

The POST MILL

South Normanton Community Newsletter

Check out: www.snapdp.org.uk

The Post Mill - Change is Afoot

The Post Mill/Top To Bottom Community Newsletters - Change is afoot!

Once again, many thanks to all of you who completed a newsletter questionnaire - it was really helpful for so many to have been returned and the positive feedback will I am sure, help us in our attempts to gain continuation funding. We have now analysed the results - see summary below, and are busy designing the 'new look' community newsletter taking into account what you said you liked best.

Summary of newsletter responses:

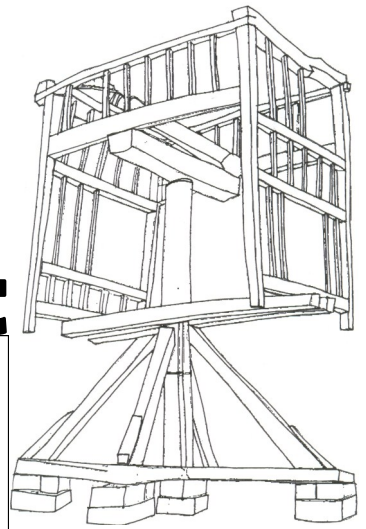
- 62% of respondents received the Top to Bottom Newsletter.
- 89% of respondents thought the format/layout was good – excellent.
- The top two article/themes were community diary, & useful phone numbers.
- The bottom two were jokes & puzzles, and the contents list.
- 82% thought the advertiser insert was good – excellent.
- 75% preferred to see the adverts all together in the centre pages.
- 32% had used the advertiser to contact local traders.
- There was a 50/50 split between people wanting the newsletter delivered bi-monthly

as it is now, and more often. Some of the additional comments included: "yes to save money"; "would know what's happening in both villages"; "newsletters can be amalgamated without loss of identity"; "share headlines"

- 76% thought that we could combine the current two newsletters into one publication.
- 74% said that they wouldn't collect & pay for the newsletter from a local outlet.
- 63% didn't want to see an online version of the newsletter.

We had lots of additional positive comments such as: "would not like to see the Top to Bottom stop, people really look forward to this newsletter and it's part of the village news especially for older people"; "keep them going – good for the community"; "if the community newsletters were to stop there would be a public outcry"; "like the youth pages"; "it's a very useful tool & informative – it would be sad if it disappeared"; "it's an excellent magazine".

With 76% of respondents agreeing that we could produce one newsletter for both communities, one thing we forgot to ask was: what could we call it? So it's not too late to get your thinking caps on!! If you have a suggestion give us a call on 01773 510882 or email info@snapdp.org.uk.



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SNAP Flicks...

Snap Flicks are showing 3 very different films this Autumn. As usual all films are shown in Blu-Ray and Hi-Definition and supported by quadrophonic surround sound.

BLACK SWAN (15) plays on

Wednesday 17th August with Oscar winning Natalie Portman playing a ballet dancer who wins the lead in "Swan Lake" and is perfect for the role of the delicate White Swan - Princess Odette - but slowly loses her mind as she becomes more and more like Odile, the Black Swan.



The Fighter (15) is a drama about boxer

"Irish" Micky Ward's (Mark Wahlberg) unlikely road to the world light welterweight title. His Rocky-like rise was shepherded by half-brother Dicky (Christian Bale) a boxer turned trainer on the verge of



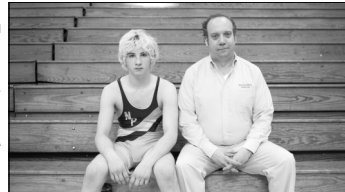
being KO'd by drugs and crime. This plays on Wednesday 14th September.

Win Win

(15) plays on Wednesday 12th October. Disheartened attorney Mike Flaherty (Paul Giamatti), who

moonlights as a high school wrestling coach, stumbles across a star athlete through some questionable business dealings while trying to support his family. Just as it looks like he will get a double payday, the boy's mother shows up fresh from rehab and flat broke, threatening to derail everything.

All showings are at the Post Mill Centre starting at 7.30pm and are free to all South Normanton residents. There is a licensed bar, drinks can be taken into the cinema and there is an intermission for refreshments. Cinema like it used to be.



Thank you to all of the local businesses who have taken out adverts in the **SNAP Advertiser** — your contribution is supporting Top To Bottom and The Post Mill.

Co-ordinated by:



34 High Street
South Normanton
T: 01773 510882

E: info@snapdp.org.uk
W: www.snapdp.org.uk



CIRCULATION 4500+

South Normanton Village Surgery...

We Have Moved! Your local Village Surgery has officially moved from Market Street into the Hub facility on Shiners Way! With this news we would just like to assure the South Normanton residents that we will still be offering all of the same services we did previously and to ask that everyone try to be patient with us as things are extremely busy



right now. All of this is also new to us as well so we're working to adjust and make

everyone in the area feel as at ease as they did in the old building. We're happy to be able to bring you this news and would like to welcome you to come to our new surgery. You can find us at The Village Surgery, The Hub, Shiners Way, South Normanton, DE55 2AA or you can contact us on 01773 811469. If you'd like to contact The Hub's reception also you can call 01773 814300.



