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**Totley Independent** 

Autumn mist over Totley Moss

(Photo: Chris Measures)

# **Facelift for Totley Rise**

A number of Totley businesses, working with local residents, have successfully bid for funding from Sheffield City Council's Economic Recovery Fund toimprove facilities on Totley Rise.

The Fund is designed to help businesses to re-open safely, to rebuild and grow; to generate demand, and to bring back customers and promote consumer confidence in shopping locally.

Phase 1 of the funding supported projects that were part of a 'Summer in the Outdoor City' campaign. This aimed to create a buzz in the city centre with an outdoor hospitality, 'European piazza' style atmosphere to entice visitors back to the city and encourage 'staycationers' to visit, all driving footfall to support economic recovery.

Under Phase 2 of the project, businesses across the city have generated proposals for their local areas. Totley's was one of six successful bids.

Totley's £15,000 'Access for All' grant includes a number of flower arrangement baskets situated along the Rise.

This includes the watering and removal of the baskets in winter, and the repotting of new plants.

The area lacks waste bins and at present it's down to the Litter Picking volunteers to walk the streets to collect rubbish. There have been very few bins available, and takeaways and other shops will benefit from more waste bins.

To promote and improve the area the bid also included lamppost brackets to hold marketing banners. This visual message (alongside the hanging baskets) will provide local residents and those living in the surrounding area that Totley is open and ready for business!

"I think it's great that a positive is coming out of a negative" said Mike Maidment of Totley Tails & Whiskers. "The scheme will brighten up the area and the litter bins are something we've been trying to get for years. There are still many things that need addressing in the area but hopefully this will act as a catalyst to start things moving in the right direction." Merry Christmas and a Happy New Year to all our readers from everyone at Totley Independent!

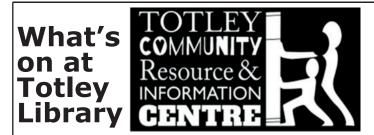
Don't forget last posting dates see page 30





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#### Hello from our new Chair!

I am Julie Kitlowski, a local GP, and it's a pleasure to write for this edition of *Totley Independent*. Things have been so difficult for everyone since the pandemic turned our worlds upside down. Norman Rolfe has steered the library through these difficult times, and although he has decided to step down from his role as Chair of CRIC, he will continue to input with his expertise as a trustee. I will be taking over as Chair of the trustees, which is an absolute pleasure as the library is now emerging from Covid with an energised and enthusiastic group of volunteers getting things steadily back to normal. I would like to thank Norman for his invaluable contributions over the seven years that we have been a volunteer-run library.

On a personal note, I am keen to see further development of the library as a community hub, where we can support the health and well-being of our community with particular concern for mental health and deprivation in our area. I hope that you will come in and visit us to see what's happening in our building as it opens up to more regular activities and meetings. Any suggestions for the future development of the library are always welcome

We are delighted to report that we have been successful in attracting a number of new library volunteers! Currently support and training is continuing, and we are steadily returning to normal opening hours! We're open all day on Tuesdays and Wednesdays. and have been open once again on Monday evenings until 7pm since 22nd November.

Covid precautions are still in place in line with our risk assessments. Track and Trace has finished but we encourage customers to use the QR code, the hand sanitiser and to wear masks.

Good ventilation is essential! Windows will be opened at the beginning of each shift. Dress appropriately - as the weather changes those windows are staying open!

#### Julie Kitlowski





DARK

### Totley Library Community Art Space - Original Art for

**Sale and exhibit space now available.** Are you looking for a special Christmas present or maybe something a bit different to enhance your home? We have original art for sale. Work by local artists currently displayed on the walls of the Adult library include Gina Hodges, Anne Smith, Andrew Jeffrey and work by the ARTfulness group.

If you are a local artist and would like to exhibit and sell your artwork do get in touch with us.

Totley Library's Community Art Space was established 3 years ago to showcase the works of new and established local artists. All works are exhibited for a period of 3 months, free of charge, and available for sale at a price set by the artist. Totley Library takes a small commission on each picture sold to support the ongoing running costs of the library. The library is now looking for local artists who would like to join this exciting venture and who would like to exhibit in January 2022 and April 2022. For further information, please call in at the library or email carolynjallcroft@gmail.com.

#### Young Volunteers at Totley Library and the Duke of Edinburgh Award scheme.

The D of E Award Scheme requires young people to complete a volunteer placement in the community. Libraries are not the usual place to see 16-year-old young men but our latest D of E student, Jake, described working at the library as surprisingly 'enjoyable' and 'therapeutic'.

Jake acknowledged that, despite being an avid reader, he had not used the library for many years as he did not expect the library to have such an up-to-date range of books to appeal to young adults.

One of Jake's tasks during placement was to ensure that the Young Adult section of the library was well presented, and to make book recommendations for this age group. Jake's recommended reads include:

The Book of Dust by Philip Pullman. An all time favourite. The Book of Dust is a trilogy of fantasy novels that chronicle the adventures of Lyra Belacqua and her battle against the organisation known as the Magisterium. Suitable for 14+

Gone by Michael Grant. A breathtaking dystopian sci-fi saga. Gone is a page-turning thriller that invokes the classic *The Lord of the Flies* along with the horror of Stephen King. In the blink of an eye, everyone disappears. Gone. Except for the young who now make their own rules. Suitable for 14+

See How they Lie by Sue Wallman. A spine-tingling psychological thriller. Suitable for 14+

Alex Rider Series by Anthony Horrowitz – A classic 'must read' series for young adventure enthusiasts. The novels revolve around a 14-year-old spy named Alex Rider. Suitable for 10+

*The Recruit* - Cherub series. By Robert Muchamore. An exciting adventure spy series. Suitable for 14+

Maze Runner Series by James Dashner. A gripping read set in a post-apocaltyptic dystopian future. Suitable for 12 +

If you are a young person over the age of 16, and would like to volunteer at Totley Library please call at the library and pick up a volunteer form, apply on-line www.totleycric.org.uk or email Totleylibrary@gmail.com

#### **Books for sale**

As well as our monthly book sales, remember that good-quality second-hand books, as well as jigsaws, DVDs and music CDs are displayed on our sale shelves each day during library hours and are regularly re stocked.

**Christmas Closure Dates** - The library will close at 5pm on Wednesday 22nd December, and re-open at 10am on 4th January.

#### **Totley Library Lottery Winners**

Congratulations to recent Library Lottery winners! The firstprize winner in the September draw was Barbara O'Connor, and the second-prize winner was Christine Dawn. In the October draw, first prize was won by Mary Woodhouse, and the second prize was won by Janis Riley.

### **Totley Library Cinema**

Friday 10th December, 7pm *Everybody's Talking About Jamie* 

Sunday 9th January, 2pm **Paw Patrol: The Movie** (U) Friday 28th January 7.30pm **Judas and the Black Messiah** (15) The story of US Black Panther party leader Fred Hampton starring Daniel Kaluuya.

Tickets available from Totley Library.

Totley Library Cinema is excited to announce our Design-a-logo competition for local school children. We have two competitions - one for 5-11 year olds to design a logo for the family films, and one for 11-18 year olds to design a logo for our Friday films. If you would like to enter just call in to Totley Library. All entries must be received by 3rd January 2022, and winners will be announced on 8th January.



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# **Councillors' Update**

It's been a busy couple of months for Councillors as we get ready for major changes to the way in which the Council will be run from May, with a greater emphasis on locality working and more say for local people over how the council operates. We are monitoring these developments carefully to make sure they deliver on the changes mandated by the referendum in May.

Another issue that features heavily in our postbag is housing, particularly repairs to council owned properties. The performance of the Council in this area is simply not good enough. We are helping residents in several cases where work has been delayed by many months. Please get in touch if you are having similar problems – it's our job to make your voice heard in the Town Hall.

You'll have read on page 1 that a grant of £15,000 has been announced for improvements to the public realm near Totley Rise shops. Regrettably there is less positive news about the Local Development Plan. This is a vitally important document that should set out the vision for how the city will grow and develop over the next 20 years. It should also include a decision on where major housing development will take place. For a neighbourhood like Totley which is close to the Green belt and other open space, this is incredibly important. Unfortunately the draft plan has been delayed again and may not be available for another year. Local Councillors are pressing for the earliest possible conclusion to this long-running saga.

The shortage of affordable housing has also been in the news. We were shocked to learn that across the city around 13,000 dwellings have full planning permission but have not yet been built. This is roughly six years' housing supply and developers need to do their bit to improve the living standards of Sheffielders. The performance of the Council on housing supply is also an area of concern and we are pushing for a new strategic plan on this subject.

Wildflower beds are planned for parts of . Totley and thanks to an initiative by local teenager Francesca Gray another wildflower bed is being planned for Dore Rec. We are co-ordinating cooperation between the Dore Village Society, Parks and Countryside and the volunteers, so that next spring there will be a fine splash of colour as well as providing an enhanced habitat. If anyone would like to start a similar initiative elsewhere in Totley please let us know.



In other news the Christmas lights on Abbeydale Park

Rise are a well-known attraction and raise a lot of money for charity. Unfortunately their popularity can cause a lot of inconvenience because of traffic congestion. We are working with local residents and the Highways department to see if we can find a way of easing the situation, but this may take some time to develop.

And finally ..... the upcoming extension to library opening hours means that our regular surgeries in Totley will recommence in December. These are held on the second Monday of each month, starting at 6pm. For more urgent enquires you can also contact us via email at;

martin.smith@councillor.sheffield.gov.uk joe.otten@councillor.sheffield.gov.uk colin.ross@councillor.sheffield.gov.uk

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# Totley Primary School

### PTA: Pretty Terrific Actually

At Totley Primary, we have worked really hard this term to

increase the number of enrichment opportunities on offer to the children in order to broaden their horizons following the difficulty and disruption caused by the pandemic. This approach has also been adopted by our wonderful PTA, who have managed to keep their fundraising efforts ticking along these past 18 months via a range of ingenious online events such as virtual balloon races and Zoom quizzes.

One of the highlights of our school year so far was the first major face-to-face PTA fundraiser for ages: the Inaugural Halloween Pumpkin Hunt!



A perfectly cool, crisp and clear Autumn evening set the perfect scene for almost 200 children searching around the school field for their perfect pumpkin to take home and carve. Along the way, of course, they had to keep a beady eye out for the special, prizewinning gold and silver pumpkins which had been hidden.

The evening became even more special as darkness fell and the special effects arranged by our fabulous PTA committee came into their own. Nature obviously felt like joining in the fun as a majestic full moon appeared on the horizon!

With plenty of treats to keep the troops happy, such as hot drinks, hot dogs and a spooky puzzle trail, the atmosphere was truly magical and it was brilliant to see so many people coming together on the

school grounds for this kind of event after such a long time. It just goes to show that, while the PTA's mission to raise funds is important, another crucial part of their role is to provide enriching experiences to bring the school community together: they certainly achieved that!! A huge thank you to everyone involved.



The tremendous work of our PTA was brought into sharp focus when recently the school was able to open a magnificent new reading shelter – a project funded completely by PTA funds. The reading shelter, located just off the KS1 playground, provides children of all ages with a peaceful, comfortable and inspirational environment in which to enjoy books and reading, either with a grown up, individually, or with friends. So far, the shelter has been a huge hit and has been very popular at break times and after school. To mark this achievement, Mrs Corrin – our English leader and driving force behind the entire project – coordinated a memorable day in which the renowned children's author,



Pippa Goodhart, attended an opening ceremony and led a series of assemblies, as well as reading her books to our children in the shelter itself.

Ben Paxman, Head Teacher

# **Totley Sporting Chatter**

Sponsored by Age Uk Sheffield, we are a small group of guys (women more than welcomed!) from the Totley area and beyond. We currently meet fortnightly at the Shepley Spitfire pub, Mickley Lane, Totley on Fridays from 12 noon till 2pm.



The next few dates are December 3rd and 17th; January. 14th and 28th. We meet fortnightly to chatter about the latest sports news (all sports). We have our own Hall of Fame sportsmen and women, and quizzes.

If you can't get out but have email we can send you quizzes, anagrams and meeting reports etc. We have organised trips to sporting venues, including the National Football Museum Manchester, Sheffield United ground and Museum, Sheffield FC ground, History talk plus game, Sheffield Steelers game, Yorkshire Cricket Club, Headingley (game plus museum tour). Speakers are welcomed,and we also plan to have events showing sports films.

Come along for a coffee! Chatter and make new friends and maybe meet old ones, sharing sporting interests and stories.



## **Totley Show 2021**

### **Report from the Chair of the Society**

What a difference to the Show from two years ago because of the Pandemic. However, it was a beautiful day, which encouraged local people to come out, bringing entries in the morning, and then again to look at the exhibits in the afternoon. We were so busy in the afternoon that the Show overran by 15 minutes. The entries were spread over two rooms and we had a one-way system that worked well with the numbers of people that came to view the entries. Unfortunately it meant that we were not able to have refreshments or live music this year. They will both be back as soon as possible, hopefully next year. It was great to see the 2021 Show so well supported.



