# TOTLEY INDEPEND

PUBLISHED BY THE TOTLEY RESIDENTS ASSOCIATION CONTINUOUSLY SINCE 1977 20p.

#### **FEBRUARY 2010**





#### **HILLFOOT ROAD**

Terrific photo taken from the modern day site of All Saints School towards Butts Hill and Hillfoot Road around 1905. Identifiable features are 1. Cannon Hall; 2. Doris Cottage; 3. Vera Cottage; 4. Old Cottages known as Butts Hill Terrace; 5. Moorview with 5A barn; 6. West View; 7. Chippy; 8. The Cottage; 9. May pole.

## **Totley Residents Association Update**

"The North Wind doth blow and we shall have snow And what will the robin do then, poor thing?

He'll sit in the barn to keep himself warm

And hide his head under his wing, poor thing"

This nursery rhyme is British in origin and believed to have originated in the 16th Century.

Let me begin by wishing everyone a Happy New Year. I trust you all enjoyed the festive season with friends and family. Little did we know the "White Christmas" was to extend well into the New Year! Our Totley Independent editor made a good decision when he chose a snowy front cover for the last edition.

Before Christmas, Streetforce were very busy doing the preparatory work for the new bus shelter at the Baslow Road / Glover Road junction.

Obviously the snow and ice have prevented South Yorkshire Passenger Transport Executive from erecting the shelter and turning round the other two shelters. We hope this will happen when the thaw arrives. They are currently putting up a new light across the road at the bottom end of Marstone Crescent in preparation for turning the shelter. Friends of Green Oak Park are also waiting for the weather to improve. There are lots of jobs in the pipeline including planting new trees and a herb bed.

The weather has curtailed much of the anti-social behaviour in the area, but be prepared to ring up the Police with any concerns. At the last PACT Meeting, Aldam Road around the scout hut, Baslow Road from The Rise shops to the library (including The Crescent) and Millhouses Park were chosen as PACT Priorities. The next PACT Meeting will be held on 5th February 6-8pm at St John's Abbeydale Road. PCSO Dale Garner has been seconded to Hammerton Road for 6 weeks. He is joining a team of officers who will be issuing smartwater to repeat burglary victims. A new sports academy set up by PC David Spencer for young people, should be underway in February at Abbeydale Sports Club. It will be staffed by Sheffield Futures and Sports Coaches.

The first Ward Forum was successful. Those attending were able to voice their concerns. These have been tabled and were presented to the Community Assembly on 9th December. It is hoped the Partner Panel will consider a response to the issues raised, at their meeting on 27th January and the Community Assembly Continued next page

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will provide some feedback at their meeting on 24th February. The next Ward Forum meeting will be held on 17th March, 7.30pm in Totley Library. Please be ready to come along and hear the responses. You will of course be able to bring up any further concerns.

The Tai Chi sessions are continuing and it is hoped there will be further classes for over 50's. It is possible to borrow a pedometer from the library so you can check how many steps you walk in a day and try to increase the number and your fitness.

There are also a variety of adult learning classes to attend. Details in the notice boards and repeated in this months **Totley Independent.** Do try and take advantage of the arrangements that have been arranged on our behalf.

#### **Community Building**

Responding to the articles in the last **Totley Independent** I would like to put a few things straight. It is my understanding that most other areas in the city do have some form of community facility in an old school, redundant church hall or newly built property. Here the residents can make their own arrangements and set up what ever they like for young and old. All members can integrate and really feel part of the area where they live.

Totley has nowhere to do this - there is no where we can call "home". None of the suggestions put forward would help our situation.

Totley library is a community asset but is not suitable for large meetings - the one guoted was a "one off" where people had to stand round the edges of the room, some in the foyer, some behind the counter and some in the adult section. The library is only available in the evenings, so not much use for older people. The heating goes off around 6.30pm so in the winter it soon becomes very cold. In order to use the library for a meeting, it is necessary to move the children's chairs and tables and replace them with adult chairs. There are only 15 chairs in both sections of the library. A few are available in the store, but it is a difficult exercise to get them out and put them back. To accommodate a larger group, it is necessary to order extra chairs 2 / 3 weeks beforehand. These are left in the foyer before and after the meeting, often blocking the entrance to the library. At the end of a meeting the room has to be returned to normal. As some one who has used the room weekly for Chairobics for the last 2 years, I can confirm this is a time consuming chore. We are not allowed to move the children's boxes as they are not on wheels and dragging them causes damage.

The TRA used to meet in Green Oak View, but when this was sold and our request to take over the bungalow for a community centre was turned down, we were granted use of the library by the Council. Incidentally meetings are held on the 3rd Monday of the month not the first (details on the website). Totley Rise Methodist Church Hall is sometimes available for a one off meeting, nothing on a regular basis. I am pleased to hear the Heatherfield Club has been refurbished, but along with Jennie, I was not aware of this until I saw the article in the **Independent**. No insult was intended.

Bradway's re-furbished building may be available for public use, but this is out of the question. Fine if you drive, but how are non-drivers supposed to get there? The M17 is used by Totley people but not to get to a meeting at a specific time. The first bus leaves Dore at 09.50am and does not reach Bradway until 10.05 am; the last bus reaches Dore at 5.47pm, not much use for an evening meeting! Of course one could always walk! I have done this in the past, but in the winter, in pouring rain or in the heat of summer and at night, let's be realistic.

The group who have been meeting with Parks and Countryside Officers and Councillors has become increasingly frustrated at the lack of progress.

Whichever way we turn or ideas we suggest we are not allowed to carry them out for some reason or another. Costs mount up because of Council red tape. Expertise offered by local residents has been turned down. Left alone, local residents could refurbish the buildings in Green Oak Park at a fraction of the suggested cost.

I agree a business plan is needed somewhere along the line but as an unpaid volunteer, who works tirelessly with other like minded individuals for the good of the community I would like to remind Councillors over the last few years, we have built up an excellent working relationship with most council departments, the police, schools, Cheshire Homes, Sheffield Futures, Cherry Tree, to name but a few.

All this is very time consuming and involves attending a great many meetings.

But most important of all it involves talking to people in and around Totley when they stop for a chat or ring up and listening to their concerns.

At the present time we are not able to put together a business plan unless there is someone out there who can help.

I, along with other community activists will continue to try and do our best for our Community.

Avril Critchley

Chair,

Totley Residents Association

## **High Visibility in Totley**

Council officers and Sheffield Futures patrolled Totley to talk with young residents in their area, on the 20th November 2009 from 7.30pm-10pm.

The detached teams walked round the streets of Totley talking about positive activities for young people and identifying areas of concern relating to anti-social behaviour.

The 'walking the patch' exercise was used to gain a better insight into what provision is currently available within the Totley area and to engage and encourage young people to become more involved in positive activities.

Avril Critchley of the Residents Association kindly guided the street team round the streets of Totley showing areas where additional activities are required. Patrick Meleady said "In the Totley area some young people have ended up hanging around street corners and possibly even drinking underage by not having somewhere to go or something to do".

Avril Critchley chair of the TRA said "It is great to see partners working together to try and tackle nuisance behaviour within Totley and I am looking forward to seeing the additional activities being offered".

"Worryingly young people say the reason they turn to anti social behaviour is because they have nothing else to do."

The walk round sparked off views of what young people actually want in their local area and using the information to shape more positive things to do.

It was great to see so many officers gathered together for the benefit of young people".



Transport 17 send all of you a belated wish

for a healthy and happy 2010. Sadly, we started 2010 by cancelling our buses. Many of the side roads and pavements looked as though they were covered in candle wax. Our passengers were very worried about falling and many clubs made the decision not to take risks.

I had the pleasure of talking to Rotary Club Vulcan Sheffield before Christmas. They made me very welcome and the meeting ended with them presenting me with a cheque for £1250. This is extra to the money we raised by taking part in their Christmas Draw. Many thanks to you all for supporting T17.

We seemed to have a blessed angel watching over us and Michael Finn, our Manager, was able to put in an order for a new bus to replace our "X" registered one. It is due to his hard work that the bus has lasted so long. When the base vehicle is delivered, it will have to have a tail lift, sliding door and tracking put in. This allows seats to be taken in and out so that wheelchairs and their occupants can be safely clamped in. We hope to get the finished bus in early Summer. Thank you so much to each and every one of you for your support.

The Ecclesall Woods Tuesday Health Walks Group decided not to exchange Christmas cards and to have a collection for a local charity. Our name was drawn from the hat and they gave us £60. Thanks to Sue and all the volunteers Walk Leaders for organising this.

Hope the weather improves. Here's to Spring. Margaret Barlow





I would like to

Sheffield Is My Planet – a partnership between Sheffield City Council and Sheffield First for Environment – is an innovative public information campaign with a brand new website and a brand new mission: to inspire Sheffielders to make carbon promises which positively impact our city and our planet.

The promises offer a great starting point for people wanting to take simple steps to start tackling climate change. Promises include: to walk and cycle more, to turn down central heating by 1°, to exercise outdoors rather than in the gym, or to buy food in season.

As well as raising awareness of climate change and reducing the city's carbon footprint, the campaign hopes to help local people save money too.

Groundwork Sheffield has been brought on board to recruit and train a team of volunteer community champions who will learn tips and techniques to inspire greener thinking and living among their friends, family and colleagues, and encourage them to 'pass it on'.

The community champions will be helping to get thousands of Sheffielders to register their carbon promises on the Sheffield Is My Planet website and start living greener.

Visit www.sheffieldismyplanet.co.uk or text 'promise' to 82010 to make your promise.

Do you want to get involved? If you're interested in becoming a community champion, we'd love to hear from you. Contact Anna Cooper on 0114 263 6420 or email anna.cooper@groundwork.org.uk.

## **Gillfield Wood**

I would like to echo the sentiments of Peter Burnett in a recent edition of the Independent re Ecclesall Woods, but regarding Totley's very own Gillfield wood. Litter is becoming an ever increasing problem, along with the practice of leaving dog mess in plastic bags. I would ask that people please take their litter home with them. Shortcuts are also a major problem and untold damage is being done to the ground flora because people are not sticking to the main footpaths.

I'm looking to form a group similar to Friends of Ecclesall Woods (FOE), but this one will be for Totley's Gillfield Wood (Friends of Gillfield - FOG).

