Once found, we in some trepidation went down the slippery stone steps but stopped three quarters of the way, blocked by a fall of leaves up to knee level, collected over many years against the door. We couldn't get the door open without clearing them, so with the help (well – the truth – she did most of it) of a generous volunteer we filled many bin liners and lugged them back up the steps. Space is pretty limited down there and nobody knew what was under the leaves – Sarah was

expecting a Star Wars amphibian head to rear up at any point and take her hand off, but then she reads too much science fiction – but eventually a rather nice cast iron grate was revealed, and we were in.

Heating systems involve hot water pipes and there were plenty of those. Some of them had slipped their moorings and were hanging down from the ceiling, and it was very dark. Moving away into the depths to the left were various nameless shapes which resolved themselves under torchlight to be ancient storage. The concrete floor was very dusty and there was quite a bit of coal residue from the days when it was tipped down the now bricked-off chute from outside. The whole space felt damp and cold and unused.

In the middle was the huge square of the cast iron boiler, looming and casting dark shadows from the light of the doorway. Curious aluminium ducts sprang from its depths and disappeared into the wall. It looked fairly unshiftable. So we contacted the wonderful Envirometal scrap metal dealers and asked how they would feel about taking it away. Sure, they said, and were there momentarily. There were two of them, one pleasingly tall-and-very-

strong-looking, and the other armed with a petrol driven angle grinder.

It was a very hot day and they quickly set to. Sarah hung around the churchyard looking at the stories which are so eloquently told by the gravestones – well worth a look by the way – while plumes of dust emerged from the open door and muffled cries could be heard. After a while the angle grinder operator, a wonderful cheerful Irishman, shot out gasping and spluttering, drawing huge lungfuls of air in and fighting to find his voice. “Petrol,” he said. “Dust!” and vanished back down the steps again.

Genuinely alarmed, Sarah sort of fuffed and clucked around the top of the steps for a bit, offering water and medical aid, until after a while the two of them emerged from the pall lugging – and that does mean lugging, despite their strength – a piece of boiler. And another, and another until the whole thing was on the grass in the sunshine, looking like some crash-landed spaceship of alien design. (oh – see above). Sarah took another tour of the churchyard and when she returned, the two of them were spread-eagled face up on the grassy bank, apparently not breathing. As she cautiously approached, wondering how much first aid training she could remember, the taller of the two opened his eyes and said ‘Erk’ or something similar and then shut them again.

Eventually Sarah ascertained that there was no immediate threat to life and several large cups of tea restored them to full health. They took (staggering

under the weight) the boiler to their truck and tidied up. The whole enterprise had taken two of them three and half hours for some scrap metal worth about twenty quid. Sarah absolutely insisted on giving them a cheque for their efforts which they took with great reluctance, then pushed off again in the day.

Sarah thought that might be the end of it, but there is a lovely coda to this story. She had asked the taller one if, on his travels, he ever saw unwanted advertising A-boards and if so, could he let her know. About six months after the Great Boiler Day she went into her garden to see two A-boards on the grass, and pinned to one of them was the cheque.

What a lovely man eh?

Well, a little thing like dust and dark doesn't deter the average model of Grindleford Shop volunteer so very soon after the Great Boiler Removal a good dozen or so of us went down into the gloom armed with buckets and brooms and mops. Several hours later about a dozen of us, possibly one or two fewer, emerged into the daylight having interestingly changed colour; we had gone from ordinary, human-coloured people to ghostly wraiths, covered in concrete dust from the floor with only eyes and big smiles identifying who was who. It was a huge job but done with customary good humour and diligence. By the time we were done we had cleared out all the stuff which was in there, removed the pipe work, swept the floors and generally made An Awfully Big Difference.

Next up the incomparable Nancy, with Sarah and our two daughters (bribed or tricked into helping us Sarah can't remember which), set to with some brick and concrete sealer and treated all the walls and the floor. This made a huge difference in terms of keeping the dust until control. Now that the space was empty and the door was being opened a lot, the damp and mustiness receded and the cellar was clearly going to be very useful indeed.

Our first job was to clear out the choir robing vestry, now also known as the shop, and put the items stored there into the cellar. The beautiful cupboards were carefully dismantled and stored piece by piece out of harm's way, to be reassembled when we go. A couple of lovely old books were wrapped and put somewhere completely dry. The filing cabinet was moved, to great comedic effect when, in the way of filing cabinets, the drawers, colourfully described at various points, refused to go back in. They were flapping and lunging like caged animals, trying to take a chunk out of the drawer-keepers' hands and, for those who were involved, it definitely wasn't at all funny. Not even a little bit. A dim view was taken of those who weren't involved, standing at the top of the steps, blocking the light and laughing. Having briefly defeated the team, the filing cabinet was finally reconstituted with drawers victoriously conquered. We fed them two packs of A4 paper each and then they were happy to settle down in their rightful places, which is where they are to this very day.