Totley Show 2021 - Handicraft Section

We would like to thank our sponsors who advertise in our programme: Totley All Saints Church, The Cross Scythes, Hamnett Wealth Management, Omega at Abbeydale and Totley Rise Methodist Church.

Once again we had great support from local businesses, with an additional two businesses approaching us with prizes for the raffle. This enabled us to have one of our most successful raffles, with the income up again this year. The shops and businesses that donated prizes were, in alphabetical order: ACTIV Physio, Amrita Nutrition, Co-op Food, Totley, Glamourama, Guitar Tuition Sheffield, Ironing Parlour, Liberty Foods, Luxury Box, Martin Scrivens, Rendezvous, Shepley Spitfire, the Fox, Tops for Jeans, Totley Deli, Totley Pharmacy, Totley Rise Newsagents and Post Office, Totley Tails and Whiskers and 195 Headlines

Some of these businesses have had a hard time in the last 18 months but have continued to support the Show, so please continue to visit these local outlets in appreciation, for donating a prize to our raffle.

The entries were their usual high standard with over 360 exhibits from 115 different individuals. It was good to see



Totley Show 2021 - Woodwork Section

another increase in the number of children who entered, which, I think, was because of the support from the two local schools.

It was pleasing to see that the Best in Show was won by one or our regular contributors. I always have a quick look through the entry forms after the Show and it is gratifying to see that we do not just get entries from people within Totley but also from Dore, Bradway and even further afield.



Totley Show 2021 - Best in Show

Although the Show did not have refreshments - a feature which usually generates substantial extra income - we were able to make a small surplus again this year and will be making donations to two local charities - Transport 17 and the Totley Cubs and Scouts new Scout Hut fund.

I would like to thank all the members of the committee who helped make this year's Show a great success, bearing in mind the extra precautions we had to put in place. Meeting on Zoom for the last 18 months, posed its challenges to its Chair of advancing years! I would also like to thank all the volunteers who helped on the Friday night, Saturday morning and Saturday afternoon.

A couple of members of the committee are standing down this year and we already have one new person joining us, but if you would like to join and help at the Show, in whatever capacity, then please do not hesitate to contact me on the email address below.

Please make a note in your diary for next year, the Show is due to take place on Saturday 10 September 2022

Mick Warwick, Totley Show Chair totleyshowchair@hotmail.com



# **THE 35th TOTLEY SHOW RESULTS September 2021**

### Overall Best in Show: Pamela Challis for 'Open Handicraft' in the Handicraft Section

	FIRST	SECOND	THIRD
1. Knitted or Crocheted Item	Lucie Andrews	Susan Ashmore	Hannah Corbey
2. Decorative Cushion	Susan Ashmore	Pamela Challis	Oliver Scott
3. Soft Toy	Sue Bridgens	Pamela Challis	Lucie Andrews
4. Sewn Garment	-	-	-
5. Cross Stitch	Pamela Challis	Hannah Corbey	-
6. Quilting/Patchwork	Susan Ashmore	Claire Rose	Sue Bridgens
7. Greetings Card	Sue Bridgens	Pamela Challis	-
8. Open Handicraft any medium	Pamela Challis	Hannah Corbey	Sally Measures

### DOMESTIC SECTION: Best in Class: Alice Watkinson

FIRST	SECOND	THIRD	
Pamela Challis	Sue Bridgens	Jess Haigh	
Elliott Chaim	Chris Scott	Liz Hayden	
Liz Hayden	Pamela Challis	Duncan Froggatt	
Avril Holme	Chris Scott	Sandra Doyle	
Alice Watkinson	Sandra Doyle	Helen Foley	
Liz Hayden	Pamela Challis	Liz Hayden	
Mell Camateras	Glyn Foley	-	
Duncan Froggatt	Helen Foley	Sally Goldsmith	
Sharron Goldie	Jess Haigh	Liz Hayden	
Liz Hayden	Simon Gray	Karen Bell	
Liz Hayden	Liz Hayden	Duncan Froggatt	
	Pamela Challis Elliott Chaim Liz Hayden Avril Holme Alice Watkinson Liz Hayden Mell Camateras Duncan Froggatt Sharron Goldie Liz Hayden	Pamela ChallisSue BridgensElliott ChaimChris ScottLiz HaydenPamela ChallisAvril HolmeChris ScottAlice WatkinsonSandra DoyleLiz HaydenPamela ChallisMell CamaterasGlyn FoleyDuncan FroggattHelen FoleySharron GoldieJess HaighLiz HaydenSimon Gray	

### FLORAL SECTION: Best in Class: Pamela Challis

	FIRST	SECOND	THIRD
20. Floral Arrangement	Pamela Challis	Karen Bell	Rebekah Newman
21. 3 Cut Home Grown Flowers	Yuki McCurdy	Jean Walker	Avril Holme
22. Flowering Pot Plant	Pamela Challis	-	-

### FRESH PRODUCE: Best in Class: Karen Bell

	FIRST	SECOND	THIRD
23. 4 Eating Apples	Chris Goldie	Chris Caroe	Duncan Froggatt
24. 4 Cooking Apples	Wren Hibbard	Carolyn Allcroft	Chris Caroe
25. 8 Blackberries	Karen Bell	Chris Caroe	-
26. 5 or more mixed vege- tables/Salad	Karen Bell	Chris Caroe	Sally Goldsmith
27. 3 Courgettes	Sally Goldsmith	Laura Taylor	-
28. 5 Matching Runner Beans	Ashley Walker	Chris Caroe	Laura Taylor
29. 5 Tomatoes - Large	Chris Caroe	Julia Stock	Ian Bell
29. 5 Tomatoes - Cherry	Sally Andrews	Julia Stock	Chris Caroe
30. 1 Cucumber	Ian Bell	-	-
31. Heaviest Marrow	Ian Bell	Chris Goldie	Rebekah Newman
32. Longest Runner Bean	Chris Caroe	Amy Wrigglesworth	Ashley Walker
33. 3 Eggs from own hens	Rebekah Newman	Chris Caroe	Sam Cartledge

### ART: Best in Class: Jean Walker

	FIRST	SECOND	THIRD
34. An Original Poem	Rosie Hawley	Michael Rushforth	Dorothy Firth
35. Oil or Acrylic Painting	Valeria Wrigglesworth	Elizabeth Wrigglesworth	Ian Hastings
36. Watercolour	Tina Warwick	Jean Walker	Valeria Wrigglesworth
37. Sketch in ink or pencil	Ting Tao	Sally Goldsmith	Jill Round
38. Upcycled Art/Sculpture	Jean Walker	Ray Sables	Jill Round
40. Open sculpture any medium	Valeria Wrigglesworth	Hannah Corbey	-

### **PHOTOGRAPHY: Best in Class: Chris Measures**

	FIRST	SECOND	THIRD
41. Black and white	Chris Measures	Simon Walkden	Charlotte Bridgens
42. Portrait	Simon Walkden	Denise Sargeant	Simon Walkden
43. Animal - domestic or wild	Simon Walkden	Glyn Foley	Sally Measures
44. Landscape	Simon Walkden	Simon Walkden	Simon Walkden

### WOODWORK: Best in Class: Duncan Froggatt

	FIRST	SECOND	THIRD
45. Wood Turning	-	-	-
46. Open Woodwork	Duncan Froggatt	Ian Hastings	Glyn Foley

# CHILDREN'S SECTION: Best in Class: up to 8 - Josiah, Bethany and Sophie Tanner CHILDREN'S SECTION: Best in Class: age 8 - 14 - Reuben Hawley

	FIRST	SECOND	THIRD
47. Vegetable Animal (up to 8)	Wren Hibbard	Rosie Cartledge	_
48. Vegetable Animal (9 to 14)	_	-	_
49. 3 Decorative Buns (up to 8)	Sophie Wint	Ada Murphy	Theo Wade
50. A Cake any recipe (9- 14)	William Challis	Elizabeth Bridgens	Joseph McGowan
51. 3 Biscuits (up to 8)	Tariq Abdulla	Zoe Wade	Molly Watson-Locke
52. 3 Biscuits (9 to 14)	Naomi Fearnehough	Elizabeth Bridgens	William Challis
53. Decorated Gingerbread Man	William Challis	Daniel Pocock	Eliza Brown
54. Egg Cup Flower Ar- rangement	Andrew Xavier Mattin- son-Ruiz	Bethany Tanner	Sophie Wint
55. Painting or Drawing (up to 5)	Richard Caroe	Andrew Xavier Mattin- son-Ruiz	Elliott Limb
56. Painting or Drawing (6 to 8)	Bethany Tanner	Harriet Walker	Zoe Wade
57. Painting or Drawing (9 to 11)	Naomi Fearnehough	Rosie Haigh/ Megan Grindrod	Ava Walton Cole
58. Painting or Drawing (12 to 14)	Alexis Walker	Alice Watkinson	Peter Caroe
59. Lego Model <25 cm square ( 5 to 8)	Skye Allen	Eliza Brown	Andrew Xavier Mat- tinson-Ruiz
60. Lego Model <25 cm square (9 to 14)	Reuben Hawley	Daniel Wilson	Jonah Wilson
61. Colour photo (up to 14)	Emma France	Jess Camateras	Jess Camateras
65. Handwriting (up to 8)	Zoe Wade	Isabel Cunliffe	Jonathan Caroe
66. Handwriting (9 to 11)	Elizabeth Bridgens	William Challis	-
67. Handwriting (12 to 14)	Peter Caroe	Georgina Walker	-
68. An Original Poem	Bethany Tanner	Megan Grindrod	William Challis

### **REFLECTIONS OF THE PANDEMIC: Best in Class: Michael Rushforth**

	FIRST	SECOND	THIRD
39. Open Art Any Medium	Joint: C. Allcroft/ M. Rushforth	Jean Walker	Martin Challis
62. Open Any Medium (up to 8)	Josiah, Bethany, Sophie Tanner	Zoe Wade	-
63. Open Any Medium (9 to 11)	-	-	-
64. Open Any Medium (12 to 14)	Peter Caroe	Jess Camateras	-

# We thank the 115 exhibitors who entered 365 entries for everyone to see.

# **Update from Olivia Blake MP**

As many of you will know, in January 2021 I launched a series of climate assemblies, to bring the issues that will be discussed at the COP26 UN Climate Summit back to the people of Hallam—so that, in the absence of a government willing to act, we could begin to build our own vision of what a green recovery looks like.

After 10 months of assemblies and discussions I was extremely proud to launch our Hallam Citizens' Climate Manifesto ahead of COP26 and travel to 10 Downing Street with some Hallam constituents (below) to hand-in a copy of our manifesto to the Prime Minister and COP President Alok Sharma. At the time of writing, I have just returned from COP26, where I joined the conference for Nature Day and marched on the streets of Glasgow with young climate activists calling for a Green New Deal.



The ideas and principles outlined in this document have been drawn from these assemblies and the points raised. They describe the changes people in Hallam said they would like to see at a local, regional, national, and international level and are wideranging, speaking to policy on planning and local government, energy, transport, finance, food, nature, industrial strategy, and international climate justice. Above all, they speak to the dynamism and ingenuity of the people of Hallam in imagining how to do things differently.

I hope Boris Johnson will consider these thoughtful, considered, and practical suggestions the people of Hallam have put forward. They provide an excellent starting point for climate action, and the debate over how we build an economy and society with climate justice at its core.

I would like to say a huge thank you to everyone who has been involved in this project. I have really looked forward to each assembly and have loved having the opportunity to discuss these important issues with you. During the ups and downs of the past year these meetings, and the many ideas shared, have brought me hope and energy to keep fighting. I hope we can now use this Manifesto to push for the radical change needed beyond COP26.

In some other exciting news we have had a big win on our miscarriage support campaign. For the past year I have been working with constituents and national campaigners to change the guidance around miscarriage care and support so that people don't have to wait until their third miscarriage before receiving support. Earlier this year I held a debate in Parliament on the issue, and I have also been involved in a documentary, helping raise awareness.

So, I was overjoyed to see the new draft Royal College of Obstetricians and Gynaecologists guidelines, which should mean people can get support after their first miscarriage. This is a huge step and an incredible win for campaigners and individuals who have been speaking up about this injustice for years. If implement, these new guidelines will mark the end to the outdated and immoral three miscarriage rule, which has prevented millions of people from accessing vital support and care when they most need it. It has been nearly a year since I first spoke publicly about my own experience of miscarriage. The number of people who have contacted me since that day and shared their horrific experiences of being turned away from support because they hadn't "had enough miscarriages" has only driven me to further push for change. I said then that I didn't want anyone else to have to go through what I went through. I hope the days of telling women to simply "go home and try again" will soon be over.

I want to thank everyone who has shared their story with me and spoken up about their experience. There have been many days when it has been really difficult to talk about this issue - but today it all feels worth it.