SNAP Disabled Club...

The first rain in two months didn't deter the enthusiasm of many people who came to support our table top sale held on Park Lane at the beginning of May. By 12pm, the heavens opened for a short while and then the sun decided to make an appearance which brought many people to pick up many bargains. On the day we raised a whopping £400, so our thanks to all who gave items and took the time to come and see us. The money raised will provide us with a free trip out later on in the year. We will be having another table top sale later on in the year which will be held at St Helens church hall on Church Street East, Pinxton on Saturday 3rd September.



Our thanks to Bill Bettison our coach driver, who has now retired, for the service he has provided over the many years bringing members to and from the club. He will be sadly missed by us all at the club for the friendly and jovial manner he always had with our members, "Many Thanks Bill".



In July we will be taking our members to Skegness for the day, hope the sun shines on us.

Stuart Thornley.

Web Space Available

Here at Bolsover District Council we recognise that life is local. There are literally hundreds of community and voluntary organisations in our district, all of whom do a fantastic job. We want to help recognise them and promote the important role they play in our community. That's why we are offering local community and voluntary groups the chance to have their own mini web site or 'Community Website' to promote their activities and organisation to the big wide world. These 'Community Websites'

are completely free of charge to local voluntary groups, organisations and clubs who do not have the time, money, technical expertise or know-how to set up their own website. We will take away all the pain of having to build, create, design and continually update your own website. All you have to do is provide us with the information you want on your 'Community Website' and we will do the rest. If you'd like to find out more about this opportunity go to the link below. <http://www.bolsover.gov.uk/community-groups.html>

Are You Aware?

21-27th August is World Water Week
www.siwi.org/worldwaterweek/105/Default.aspx



Heritage Open Days
8-11 September 2011
<http://www.heritageopendays.org.uk/>

Autumn Equinox
22nd September

International Literacy Day
8th September 2011
<http://www.un.org/Depts/dhl/literacy/index.html>



World Alzheimer's Day
21st September 2011
<http://www.alz.co.uk/world-alzheimers-day>

South Normanton Gardeners Association...

We sometimes fail to realise the extent to which herbs are used for culinary, medicinal, cosmetic, therapeutic and sundry other purposes. Many herbal uses, possibly historically regarded as old wives tales, have now been validated by scientific investigation. Therefore, we could accept with confidence the advice given by our May speaker, Mrs Lynn Tann-Watson of Donisthorpe, a herb specialist, about the properties and uses of herbs. As gardeners, we were pleased to hear that planting chives around the base of roses, or spraying roses with chives tea, helps to prevent blackspot. Chives tea can also be used to control scab on apple trees. Rosemary, widely known for its culinary properties, can be used in the bath to relieve aches and pains and can act as a stimulant for drowsiness. We were certainly stimulated by Lynn's talk, and the good news was that we could go home and calm down with the aid of lemon balm, which can help to slow down a 'racing' brain. There were literally roses round the door, and in many other parts of the garden, when we visited Hebbs Farmhouse at Stoke Bardolph, home of Mr Stuart Dixon and his wife, in June. Stuart was delighted to name them, and



could often tell us when they were introduced. Many had wonderful scents and were blooming early in this dry season. There were many other flowers too, as well as fruit and vegetables. Character was added by structures which Stuart had created, including a summerhouse which had cost the grand sum of £5 using reclaimed materials from a barn and the village hall. If you notice anything missing from the Post Mill Centre, therefore, it just might be that there is a wider range of suspects than usual! Our forthcoming talks at the Post Mill Centre are 'Bulbs' on Monday 5th September, and 'All Year Colour Borders' on Monday, 10th October, when the speakers are Mr Jeff Bates of Derby and Mr John Hawkins of Findern, respectively. Starting time is 7.30pm, we are also visiting Ashover Village Hall on Friday, 7th October, to hear a talk presented by our friends at Ashover Produce Society. Finally, don't forget that our own annual show is at the Post Mill Centre on Saturday 10th September, from 1.30pm with our well known auction of surplus fruit, flowers, vegetables, produce and sundries at 3.15pm. Be sure to come and bid for a bargain. Phone 01773 811429 for further details on any of these events.

South Normanton Library...

South Normanton Library
The Hub
Shiners Way
01629 533707

The summer reading challenge is still running until the end of the summer holidays, and if you've started and would like finish and get your medal and certificate, pop in.

We are open –
Monday 9 -2
Tuesday 9 -5
Wednesday 9 - 2
Thursday 9 - 5
Friday 9 - 5

We are having several holiday activities this year for children of various ages to help them pass the time. Please call in and put their name down if you're interested.



Brigg Infant School...

It has been a very busy year for us at The Brigg – and a year of mixed fortunes!

The stork landed again at school with three teachers announcing in the Autumn term that they were expecting babies! Kitty was born to Mrs Wright in February, Lily May to Mrs Taylor in May and we are awaiting news of the imminent birth of Mrs Bunker's baby. We were pleased to keep Miss Forster to cover two of the maternity leaves and to welcome back Mrs Atwal to cover Mrs Bunker's absence.