After speaking to John Gilpin who is the Chief Woodland Officer for Sheffield City Council, he informed me that if an official conservation group was formed, it would make it easier to apply for funding. With funding conservation work and agreed improvements to the wood could be made e.g. completion of the footpaths.

I already have several local people interested in joining FOG. So if you are interested in joining the group and have a few hours a month to spare, then please contact me on 0114 262 0564 or by email: daveygash@hotmail.com.

Dave Gash

### **CHESHIRE CHAT**

Hello again from Mickley Hall. A Happy New Year to all our supporters from the volunteers, staff and residents. Once again we have been busy organising our events calendar. We have included our usual popular events such as the Spring and Summer Fayres and have looked at some new events also. We have extended our themed lunches to include a Chinese New Year lunch, St Davids Day lunch with Barber Shop Singers and a special Mothers Day Lunch and Afternoon Tea amongst others.

We had a good year for new volunteers last year but we still need more volunteer drivers to take residents out and about, you chose how many hours you work due to your own commitments. You receive the correct training to Health and Safety Standards as do all our volunteers. We also need people with specific skills to work with residents with more complex needs on a one to one basis.

If you have worked in teaching or nursing for instance and think you could help for a few hours a week why not give Stacey Lewis, Mickley's Volunteer Coordinator a ring at 0114 236 9952 or e-mail her on stacey.lewis@lcdisability.org and have a chat. The residents would be most grateful as it is a combination of the excellent staff and volunteers who make it possible for them to have the positive experiences we all take for granted. Hope to see you all at our forthcoming events.

Ann Lee, Volunteer Support Group

# **Councillor Surgeries**

#### Liberal Democrats:

2nd Monday in the month 6.00-7.00 p.m., Totley Library, Baslow Road and 2nd Saturday in the month from 10.30 a.m. to 12.00 noon, Dore Old School Hall, Savage Lane, Dore Contact details: telephone 235 2289 Email: keith.hill@sheffield.gov.uk, colin.ross@sheffield.gov.uk or mike.davis@sheffield.gov.uk

### TRA Website:- www.totley.org.uk

## **GEORGE DANIEL REYNOLDS**

I first met Danny about 50 years ago when I was a young interior designer and he was a joiner/cabinet maker. We came across each other on several projects and kept up our friendship, always sharing and enjoying memories and information until his recent death at the age of 98. Once he got going on a subject there was no stopping him and I will always be grateful for the outpouring he freely shared with me that helped immeasurably with my interest in the history of Totley.



Danny on the occasion of his 98<sup>th</sup> birthday

Born in 1910 Danny lived all his life in Totley and attended All Saints School, a relationship he valued all his life, appearing at the 130th Anniversary of the School where he was welcomed by children, staff and parents alike. He told me of his younger days which were dominated by the First World War when Totley became a garrison town and a military hospital was established. He spoke also of the very difficult everyday life at that time for the inhabitants of Totley. Danny loved travelling, especially car trips into the countryside, and in his teens he bought a motor bike that earned him the graphic nickname of DASH. He met and married Isabel who became the love of his life for nearly 75 years and together they produced six children - Keith (who in 1965 was tragically killed in a car crash), Carole, Annette, Neil, Adrian and Paul, who in turn gave them 10 grandchildren and seven great grandchildren. In 1935 they moved from Shrewsbury Terrace to a commanding location on Baslow Road.

Danny was guite an amazing character who mixed pursuing his trade and entertaining fellow workers with his wit and knowledge. In his spare time he used his talent as a joiner to create many beautiful pieces, spending many hours in his attic workshop. Here he constructed five grandfather clocks, one for each of his children, perhaps not realising that in doing so he revived the 'long case' craft which had been prevalent in Totley during the 1700's. On another scale he constructed immaculate small models made from matchsticks. Danny had many other interests such as collecting miner's lamps, enjoying football, Country and Western music and gardening. He took an active part in Totley's Open Gardens for several years and a lasting memory is of Danny in his later days, hosepipe in hand as he tended his plants. In later years, during one of their trips abroad and despite suffering from vertigo, Danny flew in a helicopter over the Grand Canyon, pronouncing on his return to the ground, "If I die now I'll die happy because I've just had the best experience of my life".

He always displayed an admiration for other people's craftsmanship and I remember taking him to see a partly converted barn where he pointed out the carefully constructed building including the arched stonework. Now I wish I had spent much more time with such a versatile and hard working Totleyite.

One of the most exciting events in Danny and Isabel's life together was receiving a telegram from the Queen for their Golden Wedding Anniversary. This was a very proud moment but also caused great hilarity as Buckingham Palace had inadvertently re-christened Danny, naming him George DAVID Reynolds instead of George DANIEL Reynolds.

Danny Reynolds, one of Totley's great characters, passed away 3rd November 2009. He will be sadly missed by all who knew him.

I am sure many of you have other memories of Danny which you may wish to record, if so, the editor of the **Totley Independent** will be glad to hear from you. BRIAN EDWARDS

I would like to take this opportunity to thank everyone who came to my dad (Danny Reynolds) funeral. He would have been very happy to know that so many family and friends thought so much about him.

He always had a collection for charity at all the milestone events he and my mum celebrated. The last one being their 70<sup>th</sup> anniversary in 2005. So instead of flowers at his funeral he asked that we took a collection for Bluebell Wood.

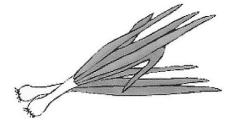
The amount that has been donated is  $\pounds$ 434.61. On behalf of my family I thank you all for being so generous.

Thank you also to Rachel at The Fleur De Lys for putting on an excellent buffet.

Annette Sinclaire (Reynolds)

MICKLEY HALL

## **ST DAVIDS DAY LUNCH BARBERS SHOP SINGERS**



MONDAY MARCH 1ST 12-2PM £3 PER PERSON

# Fox Hunting In Totley 2010

On the 16th April 1898, at Taylors Solicitors in Sheffield, Eliza Vickers of Dronfield sold the "Croft", a piece of land used for grazing, to three brothers, Fred, Tom, and Harry Fox. The land sold was 1480 square yards, each brother paid twenty shillings plus two shillings to stamp the deeds. They built three dwellings called "West View" (on Hillfoot Road) and "Vera and Doris" cottages on Butts Hill.

Martin, (widower) the father of the brothers was a stone mason and helped them to construct the properties. All four men had at sometime worked on the Totley Tunnel and in 1891 records show they all lived in Totley Bents with their grandmother Mary.

The building work was funded by Mr William Franklin, gentleman of Burngreave. In 1899 records show that  $\pounds 270$  was lent plus interest of four pounds and ten shillings per annum. All the properties had and still have stunning views over the moors.



Harry Fox with his wife, Edith in the grounds of Doris Cottage

The 1901 census shows Tom and family living with his father, Martin, in West View. Vera cottage is uninhabited. Doris cottage had a family called the Beaumonts living there with a seven year old girl called Doris, perhaps this was the reason for the naming of the cottage. There is no information or records to suggest the naming of Vera Cottage.

Ten years later the census report shows West View occupied by Fred, his wife and four children in a three bedroom house. Vera cottage was occupied by Tom,



Edith Fox at Doris Cottage

his wife and five children in a two bedroom cottage. Living in Doris cottage - also two bedrooms - was Harry, his wife and three daughters, the youngest was Edith age one, who most people today would remember as Edie. Some years later, Fred's two sons, William Martin and Albert ran a Chip Shop from what is now the garage of West View. They were

known locally as "Whale O" and "Chippy" as they used

whale oil to fry the chips. We cannot be sure when this venture closed. Tragedy hit Fred's 1934 family in when his grandson, John Martin Fox, aged 2 years 6 months drowned in just a few inches of water after falling into an excavated hole on Hillfoot Road, his brother Arthur was 6 months old at the time. He still lives in Totley.

Edie Fox, youngest daughter of Harry, was born in Doris cottage and lived there for over 90 years until she went to live in a nursing home in Eyam close to her piece App Barrett (n



niece Ann Barrett (nee Ridley). Prior to this Edie never had any central heating in her home, no fridge, and no television for many years. She had worked at Totley Hall in service, never married and died in 2005 aged 95. She will be fondly remembered. Doris Cottage was sold in 2003 for £170,000.

There is far more information about the Fox brothers and their descendents. If any one is related to Fred, Tom and Harry Fox and would like to do some "Fox Hunting" let the "Totley Independent" know and we will be pleased to help – there is a lot more family information and photographs available. Martin Campion



Edith Fox with daughter Edie and niece Ann Barrett, photo taken during WWII when Edie was wearing the Voluntary Service uniform

#### Dore and Totley Ward Forum 2nd December 2009

#### 1. Introduction

The first Ward Forum for Dore and Totley was held on Wednesday, 2nd December.

The Assembly concept was suggested by the principal community groups in Dore and Totley (Bradway Action Group, the Dore Village Society and the Totley Residents Association) as an alternative to the appointment of Community Representatives to serve on the Partner Panel. The idea was to rely instead on our elected representatives to perform this function, potentially all 12 Ward Councillors covering the South West Community Assembly area.

Although the Chair of the Assembly, Councillor Reynolds, expressed his willingness to explore such an arrangement, in the event only the Councillors and Community Groups in the Dore and Totley Ward opted to pursue it at this stage. In effect, therefore, the meeting in December was in the nature of a pilot to demonstrate what might be achieved.

#### 2. Proceedings / Issues Raised

It was pleasing that around 35 members of the public attended, plus Councillors Ross and Davis (Councillor Hill was unfortunately away on holiday), together with Tammy Barrass and Matthew Rush. I chaired the meeting on behalf of Bradway Action Group. The intention is that future meetings will be managed by the Totley Residents Association, the Dore Village Society and Bradway Action Group in rotation.

Altogether eleven separate matters of concern were raised:

- 1. Emptying and Return of Commercial Waste Bins at Totley Rise Shops
- 2. Planning Application for Waste Incinerator at Sheepbridge, Chesterfield
- 3. Traffic in Bradway
- 4. Traffic and Safety Issues on Baslow Road / Abbeydale Road South
- 5. Parking in front of Shops
- 6. Youth Crime / Antisocial Behaviour
- 7. New Allotments in Totley
- 8. Community Hall for Totley
- 9. Allocation of Grants / Funding
- 10. Closure of Abbeydale Grange School

11. Extension of footway along Totley Brook Road The nature of each of these concerns is described in more detail in the report now offered to the Assembly. In two cases, further information is given in Appendices. These are: Item 4: "Traffic and Safety Issues on Baslow Road / Abbeydale Road South", where a most comprehensive report has been prepared by Sally Goldsmith, and Item 11: "The Extension of the Footway along Totley Brook Road", which was raised at the Ward Forum in the form of a petition and is hereby passed on for consideration accordingly.