In my role as Shadow Minister for Nature, Water and Flooding I have been visiting several organisations and nature restoration projects in and around our region. I visited the Allerton Project in Leicestershire to discuss the results of their exciting research into nature friendly farming. I also visited the River Don to see natural flood management in action and explore some of the projects underway to help slow flows and boost wildlife habitat. I have also been continuing to hold the government to account over the sewage scandal, pushing for stronger action to be taken to protect and restore our waterways.

Finally, I want to wish you and your families a very merry festive season. I hope you are able to spend time with friends and family, especially after the difficulties of last year. I have really enjoyed being able to get out and about and meet with more of you and I hope this can continue over the winter period. If you would like to read what else I have been getting up to you can do so on my website, where I post weekly updates. As always, please get in touch if there are issues you would like me to raise or campaigns you would like me to get involved with!

Olivia Blake www.oliviablake.org.uk/ olivia.blake.mp@parliament.uk

# TOTLEY'S PAST IN PHOTOGRAPHS

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# Kathleen Grayson's War

# The story of an amazing local lady

Cast your minds back to the early months of the Coronovirus pandemic. As we began to face this unknown and frightening threat there was a palpable feeling that we were all in this together. For a few months a feeling of camaraderie was engendered and brought some great acts of kindness between neighbours and strangers alike. This possibly helps us to understand how people felt and behaved when the threat was not from a virus, but from the evil that was Hitler.

Young men of Britain were being conscripted into the Forces, steelworkers of Sheffield were manufacturing the implements of warfare, and farmers were growing as much food as possible in order to feed the nation. Married women, many of whom had previously been housewives, stepped up to take the place of absent workers in factories and offices, some joined the Red Cross to help in civvy street and others devised ways of contributing to the war effort from their home.

Kathleen Grayson was one such person. Almost 40 years old at the outbreak of WW2, she was the wife of solicitor Robert Grayson who practised in Sheffield and a mother to boys who were away either at school or university. They lived in Brook Hall, Mickley Lane. By the end of September 1939 she had already volunteered for the ARP (Air Raid Precautions, later renamed Civil Defence), becoming an ambulance driver when it was fairly unusual for a woman to hold a driving licence. Acting without regard for her own safety during the air raid on Sheffield in July 1941, and despite her own injuries, she managed to get a seriously injured casualty to hospital.

For this she was awarded a commendation from King George VI, the certificate still proudly displayed on her son's wall some 75 years later.

### Woman's Heroism in Sheffield Raid

For heroism in a raid on Sheffield, Mrs. Kathleen B. Grayson, daughter of Mr. and Mrs. Frederick Swales, of Chapel Allerton, Leeds, has carned the commendation of the King. Mrs. Grayson is a volunteer ambulance driver at Sheffield, and

Mrs. Grayson is a volunteer ambulance driver at Sheffield, and when the raid started her period on duty had just finished. She immediately returned to her post and drove her ambulance throughout the nid, while incendiaries and high crpicsives showered down. Finally, her ambulance broke down and Mrs. Grayson was wounded in the eye by glass. Although half-blinded, Mrs. Grayson dragged her patient from the ambulance and, with the assistance of another girl, carried him the rest of the way to the hospital. Then her own wound was attended to, and the splinters removed. General Sir William Bartholomer, North-Eist Regional Commissioner, reported Mrs. Grayson's courage to Mr. Herbert Morrison, the Home Secretary, who brought it to the notice of the King. Mr. Frederick Swales is a director of Beck and Inchbold, Ltd., Leeds.

In late 1940 she and a friend living in Dore had also hatched a plan to raise funds, intending to provide 'comforts' to a group of naval men serving on the minesweepers patrolling the North Sea. Kathleen and her friend, Hilda Duffy, pulled a group of ladies around them and created The Dore and Totley Minesweeping Trawlers Comforts Fund. Despite the title its committee and members were drawn from across many of Sheffield's suburbs and as the group outgrew their sitting rooms they began to meet in the town centre.

Having raised a large sum of money by 1941 they were able to honour a list of requests from the servicemen: books, games, records, cigarettes, dart boards etc. The other important aim of the group then turned to knitting essential clothing for the men at the naval base in Gateshead, working in the cold and hostile environment of the North Sea. Knitters were recruited from across the city so that by the end of

the war the Fund had been able to contribute the largest number of items (7,000+) sent by any group in the country. A magnificent achievement that had given housewives, tied to the home by age or young families, the satisfaction that they too had contributed to Hitler's downfall.



Finishing the heels of knitted socks

As a registered charity, every aspect of its management had come under scrutiny...its fundraising and use of the money, the acquisition and distribution of wool and the safe dispatch of finished items to the naval base. As honorary secretary Kathleen recorded Minutes of meetings, fielded difficulties with orders, and carefully filed away correspondence passing between the group, the base, the grateful sailors and the



or at Totley Library. Price £5 - the ideal stocking filler! Pauline Burnett

government departments with whom she frequently had to negotiate. It was a mammoth task. Officialdom was in place to ensure openness at every turn during a time when the black market was almost an accepted part of life. In late 1945 an acknowledgement is recorded in the final report of The Dore and Totley Minesweeping Trawlers Comforts Fund, perhaps worded rather formally but I'm sure it was absolutely heartfelt:

`In conclusion the Committee wishes to place on record its thanks for the painstaking and efficient administration of the Fund by the Honorary Secretary, Mrs K. B. Grayson, whose enthusiasm and energy was an inspiration to all who worked for the Fund throughout its existence'

70 years after the end of WW2 a box containing the correspondence and Minutes book was discovered in the attic of Brook Hall.

The inspiring story of their difficulties, determination and achievements is told in Totley History Group's fully illustrated publication Knit for Victory. It can be purchased by contacting THG at contactus@ totleyhistorygroup.org.uk

## Regular events and meetings at Totley Library

### Monday:

*French lessons for children* following the award winning course material from La Jolie Ronde.

After school classes are available for children in the childrens library

3.40pm - Y5/Y6; 4.10pm - Y3/Y4; 4.40pm - Y1/Y2 5.30pm - Y4/Y5

Contact Joanna on 07854 148809 or email speaquesheffield@gmail.com to find out more about local availability for French language classes.

**Friends of Gillfield Wood**, occasional Mondays, 7.30pm onwards. Talks on local nature and conservation. See posters, the FoGW article in this issue, or www.friendsofgillfieldwood. com

Councillor Surgery, 2nd Monday of the month, 6.00–7.00pm

### Tuesday:

**Baby Time** 1.30-2.15pm (term times only). Come along to meet other parents/carers and babies. We sing simple songs, have fun and allow time to chat.

**Poetry Group**, first Tuesday in month, 7.00 – 9.00pm. *Please* note that this group cannot accept new members at present. **Friends of Dore and Totley Station** Occasional Tuesdays, 7.30pm. See www.FODATS.net

### Wednesday:

### Coffee Morning, 10.30 - 12noon

**Themed Craft Activities** 10am and 11.45am: children will be able to take part in a themed craft activity. This will be offered on a free flowing basis and will be supported by members of the Story Time Team. Throughout the morning, as children come and go, other children will be able to join in the activity. We hope that this provision will enable families with younger children to take part in a weekly activity, whilst still being able to maintain a safe well ventilated environment in the Children's Library. *Health Walks,* 10.30am, meet at Totley Library. Contact Step Out Sheffield on 07505 639524 or email stepoutsheffield@gmail.com



**Totley History Group**, usually last Wednesday of the month, 7.30. Talks on matters of historical interest. Check posters, the *Totley Independent* Diary, or www.totleyhistorygroup.org. uk

**Yoga sessions** 7.00 – 8.30pm, Wednesdays (except the last Wednesday of the month). For more details call Ann Zielonka on 0114 2361585 or 07929 736966. Beginners welcome.

### **Thursday:**

**Thursday Morning Natter** 10.30 - 11.30. Hot drinks and good company - for people aged 60 or over.

**Chair Aerobics with Kay** 12noon for 45-60 minutes. An Age UK and People Keeping Well weekly exercise class. £3 per week - no need to pre-book, just turn up.

**Reading Club 2** meets in the library on the third Thursday of each month between 1.30 and 3pm. If you are interested in coming along please email Dawn Rich, who runs the club, at dawn@ilmd.biz

### Saturday:

Regular second-hand book sales. Check CRIC website and the Diary page in this issue for upcoming sales.



# Totley Rise Methodist Church

### The Church on the Rise!

https://www.totleyrise.co.uk/home

The S17 community is very important to us at Totley Rise Methodist.

As we continue to learn to live with Covid it has been a delight to welcome back groups who use our premises and build relationships with new ones. Please see below our regular times of worship and family events alongside our Christmas specials. A warm welcome awaits you all.

Every Sunday 10.30 am Worship and Youth church

**1st and 3rd Sunday** 'Outdoor church': A chance for families with children to meet together to learn about God's world and the Christian faith through an informal nature focused time of fun and worship.

**Toddler Praise** 9am – A time of worship specifically for toddlers and parents/carers with pre-school children. For further details of outdoor church and toddler praise please contact racheltrm@yahoo.com

### **Christmas Services**

**Sunday 19th December**, 6pm Carols by Candlelight **Friday 24th December** 4pm All Age Christingle service. To help with arrangements we ask you to book for this service by either contacting Rachel on racheltrm@yahoo.com or look on our website for details of booking through Eventbrite **Saturday 25th December** 10am Christmas Day service.

**LEGO:** Let's Enjoy Getting Older Together! The LEGO group usually meets at the church at 9.30am on the second Friday of each month then drives into the local area for walks of about 5 miles. There is a lunch stop, usually at a conveniently placed pub (the walks are planned with that in mind). The walks take place whatever the weather. After one particularly wet day Terry was heard to say that he was thinking of renaming the group LEGOFS - Let's Enjoy Getting Our Friends Soaked! If you are interested in joining us give Terry a ring on 2367746.

**Focus Church:** December 12th and January 9th will be the next two services of the unique and inspiring Focus Church. Focus Church is particularly geared for people with learning disabilities and cognitive difficulties and their carers. The service is a time for worship, creativity, fun and fellowship . . . and an opportunity for carers to chill. 3.30pm. For further information, please contact Sue or John Freeman on 236 6819 or email sueandjohn6@talktalk.net

**Pushchair Club** Babies and toddlers aged from 0 to 5 years are welcome to join us, with their carers, on Thursday mornings in term time.

**Knit, Natter, Craft and Chatter** From 1pm on Tuesdays. This busy and friendly group has grown a lot, demonstrating great appeal in our local community. Young and old, men and



women are all welcome. The group offers tea, coffee, biscuits and most importantly, friendship for two hours. Contact Maxine on 348 5220 or 07761 829824 for more information.

### **PAN (Parenting Additional Needs)**

Support group for parents of children with learning difficulties. Meets monthly on Wednesdays. The next meeting is January 12 from 10 till 12



meeting is January 12 from 10 till 12. PAN is run by parents. The group supports other parents who have a child with an additional need or disability. They hold activities for children, young people and parents, for example, monthly sensory swim sessions and school holiday activities.

All the group leaders are themselves parents of children with additional needs so they are fully aware of the struggles and difficulties involved. The group leaders are trained in group facilitation. The emphasis is on peer support and many have found this invaluable over the 10 years PAN has been working.

**Room Hire** We make our facilities in the TRM Centre available for a variety of purposes to community groups such as Probus, Brownies, Rainbow Guides, language classes and birthday parties. There is a large church hall with a stage, and room hire also includes the use of kitchen facilities and audio-visual equipment if required.

Hirers are responsible for the safety of their participants, including adherence to government guidance on COVID-19 measures. The Church will provide sanitising hand gel. Hirers should implement social distancing, mask wearing and open windows where this is appropriate.

Please visit our website at https://www.totleyrise.co.uk/ for a booking form and details of room charges. Email rdtot-ley48-TRM@yahoo.com for more information.

# **Totley Wildflowers**

### Wildflower Seeds are in the ground!

After a Summer of hard work, raking, harrowing and carting bags of grass cuttings away, the day finally arrived for the Totley Wildflower Group to sow the meadows, ready for what we hope will be a blooming and buzzing display next year.

The area of grass between the Totley Grange estate and Baslow Road, and a large patch of meadow at All Saints Church, are now sown with a mix of native flower seeds, which are set to bloom in the spring and summer next year.

Many thanks to all the volunteers, at the church and from the local community, who lent a hand with all the preparation. Thanks also to the Graves Trust for providing a grant for the project, to Friends of Gillfield Wood for acting as host for the grant and the licence, to Sheffield City Council, Amey and All Saints Church for giving permission for this biodiversity project.

Isabella Stone, Totley Wildflower Group totleywildflowers@gmail.com



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We've managed to negotiate our first half-term at 'the new normal' and the children have amazed us with their enthusiasm and obvious delight to be back at school. However, we have not relaxed our extra Covid precautions and we are finding that 'other viruses are available' as there seem to be more colds about.