This year saw the introduction of new topics for the children as part of our revised creative curriculum. Y1 children have enjoyed 'Treasure!', 'The Jurassic Forest' and 'World Kitchen'. Y2 started the year learning about 'Castles and Dragons', moved on to 'Megastructures' in the Spring (looking at structures in South Normanton and across the world) and are finishing the

year with 'Seaside Rescue'. Next year we will be adding further new topics for all year groups.

We have also enjoyed several 'National days' this year, celebrating French Day, Spanish Day, Europe Day and American Independence Day. The Brigg now has links with schools in Derby, France, Zimbabwe, USA and, most recently, Sri Lanka. We have joined with South Normanton Nursery School to 'twin' with a school in Sri Lanka and have sent them children's work about 'Our School' and 'Our Community'.

The start of 2011 was marred by the aftermath of a flood that affected the school over the Christmas holidays, caused by a burst pipe after the very cold weather of December. Pupils and staff in Y1 managed very well for a term with two classes having to be taught in the Hall while the classrooms were dried,

redecorated and refurbished. Further remedial work is due to take place over the summer to repair damage to our new Hall floor.

After the 'misery' of the flood in the spring terms, the summer has been much more positive for us. Members of South Normanton Gardeners' Association worked with our children in May to plant the planters that we have in our school playground – they are looking splendid now! Finally a very successful Ofsted inspection in June graded our school as 'good' once again - with nine areas graded as outstanding! The full report may be read on the Ofsted website at www.ofsted.gov.uk or printed copies are available from the school office. If you would like to look round The Brigg Infant School, please contact the Office on 01773 811317.

Isobel Martin, Head teacher

South Normanton Scouts...

The summer term has been action packed for us so far. We have made kites, held a ready, steady, burn(!) night, played cricket, made scouting staffs and been camping with the rest of



our district (cubs and scouts) to our County campsite in Derby. We have been climbing to Chatsworth, on a bike ride and been geocaching.

We have lots more planned in the next few weeks... backwoods cooking, a survival night, a BBQ, games night and our week long summer camp to Leigh, as well as all the usual fun and games! As you can see we are having lots of fun at the moment!



If you want to join in the fun or have time to spare as a helper or leader then please get in touch!

South Normanton Scout Group runs the following...

- Beaver Scouts 6 - 8 year olds
- Cub Scouts 8 - 10½ year olds
- Scouts 10½ - 14 year olds
- Explorer Scouts 14-18 year olds
- Network Scouts 18 - 25 year olds

If you need any further information then please email southnormantonscouts@tiscali.co.uk or call Helen on **01623 722525**

Frederick Gent School...

Frederick Gent School celebrated whole school successes through its annual presentation evening on June 23rd 2011. Where trophies for excellence were given from each curriculum area. Form tutors identified worthy students who have demonstrated the outstanding qualities of care, politeness, reliability and dedication to succeed.

The evening was attended by a number of students supported by extremely proud family members. The guest speaker was Mr Richard Smith, not only the Managing Director of Charapak, a leading corrugated packaging and display manufacturer, but the great grand son of the school's names sake Mr Frederick Gent.

The School Council award went to Mrs Emma Chapman. Mrs Chapman was quoted as saying that "it was an honour to receive an award from the students in conjunction with the work she has done for rewards".

Mr Barry Thacker selected James Cook as the winner of The Chair of Governors award for his first rate attitude to school and a young man is actively involved in so much. Jude Wright received both the Headteacher and Citizenship award. The Headteacher Mr Martyn Cooper stated, "Jude is simply outstanding, hard working, positive, committed, kind, supportive and talented".

National School Sports Week

Monday 27th June was the start of National Schools Sports Week and as usual, Frederick Gent School got fully involved.

The annual sports day on Wednesday 29th June was one of the best yet. A record number of students participated in the event and the level of effort and attainment were truly outstanding! During the day, six sports day records were



broken, including the year 7 girls 1500m record broken by Tilley Birkin which had stood for 21 years! We would like to also congratulate, Katie Rowe 100m year 7, Luke Swift year 7 long jump and the three shot put record breakers Jack Hall year 9, Eden Ball year 10 and Ben

Faulder for this outstanding achievement. It really was a whole school occasion and when not participating all spectators fully got behind their team. There was even time for staff and ex students to stretch their legs in the 4x100m relay. The day culminated in prize giving's for each of the winning tutor groups. Overall a fantastic event and one that staff and students will remember for a long time.

The school also held its 10th annual PE presentation evening where the school recognises the sporting success and achievement of its students within the PE department during the year. It was the school's great pleasure and privilege to welcome John Kear, Head Coach at Wakefield Trinity Wildcats Rugby League team to present the awards and to address the students and parents. The evening was a resounding success and the insightful words that John gave were truly an inspiration to all. The evening saw a record number of students win awards, which demonstrates their outstanding achievements and successes this year. The P.E. department would like to congratulate all award winners.



Pictured are all our of our Sports day record breakers being with their awards.

JOKES



If fish lived on land, which country would they live in?
Finland.