We were grateful that, in the case of ongoing issues, Councillors Ross and Davis responded by outlining the current situation to the best of their knowledge.

#### 3. What Happens Next?

Normally, the intention would be for the Ward Forum to meet six weeks before the Community Assembly, so that matters raised can be passed to the Assembly for consideration via the Partner Panel. This timescale could not be achieved on this first occasion, but it was felt more important to make progress by holding a meeting as soon as possible rather than wait until after Christmas. However, having now held this first meeting, it is not now proposed to hold a further Ward Forum until 17th March 2010, i.e., six weeks prior to the Assembly meeting on 28th April. This is on the basis that to meet the normal timetable for the Assembly meeting on 24th February, it would mean having a Ward Forum on 13th January, clearly far too soon after the first one.

We therefore respectfully request that:

1. The Partner Panel be asked to consider its response to the issues raised at the Dore and Totley Ward Forum on 2nd December when it meets on 27th January, and,

2. The Community Assembly provide some initial feedback at its meeting on 24th February.

Peter Stubbs

Chairman, Bradway Action Group,

(on behalf of the Ward Forum for Dore and Totley)

## 215th Sheffield (1st Totley) Scout Group

#### Assistant Beaver Leader Needed

Do you (or anyone you know) feel that they could give up a small amount of their time to provide regular support and leadership to a thriving group of 6 to 8 year olds, based at our Totley Headquarters?

The Beaver Group is growing and currently has a waiting list open for new Beavers.

For more information please contact Richard Frost (Chairman) on 0114 236 3603 or rpjgfrost@aol.com

# 1st Totley Scout Lottery

Lottery draw for November 2009

1st Prize No 15 Christmas Hamper Mr and Mrs Rose Milldale Road 2nd Prize No 36 £10 Voucher Mr P Bennett Totley Hall Croft

This is the last draw for this year and the scouts will be delivering new enrolment forms at the end of January. Thank you to all who have helped us to fund the Totley Scouts for another year. Our very best wishes from the Group. Peter Casson

# **PUZZLE CORNER**

#### Sort the Family Relationships.

Richard, aged 20, is older than his cousin Diane but 52 years younger than his maternal grandfather Albert. Susan was 22 when Richard was born and this was 5 years younger than her other Nancy was at Susan's birth. Richard's paternal grandmother was only 45 when he was born. Laura is 4 years younger than her sister Nancy. Laura and her daughter Jane are both widows. Jane's daughter Diane is 47 years younger than her maternal grandmother. Richard's father John is 24 years older than his niece Diane and Diane's mother Jane is the same age as cousin Susan. Laura had two children and two grandchildren. John is husband to one of the ladies mentioned.

Use these clues to sort out the family relationships and allocate the age of each individual. Don Ashford

## COMMUNITY BUILDING IN GREENOAK PARK

I was very disappointed to read in last months Totley Independent Keith Hills reply to Jennie Streets article. As Keith attends all our Park and Building meetings I understood him to be on our side and in agreement with what was being put forward; obviously I have been misled if his article is anything to go by. Points he has made are that there are other alternative community buildings which we can use such as:-

**The Methodist Church**:- If he had done his homework he would realise the only spaces available are very occasional and for one off events only; nothing on a regular basis.

**Bradway**:- He says the bus runs up there YES IT DOES it starts at 10am in the morning and from Totley runs on the hour so if meetings or events start on the hour what use would that be. No buses run after 4.00pm so what happens after then are we expected to walk in the winter and dark as not everyone can drive.

**Totley Library:**- Yes Totley library will accommodate 100 people with some standing in the foyer or the adult library due to the seating capacity being limited in the children's side and it cannot be used during the day as the library is always in use.

We have not given up on the Building Project; as Keith Hill states we will keep fighting for a community centre in TOTLEY - why should we be left out of funding when other (deprived) areas are having money thrown at them. Are we not being deprived of a very much needed facility.

Marlene Marshall

## **Community Centre**

I have just read the letters in the "Totley Independent" regarding the community centre.

As a relatively new member of Totley Resident's Association I must admit that I am not fully "au fait" with all the previous negotiations. I read that a great deal of effort has been exerted by all concerned but this only seems to have led to acrimony and the present impasse. I am in no position to assess either the balance or quality of in-put allotted to the matter by the parties involved. However I do wonder if Keith Hill is aware of the frustration felt by hard working committee members when one of them is criticised when attempting to make our case on behalf of Totley residents. I would have expected a local councillor to have been involved in strengthening not weakening the submission and to be pushing it vigorously.

I do not know how many of the events organised within our community have been attended by councillors but these have been a great success. Only on Saturday night was there another such occasion. I believe we should tighten up and concentrate on this aspect of life in Totley, which I believe is one of our strongest arguments for a centre. The simple fact is that such a centre brings social cohesion and benefits all residents. That it would be well used should be a given, based on the strength, support and enthusiasm these events have elicited. Any local councillors should be thinking creatively and offering every assistance about ways a centre could be formed so that present and planned activities could be expanded and extended reaching out to all Totley residents. It is so easy to bury the central aim of the TRA under a weight of bureaucracy. Mrs P. Parkin

#### **Geology Classes at Totley** We all remember sending postcards from our holidays

We all remember sending postcards from our holidays - maybe some of us still send or receive them. However none of you will ever have received postcards as old as the ones being talked about on Monday afternoons at Totley Rise Methodist Church! "English & Welsh Postcards from the Past", beginning its 10-week run on January 18th, is a look at the geology of ten different areas. Places to be visited include Charnwood Forest, Anglesey, West Cornwall and the Lizard, the Peak District, South Yorkshire, the Yorkshire Coast and Antrim in Northern Ireland. Through the use of lively talks, and visual material including DVD and camcorder material Chris Darmon will explain what lies behind the landscape and scenery we take for granted.

No previous knowledge is needed or assumed and the good news is that you can join the class at any time during the 10 weeks. The course cost is  $\pounds 40$  ( $\pounds 35$  over 60), or you can pay for each week at  $\pounds 5$  a session.

For further details contact Chris Darmon on 0114 245 5746 or email: chrisdarmon@geosupplies.co.uk



VALENTINES LUNCH



COME AND JOIN US FOR YOUR VALENTINES LUNCH ON SUNDAY FEBRUARY 14TH 12-2PM



### **Christmas Ceilidh**

Just a few words on the Totley Local History Group's first big social venture. It was a resounding success, and hopefully will be followed by other similar

occasions, and please, can we "Airs have & Graces" for the music? Superb!!! On behalf of the organisers, Ι would like to thank all the people who helped put to together, show particularly the



Dancers unlikely to trouble the 'Strictly' scorers made up for it with effort.

Music Hall song "The Hole

in the Elephant's Bottom"

comes to mind). However, the front end was played

by my wife Kate, (a

brilliant piece of casting

there, guv'ner), and here's

a funny thing, she actually

complimented me on my

following her around the room... now that is a funny

thing! (Max Miller 1932).

At this point, I should like apologise

person(s) I trod on during

these cavortings whilst

under the blanket, but I

assure you, I hadn't the faintest idea what was

to

the

Mummer's Play, who went to extraordinary lengths with costumes, props and a fairly wide variation in accents! On a personal note, I achieved a role not played before; the back end of a dragon! (the old



The dragon arrives!

happening beyond a two feet wide strip of the floor. I know for certain that I collared either Rony or the band's caller, and gave myself a small, but beautifully arranged collection of bruises on my thighs from the sharp corners of tables

to

etc. But overall, it was a super evening out, made no in small part by the enthusiasm and

participation of the audience. I am sure that I speak for all participants, when I say, `Let's do it again PLEASE!'.



Mummers play in full swing

Acknowledgements should also go to Jimmy (the raffle ticket) Martin, Ian (the mince pie) Clarke, and John (the DVD) Elliot, together with all the others who fetched, carried and setup and cleared away tables, chairs etc. Thank you all!

#### **Tony Reynolds**

All the excerpts from the Xmas Party are now available on YouTube via the Totley website (www.totley.org.uk), including the full Mummers Play.

## **News from King Ecgberts**

This term we are looking forward to our drama production. The title of the play is "Titanic" and has been written by our head of drama, Cheryl Bartlett, to show off the talents of our many young actors. The play will be performed in the week beginning the 1st March even though rehearsals have been hit by the snowy weather at the start of the Spring Term. We do hope that many local people will join us for the production to help us celebrate the accomplishments of our young people and see what we know will be a top quality school production. Please telephone the school for ticket information in the last week of February (0114 235 3855).

One of the ways we try to broaden our curriculum offer to our students is to incorporate a number of days each year when we do not run a normal timetable. This frees up blocks of time when students can work on longer projects and visits can be organised with less disruption to ordinary lessons. We also take the opportunity on these days to mix the students up from their usual class groups and encourage them to work cooperatively with different people. This term there are three of these days and the experiences provided for the students will be many and varied. For example all of Y8 will take part in an International Day looking at art, dance, food and music from around the world and also enhance their understanding of history with a visit to the Slavery Museum in Liverpool. They will also use forensic science to try and solve a crime in the summer term.

Y7 will participate in an Enterprise day when they will learn the basics of business and have a go at pitching their ideas in a "Dragons' Den ". They will also have a day which will bring together the work they have been studying in geography, science and technology to look at sustainable futures for the planet. A visit to Castleton to take part in history and geography fieldwork will also enhance their understanding of the local area in the summer term.

These sorts of activities really develop the skills that we know will enable our young people take a full part in the real world beyond school. They are given opportunities to solve problems, to work in teams and to think creatively in a framework that the usual school day of one hour blocks can limit.