Our children are really enjoying getting involved in the life of the school as Merit Captains, School Councillors, Global Neighbours representatives and CREW (Religious Education and Collective Worship) councillors. They make their voices heard on a host of different issues from deciding what we can do for Children in Need to securing Christian Aid's Silver Global Neighbours award. We are also starting to link up with a school in Uganda under the auspices of The British Council's "Connecting Classrooms".

# Learning enrichment activities

It has been lovely to have visitors in school again. We've had Miss Nightingale sharing her experiences of the Crimea (right); Ancient Greeks debating the relative merits of Democracy and Oligarchy in Athens and Sparta; Zoolab; a fantastic STEM Day and the Flintstones will be here next week!

We have also been able to start getting out and about again with Y4 learning all about the Egyptians at Western Park Museum and Y3 taking advantage of Squash taster sessions at Abbeydale Squash club.

#### Wildlife Action at TASS

The double Swift Nest Box, donated to our school by the Totley Show Committee and Peak Boxes, has been fitted so our Willow Tits should have some company this year and the pond in the Woodland Workshop is now well established with a host of creatures living there.

We are keeping our fingers crossed that we will have no disruptions this year and all our children have a settled and fruitful time.

If you want to find out more about our school, then please visit our website or email us at enquiries@totleyallsaints.sheffield. sch.uk. We'll be so happy to talk to you!

Karole Sargent and Trudi Brown, Proud Headteachers



# **Sheffield Cricket Lovers**

If you are a cricket devotee SCL is the best value subscription in South Yorkshire. There are no 30 yard run ups, or boundaries struck at Sheffield Cricket Lovers meetings, but an appreciation of the game is still keenly felt 60 years after its formation.

Listening to a strong batting line-up of speakers or chatting to fellow enthusiasts couldn't be easier - or cheaper! Speaker evenings - every two or three weeks - are held between September and March at Lees Hall Golf Club, Sheffield S8 8LL. Membership is only £15 per year, which also includes a Yearbook - surely a good deal in anybody's language.

Throw in a couple of reasonably priced Pie and Pea Supper Speaker evenings and your cricket evenings are well catered for. It's a relaxed, informal setting in which Speakers deliver their talks - or are interviewed - and take part in a Q & A afterwards.

A wide range of cricket-related topics ensure humour is a regular ingredient amidst tales from the middle, the nets, the village greens and the press box. And don't underestimate how interesting some less obvious cricket topics can be!

Coming up soon are: Dec 15 Christmas Lunch with Dennis Amiss. Feb 7 Grahame Lloyd March 8 Pie & Pea Supper with Bill Athey

SCL was formed by David Drabble and his father in 1960 who managed to obtain the services of then Yorkshire CCC skipper Norman Yardley as guest speaker. The Drabbles set a high bar in attracting big names and honorary officials now include President Sir Michael Parkinson, CBE, and Vice Presidents Aussie legend Dennis Lillee, MBE, and Sir Tim Rice.

Over the years guests have included Dickie Bird, Brian Clough, Brian Johnston, Godfrey Evans, David Willey, Farokh Engineer, Geoff Boycott, Rachael Heyhoe Flint, Derek Randall and Emlyn Hughes. Many of them signed commemorative cloths which have been embroidered permanently for display.

Our speakers in the curtailed Covid season included Ted Hemsley, former Worcestershire CC all rounder and Sheffield United footballer, who amused and fascinated with tales of his sporting life - marking George Best during the winter and facing Michael Holding in the summer. What a life!

Steve Dolman's book *In their own Words* about Derbyshire CCC and some its stalwarts was the basis of his delightful talk about some great characters.

Kevin Howells is a BBC cricket commentator. He offered forthright, well considered thoughts about cricket issues past and present, always with the good of the game at the forefront.

Cricket writer Jeremy Lonsdale engagingly described the impact of the First World War on cricket in Yorkshire from 1914-20 from his book, 'A Game Sustained'. The War brought the game to its knees but eventually brought about welcome change.

Simon Hughes described facing Malcolm Marshall as 'frightening' and his biggest disappointment having Geoff Boycott caught - off a no ball. Now editor of *The Cricketer*, he reckons that cricketers today need talent, fitness... and a good autograph!

Acclaimed broadcaster/author Patrick Murphy described his best cricketing X1 - in batting order - from the hundreds of cricketers he had interviewed, along with revealing and amusing insights most of us wouldn't get to know.

Whilst cricket loves to revere players and games from yesteryear, the future of the game has to be shaped and preserved. Yorkshire CCCs Gareth Davies outlined his initiatives to popularise the game and offer playing opportunities.

**Try us free for an evening!** Ring Andy Pack on 07968 118 278 to arrange a warm welcome, or simply turn up and introduce yourself. Our website is sheffieldcricketlovers.org. uk and you can find us on Twitter: @scloverssociety



### On the Beat

The Christmas Issue! 2021 is flying by and winter is beginning to bite. Obviously with darker nights and relaxation of restrictions meaning people returning to work and actually getting away on holiday, there is more opportunity for crime and I'd recommend having another look at all the home security advice issued over the last few issues. We have already seen an increase in burglaries across

the district. These simple steps can help to make your home a lot more secure and less attractive to burglars.

Try to make sure your house looks occupied whilst you are out or away in the evening by using staggered timer lights and TV simulators. If you are close to your neighbours consider asking them to pop in each day to open and shut your curtains.

If you have alarms please make sure they are set, and if you are in and heading up to bed, and can isolate your alarm to downstairs only please do so.

Make sure keys are not left near doors or cat flaps! Implements can be used to reach through and hook the keys leading to easy entry. For keyless cars protect your keys, either in a tin box or wrapped in foil, and commercial RFID blocking containers for keys can also be bought. Never leave keys near the door nearest to the vehicle.

Very importantly: make sure all doors and windows are locked and secured properly even whilst in the house. Too many burglaries are still committed through open doors or windows. Check that you have anti-bump and snap locks fitted. Eurolocks are still an easy target and are still fitted even to modern doors.



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If you are worried about any aspect of your security, you can contact me as usual on the details below and we'd be happy to make an appointment to come and see if we can offer any help or advice. If you want to be kept informed about crime in your area and you're not yet signed up to SYP Alerts I can do this for you if you send me your house number, postcode and email address to my email below. You can also sign up direct at www.sypalerts.co.uk. Whilst local Facebook groups can be very useful they also sometimes exaggerate and inaccurately report incidents nearby.

We are aware of some reports of anti-social behaviour in and around Green Oak Park and we are monitoring this as best we can given staffing and shift pattern constraints. The main complaints seem to be about the litter, noise, damage and

the smell of drug use coming from the park area. If your child is coming home smelling of cannabis or appears to have been drinking and you are worried about broaching the topic with them I can direct you to appropriate resources if you need them.

Now that most Covid restrictions have lifted we are returning to some of our community meetings and events, and if you have any issues or events you would like us to attend please contact us or our team email Sheffieldsouthwestnhp@ southyorks.pnn.police.uk

You can also contact me as usual on adrian.tolson@ southyorks.pnn.police.uk or my work mobile number 07787 881945; and a gentle reminder that these details should not be used to report any incidents which require police attendance! These should be reported as normal through 101 if no crime is happening at the time of the call, or 999 if there is an immediate risk to life or property. You can also use our online reporting system through the main SYP website.

Wishing you and your families a very Merry Christmas and a peaceful 2022.

Thanks for reading,

*Adrian Tolson, PCSO 8136 Sheffield South West NHP* 

# What Three Words

Some of you may wonder what this means. So did I, even after seeing an ad on TV, I still didn't understand it. Today, however, I have learned that three words are being used by Air Ambulance and other emergency services to find you or your chosen location. It is accurate to a 3 metre square, which is more specific than your post code. Sheffield Teaching Hospitals are looking at it also to enable a visitor/patient to find the door of the place they need to be, just by looking on a smart phone. It even gives a satellite view of the place. It has been created by a British company, and everywhere on the globe has a 3-word identification.

For example, my address on what3words is robot.shop.storm. What a wonderful creation for finding anywhere specific, even in a large building complex like Northern General Hospital (though they have not got it yet!)

How to get it – Go into your App Store ,and enter 'What3words'. It only takes a few minutes to install, log in, enter a few details, click the privacy box, and then there is a demo, to show you your address. There are lots of options, for example, to speak the three words, save them and so on.

Enter the address, and click on the correct option, then search, and find your three words. You will also get a satellite view of what you clicked on. Just hope, if you are looking at your home address, you haven't got the washing showing, or someone is sunbathing!

Have a look - it might save you time, and even your, or someone else's, life.

Roger Hart

# **Friends of Dore & Totley Station**

### Christmas presents for 2021 and 2022!

Last edition I reported the second bench by the drop-off zone. The long promised CCTV surveillance system is now live on the platform, under the canopy and in the brick shelter. By the time you read this the new cycle shelter should be complete, almost doubling capacity on two levels. It includes a small cycle repair kit and cycle pump. Lighting and CCTV are built into the shelter. The intention is that more can be encouraged to cycle to the station, leaving their cars at home.

It is hoped that volunteers from Volker/Story JV, contractors for the forthcoming major railway works, will be helping to improve paths in Poynton Wood to encourage more to walk to the station; again to help reduce the number of cars driving on crowded roads. A few more walkers and cyclists won't make a big difference but it's good exercise too.

**Service changes from next December** As this magazine was going to press we've heard that from December 2022 Northern are planning to improve services on our line so that we'll have hourly services out of Sheffield at 14 minutes past every hour, 7 days a week, and stopping at all stations to New Mills and on into Manchester. Currently a lot don't, like the 13.14 that doesn't stop until Grindleford – get that wrong and it's coffee at the cafe before getting the next train back!

If confirmed the stopping service into Sheffield will be at 58 minutes past every As hour. it stands there is a drawback. The current 8.24 into Sheffield is



retimed at 8.58. An East Midlands service will call at 8.28 which will be fine, if it's on time. Sadly its past performance has not been very good.

These changes are out for consultation and form a fairly small part of a major recast of all timetables for trains through Manchester in a major push to improve punctuality across the north. That's not all that's relevant for us.

From December 2022 the East Midlands service is likely to be cut to run between Nottingham and Liverpool, splitting from a separate route from Nottingham to Norwich. The TransPennine Express route from Cleethorpes to Manchester Airport has not run to the Airport since pre-Covid. It is intended that it should run to Liverpool instead, creating a combined half-hourly fast service between Sheffield and Liverpool.

The views of users are being sought in a public consultation and we have until 31st December to respond. For more details please go online to: https://www.northernrailway. co.uk/manchester2022

**The Integrated Rail Plan for the North and Midlands** It's complicated, will cost billions and take decades with probably many amendments that many of us won't live to see. However, it seems likely that the Midland Mainline through Dore & Totley will be electrified by the mid 2030s. A third track into Sheffield will probably be added, although making it four track would add too much conflict with buildings now on the old track bed by Tescos, and other civil engineering constrictions. It seems likely that HS2 trains from Euston will follow conventional tracks from a new East Midlands Parkway station and then via Derby to Sheffield - by the 2040s?

**Services today** We are now seeing some very crowded trains at weekends as leisure users return to the railway with a vengeance. As we run up to the end of the year that won't let up. FoDaTS joins with others to ask for longer trains and some are being lengthened, but there aren't enough carriages available. The entire pattern of rail use has changed since

2019 and rebalancing is needed to get stock and services better aligned to the needs of 2022 and beyond.

Last time I said "Commuters come back!" There's usually lots of capacity at commuting times. In the south-east there are lots of electric trains running almost empty for most of the day. No good to be redeployed to the north because we haven't enough electrified tracks, and won't have for another 20 years. However Manchester commuters from Dore & Totley have lots of space.

One dark cloud at present is that EMR still have a strike by RMT senior conductors and are not operating on the Sheffield – Liverpool section on Sundays. The dispute may be resolved this year but has roots going back to 2005.

**Looking forward** As we approach the New Year we'll be seeing more work on the railway based on the railway triangle. Major components will be brought in by rail. Major earth moving won't start until the end of March. By summer 2023 all should be complete and tidying up underway. More new timetables by 2024!

Challenging times ahead. With all best wishes for Christmas and the coming New Year!

If you're a Facebook user, you can find and join us by searching for FoDaTS. It's a very active group and is updated frequently with topical information and comments. Alternatively look for our website at www.fodats.net

If you're not on Facebook and would like more information please send an email to our Secretary; njbarnes@outlook.com

Chris Morgan, Chairman

### Dore and Totley United Reformed Church

Christmas is not cancelled! Come and celebrate with us. We will be holding services each Sunday morning at 10.30am during December.

On Christmas morning Rev. Barry Welch will lead our celebration at 10am.

The service on Boxing Day will be at Trinity URC, Ecclesall Road.

We also have short 30 minute services on Wednesday mornings at 11.30am.