What do you call a fish with no eyes?
Fsh.

Why are fish so smart?
Because they live in schools.

Why is a bees hair sticky?
Because... he uses a honeycomb

Where do fish keep their money?
In the river bank.

Q. What did the mayonnaise say when someone opened the refrigerator door?
Close the door I am dressing!

Did you hear about the restaurant on the moon?
Great food but no atmosphere.

Where do little fishes go every morning?
To plaice school!

Which fish can perform operations?
A Sturgeon!

What fish is most valuable?
A Goldfish.

What fish are musical?
Tuna fish.

Did you hear about the cat who swallowed a ball of wool?
She had mittens.

What is the difference between a cat and a comma?
One has the paws before the claws and the other has the clause before the pause.

Why don't cats play poker in the jungle?
Too many cheetahs.

What is a cat's way of keeping law & order?
Claw Enforcement.

What is the name of the unauthorized autobiography of the cat?
Hiss and Tell.

What do you call the cat that was caught by the police?
The purrpatrator.

Where does a cat go when it loses its tail?
The retail store.

How many cats can you put into an empty box?
Only one. After that, the box isn't empty.

Why did the cat put oil on the mouse?
Because it squeaked.



Safer Neighbourhood Policing Team...



L-R PC Copestake, Mr Cooper & PCSO Hill. Mr Cooper being arrested for the crime committed.

Children have been helping to solve a crime recently at a school in South Normanton. Frederick Gent School approached the South Normanton and Pinxton Safer Neighbourhood Team to ask if they could get involved

gather evidence and make a decision on a suspect and a motive for the crime.

The idea originally came from Mr Moon, an English teacher at the school, who said: "The children were so enthusiastic about this task and grasped what they had to do straight away."

"The afternoon helped the children to understand more about what the police do and it was a perfect way of introducing the Safer Neighbourhood team who spend a lot of time in school."

PC Matthew Copestake from the Safer Neighbourhood team said: "There are often barriers between young people and the police and by conducting exercises like this it helps to break those down and ensure the children realise that the police are approachable."

Your local Safer Neighbourhood team consists of PC Matthew Copestake, PCSO Vicky Hill and PCSO Anthony Payne-Wright who can be contacted by calling **0345 123 3333** or e-mail alfreton.neighbourhoods@derbyshire.pnn.police.uk



and run a CSI type investigation for children from Kirkstead Junior School in Pinxton and The Glebe Junior School in South Normanton.

The youngsters were visiting the school for a transition day to familiarise year six children with their new surroundings and give them a taste of what to expect when they start the new school year in September.

A scene was set for when the children arrived and they were told that a crime had been committed in the library. They were then provided with snippets of information and they had to eliminate suspects, identify witnesses,

SOUTH NORMANTON AND PINXTON BUSINESS FORUM

Pick up business tips. Build business contacts. Voice your opinion.

Another informal networking evening featuring guest speakers presenting on topics key to growing businesses and business start-ups. And whether you're in business or just interested in business, you're welcome to attend. Plus it's free!

Thursday 29th September @ 6pm @ Post Mill Centre, South Normanton, DE55 2EJ
PLUS FREE BUFFET FROM 5.30PM!!!

Please confirm attendance to Steve Maxwell @ SN Business Centre, High St.
t: 01773 549039 /

e: steve.maxwell@snapenterprise.co.uk

Release... Do You Get What You Pay For?

Debt management companies may have cash to throw at glossy adverts during *The Jeremy Kyle Show*, but why on earth do we use them for a service that's available free, more suitable and much better elsewhere?

Over the weekend I popped into the Co-op to buy a meat and potato pie. They said I could have a lovely fresh organic one for free, but I said no. Instead I went next door and asked if I could pay over the odds for a less tasty one.

Sounds like the Monty Python version of a Victoria Wood sketch, doesn't it? Why would anyone pay for something that is available free, more suitable and frankly much better elsewhere? The Commercial debt management companies have money (your money!!) to burn on adverts on daytime TV. The adverts may have a friendly, non-judgemental tone and the promise of a quick fix but do we realise the charges involved and the consequences?

Research by both the Office of Fair Trading and Which? has unveiled a long list of reasons to avoid debt management companies. These include: poor advice; high fees and charges; a lack of effective regulation; commission-led sales

and; in some cases, the risk that your payments will never reach your creditors.

Avoid any debt help of loan consolidation companies that advertise on the TV or in some newspapers. Their job is to make money out of you, plain and simple. While in the short term their plans will make your payments lower, in the long run it'll cost you dear. Avoid them. Don't touch them. Don't go near them.

The bottom line is this – as far as money, debt and housing advice is concerned get free and independent advice from the likes of national organisations such as Consumer Credit Counselling Service, National Debtline and Citizen's Advice Bureaux. Also, locally, Release. . .

So remember, you do not always get what you pay for!

For further details and support on these matters please contact RELEASE (Financial) Charitable Trust on 01773 306289 or 07805 795748.

www.releaseonline.org.uk

Registered Charity No. 1110731 RELEASE (Financial) Charitable Trust Licensed by the Office of Fair Trading No. 576547 - Debt Adjusting/Counselling

If there are any topics you would like us to cover relating to money/debt issues please contact us.