Another exciting development is the forthcoming production of a school magazine to showcase the talents of our many talented creative writers and poets. Students will be creating a high quality product that we will hope to sell in local shops to the wider public, as well as to parents and students. We are also using the magazine to promote entrepreneurial skills amongst our students and we are hoping that local businesses might like to buy advertising space to help the magazine to be sustainable in terms of costing. If any local businesses would like to be involved then please contact Jayne Flint at King Ecgbert School.

## **PUZZLE CORNER**

#### Solution to Sort the Family Connections.

Albert (72) is married to Nancy (69). Their daughter is Susan. (42) and Laura (65) is sister to Nancy/ Laura had twins Jane (42) and John (42) Jane had daughter (18). John married cousin Susan and they were Richard's (20) parents. Don Ashford

## Activity Sheffield February Half-Term Programme

#### Monday

Tapton Activity Camp Tapton School Sports Hall/Gym Darwin Lane Activities will include - Multi-sports, Martial Arts, Street Dance, 'Beat the Coach' and more. Time: 10am-2.30pm, Age: 8-13, Cost: £3 Bring a packed lunch and plenty of drinks. Booking is essential, please contact Activity Sheffield on: 0114 273 4266 Tuesday King Ecgberts Activity Camp King Ecgbert School Sports Hall/Gym Totley Brook Road Activities will include - Multi-sports, Martial Arts, Street Dance, 'Beat the Coach' and more. Time: 10am-2.30pm, Age: 8-13, Cost: £3 Bring a packed lunch and plenty of drinks. Booking is essential, please contact Activity Sheffield on: 0114 273 4266 Wednesday Football Camp Derek Dooley Community Centre (SUFC Crookes Site) Weston View, Crookes Activities will include - Football drills/small-sided games, matches, competitions and more. Time: 10.30am-2pm, Age: 8-13, Cost: £3 Bring a packed lunch and plenty of drinks. Due to the sessions taking place outside please provide your child with suitable clothing and a change of clothing if needed. Booking is essential, please contact Activity Sheffield on: 0114 273 4266 Thursday 'Sport in the Community Competition' Handsworth Grange Community Sports College Activities will include competitions in the current Hub Club focus sports of Badminton and Cricket Time: 10am-3pm, Age: Y5 and Y6's Note: This Competition is only available to children that currently attend the Tapton Timberwolves and Ecgbert Eagles Hub clubs. For more information on these clubs then please contact Activity Sheffield on 0114 273 4266 Bring a packed lunch and plenty of drinks Friday Tapton Trampoline and Dance Camp Tapton School Sports Hall/Gym Darwin Lane Activities will include Trampoline coaching/games and Cheerleading (incorporating elements of dance and gymnastics) Time: 10.30am-3pm, Age: 8-13, Cost: £3 Bring a packed lunch and plenty of drinks. Booking is essential, please contact Activity Sheffield on: 0114 273 4266 Saturday South West Blastoff Tournament HSBC Sports Ground Hathersage Road, Dore Activities include: A 5-a-side football tournament for youths in the South West of Sheffield including a DJ, Inflatable football game and much more. Time: 5.30pm-8.30pm, Age: 11-16 Bring plenty of drinks.

Contact Activity Sheffield to register your team on 0114 273 4266, Minibus pick-up can be arranged

## JOINING THE PAPARAZZI

On a delightful sunny day in May we had a lovely day at Flatford Mill in Suffolk. We had got away to an early start to avoid the crowds. Nevertheless when we were there two groups of young school children, one English and one French, arrived and were really enjoying themselves. Some of them, perhaps on a nature study, were paddling in the dam outside Willie Lott's cottage fishing with their nets. My wife was taking photographs and two little girls of perhaps some eight years of age saw her and posed in the water with delightful smiles. She thanked them and we went on our way.

Back at home a week later our eldest daughter was having to endure the torture of looking at our holiday snaps. I was absolutely amazed when I heard her saying, as she looked at the two little girls at Flatford Mill, "Mum you shouldn't be taking photos like this, you could be in trouble". I was absolutely flabbergasted to hear this. I have taken pictures over more than 70 years all over the British Isles and the continent, including street vendors, market traders, people in National costumes, street performers, and lots of children playing in parks or streams and at the seaside. As you may imagine I was surprised at what she said. Later in the same year I was enjoying a Christmas lunch with a group of former works colleagues, one of whom is a keen railway photographer. Not unnaturally he photographs many other subjects and is a respected member of several photographic societies. He related a story to me. He was taking photographs at the Bakewell show and stopped to photograph children excitedly enjoying themselves on a roundabout. The next he knew he was taken away for two hours of interview by the police. Apparently two mothers of children on the roundabout were accusing him of paedophiliac intentions but based on what evidence is hard to imagine. He pointed out he was a reputable member of the local photographic society, had published several photographic books and in general is a respected member of the local community. After he had asked the policemen whether they really thought he would troop around with serious photographic equipment, when a decent mobile phone would do the job the women apparently had in mind, he was allowed to go. I thought of a conversation many years ago. My friend's particular passion is steam locomotives and one day he was asked "How come you always manage to get the loco belching stem and smoke in your photos? "Easy" he replied." Give the driver a packet of cigarettes to do it at the chosen spot". I suspect if he had given the children sweets as an incentive to wave as they came round he would have been in more trouble! I have always liked young children and got on well with them. These days I would never speak to a child I did not know unless they were with their parent. What has happened to our society when an old man can't say a cheery word to a little one who smiles at

him without being suspected of nefarious intentions?

Don Ashford

## ADULT LEARNING

The following courses are running in Totley for anyone interested in adult learning. Although they have started it's not too late for people to join.

<u>Art</u> - at the Heatherfield Club, starts Monday 11th Jan. Beginners 12 - 2pm. Improvers 2-4pm.

Yoga - 3 classes, starting

**Tuesday** 12 January, 6.30-8pm at Totley Primary School, Sunnyvale Rd **Wednesday** 13 January 1-2 30pm at

Wednesday 13 January, 1-2.30pm at Abbeydale Sports Club

**Thursday** 14 January, 6-7.30pm at King Ecgbert School

**Spanish** (Beginners level) - King Ecgbert School, starts Thursday 14 January, 6-8pm

**<u>Computers</u>** (Beginners level) - King Ecgbert School, starts Thursday 14 January, 5-7pm

**<u>Computers</u>** (Advanced level) - King Ecgbert School, starts Thursday 14 January, 7-9pm

**Digital Imaging** - King Ecgbert School, starts 14 January, 6-8pm

**Local History** - Venue still to be confirmed, Friday 1-3pm starts 15 January.

Local History could become Genealogy if people would prefer, but we'd have to have access to computers. Most probable venue would be Hallam CLC (Notre Dame School), 3- 4.30.

All courses carry charges =  $\pounds 5$  registration + $\pounds 20$  course charges =  $\pounds 25$ . Anyone on an income-related benefit pays  $\pounds 5$  only. All charges are to be paid, up front, at registration.

King Ecgbert are keeping a list for the courses to be run there - number is 0114 2353855. Any others are bookable through Glynn Stones via glynn.stones@sheffield.gov.uk or phone 07764661181 Other enquiries or requests, please contact your two local Learning Advocates, Jennifer Burns, Tel. 235-0071 jburnstotley@supanet.com or Jennie Street Tel. 236-2302 jennie@hadish.f9.co.uk

## **Councillor Update**

#### Making roads safer in our area.

The new South West Community Assembly has committed over £25,000 towards highway improvement work in the Ward over the next 12 months. Priorities were identified by local Councillors using casework and requests from the general public as a guide.

Thirty five dropped kerbs will improve access for parents with prams and people with limited mobility. Additionally, improved signage on Rushley Road and Limb Lane will reinforce the 30 mph speed limit; yellow line parking restrictions are scheduled for a number of locations. Vehicle activated signs (VAS) which detect driving above the local speed limit and notify drivers are proposed for Baslow Road and Twentywell Lane.

This is only the first phase of highway improvements. We already have requests for improvements and safety measures that add up to double that figure. After May the Community Assembly will be rolling out its next spending programme. I urge local people to let us know of highways issues, large or small in their area in good time. That way we can prioritise and plan future spending more efficiently. Keith Hill (Cllr.) tel: 235 2289

Email: Keith.Hill@sheffield.gov.uk

## **Cover Picture**

The caption disappeared from the front cover of the December/January issue. Of course it was taken at the bottom of Moss Road looking towards Monybrook with Baslow Road in the background. The photo, taken in the late 1940's, was lent by Betty Clark featured Joe Marshall, Pat Hoyland, John Maris and David Maris.

## TAI CHI

Tai-Chi is back at Totley All-Saints Church. The session runs from 11.30am – 12.30pm on Mondays & costs £2. For more information please contact Activity Sheffield on 0114 273 4266

#### MICKLEY HALL



#### YOU ARE INVITED TO PRAYER IN THE PUB

Many Christians believe that divine healing and restoration takes place today through the power of Jesus Christ who is alive, and there is a lot of evidence to prove it. If you don't believe it - come and see.

All Saints Parish Church, along with friends from other local churches are prepared to pray for divine intervention, for the public at large, in a public place.

If anyone has an illness or situation affecting their emotions, their mind or their body, they are welcome to come for divine prayer, without obligation.



This will happen at the Fleur de Lys Public House, Totley Hall Lane (function room, entrance at end of pub near main road A621 Baslow Road).

SATURDAYS February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>. 11 am - 1pm.

For information, email contact: <u>missionbritain@aol.com</u> OR RING Brian on 07877303709

## Farming Scene

As I write this article the thaw has now well and truly set in. The combination of snow fall thaw and last nights rain has culminated in water logged fields and farm tracks that have been turned into fast flowing streams.

For most people the last month of 'real winter' has provided unexpected winter sports opportunities plus fantastic Christmas card scenes for people to enjoy. Although most farmers welcome this return to seasonal weather, it does have its advantages and disadvantages. For those able to get their 'finished' animals to a market or abattoir, the reduced supplies have led to them receiving very good prices for their stock. Many though, ourselves included, will have spent all their time just ensuring their livestock have plenty of feed and are not suffering from the cold. Providing their stomachs are full, sheep do not mind the cold, it's much better than rain for them. The early onset of winter has meant that we have already used a fair quantity of winter feed when the ewes would normally still be eating grass. A late spring could see many hill farmers short of silage and hay come March and April.