We have a Social Club which meets on alternate Thursday afternoons from 2.30 to 4.30 pm. Upcoming meetings are: December 16th Christmas party; and January 20th An afternoon with Rev. Simon Copley

For more details please contact Alison Holden on 0114 2360441

## Letter to the Editor

### Transport 17's buses

I have just heard from local friends that the English Martyrs Church on the corner of the Crescent wants to charge Transport 17 £150 a month for parking its buses there! This is unbelievable. I'm sure Transport 17 cannot afford this. It is a charity with continuous costs to keep their buses in service etc, and presumably it is now going to have to look for somewhere else to keep the buses.

This is a kick in the teeth for one of our most valuable community organisations, just as it is resuming its excellent services after the pandemic restrictions.

What possible justification can the church have for this? The car-park is only used by churchgoers for two services per week, and is otherwise always empty apart from the Transport 17 buses.

I hope you will print this letter and that it will stimulate some local debate which may lead the church to change its mind about this very un-Christian decision.

Totley resident (name and address supplied)

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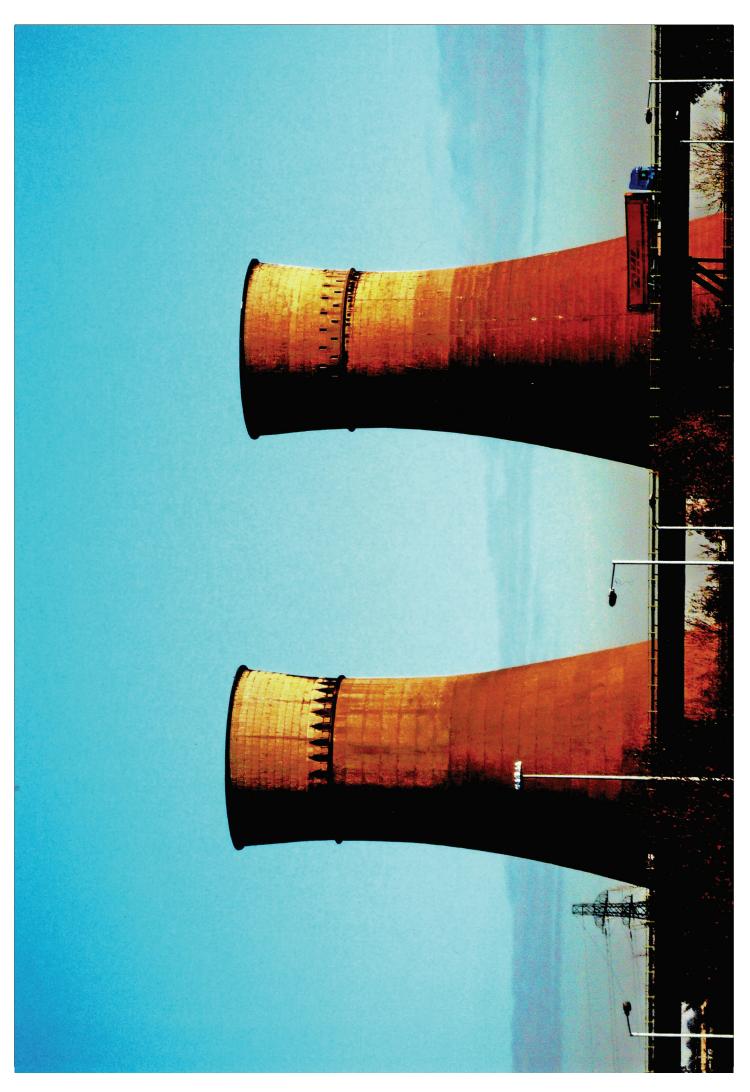


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# Walking The Dog

### The Birthday Edition

Wal	king The Dog	RONY	It's now 1980. I become a dad by mistake on
	Sirthday Edition		August 29, and he is called Goronwy. I never sleep again but I write a play about him and become a
JACK	<ul> <li>Why are we calling it The Birthday Edition?</li> <li>Because my birthday is Christmas Eve and</li> <li>What about my birthday?</li> <li>We'll come to that if we come to that.</li> <li>We'd better.</li> <li>My plan for the December edition of the <i>Totley Independent</i> founded in 1977 and now edited without a mistake by the remarkable Phil is that we'll go back to all the years in my life that end</li> </ul>	JACK RONY JACK RONY	playwright. You've never written a play about me?
ЈАСК	in nought and say what was happening to me then. So it's all about you as usual? Even if it's supposed	JACK RONY	Skip 2000 and get to me. Not yet. It's Millennium night 2000! Oh yes! And from the Town Hall balcony without a drink all day
RONY	to be about Walking The Dog?	JACK RONY	Oh aye! I announce the exact moment the Millennium
JACK	write your own article if you don't like mine. Nobody likes yours. No one ever writes to the Head		starts. But the Town Hall clock has suddenly bust and I get the time wrong. And I'm nearly a
	Eater to say how funny you are, even when you're not. Or how you think its clever to be clever when you're not, and I've never spoken so much without a bark.	JACK RONY	single man again. But I must nearly be me? 2010. Sally publishes her wonderful poetry book. Eleanor plays the wonderful Bey and Megan does
JACK SALLY JACK/	That's silly. You're silly. And I'm Sally. <b>RONY</b> Good. I'm a New Woman. I know how to deal with silly		a bit of courting that leads to the wonderful Matil- da and Jolyon. Goronwy makes more money from showbiz than his dad ever did, which isn't saying a lot. Then has the wonderful Sandy, Flossie and Ebon. Steph and co are living on the Laverdene,
JALLY	boys. Sit up straight and listen to the Head Eater or he might turn nasty.	ЈАСК	three minutes away from us. There's still nothing about me!
HeadE JACK		RONY	Write your own story then. Everyone has a story. But they don't teach that at school because Capitalism relies
RONY	It's Christmas Eve 1940. At 6 Laverdene Drive. Hitler was actually bombing us. Nanny Jessop is drinking my Dad's Christmas sherry. Our Geth is 5+ in the next bedroom and getting cross because he doesn't want me as his Christmas	HeadE Everyb HeadE JACK	aterNo politics in the Totley Independent!bodySorry sir. No fibs no fabs sir.aterGood. Now carry on with 2020 please Rony? You've only 355 words left.2020? I must be here by now if its 2020?
JACK RONY	present. Next — Christmas 1950? I'm in Mrs Peacock's J4 sitting next to Rod Andrew, and we are about to do the Scholarship exam that divides you into sheep and goats. And the teachers say I am a goat and have to go to King Teds and learn Latin and learn how to be unhappy and snobby. But I don't get a bike.	RONY JACK RONY	I'm unemployed again. We are all locked down. We are missing Tempuss and You shouldn't be writing about Tempuss in the <i>Independent</i> because it's Walking the Dog and nobody walks cats. So let's hear about when I came to live with you in 20— and how you anthropomorphise me but No room now Jack, soz.
RONY	And your brothers in 1950? Our Dave is a baby and already more popular than me. Our Geth has a Hornby Double O But why are you looking so hang-dog Jack?		Grrrrrrrrr. Woof. BARK. BACH! <b>ater</b> I won't have squabbling in the Independent! If you want to squabble go and write for Dore to Dore. Now say
JACK	Because this is Walking the Dog but I'm not walking.		sorry all of you and say that you will try harder next year!
RONY	You're not even born yet. You'll have to wait till you are.	All of l	year!
JACK RONY JACK	How will I know when I am? We dogs only know our mums and then we get doctored and adopted. It's now 1960. I am at OXFORD. You always have to talk about OXFORD to impress	HeadE Rony	ater And so will I. Robinson
JACK	the readers of the <i>Totley Independent</i> , don't you? If you don't like my life, make up your own. There no space for me Ask the Head Eater. Meanwhile I'm at OXFORD in my gown and one of those student scarves and I edit the student newspaper and nearly get Sent Down for saying bum to the Duke of Edinburgh and	Sup	opsforJeans OPEN Monday- ber soft knitwear, beautiful
JACK RONY JACK RONY	Wuff. It's now 1970 and I'm teaching English in the biggest comprehensive school in England.	Call own Cate	in or shop from the comfort of your home on our website. th up with the latest news ur Facebook site.
JACK RONY JACK	It is called Eltham Green SE19 and an art teacher kissed me there when I wasn't looking but she never kissed me again even though I was looking all the time. You've pinched that from Dylan Thomas. Dylan Thom Why can't you just cut to when I came to live with you and Sally and you both		www.topsforjeans.co.uk 164 Baslow Road, Totley, 517 4DR



### **Images of Sheffield**

### 5. Cooling Towers 1937-2008

I can't help but think that in almost any other city in the country, given the amount of support there was for them, a way would have been found to keep these majestic monuments. If they'd been in London they'd probably have been used to host arty award dinners for the glitterati. In Manchester they'd probably have been incorporated into some cutting edge, swanky flats and if they'd been in Dublin they'd probably have been painted black and white and made into a clever marketing campaign.

I know there were arguments that they were unstable, but can anyone tell me how blowing them up, then commissioning a suitable 'artistic' replacement, then paying for that replacement to be built can be any more cost effective than paying for them to be re-enforced. At the time of their destruction they were the only surviving pre-1950s example of the hyperbolic form tower in the country and were made more interesting by the unique patterning around the 'throat'. Apparently the reason they were not seen as worthy of listing was that they had lost the context of the rest of the Blackburn Meadows power station, in much the same way as an area of damaged mosaic has lost the context of the Roman empire you would imagine!?

But here's a context for you. Britain leads the world into an industrial revolution, industry grows, leading to the creation of large cities and great wealth. One such city grows quicker than many, blessed within its location it is in need of energy to fuel this growth, as water wheels give way to massive power stations. In a time before the national grid these towers helped Sheffield grow. I know there was talk of replacing the towers with a massive stainless steel football to commemorate the achievements of the city, but I can't help but think that maybe without those towers Sheffield might not have reached such heights anyway.

Photo and text: Simon Deeks

## Letter to the Editor

### Hello,

Just a little reply to Simon Deeks to say 'thank you' for providing a memory of childhood rail travel (*see 'Images of Sheffield: Platform 5' in last issue*). I was very fortunate to travel the continent as a child with my mother, ultimately to reach Venice every summer school holidays. This photograph took me straight back to pulling into a Swiss railway station at midnight. Platform vendors selling water and coconut slices, sandwiches, chocolate and of course chocolate covered ice cream on a stick. My francs in hand I hot footed to the platform to spend my money straightaway! Halcyon days and thanks for that beautiful memory.

Cheers and thank you

*Paul Whitworth FRICS AWP Property Consultants* 



# All Saints Church

### The Perfect Gift

The announcement of a Royal birth, in this country at least, is bound by strict protocols which ensure that the news is shared first with the Monarch and

other Senior Royals. Only then can the news be reported in the media.

In sharp contrast, the news of the birth of Jesus, a Royal birth, foretold by prophets, received no such ceremony. Instead, the angels proclaimed the news to a group of shepherds 'Do not be afraid. I am bringing you good news that will be a great joy to all the people' (LUKE 2:10)

The shepherds were not socially or politically important, just ordinary people who were chosen to be the first to hear the news of God's perfect gift.





God saw that humankind was in need of redemption, so He sent a Redeemer: Jesus, the perfect gift. The gift of Jesus will never lose its value, never need updating or replacing. It is eternal. This gift is free and within the reach of anyone who chooses to accept it. It is more enduring than any other gift you will ever receive. Don't let it go unopened.

Wishing you a Merry Christmas and a Happy New Year from everyone at All Saints Church.

### **Christmas at All Saints**

Sunday 19th December 5pm: Carol Service – you will need a ticket (free) for this event. Please contact annpowell126@ gmail.com or ring 0114 2365857

Christmas Day 9.30am: Family Service followed by short service of Holy Communion.

Sunday 26th December 10am. Virtual worship online at http://www.allsaintstotley.co.uk

The church hall is now available for hire again and enquiries should be addressed to Beth Booth (totleyallsaintshall@ gmail.com) or 0114 236 5512.

Members of our church family pray regularly for our community here in Totley and this will not change. However, if you would like prayer for a specific situation or person, we are happy to do this on your behalf. You can email Prayer requests to churchwardenstotley@gmail.com Requests do not need to include surnames if you prefer and you will not be contacted unless you want your request to be acknowledged.

Liz Hayden, Totley All Saints Church

## **Totley War Memorial**



Sunday November 14: wreaths and crosses placed during the Memorial service

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# **Organic Wildlife Gardening**

My friend in Cornwall kindly sent me a cutting from the *Western Morning News*, in which there was a report on the Eden Project. It is commissioning a special garden to celebrate the vital role of pollinators, and was planned to coincide with the COP26 climate conference. This three year project is hoping to show the public that there has been a dramatic decline in the numbers of pollinators over the last 40 years. We all know that bees are important pollinators, but there are also other insect pollinators that are not so well known and they all need native wild flowers that were once plentiful in the area where they evolved.

Described as a living artwork, the garden will be designed and planted with pollinators in mind and, in time, other gardens will be created in London and Berlin and then in various places in the UK and Northern Europe. It is hoped that people will grow some of the flowers that are shown in their area as they should be the most likely to have grown there thousands of years ago. Needless to say I shall be checking any that I might be thinking of planting, if I have not already got them all, and one good thing could be that local nurseries will start producing them. The idea is to extend the pollinating time.