Page Sponsored by South Normanton Parish Council

ARE YOU MISSING OUT? KEEP ABREAST OF ALL THE LATEST NEWS AT
www.southnormanton.com www.postmillcentre.co.uk

South Normanton 50 Plus Club...

In May, along came Clive Holiday with a talk on picture postcards which everyone found very interesting, looking back on old seaside and other cards. At the end of May, a coach full of members and friends went to the Liverpool Docks area, and came back full of what they had seen. The only complaint was it wasn't long enough to see everything. June 14th we had a lady called Marjorie Dunn from Chesterfield who came along with her husband and brought a number of puppets and talked about their history along with slides. The highlight of the month was the trip to Pickering. Firstly by coach and then onto a steam train on the North Yorkshire Railway to Whitby. 85 members and friends enjoyed a lovely day going over the moors and a couple of hours in Whitby itself. The view coming back over the moors made the day complete. On July 12th John Hawkins showed us some slides and gave us a talk on "The

Planthunters", the explorers who brought back plants from far away places. On 26th July we took a trip to Stapeley Water Gardens in Cheshire. The 9th August we are off to Derby garden centre then on to Marsh Farm for tea in the afternoon. 23rd August sees a local lady coming along to our meeting to demonstrate the power of spiritual healing. This brings us up to the end of August when there is a trip to Bridlington on 30th. September 13th we have Andrew Firth slides and a talk on the Western Isles of Scotland. In September, we have our second holiday of the year to Weston Super Mare on the 30th. There are places left on the holiday but only twin or double rooms. The cost is £304 each for 7 days, which includes half board along with three days out, and entertainment for 6 nights. You can ring Sue on 01773 783649 or 07814157123 for further information.

Sue Wilkinson

Pinxton & South Normanton Local History Society...

We are a group of people who are interested in our local history. We meet on the last Monday of the month unless it is a bank holiday then it is the Monday before.



Our forth coming talks and events are as follows: 25th July Steam Ship to Mombassa by the Rev Leslie Harris. 22nd August is our second outing of the year to a local place of interest. 26th September a talk on Mary Queen of Scots - The final Journey by David Templeman.

We therefore cordially invite anyone who is interested in local history to come along to our meetings held at the Postmill Centre at 7pm. Prior notice. On Saturday 15th October we will be holding a heritage day from 10am to 4pm. There will be old and not so old photographs of people and places, various record books, local census from 1841 - 1911, books of interest and many other items including Pinxton Pottery. This will also be held at the Postmill Centre.

Chari-Tea Shop...

Recycling doesn't just have to be about wearing an item of clothing again - old clothes can be transformed into something new and fresh, all without spending a fortune and still saving the planet! If you get stuck for something to do or wear this summer, why don't you pop along to the Chari-tea Shop and pick up a bargain mens shirt to transform into this peasant top perfect for hot summer days...

Peasant Top from a Mens Button Up Shirt

You will need: mens shirt to cut up, scissors, elastic, ruler/tape measure, sewing machine (unless you think you can sew the elastic on by hand!), pins, iron.



1. Try on the shirt. Measure around where you want the neck/shoulder line to be. As it's off the shoulder measure 8 inches from your shoulder and cut straight across (see diagram 1). Pin where you're going to cut, to avoid the two pieces separating and becoming uneven. Next, put back on the shirt and measure how long you want your puffed sleeves to be. You could measure 8 inches again for seam and ruffle allowances.



2. Now your shirt should look something like this (diagram 2). The light grey lines on the picture show where the elastic will be. First, hem the neckline and sleeves. Don't forget to include the top part with the button so that it wont be able to reopen. Now you measure your elastic. The piece for the neckline

will be the length of ONE of the sides of the shirt, i.e. the front OR back (they're the same length! Do the same for the sleeves (elastic as long as one side of the sleeve so that its half of the entire width to go around your arm. Do that same for the waist.

3. With the elastic about an inch away from the hem, use a zig zag stitch to attach it to your neckline and the edges of your sleeves. Stretch the elastic as far as it will go as you stitch, as this will cause it to bunch up and create a ruffle effect. The elastic will stretch to twice its size, so don't worry about your elastic being too short. Then stitch the elastic onto the drop waist of the shirt, which will be underneath the last button. The drop waist will allow you to create the bloused over effect.

4. If you don't like the edge of the shirt, just fold it under, pin, and iron it. Then fold it and create a hem, so that it can appear straight instead of the curve that is typical with men's shirts.

www.cutoutandkeep.net/projects/peasant-top-from-mens-button-up-shirt



Chari-tea Shop - 47 Wharf Road, Pinxton NG16 6LH

OPENING TIMES:

MONDAY	9am-12.10pm	THURSDAY	9am-12.30pm
TUESDAY	9am-12pm 12.30pm-4pm	FRIDAY	9am-12.30pm
WEDNESDAY	9am-12.30pm	SATURDAY	10am-1pm

healthy living

Introducing our new Health Improvement Worker...