The story doesn't end there. A very generous and indeed skilled resident whom we shall call 'Bill' then made us at cost the most wonderful flight of steps, so that the old worn slippery stone ones could throw no further people down themselves at cost to limb. That was a really fantastic boon and with the companion handrail means that we can get up and down to the cellar safely. We were really grateful for that. Thanks, 'Bill'. Xx

The cellar has continued to develop. Electric lights and power were installed so that we can keep additional fridges and freezers going down there, and another wonderful person whom we shall call 'John' put up further shelving (with help from his dear friends we believe).

The cellar is now a completely invaluable space we would struggle to be without. But, warming to a theme which is emerging as the years go by, it is also a little microcosm of what the shop is about. There were difficult tasks to be done, but Grindleford upped and did them. There were imaginative improvements to be made, so you made them. Everyone smiled and laughed and were kind to each other throughout the process and you gave your time freely over and again. And now we have a fantastic resource which cost virtually nothing.

Really, it's hard not to be impressed by what Grindlefordians can do when they put their clever and cheerful minds to it! Many many thanks to everyone who was involved.

Sarah and Andrew

FUNDRAISING FOR GRINDLEFORD AND EYAM PLAYGROUP

COMEDY NIGHT



ALUN COCHRANE!

SPENCER JONES!

**HOSTED BY
ROB ROUSE!**

TUESDAY 18TH JULY, DOORS 7PM 8PM START
EYAM MECHANICS INSTITUTE
 OVER 18S ONLY. TICKETS £10
 CONTACT: 07495479392

Friends of Grindleford Station



We were delighted to welcome eight pupils from Grindleford School as 'Friends of Grindleford Station' on 9th June. The pupils were undertaking a community gardening project and brought along plants that they had sown, nurtured and grown from seed. Train passengers can appreciate the flower display, thanks to the school and other local volunteers and generous donations from villagers.

The 'Friends' have been helped to research the history of the station and we hope to put together a permanent display at the station in the future. The tunnel was opened with great fanfare on 10th August 1893 and next year marks the 125th anniversary. We are hoping we can recreate a sense of celebration for the occasion and suggestions are welcome!

'Arriving soon' will be our own website!

The group aims to promote practical environmental enhancement works for the benefit of the community and train passengers; to promote 'green transport', and the attractions of our local area and increase in station footfall. We work in partnership with Hope Valley Railway Users Group which lobbies for an improved train service along the valley.



Please join us if you have ideas and enthusiasm to share.

Kay Allinson

kay.allinson1@btinternet.com



1st Grindleford Rainbows are looking for girls between ages 5-7 to start in a fun, lively unit.

We meet in Grindleford at the Bishop pavilion on a Monday night between 4:45 till 6:15pm.

The subs are £20 a term but £30 for the first term for new starters.

We do lots of crafts, games and have lots of fun.

We aim to do activity's way from the Pavilion and at our local Guide centres. The girls will be earning badges and will learn all about the charity that we support Rainbows Hospice.

Please contact: - Trish Barker Unit Leader

trishrainbows@gmail.com

01433 639330 /07999318928

Quaker Community at Bamford

Mowing the Meadow: A Week of Summer Gardening

14-20 August 2017

Scything the wild flower meadow, tending the organic vegetable gardens, looking after the pathways through the woods are just some of the activities on this working week in the woodland at the Quaker Community, Bamford. The work is suitable for all ages and abilities.

This event offers an opportunity to get to know the community, to meet other Quakers from further afield, and to learn more about the Quaker way.

Each day has a balance of practical work, reflective sessions, Meetings for Worship, social time, shared meals and some free time. You are free to attend the sessions as you wish.

Food is vegetarian and volunteers help with cooking and clear up. The cost is £150 residential, non-residential is also available.

Meditation and Qigong Weekend

5-8 October 2017

Enjoy a long weekend to re-energise and feel at peace through the practices of meditation and qigong in a beautiful setting.

“It is a time to embrace Autumn and the air element, preparing gently for the season of mists and vibrant decay. Nature folds inwards and makes space for stillness. We too can release the Summer and welcome the turning season, relaxing the mind and boosting immunity.”