We have now finished lambing our Dorset Flock with a very good number of lambs born and reared. Due to the cold weather over the last 5 - 6 weeks their growth has been much slower than last year when we had a very mild winter. The firstborn have now been weaned and should be ready for sale in time for the Easter Spring Lamb trade.

We have had some unexpected visitors on our land recently. Going back to October time we discovered a Dorset Ewe lamb in a very distressed condition in the field just below the brickworks. It had puncture holes in its nose, mouth and broken left front leg. We were puzzled as to how this could have occurred. Eventually we came to the conclusion that it had been injured by a stag deer. A number of these had been seen coming down off the moors to feed in that field at night. In fact one morning a fawn was still in the field when Jenn inspected the sheep. It jumped into the scrubland at the back of the brickworks when it saw her coming. During the recent snows they have been coming down to our field on Lane Head Road to feed on any green stuff they could find. Ivy and tussock grass have been eaten and they have even had a mouthful or two of the silage from the sheep racks by the roadside.

For many mornings pre Christmas a very friendly young hen pheasant with a limp, was waiting by the troughs in the ram's field for me to arrive with some food. As I fed the rams it would scoot in and out of the scrimmage picking up any stray feed nuts that it could find. This was an easy meal for it but sadly could have led to its demise as it suddenly disappeared over the Christmas period and it's tameness could have led to it becoming a Christmas dinner for someone.

Now here's an oddity. You will have heard of bats in the belfry, but how about badgers in the garage? Not only did we find a lost/stray badger cowering in our garage one morning but we also had them searching for food in the gap between the back of our house and the yard wall. There is a sheer 6 to 8 foot wall drop here so how they got in, and more particularly, how they got out is a mystery to me. They could be regular night visitors as our dog gets very excited about intruders some nights. Although they are in one sense harmless, pretty animals, they are causing devastation to some dairy and cattle herds particularly in the South West of the country. They themselves are subject to T.B. infections that can kill them. Unfortunately, they are also one of the main sources of T.B. in cattle, transferred by direct contact or through cattle eating food contaminated by badger urine etc. The number of T.B. cases in cattle has increased from 8,500 in 2000 to 40,000 in 2008. This year's figures are expected to show a further increase in infected cattle numbers and subsequently their compulsory slaughter. Badgers are not the only carriers, although probably the most prevalent, as other cattle, deer and llamas are also infection sources.

Our Nativities went well again this year, although numbers attending were 25% down. We expected a drop due to the effects of both the E.Coli problems on a farm in Surrey and also the economic downturn. We ourselves were inspected by a Health & Safety Executive Officer and found to be operating in a safe manner using plenty of hand wash basins and antibacterial soaps etc. Cleanliness is obviously the key to infection prevention.

Finally, wonders will never cease! Our Single Farm subsidy payment arrived in December – on time! Now that is a first. Even better, the drop in the value of the pound increased its value by 15% after years of decline due to government/E.U. discounts to fund environmental schemes.

This is a really good start to the year for us. Edwin Pocock

## **Music from the Shows**

It was interesting to read of the contributor (Dec/Jan issue) who was getting rid of sheet music.

I have quite a lot of scored sheet music of my late wife Joan who was an accomplished singer having done the circuit and many other shows, parties and old people's homes.

Many favourites at her time were from the shows, ie "Richard Tauber" "My heart and I from old Chelsea", "Tales from the Vienna Woods", "White Horse Inn", "Don't be Cross", "Pedro the Fisherman", "The Holy City Jerusalem" and "Land of Hope and Glory!".

Of course we did many more pieces, gems such as Ray Moore's masterpiece "My Father bought a Rabbit and he thought it a was a Duck", "The Pig got up and slowly walked away", "Granny only left me the Old Armchair" and a host of special effects, including the blitz, creaky gate, farmyard etc.

Happy days.

J W Abson

## It Snow Tale

1. Where do snowmen keep their money? *In snow banks.* 

2. What happened when the snowgirl and snowboy parted? *She gave him the cold shoulder!* 

3. What do snowmen eat for lunch? *Icebergers.* 

4. Why did the snowman call his dog Frost? *Because Frost bites*!

5. How do snowmen travel around? By icicle!

#### Parrots

Why did the parrot wear a raincoat? He wanted to be a polyunsturated!

What is orange and sounds like a parrot? A carrot! What is a Scottish parrot commonly known as? A Macaw!

## **GARDENING TIPS FOR FEBRUARY**

Snow and more snow, I am writing this piece in early January as we are going on holiday soon, I hope, if the weather at the moment continues then the holiday may be in doubt. Snow in the garden? Not a massive problem it does insulate plants from very low temperatures, brush snow of the trees and shrubs to avoid the possibility of branches breaking off under the weight, keep of lawns, and brake any ice on top of the fish ponds to allow the fish to get to the oxygen. I have a floating vent which is easy to make, you need a frame about 9"sqare out of 1"timber fix a square of clear plastic onto the frame with a small spacer between, the double glazing type of plastic would be even better, float this on the pond result - happy fish!

I hope you all had a nice holiday break, now is the time to put into effect all those new year resolutions like getting ready to enter the **TOTLEY SHOW** in September so please have a go this year, we had a lovely day last year the children really enjoyed it, give them a bit of encouragement by making it a family project Sept.18th is the date make a note!

The seed catalogues have arrived they are really interesting, some of them are supplying young plants for you unfortunate people without greenhouses, you just order the varieties you would like to plant they will then send them to you at the correct time to plant out, so no excuses now, I expect to see a lot more exhibits on the show benches, all you have to do is prepare the soil in your beds and hey presto! Lovely tasty vegetables and gorgeous flowers. For those of us who have greenhouses the cold weather is always a problem whether to use expensive heat or risk losing a number of tender plants and purchasing more later when the weather improves its always a worry when the plants you have spent a lot of TLC nurturing them along to see them looking a bit sad, however it's all part of the gardening scene and we have to make many heart breaking decisions at this time.

Not much planting to do yet, though onion seeds should be in by now, in order to get those large bulbs that are always on the show benches at the shows.

Time to do the general maintenance around the garden such as fence preserving, hut tidying, tool cleaning, heater trimming (that is if you have paraffin heater) pathways should be made safe - all this type of work should be done so that it is finished by the busy time in the gardening calendar. You can then sit back for a while with your gardening catalogues and do a bit of planning for the new season, order your seeds in good time, and when they arrive read the instructions carefully regarding temperatures, depth at which to plant and any other requirements witch will help to bring them into good healthy plants.

The weather is always a worry at this time if we get a few sunny days the temperature can soar and then drop dramatically, so your ventilation control is very important, if you have not got auto vents make sure your vents are closed by early afternoon, many plants do not like large variations in temperature especially seedlings and small plants. As I write it is still snowing and the forecast is not good, I hope it is a bit better when you read this...

**FLOWERS** Clean up borders, work in a balanced fertiliser such as Growmore. Clean up rockery and add a topping of potting compost and chippings. Plant out herbaceous perennials if the weather permits. Plant out (again if the weather is kind) anemones and ranunculuses about 4 to 5 cm deep and about 15 cm apart.

Prune back hard hydrangea paniculata similar to the way you prune buddlia, this will encourage strong growth and larger flower heads. Remove any rose leaves which may be lying about and burn them, especially if they had a touch of black spot. Spray the areas around them with fungicide. Fill in any gaps in the wallflower beds before the plants begin to grow more actively and firm in any which have been loosened by frost. Check dahlia tubers in store for signs of mould, treat with flowers of sulphur if mould is seen. Trim back winter flowering heathers and jasmine as soon as flowers have finished.

**VEGETABLES** Firm in spring cabbage which may have been loosened by frost and give them a quick acting fertiliser, such as nitrate of soda. Slugs are starting to get active this month, so watch out for them and deal with them in your favoured way – I use beer traps, if you use slug pellets use them sparingly, and pick up dead slugs as soon as possible, before the birds get them. Autumn sown onions should be transplanted carefully to the place where they are to mature, this should be in an open position, in well manured ground. Later in the month shallots and garlic cloves can be planted. Divide and replant chives.

**TREES SHRUBS AND FRUIT** If pruning has not been completed - do so now. Fruit trees grown in grass can be starved of nitrogen. This can be remedied by feeding now with sulphate of ammonia or nitro chalk, use about half an ounce per square yard. Planting of fruit trees and bushes is best completed by the end of February if they are to get a good start. Prune autumn fruiting raspberries.

**GREENHOUSE AND INDOOR PLANTS** Ventilation needs careful attention, February can see warm bright days and cold frosty nights, extremes which the majority of plants hate, so it's up to you to balance these temperature changes by ventilation etc. Bear in mind also that fresh air is a vital factor in the health of your over-wintering plants, especially if they are heated by paraffin. Gradually increase watering, increase humidity by standing plants on moist pebbles or grit.

Starting planting seeds of summer bedding plants, snapdragons, fibrous rooted begonias, busy lizzie, verbenas in warmth, water seedlings with cheshunt compound to prevent damping off. Plant indoor gladioli corms.

All the above should be maintained at a minimum temperature of 50-55F. If you cannot do this then wait a few weeks. Prick out those onion seedlings which were sown earlier if you are showing at any of the shows, then they should be planted into 2.5 inch pots at this stage (I use fibre pots), this helps to prevent any check in growth, and will give a fine healthy large onion ready for the Totley Show in September. Make ready chrysanthemum stools for cuttings. Re-pot fuschsia, shake away all the soil from the roots, then place them in the smallest post that will take all the roots comfortably, they can be potted on later as growth develops. Plant sweet pea seed for a show in late summer.

Pot up rhizomes of achemenes which have overwintered in dry soil, 6 or 8 to a 5 inch pot, place them in the warmest spot in your greenhouse. Dahlia roots from which cuttings are to be taken should be started now. They need a warm, humid atmosphere. Although I like to keep my greenhouse reasonably tidy most of the time, they do need an extra fettling now and again, February is a good time to tackle this job before they get too overcrowded with new vulnerable seedlings.

**LAWNS** Tidy up any leaves and debris that may be on your lawns, weather permitting. Keep off when frost is on the grass, you could apply a top dressing of sand if you haven't done this earlier. Cheerio for now, Tom

## Blacka Moor Nature Reserve

#### Saturday volunteer sessions 2010

People are always trying to think of new and imaginative new year's resolutions. We have some ideas. Do you want to get out and about and chase away the winter blues? Do you want to help conserve a beautiful nature reserve? Come and lend a hand conserving Blacka Moor Nature Reserve and get help out with path improvements, vegetation management, access improvements and many other tasks.