However, only 10% of the plants from the whole area are native to Britain, and it is likely that they will introduce non-natives here. However, this is not natural, whereas if seeds are spread, eg by wind, that would be considered to be natural. In Scotland, a surplus of deer are being culled to allow indigenous trees and plants to recover which will benefit plants and animals and rebalance nature.



Purple loosestrife - last of the summer wine colour!

This year, my garden has been buzzing. The flowers have supported hundreds of insects including different varieties of bees, flies of various colours and other flying insects many of which were so active and small that I could not have identified them, even if I had tried, but they will no doubt be beneficial to the garden or food for birds. There were also more slugs and snails and masses of worms which all have a very important part to play. Many leaves were full of holes, but should not be cut back as they will still continue to support wildlife.

Years ago I noticed that an ivy had seeded itself by the hedge. It was beginning to climb up the stump of a laburnum tree which had been cut down as, beautiful though they are, they are not native to Britain. Over the years the ivy has grown into a large bush, and during this (rather late) summer and into October it has been covered with small, white clusters of tiny flowers. They were covered with masses of small bees, a few bumble bees, blue and green backed flies, and small flying insects. Hopefully it will bloom again next year.

In October most flower stems were cut down. Some were left on the bed to rot down and enrich the soil, while others were put under the hedges, or on one of the compost heaps. Two of the compost heaps are in the corners at the top of the garden. Lengths of felled tree branches were used to make fences across the corners to contain compostable plant material. It looks very natural and insects have easy access.



Fallen autumn leaves are lunch for this snail.

I do not need a green bin nor do I want one. I once saw a TV programme showing that much garden waste finishes up on farmland. This sounds a good idea, but a load was shown being tipped onto farmland, and there was so much rubbish in it. Bins put out at night are very handy for people who have been to the chip shop in the evening and enjoyed a refreshing can of beer with it!

The ash tree had grown well, but I was concerned as the leaves were showing brown patches earlier than I had expected. Concerned about the possibility of ash die back, I decided to cut it down. Most of the ways in which they can be disposed were not convenient, or, like burning, not environmentally friendly, but it is safe to put the cut pieces into the middle of a compost heap. So, along with other ash saplings that had seeded in the hedges, that is what was done. A frog that had previously taken up residence in the warm, insect inhabited heap decided to get out of the way but hopefully returned later. None of the trees were uprooted and I am hoping that if they grow next year they will not be affected by ash dieback but that will depend on the situation at the time.

Please note that If we walk in woodland areas, we are asked to wipe footwear clean before entering a wood and after leaving, to avoid the possibility of contamination.

There is plenty of time to plant a tree in your garden this winter. Many charities are encouraging us to do so, and it would make a huge difference to local wildlife and also benefit the local community. Ash is a lovely tree, but not a good idea at present. Alder is good in a damp area - it tends to get covered in lichen and supports several varieties of moth caterpillars. It is also an early source of nectar and pollen for bees, and the seeds are eaten by siskin, redpoll and goldfinch. Rowan is also worth considering as the leaves and the berries are both favourites with wildlife in woods, gardens and towns.

I hope that Covid will not be with us by this time next year, and that the efforts made by Totley people to support swifts and develop the wild flower meadows will be well rewarded. Wishing you all a very happy Christmas.

Marian Tiddy

# A pox on Lemont Road

I'm writing this in the attic of our terraced house on Lemont Road. Some of these small terraced houses – two down, two or three up, and an attic – were built on fields in the late 1870's (and were still surrounded by fields until the 1930's). These were for rent by workers, around the time that the middle class started occupying new posh houses, out of the smoke. In the 1881 census quite a few of the houses were unoccupied, perhaps because they were only recently built, but a shifting population of renters will have lived here in those early years. Some 10 years later, however, the railway navvies who built the Totley tunnel had moved in.

I look at the 1891 census.



Lemont Road - Then

I never tire of looking at census records when researching - so much and yet so little can be gleaned from them. Out of twenty Lemont Road households in eighteen houses, fifteen households contain railway navvies and out of forty two working men (though three are only fourteen years old) thirty four of them are working on the construction of the tunnel. Jumping out at you is their class, their origins, the overcrowding. Those navvies, contrary to popular thought, were not Irish, but peripatetic workers nonetheless, moving from railway to railway. The census reveals their birthplaces as Gloucestershire, Oxfordshire, Somerset, Devon, Scotland... Here are people probably forced to move from the fields by a great agricultural depression, to the places of progress and industry, except that for them that progress meant overcrowding and a shifting, travelling lifestyle. Elsewhere, from first-hand accounts, I discovered that there were so many dialects spoken that local people couldn't understand them. I expect they couldn't understand each other either!

Their work often meant working in the dark, knee deep in the many streams that come off the moors. Even this year, on our road, the water board has had to come out several times to deal with an underground stream that won't stay there. Monnybrook near the site of the tunnel isn't called Monnybrook – meaning many brooks – for nothing. I picture those tired, damp navvies, after a hard day's work, looking out at our garden hawthorn - probably part of the old field boundary. They will perhaps be thinking of home, before they crawl into a mucky bed.

Hawthorn

Even the tunnel navvies, migrants who shifted in this house, turn by turn perhaps ten to a room, would have clocked it – our quickthorn's flickering spuggies, its hemisphere of tired bones framed by our back window and fronting grey wall, green park, blue hill.

Early now, the March sky is thin milk, our tree's unleaved, though one dunnock marks it in its drunken scat of song.

I drink to sleep again, to blur the years and think I hear you, my tired travellers, waking from a boozy night of dreaming and dragging on your trews and boots as with the drabby bird you sing along. I look more forensically at the 1891 census, at one small house - there are eleven people living there. That's just the ones they admitted to. The real number of occupants may have been even greater, as the navvies, according to another, possibly exaggerated, contemporary report, 'boxed and coxed', occupying beds in shifts. But those we know for certain lived here, listed on the census, are Samuel Martin who is a tunnel miner and his wife Jane, both thirty seven years old and both born in Devon. They have seven children - Samuel, fourteen, already a tool carrier for the tunnel work; William, eleven; Alice, nine; Elizabeth, eight; James, six; Caroline, three; Nellie, one. They have two navvy lodgers as well: Charles Trott, thirty six, and James Turner, twenty three, their birthplaces marked as N.K. for Not Known. Perhaps they were at work when the census enumerator arrived and Samuel and Jane had no idea how to answer the questions about the backgrounds of their boarders.

Samuel and Jane's seven children are all born in different parts of the country – presumably those where their father was working, following the railway boom around Great Britain. I decided to research those places and their connections with tunnel and railway construction at the time that the various children were born. Sure enough, I found matches for dates of construction and the dates of birth of Samuel and Jane's children and that Samuel must have been experienced in tunnel excavation – or "mining" as it is often named on the census.

The oldest, Samuel was born in "Grimpstone," a misspelling for Grimstone, in Leicestershire. Grimstone Tunnel opened in 1878 around the time Samuel junior was a small baby. Evidently the winter of 1878/9 was a hard one and never forgotten by those who endured it, with many of the men unable to work. Soup kitchens were set up in some towns. Samuel and Jane will have endured this too, and with a young baby to feed.

William, aged eleven in 1891, was born in West Hoathley Sussex. The station here is just north of the long Sharpstone tunnel, part of the London, Brighton and South Coast Railway. Sharpthorne Tunnel was constructed in 1881 – when William was a baby.

Alice aged nine was born in Oxted Surrey. Either end of the station here are tunnels - Limpsfield Tunnel at the country end and Oxted Tunnel at the London end. Work was ongoing on the tunnel in the early 1880s and the line was completed in 1884. Alice was born on August 11th 1881 according to Totley All Saints school register. Again, a good match with Samuel's work at the time.

Elizabeth aged eight was born in Whitchurch, Hampshire. This is on the Didcot, Newbury and Southampton railway which was finished in 1885 when she was small – from the Totley School register she was born on January 30th 1883. The railway had to negotiate the Berkshire and Hampshire Downs and meant that there were, as at Totley, huge engineering challenges. The cutting at Upton and Tothill involved the excavation of around 1 million tons of chalk and soil.

James aged six was born in Caldecott, Monmouthshire. I think here Samuel may have been involved in building the Severn Tunnel for Great Western Railway, finished in 1885 around the time James was born. This was the longest railway tunnel in Britain for more than a century. It was a terrific struggle to construct it under the Severn Estuary – a battle of engineering skill against groundwater and tides. It is still part of the national rail network and continual pumping is needed to keep it dry.

Caroline aged three was born in Glamorgan, St Nicholas, near where the Barry Railway was built in 1889 to carry coal from the Rhonda.

Nellie, aged one year was born in Totley - where Samuel was working under the moors on our tunnel, now the second longest tunnel in England, completed in 1893.

I think not only about Samuel and his backbreaking and presumably skilled work on the tunnels and cuttings, but also about Jane, hoiking children to a continual stream of

new lodging houses around the country, giving birth in each place of work, and taking in lodgers in a tiny house to make ends meet.

\*

"Where the efforts of the local authorities have been directed to isolation the results have usually proved satisfactory but where infected persons have been allowed to herd together under unhealthy conditions as at Totley near Sheffield the results have been disastrous."

Not a SAGE announcement, but a piece from *Manchester Evening News* in April 1893. And the infectious disease causing chaos was not Covid-19, but smallpox. The people who weren't vaccinated and who succumbed to the illness and the people who died, were mostly the navvies or their families. Seventeen of them are buried in communal graves in Dore Church Yard. The graves have tiny headstones on which carved letters say bluntly: "S.P. 1893. Full Up."



One of the headstones in Dore Churchyard

Some of those places where people were 'allowed to herd together' were not only in Lemont Road but also in the temporary navvy village built out on the moor near Moss Road and other lodging houses. But here in 'Greenoak', as Lemont Road was called then, smallpox, according to contemporary reports, was rife. There had been an earlier outbreak too in the late 1880s and for a while there was a smallpox hospital where the Laverdene Estate is now. In the later epidemic in 1893, there was a makeshift hospital out on the moor, near the navvy village of wooden huts.

I like to think that perhaps they tried to help each other on Lemont Road, rather like this past eighteen months, when we set up a Whatsapp Covid Support group with people sharing information, daft videos, requests for help and offers to collect food and medication, even a regular food bank collection point. I know that one hundred and thirty years earlier, George Pearson, the socialist market gardener from Ruskin's St George's Farm, would deliver fruit and vegetables to the navvies when others would not, even though he wasn't vaccinated himself.

Like Covid-19, smallpox is thought to have jumped from animals to humans. And also like Covid-19, small pox was mild for some but deadly for others. Unlike Covid, where deaths mainly affect older people, smallpox deaths were mainly among children. Out of the seventeen buried in Dore, eleven were babies and children. In the same month as the newspaper report, April 1893, two little girls died in a house on Lemont Road and were buried in the communal graves in Dore churchyard. They were the children of our family in the census - Elizabeth Martin died, aged ten, on April 24th and Alice, her sister, aged eleven, two days later on April 26th.

We can only guess at the grief in that small house.

Sally Goldsmith

# **Dore Gilbert & Sullivan Society**

I am sorry to say that it looks like we will not be performing a winter concert in Dore again this year. The restrictions on numbers allowed to attend and the shortage of time to rehearse a programme has made it very difficult to organise a suitable event.

A few of us managed to put on a concert in mid-September at a week's notice! Mike Cox, a former member, asked a few of his friends to perform a concert at Whinfell for their funds and an excellent program provided an evening's entertainment filled with comic, standard and operatic pieces which the audience seemed to thoroughly enjoy. It was the first night out to any sort of entertainment for over 18 months for most of the audience. It was so successful that Mike has asked us all to do another one on 16th December at Whinfell centre.

All our efforts are now going into making the show in April a spectacular one. *The Pirates Of Penzance* has always been one of my favourites. It is the first of the Gilbert & Sullivan operettas that my parents took my brother and me to see in about 1950 and it hooked me forever. I will have ticket information by the time the next edition of this fine local newspaper is published so keep dates free between 6th and 9th April next year and come and enjoy this fun filled story



of inept pirates and less than adept policemen. The picture is of Mark White, a current Dore resident, and Ken Jones, a former Dore resident who left Dore in the 1980s to live in Glossop but nevertheless still travels every week to rehearse and perform in the shows - some commitment! The photo is from 2021 when we last performed the operetta.

I have an apology to make since up to now we always believed that the show would be at the Merlin Theatre. This is NOT the case. We received a letter at the end of October from the Merlin Theatre telling us that it was closing for the foreseeable future and had cancelled our booking, but the good news is that the show will still go ahead on those dates but at the Montgomery Theatre.

The cast is excellent so I know you will enjoy it. Until then, stay safe and have a very Happy Christmas and a new year of freedom and enjoyment.