The meditation will include mindfulness, and meditation on the season of autumn and the elements. The meditation is suitable for both experienced and beginner meditators and is a gentle rather than severe form.

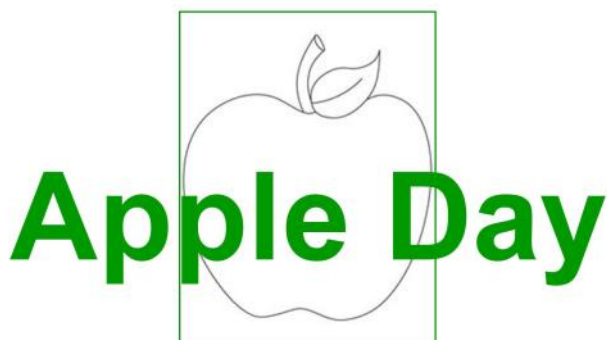
Qigong is an ancient Chinese system of exercises for health connecting with nature. The weekend will draw on qigong to encourage gentle therapeutic exercise to loosen the tendons and muscles. No experience, equipment or special clothes are necessary.

Led by experienced teachers Linda Southwick and Zee-Zee Heine.

Contact the Community on 01433 650085 or email mail@quakercommunity.org.uk.

Daniel Wimberley

Transition Hope Valley



12pm—4.30 pm
Sun 29th Oct

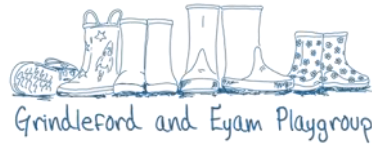
Quaker Community,
Water Lane, Bamford S33 0DA
Free Entry, £2 parking (climate change tax)

A feast of apple related activities, apple pressing, competitions, refreshments, music, poetry and more . . .
Bring an apple dish to enter the Great Hope Valley Apple Bakeoff.

Bring your apples & bottles for juicing

£1 a press

www.transitionhopevalley.org.uk



Grindleford and Eyam Playgroup



The Summer term brings the pre-school year to an end and is a time for goodbyes.

We feel pride as we look back over the years and see how the children have flourished in our care; joy as we recall how we have loved and cherished them and a moment of sadness when we give them a final hug and send them off to start their new schools.



Regular play outside benefits a child's well-being. In this relaxed environment the children have the time and space to develop their interests – sharing their experiences encourages special friendships to grow – a time when memories will be created that will last a lifetime.



The learning journey we create for each child records these memories and charts their progress through photographs and the staff's observations of their play. We see a child's creativity blossom and staff support each child - to cultivate their imagination and excitement to learn.



Our outdoor sessions also offer opportunities for the children to take risks and boost self-confidence. It is a proud moment when we see that our children are not only ready for their next adventure, but are eager to take the plunge.



Grindleford Primary School



A Totally Terrific Term

What a term we have had at Grindleford Primary School! I can't quite believe how much we have packed in—and we still have the school production and sports day yet to go!

Everyone in school has pulled together like champions to raise money for our charity, the Thomas Theyer Foundation, to help children with additional needs access outdoor activities. We smashed our £1,000 target, and the total is still rising. Our School Council, which includes children from all classes, has taken charge of organising a magnificent Auction of Promises which will have boosted this total still further by the time you read this. The children have learnt so much about event planning, from catering decisions to auctioneering skills and their leadership has been outstanding.



The Sports Crew has been hard at work too: this year has seen hockey, basketball, dodgeball and football tournaments and—proud moment—Grindleford Juniors won an award for sportsmanship and hospitality for the second year running. Gardening Clubbers have also helped out in the community, planting up a new flowerbed with Friends of Grindleford Station. Running Club has proved hugely popular this term—well done to all those who took part in the Junior Fell Race!

We're always lucky to get so many inspiring visitors here, and this term has been no exception—we heard from Lizzie Hawker who ran across Nepal unsupported, and more recently had a portrait workshop with artist Caroline McFarlane. The children are gripped by these visits, and inspired in turn to put together countless assemblies for us to enjoy on the topics they love.

Class Two have had their dose of Forest School this term, spending every Mon-



day connecting with nature in National Trust-owned Hay Wood. They identified invertebrates and put their engineering skills to the test with shelter-building. They have also been studying the plague, and have had the opportunity to see first hand the places where Eyam's incredible plague story took place.

As the year draws to a close, special mention needs to be made of Class Three. They have had their dose of amazing opportunities this term, with a residential visit to Whitehall

and bouldering at the Roaches—but what stays with us as teachers is their attitude. Mr Petts' comments from a recent school trip say it all: "We received a lot of feedback about how great the kids were, not just at



the activities, but as people. Their manners and overall behaviour shone brightly, and they did you and us proud. Seeing a range of independence, support, politeness, caring and personal development was such a highlight for this school year."