Hi, my name is Bev Isaksen and I've recently started work for SNaP Development Project in South Normanton and Pinxton. I'm married and have two grown up twin daughters. I love music and playing the keyboard and going for walks, especially in our beautiful countryside.

What do you do?

My role at SNaP DP is Health Improvement Worker, and I'll be working closely with the community and local groups and organisations to help develop initiatives and provide opportunities that will improve health and well being for local residents of South Normanton and Pinxton. I'll be promoting healthy lifestyles and encouraging people to access local services that can improve health. I'll also be looking at the barriers that stop people using these services and try to find ways to overcome them.

How did you into Health Development?

I've always been very interested in health and leading a healthy lifestyle but it wasn't until a few years ago, when both my parents developed serious diseases within two years of each other, that I realised just how important it is that we

take care of our health so that we can reduce our risk of developing diseases such as heart disease, breathing and circulatory diseases and cancer later on in life.

My experiences of trying to help my parents made me feel quite helpless and this fired me up with a determination to help others access services that could improve health and wellbeing. I went off to university and re-trained and have worked for the past two and a half years as Health Trainer in Ashfield, helping clients who often were experiencing many challenges in life, but wanted to take control of their lives, overcome obstacles and make some positive changes that would improve their health and increase their confidence.

How Often Do You Work?

I work Monday to Thursday 8.30am-5.00pm, and Friday 8.30am-1.30pm and I am based at the SNaP DP office on the High Street in South Normanton.

What's the best thing about your role?

I think people can get very discouraged about getting more healthy if they've tried

in the past and not succeeded. The thing is, success is about having a clear goal, taking small steps towards it and realising that change is normally a process, not a one-off event and that 'setbacks' are part and parcel of achieving change! The main thing is to learn from setbacks and keep on trying.

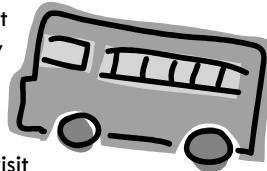
Why is your role important?

Health really isn't down to chance. OK, there are some things that we can't change that impact our health such as our age, gender and family genetics, but there are far more things that we do have an influence over that we CAN change to reduce the risk of illness and disease - our lifestyle choices such as what we eat, being active, stopping smoking, not drinking excessively, getting help with drug problems, finance and debt difficulties and poor housing to name but a few. The good news is that there are many services out in the community that can give help, support and opportunities so that people can take back some control over their lives, improve their health and feel better about themselves if there's a gap in service, then that's where I will try to fill it!

Our House Brunch Club & Over 50's Clubs

I met Kerry Oscroft and her South Normanton Brunch club for the first time a couple of weeks ago and it was lovely to hear about the positive impact that the sessions have on the people who attend. In my previous role I helped clients attend a similar group and often the improvement in their health and wellbeing of my clients was amazing.

One lady in particular comes to mind. I'll call her Mary (not her real name). She was 70-ish, very lonely and isolated after her husband died a few months before. I shall always remember my first visit; she sat huddled on the settee and very quietly told me she couldn't get out because of arthritis in her knees and she needed to walk with two sticks. Apart from a visit once a week from family, she had no visitors. Her confidence was rock-bottom and I remember she whispered to me 'I don't suppose there's anyone else like me, is there?' Unfortunately, many elderly people do find themselves alone and isolated like Mary, but thankfully I was able to tell her about a local Over 60s seated exercise and lunch club that had free transport to help her get there and back. The scheme was very similar to South Normanton Brunch Club. Anyway, after lots of persuasion she agreed to try it out and on that first morning as she walked



down her drive to the minibus, terrified of falling and walking very slowly and hesitantly with her sticks, I did wonder whether I had been right to encourage her to go.

I needn't have worried. Just sitting on the minibus chatting with people lifted her spirits and she had a big smile on her face as she was helped off the bus. She made new friends that day and over the following weeks. She started to look forward to the weekly sessions and the gentle seated exercises helped strengthen her leg muscles and improve her balance so much so, that after only a few weeks when I called to see how she was getting on, I noticed she was one of the first off the bus and into the centre, chatting loudly with her new friends. Mary enjoyed the experience so much that after a few weeks she started going to a second session each week and was always trying to get new people to join in. She's quite a different lady now from that softly spoken and very depressed person I met at the start. She's got bags more confidence and her physical and mental health have improved loads!

If you'd like to find out more about the brunch clubs in South Normanton and Pinxton, please give Kerry a ring on 01773 862457 and she will be delighted to speak with you.

Bev Isaksen

The Myth:

Eating Late At Night Makes You Fat?

Although some people could swear that their late-night eating habits do make them gain weight, recent research has shown that your body doesn't process food differently at different times of the day. The total amount of calories that you take in, and how much you exercise during the day, are what affect your weight. However, many people do tend to overeat and choose high-calorie foods as snacks at night, both of which will cause weight gain.



Summer with SNaPDP

There's loads going on for young people this summer. SNaP has got a very full programme of events and activities happening right throughout the 6-week holidays as well as running our regular session down on the REC and in the BASE youth club.