Derek Habberjam

Mark and Sally Fletcher invite you to **The Grouse Inn Longshaw** Sheffield S11 7TZ

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# Autumn Leaves

When the weather turns colder, the leaves take over my garden, especially from the Birch, the shrubs and a large Acer tree.

At this time of the year the grass on the lawn is no problem, since it decides to lay dormant until it senses Spring is on the way. But the falling leaves will not do it any good, since they deprive the grass of whatever light seeps through while keeping it in the dark and damp until it starts to yellow away.

Fortunately, help for the surviving greenery is not far away in the recesses of the garage, in the form of a trustworthy grass cutter, despite its traces of rust and a much needed sharpening of its nearly dull blade. Its job this time round is for mowing up the leaves, which it does very well, and with little effort when compared to raking them up with hundreds of forward and backward movements of arms and upper body movements, resulting in complaints from too many aching muscles the following morning.

Attacking the hordes of fallen leaves by lawn mower is much quicker and needs less exertion, since all one has to do is push it along and watch the deceased bits of trees and shrubs being sucked up, pulverised and ending up in the bag behind the elderly but faithful electronic wonder that needs nothing in the way of digital instructions and is absolutely safe from hackers anywhere in this world or beyond.

Of course, the bag has to be empted regularly into the prescribed green bin. There is also the risk of cutting through the cable, and then having to splice it back together before the electricity from climate pollutants or solar power energises it again.

One advantage of mowing up leaves is that you can see exactly where you've been, even when the sun is directly overhead, whereas with grass, it's easy to omit decapitating the odd clump or two (if not many more), which is rather annoying, when with leaves, there is a nice clean path displayed with each and every push using a traditional but still far from extinct friendly labour saving device originally designed for keeping lawns nice and tidy looking. After dispensing the grounded leaves is the added bonus of being able to enjoy what's left of the now really short-cut grass throughout the winter along with the lawn being kept a good deal drier – and less muddy – and without loads of shrivelled up leaves and damp soil sticking to the soles of our shoes, which then have to be cleaned and polished, unless there is an old decrepit pair to be called out of retirement once more.



As with cutting the grass, it is better to do the leaves regularly before too many have fallen, rather than wait until they are all down and have buried the lawn completely, which will then will need re-seeding before it resemble a lawn again. And, as both a neighbourly and a public gesture, thousands of unwanted leaves will not be blown into nearby gardens nor onto roads that need clearing by Council workers.

Although our gardening efforts might be easier if all our trees and bushes were evergreen, watching things grow and change with the seasons would then be much less colourful. If falling leaves are anything to go by, despite having to clear them up in preparation for the new batches to appear and the whole cycle being repeated, including our having to get the lawn mower out again, both they and we are very much part of a never changing process, which is very much a part of life.

Arthur Kaufman

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### Transport 17

There isn't anyone or anything that is without highs and lows and goodness that sums Transport 17 (T17) up at the moment! It has been so good to write recently about the many positive things that

have been happening and much of this continues as we move forward going from strength to strength. However...

#### **Changes in Circumstances**

Having introduced our new admin assistant in the last article it was a complete surprise when she resigned after her first week. This has meant a return to added pressure and increased workload for Fiona Smith, so once again our focus is on ensuring service operation. We are currently involved in the recruiting process and are hoping to have made a new appointment by the time you read this article.

Following on from this we took the very tough decision to cancel the Christmas Fayre. The change of emphasis in the office along with a reduced number of volunteers who help with the event in the planning and preparation stages meant it wasn't feasible to hold such an event. It is a huge disappointment, particularly since local events held recently have been so successful. It has highlighted a desperate need to recruit volunteers to help with fundraising. Whilst we have several 'Friends of T17' who are all willing to help on the day of an event, there is a need for individuals who would be able to help with the organising in the lead up to events, and other aspects of our fundraising. We are hoping there are some of you out there who have had experience of fundraising or have a little free time, and would like to join us to help raise funds to enable T17 to continue to help others within the community. As always, if you think you might like to get involved and would like more information or would like to register your interest please leave a message on 0114 236 2962, e-mail admin@transport17.co.uk or visit www.transport17.co.uk We really do need to hear from you.

Many of you will be familiar with seeing our buses parked up in the English Martyrs Church car park. It was a big relief a number of years ago when Frank Donnelly set up an arrangement between the church and ourselves to house the buses here after we could no longer use the car park at the then Leonard Cheshire Home. The convenience of the current arrangement cannot be underestimated. Having the buses on our doorstep and so easily accessible is a tremendous help in operating the service we provide. The Cross Scythes pub have also been part of the current arrangement for housing the buses at the weekends. However, we now find ourselves in the position of having to search for a new home for our minibuses as the church has made alterations to the arrangement which are unsustainable in the long term. We would like to publicly register our huge thanks to Frank, the church and the Cross Scythes, the latter in particular as they have been very accommodating in relation to recent additional requests brought about by the change in arrangements.

As we approach local businesses and organisations in our search for a new home for our three buses, we would like to record our thanks to the Chair of Abbeydale Sports Club Ltd, Richard Ibbotson, for his enthusiasm and willingness to try and help.

When Fiona Smith took up the role of Operations Manager nobody envisaged such a frustrating and difficult start. Despite all these difficulties, we are delighted that progress is being made. One of the roles for the Operations Manager is to expand our service to support additional activities so we were delighted to be able to take the Dore and Totley URC Carers Group to Chatsworth for the day. This had been arranged through Jan Outram at Sheffield Carer's Centre. In the early days of T17 we were involved in this type of event and it is good that once again we were able to respond to other groups as well as the lunch clubs that are the core of our work.

### Funding, and thank yous!

The 2020-21 Co-op Local Community Funding period came to an end on 23rd of October this year and as we go to press we are looking forward to collecting our final cheque of £2987.03 on Saturday 20th November at the Dore Co-op store. This will mean we have received a total of  $\pm 3955.80$ . The money from this grant goes towards replacing the minibuses which is an ongoing cost for us. We would like to thank you for supporting us by choosing T17 as your local cause.



Dore and Totley URC Carers Group outing to Chatsworth with Andy Birch, T17 Volunteer Driver

We are really pleased to share that once again we have been selected by the Co-op as one of the three local causes to benefit from the fund over the next twelve months, running to the end of October 2022. We are grateful for the opportunity to again raise funds through the Co-op for T17. If you are a Co-op member, please help us to make the most of this opportunity by selecting us as your chosen local cause (go on-line at www.coop.co.uk/membership or by phoning 0800 023 4708 and select T17 - any previous commitment does not continue into the following year). If you're not a Member of the Co-op, why not join today? It costs just £1 to join and as well as helping to raise money for T17, you'll have other benefits including earning rewards in store, weekly personalised offers and exclusive member deals. You can join by downloading the Co-op App, visiting their website, over the phone, or by visiting your local Co-op and asking for a membership form. By doing this, you can support us when doing your shopping and when using other Co-op services; when Co-op members buy selected Co-op branded products and services, the Co-op will give 1% to your local cause. A big 'thank you' to our local Dore and Totley Co-op stores which have always supported us in the past by donating raffle prizes and advertising our events. We really appreciate the continued support.

It is some time since we applied for funding grants so it has been extremely heartening that two applications we made were successful. We received £2500 from the Freemasons and Lieutenancies Partnership Fund and £1000 from the Cutlers Company Charitable Trust this summer. I was honoured to be able to represent T17 on 20th July at the



Sandra Longley receiving a cheque from The Cutlers Company Charitable Fund presented by Susie Williams - Mistress Cutler 2020 - 2021

Cutlers Hall to collect the Company's cheque from the Mistress Cutler. It was also an opportunity to network with others and to be able to promote T17. I met Colonel Philip

Bates, the Secretary of the Cutlers Company Charitable Trust who selected us to be a beneficiary, the Mistress Cutler - Susie Williams - and the Senior Warden - James Tear and his wife (Master and Mistress Cutler from October this year) all of whom were keen to learn about what we do. 20-30 charities received cheques and it was very special to hear of the amazing work that the varied charities do, many of them like ourselves are small organisations operating within South Yorkshire.

As well as these grants we have benefitted from a number of donations from local organisations. Totley Open Gardens had a very successful event this year and were able to make a sizeable donation to T17. Totley Show has also been able to support us despite the event being on a much smaller scale. It is so good that these events were able to go ahead after a long period of time with little or no community events taking place. Sadly Totley Methodist Church Lunch Club and the Women's Fellowship Group/Dore Methodist Church have both made the decision to close. In their closing meetings, both very kindly chose to donate funds to T17. There were donations from Totley Rise Methodist Church, Dore Village Society, Dore and Totley URC, various amounts from the Belbin family, and another amazing amount from the Cross Scythes collection box.

We are very grateful for this ongoing support from the local community especially as we have not been able to hold any fund-raising events ourselves for such a long time. Roll on 2022.

So 2021 is drawing to a close. What a time we have all had. One way or another it has taken its toll on us all but good things are beginning to happen. T17 is operating once more and we look forward to being able to continue moving forwards and meeting up with you at fundraising events next year. Everyone at Transport 17 wants to join in wishing you all the very best for the festive season and to say a big thank you for all the support you continue to give us.

Sandra Longley (On behalf of the Management Committee)

# **Totley Scouts**

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

Autumn is now well and truly upon us and with it brings the dark and damp nights moving our meetings indoors more.

This still doesn't stop us getting out and about as much as possible though and we have had games outside as well as walks through the woods and, most exciting of all for the children, walks to Totley Rise with a well-deserved tray of chips at the end.

All our sections have full, fun programmes with lots of great badge work going on and fun activities planned until Christmas. The Beavers have been working on their Safety Badge and Experiment Badge recently. We made beautiful 'field of poppies' pictures for Remembrance Day and the Beavers had a great day at Hesley Wood Scout Campsite taking part in the assault course and crate stacking as well as doing the Beaver Trail and some fun games in the woods.

The Cubs have also been busy. We began the term by homing in on some of our tent skills, then moved to learning some new knots and building some catapults to practice the knots we learnt. We learnt about Diwali and also made some beautiful felt poppies that were made into a wreath that we took to the War Memorial on Remembrance Sunday. With Christmas approaching we will soon be looking at Christmas Crafts and parties. The Cubs also enjoyed a great day at Hesley Wood where we took part in climbing, archery and air rifle shooting.

The Scouts have been equally busy and have earnt some Emergency Aid badges, been outside cooking, learning knots and had an indoor caving evening. Their thoughts are now turning to next year and planning some camps and expeditions.

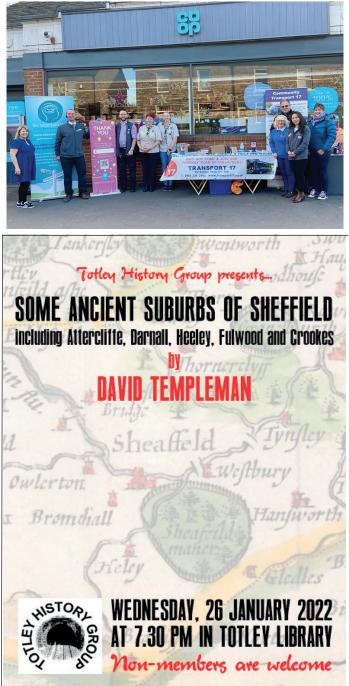
All our sections are currently full, and we are now operating a waiting list. We are delighted to have enrolled over 40 new children into the Group this term and it was lovely to see them make their promises in front of family and their Scouting friends. We are still very desperate for leaders and in particular a leader to take over the running of one of our Cub Packs. The current leaders are all voluntarily running sections on more than one night, some being there four nights a week. Please - if you know of anyone who might like to volunteer working with our young people, or even if it is something you think you would like to do, please do get in touch. We would love to hear from you.

Lastly the group would like to wish you all a very Merry Christmas and a Happy New Year and a hope for better things in 2022.

Sue Bridgens, Group Scout Leader hallamadccubs@gmail.com

## **Co-op Cheque Presentation**

Dore and Totley Co-ops held a joint celebration event on Saturday 20th November to celebrate the money raised by Co-op members and shoppers over the last 12 months for their Community Fund. Representatives from the three local causes chosen to benefit from this fundraising attended, and were able to raise awareness of their individual organisations and receive their cheques from Co-op staff. The organisations were Transport 17, 215th Sheffield (1st Totley) Scout Group and the Eden Dora Trust.



### How the foods we eat today are making us sick and what we can do about it

The way we eat has changed dramatically over the last few years, and it seems that many of these changes are making us sick. We have seen a huge increase in the number of people with chronic diseases, such as obesity, diabetes and heart disease, and it's likely that our greater reliance on convenience foods has contributed to this epidemic. Much of the food we eat today is highly processed, with a high sugar and refined carbohydrate content, often made with industrial fats and added chemicals.

So perhaps we need to go back basics and eat more real food, cooked from scratch like our grandparents did! The good news is that It's not inevitable that we will get conditions like obesity and diabetes; we can halt or even reverse these health conditions through diet and lifestyle changes. Making even simple changes to your diet can improve your health and help you if you're trying to lose weight.