This could be said of all our classes: we are so proud of all the awesome individuals that together make our school an inspiring and loving place to be. We can't wait to welcome a new generation of Reception children into our school community in September—and a new set of faces at our weekly toddler group too!

Happy hols!

Mrs Hill
Headteacher



Exploring Longshaw

Forthcoming Events

- Our kitchen garden is being celebrated over July with a spotter sheet to help visitors identify their edibles, and we're also shining a spotlight on our wildflowers and hay meadows
- Join us at the Moorland Discovery Centre for World Ranger Day on Monday July 31st. Free talks, walks & other activities.
- Bogtastic, on 16th August, is our chance to share all the important things about bogs—in partnership with the Eastern Moors team! It's £4 per person and there's a shuttle bus to and from the Eastern Moors—more info see www.nationaltrust.org.uk/longshaw.
- The Moorland Discovery Centre will be open every day through August (except Wednesdays when the rangers will be organising “Wild Wednesday” activities around the estate). The MDC activities will range from Sporty Tuesdays to Eastern Moors Fridays, and we'll have some timed activity sessions too. There will also be summer holiday trails to explore with!

New Woodland Path Open

You may have noticed the beautiful new wooden bridge over the stream just below the main Longshaw car park? Well this marks the start of a new woodland path that we are soon to open officially on July 11th. It gives visitors a circular route to and from the café and also provides a lovely walk in the woods, and we've made it as accessible as possible with the help and insight of Accessible Derbyshire. Thanks to the Estate Team especially for their patience and hard work on it! The creation of the path has been a bumpy ride in more ways than one, as some archaeological discoveries occurred along the way with the unearthing of some stone chambers that were used for filtering the water down towards the lodge. We also had a lot of wet weather to contend with. The two new bridges are reflective of Longshaw's spirit of place—the rangers have put their planking machine to the test to create the beautiful hand rails. There has also been a nest of tawny owls within the area, so we've been keen to keep them safe and make sure they've fledged before officially opening the path.

When the Longshaw hub project began, and our Countryside Manager Ted Talbot suggested this circular walk, I remember thinking to myself “but who comes to Longshaw to just walk to the café and back to their car?”, and that surely the



café is the starting point for peoples' walks, or a stop off point, not the destination itself. But we knew from our visitor surveys that this was the case for a large proportion of people who come to Longshaw, and that we needed

to relook at our offer with these visitors in mind. After having my own baby who is now nearly 2 years old and toddling, I have realised it's me too now. Through our work with Accessible Derbyshire and conversations with visitors who have limited mobility, we hope that this path can play a key role in giving these groups and individuals an even better countryside experience. We know the path will also mean we can offer more route options for school visits and our holiday trails, and another alternative for people wanting to stay in areas away from livestock too. We hope you enjoy it too.

Around the Estate

It's such a busy time of year for visitors, we are spending a lot of time tidying up mess and communicating with visitors, but as it's also a great time of year for wildlife we are also doing lots of surveying at this time of year—from dragonflies to wildflowers to breeding birds! Here's some news from the nest-boxes:

Jenny Gerrans
Visitor Experience Officer



Eyam Surgery

Church Street, Eyam, Hope Valley S32 5QH
 Telephone: 01433 630836 Fax: 01433 631832

Consultation times updated 10th May 2017
 Eyam Surgery is open from 8.00am until 6.30pm

If you need an emergency appointment please inform the receptionist

Monday	9.00am until 11.30am 3.00pm until 5.30pm 5.50pm until 7.10pm	Dr Evans Dr Evans Dr Goodwin
Tuesday	9.00am until 11.20am 9.40am until 12.00pm 12.10pm until 5.30pm 3.00pm until 5.30pm	Dr Evans Dr Pelc Physiotherapist Dr Evans
Wednesday	9.00am until 11.30am 3.30pm until 6.00pm	Dr Checkland Dr Checkland
Thursday	8.30am until 11.00am 9.30am until 12.30pm 9.00am until 12.20pm 2.00pm until 5.00pm 1.00pm until 6.00pm	Dr Goodwin Citizens Advice Bureau (Alternate weeks) Midwife (Alternate weeks) Wellbeing Worker (Except 1 st Thurs in the month) Counsellor
Friday	8.30am until 10.30am 9.00am until 11.30am 9.20am until 13.00pm 3.00pm until 17.30pm	Dr Goodwin Dr Pelc Podiatrist Dr Pelc

Practice Nurse, HCA, Telephone call and Triage appointments are available every day.