All the up and coming events are listed below

Monday 8th Aug

WALK, PICNIC AND SHOP

@ Bakewell: 10 – 4pm (£3)



Wednesday 10th Aug

Ice skating

@ Lammas Leisure Centre: 1 – 4.30pm (£4)



Monday 15th Aug

Swimming

@ Watermeadows: 1 – 5pm (£3)

Thursday 18th Aug

RAFT BUILDING

@ Carsington Water: 9 – 3pm (£5)



Thursday 18th Aug

Mini Olympics

@ the REC: 5 – 7pm (Free)



Monday 22nd Aug

Walk, picnic and games

@ Derwent Reservoirs: 10 – 4pm (£3)

Wednesday 24th Aug

Picnic and games

@ Sutton Lawn: 11 – 3.30pm (Bus Fare only)

Thursday 25th Aug

Beach party, games and BBQ

@ the REC: 2–5pm (Free)



Thursday 1st Sept

Football Tournament

@ the REC: 5 – 7pm (Free)



Plus, every Monday morning - 10am till' 12pm: Join us for **BREAKFAST @ the BASE!!!** Come try our waffles, sausage and bacon cobs and continental breakfasts – the rest is fun and games usual. (£1.50 per session).

Every Wednesday – 10am till' 12.30pm:

Girls Space @ the BASE. Girl space is a girls only group. It offers girls the opportunity to take part in creative workshops, chat about girl stuff and relax in a safe, positive and encouraging environment. (£3 per session).

The YAGA team will be down on South Street REC as usual delivering a range of sports activities: **Monday and Wednesdays 5.30 - 8pm and Thursdays: 5 – 7pm (Free)**

If you wish to take part in any of the listed activities, you will need to fill out a booking and consent form and deliver it with the money to the BASE youth club or the SNAP Development Project office. Forms available from the SNAP Development Project office or Facebook. For more info please contact Pete or Mandy on: **01773 510 882**

Girls Space

Every Wednesday (10am – 12.30pm) during the summer holiday Girls Space will be happening at **THE BASE Youth Club**.

For just £3.00 per session, young women aged **11-17 years** can join in the fun of making and creating stuff like a silly summer bag and funny flip flops. They will also have the opportunity to join in discussions, relax and chill out with a cuppa and chat about girls stuff. Girls Space is proving to be very popular so please hurry and book your place by calling Mandy on **01773 510882**

Free School Meals

The more eligible parents who claim meals, the more funding the school receives.

Parents claiming some benefits can also claim free school meals. By claiming free school meals you save yourself time and money and ensuring that your child eats well at lunchtime.

Even if you don't want your children to have the meals, claiming them helps their school. The more eligible parents who claim meals, the more funding the school receives.

Children whose parents receive the following support payments are entitled to receive free school meals:

- Income Support
- Income Based Jobseeker's Allowance
- Income Related Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999
- The guarantee element of State Pension Credit
- Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual income (as assessed by Her Majesty's Revenue and Customs) that as of 6 April 2010 does not exceed £16,190.

Children who receive Income Support or Income Based Jobseeker's Allowance in their own right are also entitled to receive free school meals.

To find out whether you are entitled to claim any benefits call our welfare benefits helpline on 0845 120 2985.

How to apply

Contact your child's school for more details and a form to fill in.



South Normanton Skate Park

By the time you receive this newsletter, South Normanton should have a brand new skate park! Over the last year and a half, SNaP Development Project has been working with a group of local young people to plan and design the new skate park for South Street Recreational Ground. With the award of successful

funding from Veolia (£36,000) and South Normanton Parish Council (£9,100) the young people have seen their dream become a reality!

Look out for posters and news on when the launch of the new skate park will take place.



Community Action

Make A Difference

Do you want to play an active part in your community? Are you aged 11- 17 years? Do you know an area that needs a bit of a tidy up? Do you want to meet like minded people, have fun and do something productive? Do you answer yes to any of these questions? If YES, please make contact

with Pete or Mandy on 01773 510882, they are arranging a community action day on Thursday 11th August 2-4pm and they would like to work with you to make a difference.



USEFUL NUMBERS...

COUNCILS:

South Normanton Parish Council:
01773 863858

Bolsover District Council:
01246 242424

Derbyshire County Council:
08456 058 058
Emergencies: 01629 580156

HEALTH:

The Village Surgery:
01773 810305

NHS Direct: 0845 46 47
Childline: 0800 1111

NSPCC Child Protection
Helpline: 0808 800 5000
Samaritans: 08457 909090

POLICE:

Non-emergency:
0345 123 3333

Emergency: 999

TRAVEL:

National Rail: 08457 48 49 50

WORK:

Alfreton Job Centre Plus:
01773 724700

Jobseeker Direct:
0845 606 0234

Learndirect: 0800 100 900

MISCELLANEOUS:

Severn Trent: 0800 783 4444

Environment Agency:
Emergencies: 0800 807060

RSPCA: 0870 5555 999

HAVE YOU GOT ANYTHING TO SAY?

Is there a local issue you would like to be heard?

Has your group got any news?