Blacka Moor is a beautiful nature reserve, comprising of 181 hectares of open moorland, peat bog, upland oak woodland and wet woodland, of international importance for wildlife. Its wonderful mosaic of dwarf shrubs, birch and rowan copses, mire and woodland are well loved by walkers, cyclists, riders, bird spotters and many others.

Brendon Wittram (South Sheffield Greenways Manager, Sheffield Wildlife Trust) stated "Come and join us and make volunteering on Blacka Moor one of your new years resolutions! It's a brilliant chance to meet new people, get some fresh air and learn about the conservation work that we are doing"

Sheffield Wildlife Trust run regular Saturday Volunteer Sessions on Blacka Moor to give people a chance to get involved. The sessions run from 10am – 3pm. Meet at Stony Ridge car park (the small car park at the end of the woodland on the A625 Hathersage Road). Grid reference: SK 277 806. Bring suitable clothes & footwear, water and lunch. We will provide tea, coffee and biscuits, as well as any tools, training or instruction.

The next session will be run on Saturday 6th February 2010. And from then on they will be on the first Saturday of each month.

If you would like to join in on the volunteer sessions or would like anymore information please ring Hannah Wittram on 0114 263 4335

## WOMEN'S WORLD DAY OF PRAYER SERVICE

This year's Women's World Day of Prayer Service for churches in S17 will take place on Friday, 5 March at Christ Church, Dore at 10.30 am. Refreshments will follow. EVERYONE is welcome at this service. Any enquiries to Rosemary on 2363027

## **Share Your Pics**

Totley History Group had it's first 'Share your Pics' morning on 5th December at Dore Old School with our friends from Dore. And very successful it was too - we'll share some of them in future issues and be putting them on the website.

## Abbeydale Picture House

The end of 2009 saw three fantastic events at the Abbeydale Picture House. The first was "In The Nursery" which consisted of a fascinating talk on fairgrounds of yesteryear, a silent film called "Man with a Movie Camera" and to round it all off was the hilarious group "The Everley Pregnant Brothers". We would like to thank the students from the University of Sheffield for their help in organising this event as well as creating and artist's impression of the Abbeydale will look like when it is completed. This is located in the foyer and is worth a look out on your



Myself as Dame Trott in Panto-Monium by Simon Slade. December 2009 way to one of our events or Coffee Mornings.

The second event was a night full of musical entertainment called "Night at the Big Top" which was a massive success with people filling the auditorium all night. And last, but by no means least, the annual Christmas was Spectacular which this was Panto-monium by Simon Slade. It was fantastic to see families' enjoying a pantomime performed by the Youth Theatre which we believe is unique as we haven't managed to find a pantomime in

Sheffield where the cast are all children. There was plenty of audience participation and smiles all round.

Well once again a new year is upon us which means more events to organize. Unfortunately due to the adverse weather conditions we haven't been able to meet up as scheduled and hence this is a short report. When we do the PHYT will be starting rehearsals for their performance of "Bugsy Malone" which will be performed in April so keep an eye out on our website, www.abbeydalepicturehouse.co.uk for the dates which are currently to be agreed.

If you wish you can still become a friend of the Abbeydale for  $\pounds 12$  a year and you can still donate money to the Raising the Rafters campaign to raise  $\pounds 387,000$  to fix the roof.

www.abbeydalepicturehouse.co.uk 07775 966106 to book 0114 281 1155 for information Ben Miller

## **Totley Townswomen's Guild**

Some of our members at our Annual Birthday Lunch at Abbeydale Sports Club in October at which we also celebrated the 80<sup>th</sup> Anniversary of the Townswomen's Guild movement.



#### **Bad Winters**

As I write the snow is still falling, the temperature falling fast and I am pondering as to whether to get the sledge out and go to the Chapel Fields and sledge across the stream and nearly finish up in Penny Lane.

However, for once common sense prevails and my mind wonders back to the winter of 1946/47. The worst winter I can remember living through and have many memories of the worst winter in living memory.

I came home from the Far East in December 1946, picked up my demob suit from RAF Kirkham (Blackpool) and arrived home (Hillfoot Road) on 11 December 1946. It had been a wet autumn and a very frosty December. Totley Tunnel was iced up and the train from Manchester had to get to Sheffield via Woodhead.

I had leave until 7 April when my time with the RAF VR officially ended. The country was in a bad state even though the war had ended everything was still rationed including coal and bread.

It started to snow in mid January and continued to snow at some part of every day until mid March.

There were no inside toilets or showers. Vegetables were frozen in the fields. The snow plough was out each and every day operated by Art Kirby and 2 horses.

Grit lorries were unheard of and salt was spread by hand or from horse and cart.

However, we carried on, people went to work, helped each other out and eventually the winter ended. Whilst I was glad to have been at home I must admit there were times when I yearned for the 100 degrees and humidity of the jungle.

J W Abson

PS One writer in the Mail stated only dreams of Betty Gable kept him warm.

#### LOCAL HEAT & WARMTH

(CENTRAL HEATING & HOT WATER SPECIALISTS)

#### • FULL HEATING SYSTEMS • NEW BOILER INSTALLATIONS • CONTROLS UPGRADE • SYSTEM ZONING • POWER FLUSHING • NEW RADIATORS INSTALLED • UNVENTED HOT WATER SYSTEMS • WET UNDER FLOOR HEATIING • GAS SAFE REGISTERED N° 203880 •

Chris and Martin Campion of Totley say:-

Its refreshing to find professional, honest tradesmen, you know the ones who not only know what they are doing and take pride in their work.

Steve and Alan have those values that instil trust and peace of mind, they gave us best advice, and a first class installation job with top quality materials, their after sales service is equally as good. We understand they have completed several installations in the Totley area via recommendations.

#### SO DON'T BE CAUGHT OUT IN THE COLD THIS WINTER

CALL STEVE AND ALAN FOR YOUR FREE "OUT WITH THE OLD, IN WITH THE NEW" QUOTATION

#### ON FREE PHONE 0800 3286628 OR ALAN 07976 358988 STEVE 07967 119094

SEASONAL DISCOUNTS WITH THIS ISSUE

### Curtains

The last issue of Totley Independent with item about drawing curtains makes me write of a different need for curtains, not just in Totley, but all around the city. Let's put it this way: when I lived in a house in Ecclesall, the lovely Victorian house opposite had thickly frosted glass on their bathroom/toilet window. The trouble was, because the family who lived there could not see out of the window, they did not see the need for a curtain, and looking out of our front window across to their house, we could see in clear outline anyone using their toilet. The most amusing times were when their teenage son used to stand flexing his biceps in front of the mirror for ages every There are quite a number of toilet and eveninal bathroom windows in Totley where exactly the same occurs. I mentioned it to one friend, who had such a toilet, and she had never thought about this potential entertainment for the neighbourhood, and hurriedly ordered a blind for the window. If I look out of my dormer window I have just such a view of the neighbour's toilet across the road. I am just amazed that it never occurs to some people that they are on incidentally on view to those passing by when they think they are doing something rather private! Another reason for curtains......

### **Bus terminus**

I don't know whether the bus terminus debate is now finished or what's happening to the lights on Baslow Road now the Flat Earth Society have finished carping about them but the result of all this is that it boils down to a massive loss of an amenity to those of us who use the bus service and another sad failure on the part of the Council.

When you now wait at the bus stop outside the Cross you have no idea whether one is up the road lurking at the new terminus or still to pass you in that direction when before you could sit on it at the old terminus and contemplate the serenity of the world.

Whilst writing we have experienced another burglary and car theft at our house and all I read in your publication from the "Police Beat Manager" is that some youths have been spoken to about making a noise or maybe tying a tin can to a cats tail! When is someone going to get to grips with the real crimes going on in this Area, the burglaries, the car thefts?

We have recently carried out some extra security measures at home but really will it stop them? I doubt it. Not until we get some proper policing and judicial sentencing of offenders that makes them suffer, as we have suffered at their hands, when they are caught will it change. Too many left wing liberal snobs giving them second and third chances I fear. T Smith

## **Ecgbert Eagles**

Ecgbert Eagles are up and running again after the winter break. The multi-sport club is on every Wednesday (term-time), at King Ecgbert School between 4.30pm and 6pm. The club focuses on two different sports every term and competes in a tournament during every school holiday with other clubs from around Sheffield. The session is open to boy's and girls in Y5 and Y6 and costs £1 per session. For more information please contact Activity Sheffield on 0114 273 4266

The article below submitted by Mr Pocock has been submitted as a personal opinion, not an official report, and while the Totley Residents Association is aware of many of the details, there are many issues unresolved and in the hands of the Parks and Countryside Department of Sheffield City Council.

#### **Allotments Update**

Many of you will remember that over 12 months ago now this magazine carried an article regarding a proposal to use some land adjacent to Mickley Lane as the site for the much anticipated new Totley allotments. A full growing season has elapsed since then, and although no land based work has taken place to date, things are slowly moving forwards behind the scenes. An agreement in principle between Sheffield City Council and the current occupier is expected to pave the way for many aspiring allotment holders to start digging later this year.

Unfortunately the delay in progressing this project has led to much rumour mongering, and the spread of misinformation regarding the area, scope and practicalities, of this development. In order to keep Totley folks, particularly those living near this area correctly informed about this proposal, the adjacent plan has been drawn up. The key at the bottom of the page gives a clear indication of the area allocated to become allotments. I will explain what is planned, as I understand it, under the headings below.

#### 1. Allotment Area

This area totalling 2.8 acres is bounded by Mickley Lane, White Lane and the footpath, and should provide approximately 50 gardeners with plots. The narrow area opposite the Shepley Spitfire, I have been told, was used for allotments many years ago.

#### 2. The footpath

This runs from Aldam Road across the field and emerges on Mickley Lane near to Mickley Hall. This path will remain where it is, the only change being that it will be fenced on one side by the security fencing to be erected all around the allotment area. On the other side of the path, it is proposed that a post and rail fence complete with livestock proof netting will be erected. This should mean that the existing stiles become redundant and can be removed.