Bakewell & Eyam Community Transport operates on alternate Tuesdays and Wednesdays every week, 11.30am – 12.30pm. Please ring Reception to make an appointment for the Mini-Bus clinic.

Grindleford Patients

Monday	12.00pm until 13.00pm	Dr Goodwin
Mini bus collection from home to be brought to Eyam Surgery and then back home.		
Thursday	12.00pm until 13.00pm	Dr Goodwin
Mini bus collection from home to be brought to Eyam Surgery and then back		

home.

Medication Information

Eyam Surgery is open for medication collection between 8.00am and 6.30pm every day.

Dispensary is open from 8.30am until 6.30pm.

Remember, reception can be extremely busy in the mornings therefore you may have to wait.

Bradwell Surgery is open for medication collection:

Mondays 9.00am – 12.00pm

Tuesdays 8.30am-11.30am

Wednesdays 8.30am – 12.00pm

Thursdays 9am – 12.00pm & 2.30pm - 6.30pm

Fridays 9.00am – 12.00pm & 4.30pm - 5.00pm

Grindleford

**Medication can be collected from The Sir William Hotel, Grindleford:
Every day (except Wednesday) from 12.00pm -12.30pm**

If you require medication urgently when we are closed please take your prescription to the nearest pharmacist (a list of late/weekend opening pharmacists are detailed in the local paper). If you have no prescription, then call 111 for their advice or present yourself to the nearest A&E department.

For repeat prescriptions please ring 01433 631628 any day (Monday to Friday) between 10.00am and 12.00pm or 2.00pm and 4.00pm or fax your request to 01433 631832. You can also email us on prescriptions.eyamsurgery@nhs.net; drop the white slip in the post to us at the above address or bring it along to any of the surgeries. There is also a link on our website (www.eyamsurgery.co.uk) to the prescription e-mail account.

We require a full 48 hours to process all prescription requests. Any orders placed after 4pm will not be ready for 48 hours from the following day. This includes e-mail requests.

We now have the facility for patients to directly order their repeat medication and make appointments online with “Patient Access”. Please bring photo ID to reception and we’ll issue you with password and instructions.



Bumblebees at Longshaw

Longshaw recently held its first ever ‘bee safari’ led by the Bumblebee Conservation Trust in its new Woodcroft Hay Meadow by the site’s car park. But before the event, bee experts were surprised to see a rare ‘bilberry bumblebee’ spurning the meadows to feed on wild flowers in the car park verge.

“We found six species of bumblebee in a small patch of verge, which shows how important these places are,” said Rhodri Green who works on the new Heritage Lottery Funded ‘Pollinating the Peak’ project for the Bumblebee Conservation Trust.

“Many people are familiar with the problems facing the honeybee, but not so many people know a lot about our wild bees,” he said. Pollinating the Peak is hosting a series of events this summer, with a special focus on the orange and yellow striped bilberry bumblebee, a Peak District National Park priority moorland species.

In the Peak District, wildflower meadows declined by 75% between the 1980s and 1990s, while, around Europe, over a third of bee species are in serious decline. All of which has implications for our own food, said Rachel Bennett, lead National Trust ranger at Longshaw.

“The loss of hay meadows is one reason British bees have been declining. Many British crops only flower at certain times of year, but hay meadows flower all spring and summer, so bees can refuel there at any time. We need meadows so we have healthy populations of pollinators like bees and butterflies that then go and pollinate our own crops and fruit trees.”



In the past farmers would allow grasses and wild flowers to grow in fields with poor soil, with the resulting hay gathered later in the year to feed cattle and sheep over the winter. Adding fertiliser more

Bumblebee Conservation Trust Pollinating the Peak staff checking bees at Longshaw: Rhodri Green with a bumblebee.



Monitoring plants and insects in Grouse Inn Fields hay meadow: National Trust ranger Mark Bull and volunteer Janet Cooke identifying flowers and grasses

recently improved the soil for higher grass yields, but led to fewer wild flowers. Now environmental stewardship grants can help manage meadows more traditionally again, bringing wildlife back to our fields.

“The flowers are food for bees, the bees are food for birds, which are then food for foxes and birds of prey,” said Rachel, adding that Longshaw’s owls and kestrels are producing more chicks, thanks to the food they find in the meadows. An example is a monitored kestrel nest at Longshaw, which has produced nine chicks over the last two years, an unusually high birth rate showing there’s plenty of food for baby kestrels, with nest of barn and tawny owls also doing well this year.