If so, contact us on

01773 510882,

or via e-mail:

newsletter@snapdp.org.uk,
or drop your letter/article into

the

SNAPDP office at 34 High Street, South Normanton

Co-ordinated by:



DISCLAIMER

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COMMUNITY DIARY

MON	Karers+Kids toddlers group @ the Zion. 10-11.30am. 70p per child. 0-5 yrs.
	Monday Group @ SN Community Centre. 1-3.45pm. Refreshments, table games, trips. T: 860426
	South Normanton Cubs. Age 8-10 years. 7-8.30pm. T: 776166
	Workshop & District Credit Union Collection Point @ Cyber Café, SN. 2-3pm T: 01909 500575
	Sonara Singers @ Post Mill Centre. 7.15-9pm. T: 01773 811650
	Amateur Radio Club @ Post Mill Centre. 7.30pm.
TUES	SN St John Ambulance @ Duncton House. 6-7.30pm. T: 07967 538923. Everyone welcome
	Parent & Toddler Group @ The Bethel from 7th Sept. 9.30-11.30am. 0-4 years. £1.50.
	Bolsover Employment & Training Initiative @ Cyber Café, SN 10am-3.30pm T: Claire - 07971335013
	South Normanton 50 Plus Club @ Post Mill Centre. 1-3.30pm. £1. T: Norman 860296
	Senior Citizens Luncheon Club @ Post Mill Centre. 12pm. T: 863858
	Alfreton Badminton Club @ FGS Sports Centre. 7-10pm. T David on 01773 820383
WED	Welfare Benefits Drop-in (DUWC) @ Pinxton Village Hall. 1-3.30pm T:01623 747 147
	Parent & Toddler Group @ The Bethel from 7th Sept. 9.30-11.30am. 0-4 years. £1.50.
	Our House Brunch Club @ Post Mill Centre. 10am-12.30pm. Free. T: 862457 cost £1
	Free Money & Debt Advice Drop-in (Release) @ The Hub, SN, 10am-2pm. T: 01773 306289
	Little Pumas (Taekwon Do), 4-7 yrs @ Pinxton Pass Centre. 5.45-6.30pm. T: 01773 863362
	Junior Grade Taekwon Do @ Kirkstead Sports Centre, Pinxton. 6.30-7.30pm. T: 07909 775825
	Senior Grade Taekwon Do @ Kirkstead Sports Centre, Pinxton. 7.30-8.30pm. T: 07909 775825
	Senior Citizens Bingo @ Post Mill Centre. 6.30-8pm. T: Jean on 863858
	Wednesday Club @ Glebe Junior School. Term time. 6.30-7.30pm. School years 1-5.
	Alfreton Judo Club @ Post Mill Centre. Juniors 8-9pm. Seniors 9-10pm. T: 580648
THUR	1st South Normanton Guides. 7.15-9pm Girls aged 10-15. southnormantonguides@yahoo.co.uk
	Rhyme Time @ SN Library. Babies to 4 yrs & their carers. 2.15-2.45pm.
	Welfare Benefits Drop-in (DUWC) @ Cybercafe, South Normanton 1-3.30pm. T: 01623 747147
	Youth Club @ Zion Methodist Church. 6.30-7.30pm. 50p per child. 5-12 years.
FRI	Elements Community Youth Choir @ Post Mill Centre. 7.15-8.15pm. T: 07904 816263
	Explorer Scouts. Age 14-18 years. 7.30-9pm. T: Kat Marsh 01773 781803
	Ashfield Tigers Kickboxing @ FGS Sports Centre. 6-7.30pm. Age 6+ T: 07832 115 899
	South Normanton Beavers. Age 6-8. 6.30-7.30pm. T: 01623 722525
SUN	The Zone @ St Michaels Church. 7.30-8.30pm. School years 6-9. 50p. T: 07702032319
	1st South Normanton Scouts. Age 10-14, boys & girls. 7.30-9.30pm. T: 01623 722525
	1st Sunday of the month Family Service @ St Michael's Church Hall, 10.30am
	Meetings @ The Junction 28 Church. 10.30am and 6pm. T: 01773 863338
Wed 17 Aug	John King Mining Museum, Pinxton open 2pm-4.30pm.
	SN Taekwon Do @ FGS Sports Centre. 6-7pm. Age 7 up. T: 07909 775825
	Snap Flicks presents... Black Swan , rated 15, showing at the Post Mill Centre, 7.30pm, free.
Mon 5 Sep	SN Gardeners Association presents... 'Bulbs' see page 2...
Wed 14 Sep	Snap Flicks presents... The Fighter , rated 15, showing at the Post Mill Centre, 7.30pm, free.
Mon 26 Sep	Pinxton & SN Local History Society presents... 'Mary Queen Of Scots' see page 5...
Mon 10 Oct	SN Gardeners Association presents... 'All Year Colour Borders' see page 2...
Wed 12 Oct	Snap Flicks presents... Win Win , rated 15, showing at the Post Mill Centre, 7.30pm, free.
Sat 15 Oct	Pinxton & SN Local History Society - Heritage Day, 10am-4pm . See page 5...

DEADLINE FOR THE NEXT EDITION OF THE POST MILL: Friday 9th Sept 2011