#### 3. Steep Area

This field, to the right of the footpath, as shown on the plan, will continue to be used for livestock grazing and will still be available for the normal mass sledging during the winter snows. A new field gateway just past the footpath will be installed to facilitate the entry of farm vehicles onto this field. This area will also be available for use as a car park by visitors to Mickley Hall, on the occasion of their open day. Access to the hall will be either by the existing gateway opposite the hall or via an improved footpath exit depending on the final layout of the allotment area.

#### 4. White Lane

It has been suggested that this could be one of the routes used to give vehicular access to the site. It would need to be upgraded to bring it up to a satisfactory condition for regular car use.

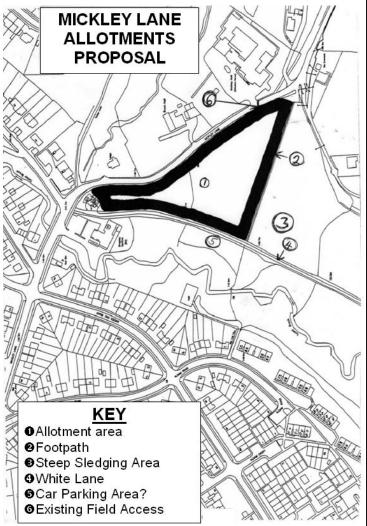
#### 5. Car Parking Area

The alternative, or additional entry point, that could be used is the existing access opposite Mickley Hall. This is already used by their visitors on open days. Should this access be used, then a car park could be constructed in the top corner of this field for the gardeners who have a plot at that end of the site. Conversely, it has been suggested that a car park to the side of White Lane could serve plots at that end of the field without taking land away from the allotment site.

I am well aware that this site will not be favoured by everyone in Totley, particularly those most affected by this change of use, however, it does have the benefit of good access points, of being near enough to many households for the holders to walk to their plots, is already owned by the council, is readily available, and does not intrude into open countryside. In fact changing its use into statutory allotments will preclude it being turned into a housing estate in the longer term. My understanding is, that of the potential tenants recently consulted, 70% of those that responded would like to have a plot on this site. This would seem to indicate that it is a suitable location for many people.

I hope the above information, which correctly details all aspects of the discussions we have had with council officers, is helpful to those who are aspiring allotment holders or who have felt they are adversely affected by this proposal. I am not aware of the fine details regarding the layout of the allotments etc. as these are currently being decided by the allotments service. However, this outline will give you of the basic facts behind the proposed new Totley allotments. Any other plans or proposals you may have seen or heard about do not form part of any discussions held or agreements reached between the council and ourselves.

Edwin Pocock



## **OLD TOTLEY** by Jo Rundle

In October 1929 came news of the Wall-Street Crash that caused havoc in the U.S.A, with thousands thrown out of work and millions of pounds lost to business and industry. It was some time before the effects were felt in Totley, due, to some degree, to its isolated position as regards work. Eight village men were employed at the Strawberry-Lea pit, and many men were employed at home or locally as Knife, File or Scythe-grinders. During the twenties the prices of food had been constant; a small tin of salmon had always been 3s 6d, and the combined prices of flour, yeast, and salt to produce three loaves and a bread-cake was one shilling, and sweets of all kinds were never more than 1d for 2oz.

The early thirties brought the winds of change, not only in the price of food and other discreet changes, but in the atmosphere; the feelings of tension in those involved in matters outside the Totley boundaries. In October 1933, the usual Saturday dance at The Labour Hall was cancelled due to an overhaul and alterations, and my friend, Ida Burgess, daughter of Kate Burgess of Moneybrook cottages, and granddaughter of Kate Fox of Lower- Bents farm, attended a charity social function in Sheffield where various dignitaries were lending their support. Amongst the quests were ten recruits from various parts of the country who, for the last three weeks had been attending the Police School in Sheffield, where they had been assigned when applying to enter the Force. All were Guardsmen, Grenadiers, Coldstream, Scotts, and one Irish, all left the Forces in April on four and half years reserve.

All were feeling, like Ida and myself, a little isolated from the rest of the crowd, whose conversation was rather more in the raising of funds, and how they were to spend the money that would result from the function. Soon our general conversation began to run out and turned to more serious things, like the talk of War. Although not talked about in the general public, these were soldiers, some served in Kartoum, and other countries of unrest, and all knew about this man called Hitler, of whom Ida and I had, until now, no knowledge and were fascinated to hear what they had to say about the problems, and dangers, of this man and his followers.

There was going to be another War. "When?" was speculation, but all knew that they would be a part of it. The discussions were serious and all were of the same mind; a sober thought but true, that the thought of marriage in such circumstances was out of the question. Nevertheless, at the end of the evening, a Grenadier Guardsman and a Coldstream Sergeant offered to escort us to our `Bus. For Ida this was "Goodbye, nice to have met you" but the Coldstreamer did not let me off so easily, and insisted on meeting me again. After two years of debate as to the wisdom of marriage in such circumstances, fate stepped in, and at the wedding reception of another Totley girl, on the principal that one marriage leads to another, as 'Jane Eyre' said, "Dear readers I married him".

However, some things are not so simple and it wasn't so easy in 1936 to marry a Policeman, a member of the Police Force, the Judicial and Executive Administration of the Country, for the preservation and enforcement of order, and there were rules by which one could be admitted. First was the application by the prospective bridegroom for permission to marry from the Chief Constable, which involved a lengthy interview with the intended wife and her family as to their suitability for acceptance into this exclusive community, and the only alternative was that the prospective Bride should become pregnant thereby earning a severe, and permanent, reprimand on the bridegroom's record. A week later, by arrangement, the Chief Inspector of The Sheffield Force paid a visit to the Salt household and the questioning began. My Father's family history, who was his father?, his grandfather?, his brothers, etc. Any indictments or prison records, or records of offensive behaviour?, to which, thankfully, the answer was a firm "No". The same questions were put to my mother, with the same result, and it was now my turn when the questions were of a very different, and personal nature. Embarrassing? yes, but in that day and age, not too difficult to answer.

After a morning of soul-searching guestioning, the answer was received a week later when my husbandto-be was given unequivocal permission to marry, with the best wishes of the Chief Constable. At the possibility of becoming boring, there may be some who are curious as to what restrictions there were on both the Police-Constable and his wife after marriage, so here are a few. When the Constable is off duty he must not wear a cap in the street; a trilby hat must be worn at all times. He must not inhabit a Public house in the locality of his home where he might be known, except on Police duty. On social occasions he must visit a Public House only in a district where he is not known. He, and his wife, must be reserved with the public, including their neighbours, and must not join, or run catalogue shopping or other clubs, thereby inviting familiarity with the public. The wife is an integral part of her husband's work and support at all times

None of these rules gave me cause for concern, in fact I rather enjoyed the discipline and the respect from our neighbours who, despite the differences in lifestyle, became excellent friends during the two years on Abbeydale Road, where our son was born, and later at Gleadless in one of twelve houses negotiated for use by the Police Authority on a new private estate. A bonus were the dozens of new friends in other Policemen and their wives at the Niagara Police Recreation Grounds. On the surface, life was very agreeable, and whenever duties allowed we returned to Totley on days off and, when the rota allowed, for a weekend of relaxation, gossip and news of activities by, and of, old friends.

In August 1939 we spent our annual week holiday with my husband's relatives at Burnhope, Co. Durham, and spent the last day before our return on September 1st at Whitley Bay, returning to Burnhope about nine p.m. to find the local policeman waiting for us. His message was brief; we had time for supper then a police car would arrive to take us to Durham railway station to catch the midnight train to Sheffield. Two police cars would be waiting there, one to take my husband to West Bar Police Headquarters, the other to take me and our son home to Gleadless. At eleven p.m. on Saturday my husband arrived home after an extensive briefing, only to return to West Bar at eight a.m. on Sunday morning, because War with Germany was going to be declared by the Prime-Minister at eleven a.m. One concession had been allowed as there were so many Guardsmen on reserve

Continued from page 16 that their 'Call-up' was to be EASTER SERVICES deferred for three months to give the Police St. John's Church, Abbeydale Road South Authorities time to re-organise. Feb 17th Ash Wednesday 7.30pm Holy My Husband left early on December 1st 1939 for Communion to include imposition of ashes Caterham Barracks, Surrey, whilst I was kept busy March 21st **Passion Sunday** 6.30pm Passiontide organising his Sister's Wedding- Reception after her March 28th Palm Sunday 10am Holy Communion marriage in the afternoon at Gleadless Parish Church, to include blessing of the palms obviously with no time to worry. As history records, April 1st Maundy Thursday 7.30pm Holy War was declared on Sunday morning, September Communion followed by vigil 3rd, 1939, at 11a.m. by the Prime Minister Ramsay **Good Friday** April 2nd Macdonald, and almost immediately an air-raid siren 10am Family Service followed by hot cross buns in was heard, and for a moment there was panic. hall; 2pm An Hour by the cross Fortunately it was a false alarm due, it was said, to a EASTER SUNDAY April 4th nervous 'trigger-happy' warden testing the system but 10am Parish Communion successful in warning the sceptics that the situation was serious. On Monday morning September 4th 1939, my three brothers left early for a visit to the All Saints Church Totley Services in February at 10.00. a.m. Recruiting Office in Sheffield, to enlist. What my mother thought, and felt, to see all three Themes sons volunteering for War was discussed many years We need each other, **14<sup>th</sup>** Profit & Loss 7<sup>th</sup> later, fortunately when all three were safely at home. 21<sup>st</sup> Keeping on, **28<sup>th</sup>** Rejoice. The two younger ones were accepted into the R.A.F., Events in February Jeff, the youngest a butcher, as a 'Cook-butcher' ; Geoff. a joiner, as an Aircraft fitter. Elijah was not 5<sup>th</sup> Candlemas Celebration at the Cheshire Home 10.45 - 11.45am Poetry, Singing, Bible Readings, accepted, much to his disappointment. After applying Children's Craft. All Welcome. to all three Services, Army, R.A.F. and Royal Navy, **6<sup>th</sup>** Musical-in-a-day. "From Pharoah to Freedom" come and sing or play at Bakewell Methodist Church the response was the same. Because he was in a reserved occupation as patternmaker at Pickford & 12pm onwards. Performance 7pm Holland Brickworks, he could not be spared, and none 19<sup>th</sup> ONSIDE EVENTS FOR MEN at SWFC STADIUM. of the Services were allowed to accept his application. Gram Seed "Boro Boot Boy to the Bible". 7.30pm. For the next nine months, the routine for me and my Entry £5. Good Company, Quiz, Food, Bar. son was the same; bath-night on Friday, and leave 26th-27<sup>th</sup> Women's Conference at Hope City early to spend Saturday and Sunday with the rest of Church, Sheffield, Entitled "Teach them to be Brave". the family at Lane Head, Totley. For further information ring 236 2322. To be continued. Paul Reynolds Architects & Design Consultants Licensed - Provision of full architectural services from sketch Hackney Carriage Driver proposals to final completion certification - Planning Applications & Building Control Approvals For a reliable, wheelchair friendly - New Build or Extensions Taxi Service, from S17 to:-- Domestic or Commercial projects Gary Grayson 5 Newfield Lane, - Complete client commitment Airports, Hospital Appointments, Dore, Sheffield S17 3DA Theatres and Restaurants Tel: - (0114) 2352335 Mobile: - 07976431740 Arb Registered Just call Paul on 07950 418875 **RIBA Chartered Architect** Email: - gary@g9design.com Hatha ..YOGA CLASS.. **CHARISMA** RLINDS Totley and Ranmoor For For more information or to book a place call RACHEL on (0114) 236 9943 Windows Sheffield Factory Showroom BWY Qualified Teacher 106 PROSPECT ROAD HEELEY, SHEFFIELD BODY, MIND & BREATH Sheffield (0114) 258 5496 Enjoy the union of yoga Rotherham (01709) 512113