“Traditional hay meadows are like jungles to children, who get a real sense of wonder as they walk through next to bugs and bees and butterflies. In our fields you might even see a vole, or a kestrel hunting for one if you’re really lucky,” she said.

David Bocking for the NT

Grindleford

Gaiters

More often than not we enjoy good weather for our Thursday Gaiters walks. Below left is an example of a walk at Monsal Head on a bright sunny day.



Occasionally though we have to endure some more extreme weather conditions. Our recent walk at the end of June is an example when the weather changed mid-walk and we had some very windy conditions on top of Mam Tor. Compare the difference!

If you want to join us to enjoy the good weather and occasionally brave more challenging weather with the Gaiters, we walk every other Thursday, generally meeting at the Pavilion car park at 9:30am. Most walks are typically about 5 miles; so you will need to be fit enough to walk this distance over Peak District terrain, such as moorland and rocky paths. You should also be suitably equipped and bring a hot drink or water. At the end of our walks we enjoy a good lunch at a local hostelry.

Keep walking!

Tim Reynolds 630023

A Record Breaker for the Gaiters

– 22nd June 2017

After three days of heatwave conditions in late June the Gaiters were expecting shirt sleeve conditions for their walk from Castleton onto the top of Mam Tor, one of the higher peaks in the area, but they were in for a surprise. A nasty surprise at that!

Setting off from Castleton (where they were pleased to find free parking) they made their way along the lane and then a steep gully to reach the ridge going between Mam Tor and Lose Hill at a spot called Hollins Cross. No cross there but it marks the place where the ancient track comes over from Edale to Castleton. Heading westwards to the summit they felt the wind strengthening as they enjoyed some of The Finest Views in the North of England only slightly marred by the clouds.

On reaching the summit conditions were treacherous with wind speeds of at least Gale Force (50mph—80kph). It wasn't a matter of just being blown over, it was the risk of being blown down into the valley. However our stalwarts struggled on and eventually reached the road and turned downhill (what a relief!) and near Blue John mine reached the 'unstable' road that once led from Manchester to Sheffield. Unstable is a simple description: in 1977 the road slipped (not for the first time) leaving great gaps in the surface, but this time it has been deemed to be too expensive to repair.

Before reaching the meadows on the return to Castleton the spoil of Odin Mine was passed. This is a former lead mine which has the remains of a rare crushing circle where the ore was crushed by donkey power. Later there was a carved stone with the words 'Odin Mine' on one side and on the other a clenched fist wielding a heavy lump hammer. Another rarity.

At this point it began to rain so that those unwise enough not to have waterproofs arrived at the lunch destination, the Bull's Head, somewhat damp.

However, everyone agreed that it was a Great Day and that we had never had to face such strong wind conditions. A Gaiters Record!!

Frank Galbraith

Natural Remedies

for Common Ailments



Two of my favourite ‘weeds’, plantain and pineapple weed, are making their presence known in the local area at the moment. Personally, I regard virtually all weeds as being very useful plants which just happen to be growing in the wrong place, as far as we’re concerned, and can admittedly be a tad on the invasive side as well. But, as I often say to those who complain about managing their weeds “if you can’t beat them, eat them”—and this holds very true for so many of our commonest plants.

Pineapple weed (*Matricaria discodea*) is a close relative of chamomile, and indeed looks quite similar except that the flowers are missing the long white petals. It is an insignificant looking but ubiquitous little plant that likes to take root in disturbed soil and can often be found embedded in well trodden footpaths, sheep grazed fields and wasteland areas. One of the characteristics of this plant is it emits a very strong smell of pineapple when you crush the leaves between your fingers.



It has a tinge of bitterness, especially once it has flowered, and these bitter principles make it good for the digestive system. Its slightly sedative effect and smooth muscle relaxant properties are also calming for upset stomachs, nervous cramps, menstrual cramps and headaches.

Gather the flowers of the herb, away from the paths if possible, as it tends to easily get trodden on, and use as a soothing herbal tea with a little honey if de-



sired. Pineapple weed can be drunk freely during the day and it is especially good as a bedtime drink to help you get off to sleep. You can also use it on the skin to dampen down inflammation or as a compress over closed eyelids to soothe tired eyes or conjunctivitis. Make a tea from the flowers as usual and allow to cool before applying.

Plantain (*Plantago major*), not to be confused with the banana-like plant of the same name, is rather like pineapple weed in

that it loves to grow in well trodden places. It has a long tradition of being used medicinally and is one of the nine sacred herbs recorded in the ancient Lacnunga ("Remedies"), a collection of Anglo-Saxon medical texts. The leaves were used as plasters by the Roman soldiers to protect their feet and heal the blisters sustained during their long marches. The leaves have a slight sponginess to them and are mildly antiseptic, helping to prevent infection. It also is an excellent wound herb as it possesses a styptic action (stops bleeding), probably due in part to the tannin content. You can apply the crushed leaves directly to the wound or chew the leaves first before applying as a "spit poultice", a direct and useful application if you're out and about!

Plantain can be used to treat respiratory ailments, such as bronchitis, catarrh and sinusitis and I particularly like using the herb for children who suffer from persistent dry coughs. You can make a tea from the leaves and drink two to three times daily to help ease sore throats, coughs and colds. Sweeten with a little honey if desired as the taste is quite bitter.

My next walk identifying wild plants and looking at their edible and medicinal properties will be on Sunday 23rd July meeting at Grindleford Pavilion at 10am. We will be looking at hedgerow and woodland plants and trees. For more information email me at info@herbsandhands.co.uk.

Renuka Russell



The Queen Comes to Grindleford

In October 1969, the then HRH Princess Anne, now the Princess Royal, was competing in the Cross Country Event at the Chatsworth Horse Trials on her horse Royal Ocean. Much to the disappointment of the crowd of around 23,000 spectators, she had to retire after her mount refused three times at fence number 7. The disappointment was only temporary, as the Princess soon re-appeared riding the Queen's horse called Doublet.

Due to the solidly packed crowds, one particular spectator was forced to watch as much of the action as possible from the passenger seat of a strategically placed Land Rover, driven by the Duchess of Devonshire. This was Her Majesty the Queen, and to get a better view of her daughter, she later climbed onto the front of the Land Rover! Princess Anne came 6th in the Cross Country, winning a Princessly cash prize of £5.

On Friday 17th October 1969, the Queen had been on official duties at Leyland in Lancashire, from where the Royal Train made its way over the Pennines and down the Hope Valley Line to Grindleford. Here she was met by a reception party before travelling by limousine to Chatsworth for an overnight stay in readiness to attend the Horse Trials the following day.

At this time, local rail travel in the Hope Valley was not much fun, infrequent trains and bad timetabling made for difficult journeys, the ancient DMU rolling stock was usually dirty, uncomfortable and late! In addition, the stations had become very run-down and left to deteriorate into dilapidated, un-loved, un-staffed and unclean halts on the line. Facilities were zero, the old Midland Railway waiting rooms, toilets and booking halls were closed up and derelict.

Suddenly, much to the surprise of us regular rail-goers, there was a flurry of activity to spruce up the Sheffield-bound platform; the old waiting room was demolished and replaced by a bright new bus-shelter-like structure; a new gate and fencing went up; the deep pot holes on the approach road were filled in and

made smooth. The Manchester-bound platform was left untouched.

Then, on the evening of Friday 17th October 1969, at around 18.30 hours, the Royal Train arrived at Grindleford with its VIP passengers. A red carpet had been provided by BR; unfortunately it was laid in the wrong place, so when the Queen stepped down onto the platform, the carpet was a few feet away from her! A member of railway staff was given the unenviable task of sweeping away any dead leaves from the platform – but of course they kept blowing back!

The manager and staff at the Maynard Arms lined the side of the road in front of the hotel with lit candelabras from the dining room and sang God Save the Queen as the entourage passed by, and a good number of residents waved and cheered as they passed over the Bridge and up the village street on the way to Chatsworth House.

And that was the day that the Queen came to Grindleford!

Alan Jacques



The Queen arrives at Grindleford Station.



Marathon Success for Dementia UK

We would like to thank everybody who donated to our chosen charity, Dementia UK, and have together raised over £2000. We were both successful and had an excellent weekend in London including completing the marathon with 'good for age' times. This allows us to do it all again next year without entering the ballot! If anyone would still like to donate please see us. We can be found working in the community shop most Friday afternoons.

Pat and Jeremy

Parish Council Notes

At the recent AGM of the Council, Robert Wilson was appointed as Chairman and Elizabeth Coe as Vice- Chairman. This followed John Morton standing down from the post after 16 years of service as Chairman.

Proposed Phone Mast. EE are still planning to improve network coverage by erecting a mast at Nether Padley Farm. The proposals include a 15m telegraph pole, two antennas, an equipment cabinet, re-built stone wall & removal of trees. The Council has lodged strong objections to these proposals by PHA Communications, as the mast would be a very prominent intrusion in the landscape. Several local residents have also sent letters of objection. The applicants have been asked to find a more suitable site further away from the village and residential properties. This is a pre-application consultation and a full planning application will have to be made to the Peak District National Park Authority before any construction can take place.