## Weather Report for 2009

Well 2009 certainly went out with a bang. One benefit of the snow is seeing birds that haven't shown themselves for years - we now see a mistle thrush most days. But that aside and although it was generally warmer and also sunnier than average at Weston Park the summer struck me as being rather cloudy, after a lovely spring.

Totley (T) had 212 days and Weston Park (WP) 208 days when rain fell producing 1041 mm T and 927.9mm WP as against an average for WP of 825mm. The wettest day in T was 5th June 33.4mm while for WP it was 10th June 88.8mm which was 65mm more than recorded in Totley on that day! November was by far the wettest month when rain fell in T on 29 days (184.5mm) and WP 27 days (150.6mm) T having two and a half times the WP average. July was also wet for 25 days producing T 165mm and WP 126.3mm of rain, T being over three times WP average. T was wetter than WP for 9 of the months and drier for two.

The longest dry spell occurred in August with 12 consecutive days dry, with the hottest day being 15th July T 27.5C and WP 28.9C. The WP average maximum and minimum temperature for 1971-2000 is 9.8C and they recorded 10.2C for this year. January, July and December were the only months colder than average with two spells of colder temperatures in July when the temperature dropped by up to 5C and one in August when it dropped by 4C from the previous days. The coldest night was T 21st December -5.5C and WP 22nd December -4.7C. February produced warmer average temperatures during the night but colder average temperatures during the day, producing a 0.2C maximum

and minimum warmer average. There was snow or snow lying in T 36 days and WP 15 days.

WP also recorded 3 days of fog, 3 days of thunder and 1595.8 sunshine hours as against an average 1380 hours. Every month was sunnier than the monthly average. The sunniest day was 30th May/1st June with 14.7 hours.

Rain for the y	Totley	Weston Park
2009	1041.0mm	927.9mm
2008	1170.1 mm	981.2mm
2007	1179.9mm	948.8mm
Wettest Day		
2009	33.4mm	88.8mm
2008	47.0mm	39.2mm
2007	80.6mm	22.7mm
Coldest night		
2009	-5.5C	-4.7C
2008	-6.5C	-6.7C
2007	-5.0C	-3.4C
Hottest Day		
2009	27.5C	28.9C
2008	26.5C	27.4C
2007	26.5C	27.1C

Vivien Filleul



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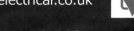
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- 2. Be sure you really want to lose weight for yourself. Doing it to please someone else may only lead to short term weight loss.
- Take advantage of all the group support at your local Slimming З. World class. Even if you are not a 'joining in' person, you'll be surprised how motivating it is.
- 4. Accept that you will have ups and downs in your weight loss journey, and be forgiving of yourself if you hit a difficult patch.
- 5. Listen to your 'inner script' and make a conscious effort to talk to
- yourself in a positive, encouraging way. Keep up your interest in your healthy eating plan by trying new foods, new recipes, and new ways of using your Sins. This will help you avoid getting in to a dieting rut which can be boring and 6. demotivating.
- Be honest with yourself about what you are expecting from your 7. weight less and how you are getting -on with Food Optimising week by week. People who set unrealistic targets for weight loss or body shape are more likely to give up than those who set achievable targets and share their ups and downs.
- Go back to your class even after (especially after) you've had a weight gain. You will not be judged, just helped and supported. 8.
- 9 Keep setting new goals and rewarding yourself for milestones until you reach your target weight, and afterwards!
- 10 Don't put your life on hold until you've lost weight. You can still enjoy life and lose weight. Think of your dreams and ambitions and bring them to the fore. The positive feelings you get from starting to `live a little' can only help your motivation and your weight loss

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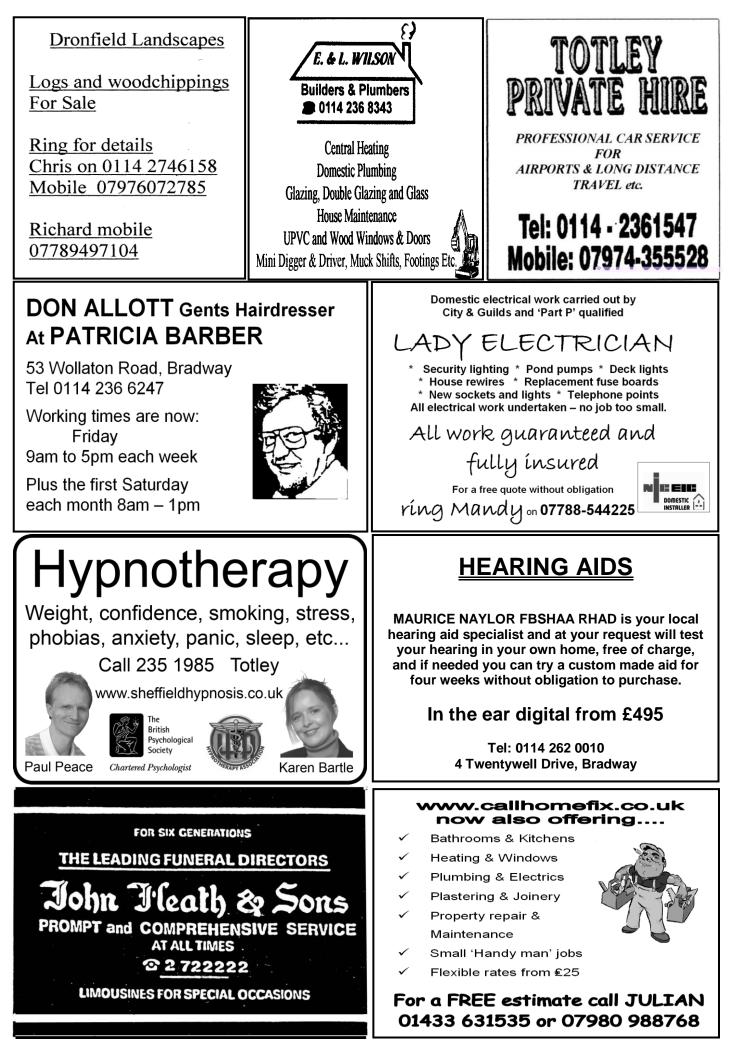
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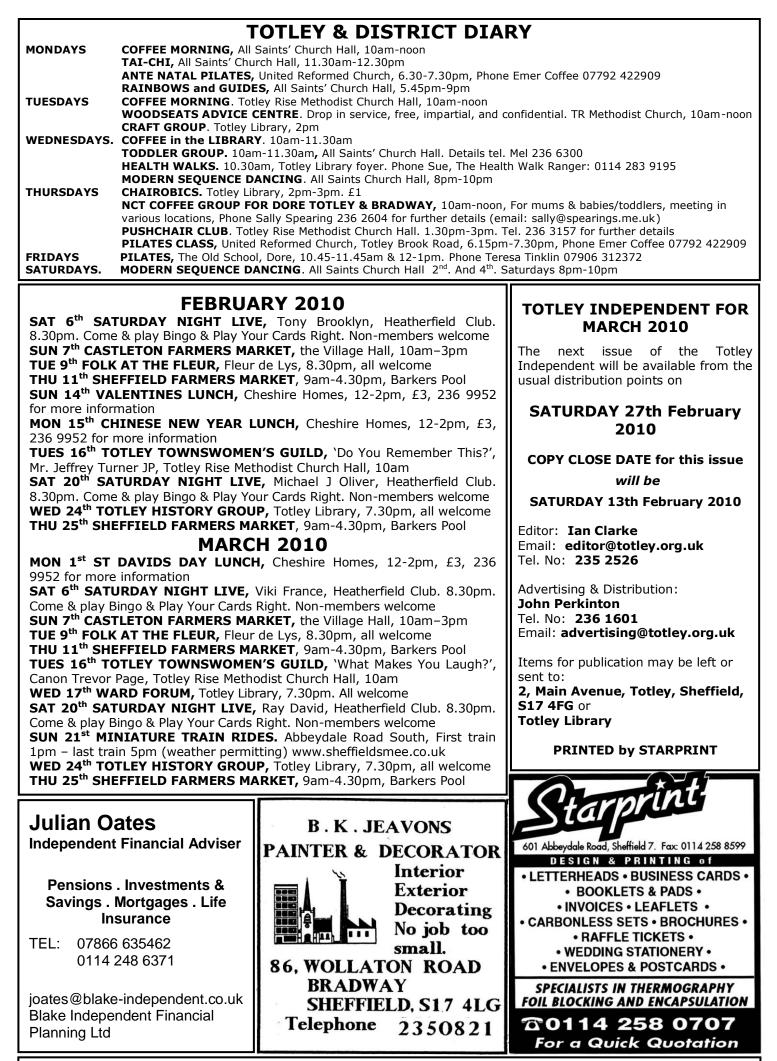
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