Parking at Longshaw. Following many years lobbying by the Parish Council, Derbyshire County Council Highways have finally agreed to new road markings and signage at the top of Padley Gorge. These are expected to take place from September; meanwhile the Police will undertake regular patrols during busy periods and will issue fines where applicable.

Phone Box. Following the public consultation by BT to remove the box on Main Road, the Parish Council is looking into the possibility of adopting it for an alternative use. Hopefully, further information will be available by the time of the next edition of *GN*.

Grindleford Station. Northern Rail is planning to introduce a £2 parking charge at the station from this September. Proposals will also include road markings introduced to stop vehicles obstructing the approach road and its junction with Main Road.

General Election. The Clerk reported that there had been a turn-out of 83.4% at Grindleford Polling Station, the highest that he had ever known in over 43 years of elections.

Website. There is now a page on the Grindleford.com website where the public can freely access Parish Council documents, including minutes of meetings, agendas and financial information. This makes the Council compliant with current legislation.

The Parish Council meets every second Thursday of the month at 7:30pm in the Bishop Pavilion. Residents wishing to raise any matters are given the opportunity to speak at the start of the meeting. Anyone wishing to do so should please contact either the Chairman, John Morton on 01433 631245 or the Clerk, Alan Jacques 01433 631586 apjacques@sky.com prior to the meeting.

Alan Jacques

Contacts

Grindleford Clubs, Groups & Societies

Allotments	Michael Wren	630593	michaelc@thewrens.f9.co.uk
Beekeepers	Alan Fairbrother	630160	alansue.fairbrother@gmail.com
Bishop Pavilion (Bookings)	Elaine Hutchinson	630351	e.hutchinson3@btinternet.com
Book Worms & Book Group Too	Kay Beeston	631247	kdbeeston@talktalk.net
Bridge Club	Lionel Stout	630446	lionelstout@yahoo.co.uk
Carnival Committee	Matilda Cooper	639007	
Community Shop	Sarah Battarbee and Andrew Battye	631611	info@grindlefordshop.co.uk
Cricket Club	Phil Haywood	630424	pchaywood@yahoo.co.uk
Fell Race	Mike Nolan		drmjnolan@hotmail.com
Football Club	Steve Benn	630221	highmead201@btinternet.com
Junior FC	Ian Barker	639330	bait04@sky.com
Gaiters	Tim Reynolds	630023	
Gallop	Ayshea Furlong		ayshea_furlong@hotmail.com
Goats	Matt Heason	639378	matt@heason.net
Horticultural Society	Myra Tamlyn	639231	robmyra@btinternet.com
Lunch Club	Carol Galbraith	631367	
Neighbourhood Watch	Peter Hutchinson	630351	
Grindleford News	Tim Shephard	639449	grindlefordnews@gmail.com
Padley Chapel, Manor and Gatehouse	Celia White	630352	celia.white@btconnect.com
Parish Council	Alan Jacques	631586	grindleparish@gmail.com
Play Group	Sophie Grant and Pauline Bowman	07842 095402	grindlefordandeyamplaygroup@gmail.com
Playing Fields Committee	Steve Benn	630221	highmead201@btinternet.com
Primary School		630528	info@grindlefordprimaryschool.co.uk
Primary School PTA	Sophie Heason	639378	grindlefordprimaryschool.co.uk/pta
Rainbows	Trish Barker	639330	trishrainbows@gmail.com
St Helen's Church	James Allen		drjcja@gmail.com
Village website	Matt Heason	639378	matt@heason.net
Women's Institute	Carol Galbraith	631367	
Youth Club	Ian Barker	639330	bait04@sky.com

Please report any 'Contacts' errors or omissions to the editor Tim Shephard: grindlefordnews@gmail.com

Useful Websites:

Grindleford Community Shop: www.grindlefordvillageshop.co.uk

Check out all the activities going on in our pre-school and primary school:
www.grindlefordandeyamplaygroup.org.uk and
www.grindlefordprimaryschool.co.uk

Finally, don't forget the village has its own website where you can find out about what is going on locally and post details of your own events:
www.grindleford.com

Any News?

If there's anything you feel should be covered in the next issue, please don't hesitate to contact the editor, Tim Shephard, on 639449 or (even better) grindlefordnews@gmail.com. You could either write an item yourself, or suggest someone else who might be able to write one.

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Many thanks to all who have contributed to this issue.

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