### How our changed diet has impacted our health

Fifty years ago, pizza and pasta were rare and sweets, cakes and soft drinks were considered occasional treats. Meals were generally cooked at home, and we usually ate three meals per day, often without snacks. Over the last few decades our diets changed dramatically, and our busy lives led us all to having a much greater reliance on convenience foods.

But when we eat more processed foods we risk missing out on the key nutrients, such as the vitamins, minerals, protein, essential fats and fibre we need to stay healthy. This way of eating can also lead to health issues such as disturbed digestion, poor immune health and metabolic health problems such as obesity and type 2 diabetes.

Chronic diseases have risen substantially in recent decades. The number of people with diabetes has grown five-fold since the eighties and the rate of obesity is up from 3% in the 1970's to 28% today, with two thirds of us either overweight or obese.

### Weight gain, insulin resistance and Type 2 diabetes

Whilst diet is known to contributes to the development of metabolic health problems such as weight gain, obesity, Type 2 diabetes and insulin resistance it is useful to understand how these diseases arise.

Normally the human body has a very carefully balanced system to ensure that the amount of sugar in our blood is kept at a consistent level – with no more than about a teaspoon of glucose in our blood stream at any time. When we eat, especially when we eat carbohydrates, the amount of glucose in our blood temporarily increases. A hormone called insulin is released by the pancreas to help the glucose move from the blood into the cells of the body, where it is used for energy. The role played by Insulin in regulating blood glucose is important, as higher levels of glucose in the blood can be damaging to health.

Type 2 Diabetes is a condition in which the blood sugar cannot be maintained at normal levels through the body's own supply of insulin, so additional insulin is given as a medication to maintain normal blood glucose levels.

However, in the years leading up to a diagnosis of Type 2 Diabetes, many people will have a condition called 'insulin resistance'. This is a condition in which the body struggles to maintain normal blood sugar levels and must produce more and more insulin to maintain normal blood glucose. Whilst glucose levels remain normal, insulin levels become abnormally high, which leads to weight gain and obesity. High circulating insulin, or insulin resistance, increases risk for a wide range of diseases, including heart disease.

### What we can do to improve our health

1. **Eat real food!** Cutting out highly processed foods and cooking from scratch using fresh fruit, vegetables, meat, fish etc is the first important step to take to improve your diet and your health. Using fresh ingredients will provide the vitamins and other key nutrients you need and reduce the number of harmful preservatives and chemicals in your food.

2. Avoid sugars and reduce carbohydrates Most people are aware that sugar is harmful to health, and we should eat as little of it as possible. But fewer people are aware that the carbohydrates



in foods like rice, bread and potatoes are broken down after eating to form glucose, which is also sugar. When we eat a lot of sugar or carbohydrate our blood glucose and insulin levels rise and stay high for longer than when we eat other foods. Avoiding sugar and lowering carbohydrates helps us to control blood sugar and insulin levels better, reducing our risk of metabolic health problems, such as obesity and Type 2 diabetes.

3. Weight loss If you are overweight or obese, weight loss can have many health benefits and can reduce health risk. Although they may not be aware of this, many people have problems with weight because of high insulin levels. In order to reduce weight and improve health a low-carbohydrate, real food approach is usually extremely effective. For example, the average weight loss for participants recently completing our 12-week online low-carb, weight loss programme was 6.8kg!

#### Low Carb coming to Totley!

1. Free talks on real food, low carb for health and weight loss If you are interested in learning more about how to change your diet to improve your health and/or lose weight we will be giving two free talks on this subject at Totley Library in the New Year at 7pm on Monday 10th January and 1.30pm on Thursday 13th January 2. Short course on how to successfully transition to a Low Carb diet. We will also be running a short 4-hour course over two afternoons at Totley Library Thursday 27th January (1.30 - 3.30), and Thursday 3rd February (1.30 - 3.30).

3. Low-carb weight loss club - We will be launching a new low-carb weight loss club at Totley Library on Thursday 10th February 2022. 4. On-line low carb weight loss programme - We will be continuing to run on-line low-carb weight loss programme, with the next programme starting on 17th January.

You can find more details of all of these events at https://www.cinnamondays.co.uk/

Isabel Hemmings & Sue Wharton, MBANT Registered Nutritionists®



# Live Mammal Trapping in **Gillfield Wood**

### A Friends of Gillfield Wood Event

Well, it was a long time coming, our first outdoor event for over a year. How many people will turn up? Will it be a success?

We were so pleased that our dear friend Val Clinging of Sorby Natural History Society was only too happy to come along with the society's mammal traps and once again help us to put on our own very special annual event.

It was Sunday October 10th. It turned out to be a beautiful autumn morning, warm and sunny with Gillfield Wood tinged with those lovely autumn colours. As we gathered at the bottom of Totley Hall Lane for an 8.30am start, the number of attendees grew to twenty adults and ten children. Excellent, a great turnout. With much chatting and excitement, we all set off to the wood.

A total of 17 mammal traps had been set the previous evening at two separate sites. The traps we use are specially designed Longworth traps that capture mammals live for inspection. Each trap is carefully set and contains food and bedding for any creature that is caught and spends the night inside the trap.



Ten of the traps had been set in an open glade - the first site. As the group gathered around with eager anticipation, the traps were collected from various spots nearby and the children stared intently to see whether the traps had been triggered and were closed, with the possibility of a mammal inside. Gradually the contents of the traps were emptied into individual plastic bags. There was an explosion of 'oohs' and 'aahs', and not just from the children, as the first of the mammals scurried into view. It was a Wood mouse, the first of five caught at this site. They were all very fit and lively and were quite young animals. Val explained the different features of the mouse: large eyes, long tail, light brown coat colour and very active. They were carefully transferred into small plastic containers to be examined more closely by the group and then released shortly afterwards into the same area of the glade. Again, this created a great deal of excitement as the children, standing perfectly still, watched these small creatures skipping away over the low ground cover, right in front of them.

The other seven traps had been set in the second site. This site was near to the brook, a damp area with banking. The group waited patiently on the main footpath in the wood, as the traps were collected and brought back for inspection. On this occasion, not only had another Wood mouse been caught but 3 Bank Voles had as well. This meant that the two species could be easily compared and Val was able to point out the different features of the Bank Vole: tiny ears, short tail, a dumpier creature with darker coat. Children, filled with enthusiasm, were now confidently distinguishing between the two species. Everyone had great views of both before all four mammals were released back into their same area. A total of nine animals from 17 traps was a very good result for a 'one off' trapping session.

It is such a pleasure to organise this event each year and see so many smiling faces as families come together and experience the wildlife in our local wood. On this occasion we even had a skein of Pink Footed Geese fly over the wood; they were calling, so parents were able to point out the flock as it passed overhead. Another special moment for all!



If you are interested in learning more about our Friends Group, more about our events or more about Gillfield Wood and its history, please do have a peep at our website www. friendsofgillfieldwood.com

Chris Measures

## Latest Dates for Christmas Post!

### For mail to UK addresses:

Saturday 18th December UK 2nd Class & 2nd Class signed for Tuesday 21st December UK 1st Class & 1st Class signed for Thursday 23rd December Special Delivery Guaranteed

**International standard airmail:** 

Wednesday 1st December Caribbean

Monday 6th December Australia, Italy, New Greece, Zealand, Portugal

Wednesday 8th December Africa, Central and South America, Asia, Far East and Middle East

Friday 10th December Cyprus, Malta, Sweden

Saturday 11th December Eastern Europe (except Czech Republic, Poland and Slovakia), Turkey Monday 13th December Canada, Czech Republic, Finland,

Poland, USA

Thursday 16th December Austria, Belgium, Denmark, Ireland, France, Germany, Iceland, Luxembourg, Netherlands, Norway, Slovakia, Spain, Switzerland

For more information visit www.postoffice.co.uk/lastposting-dates

# Sheffield Marguetry Group

Small friendly group meets at St Oswald's Church Crypt, Bannerdale Road on Tuesdays, 10am to 12 noon.

Beginners welcome.

For more information please phone Graeme on 07947 127909 or Pat on 0114 281 9915.









# **People Keeping Well**

We run a wide variety of activities, courses and groups across the South West of Sheffield enabling people to get out and about, find new hobbies, stay active and have fun. This is part of the Sheffield People Keeping Well programme.

The South West Sheffield PKW Partnership area covers the following areas: Dore, Totley, Bradway, Endcliffe, Fulwood, Ranmoor, Greystones, Nether Edge, Bents Green, Brincliffe, Ecclesall, Whirlow, Abbeydale. If you need further help and someone to guide you through it please don't hesitate to contact Joanna Woodward on 0114 250 2850 or via email at joanna.woodward@ageuksheffield.org.uk

### Activity timetable

### Monday

10am Gentle Circuits Online Exercise Class. Provider A

10am Sheffield Mencap and Gateway Coffee Morning. Provider  $\ensuremath{\mathsf{C}}$ 

11am Walking Football for Men & Women Springs Leisure Centre. Provider  ${\sf A}$ 

12- 2pm Memoir Writing delivered by Kathryn Reaney, a professional journalist. Provider H

2-3pm Cosy Creatives: Online Creative writing sessions. Provider  ${\ensuremath{\mathsf{E}}}$ 

2-4pm Writer's Drop in: for writers who want readers and readers who want to hear the new writing of other people. Provider  ${\rm H}$ 

### Tuesday

10am Zumba Gold Online Exercise Class. Provider A

10-12 Fulwood Memory Café at Fulwood Scout Hut. Chat, quizzes, live singers & more, for people living with Dementia & their carers. Provider D

10.30am Singing Teapot Choir: fortnightly 2nd and last Tuesday of each month. Provider  ${\sf E}$ 

2pm Walking Football for Men & Women, St George's Park Thorncliffe. Provider A

12-2pm Hammer & Pincers Friendship Lunch: Ticket ( $\pounds$ 7.50) includes a 2 course meal & entertainment. Ringinglow Road (S11 7PW), on 26 Oct, 30 Nov, 14 Dec, 21 Dec. Contact Provider I

2-4pm: Dore & Totley Rosemary Memory Café at Dore Methodist Church. Chat, quizzes, live singers & more, for people living with Dementia & their carers. Provider D

5.45pm HiiT Online Exercise Class. Provider A

#### Wednesday

10am Strength & Balance Online Exercise Class (can be chair based). Provider A

10am Carers Café on the 1st and 3rd Wednesday of every month. Provider  ${\rm G}$ 

11am Walking Football for Men & Women, St George's Park Graves. Provider A

2pm Walking Football for Men & Women, Concord Sports Centre. Provider A

6-8pm Community Journalism: No experience necessary- for people who want some pointers at sending out news releases, running social media pages etc. Provider H

8pm Women's Walking Football. Goodwin Sports Centre. Provider A

### Thursday

10am Gentle Circuits Online Exercise Class. Provider A

1.30pm Zumba Chair Online Exercise Class. Provider A

2-4pm Bents Green Memory Cafe. Chat, quizzes, live singers and more, for people living with Dementia & their carers. Provider  $\mathsf{D}$ 

2pm Short Stories: On the 2nd Thursday of every month - Listen or bring your own story to share. Provider  ${\rm G}$ 

3pm Table Tennis Bradway Community Hall. Provider B

### Friday

10am Mindfulness Online. Provider A

10am Carers Café and Quiz on the 2nd Friday of every month. Provider  ${\rm G}$ 

10.20 - 11.30am Connecting with Nature for Wellbeing. Delivered by a horticulturist. Provider  ${\sf F}$ 

11am Walking Football for Men & Women, Davy McKee Sports Ground. Provider A

7pm Table Tennis Bradway Community Hall. Provider B

### List of Providers:

Provider A: CWS (Community Wellness Service). Classes delivered by specialist instructors. To book your place and receive links and instructions to join please contact CWS on or call 0114 553 7807

Provider B: Table Tennis organised by Jan Clist. Contact to book your place on 07787 954 842/ 0114 418 6463

Provider C: Note that this takes place on 1st and 3rd Monday of each month - Delivered by SMG Contact carers outreach project workers: Katie 07447391437, or Ellie on 07735316347, or email cope@mencap.org.uk Please note: These sessions are for unpaid carers and the

Please note: These sessions are for unpaid carers and the person they care for (created for adults with mild to moderate learning disabilities/autism).

Provider D: Delivered by Eliza, provided by Age UK Sheffield PKW - Contact Eliza.Groark@ageuksheffield.org.uk or 07384 833594 for details to book.

Provider E: Provided by Age UK Sheffield PKW – contact Joanna.woodward@ageuksheffield.org.uk for details

Provider F: Delivered by Caroline Cook Horticulturist. email info@gardeningwithcaroline.co.uk or phone Age UK 0114 250 2850. Visit gardeningwithcaroline.co.uk

Provider G: SCC (Sheffield Carers Centre). Email Jan jan@ sheffieldcarers.org.uk

Provider H: Kathryn Reaney Email reaneywrites@gmail.com or call 07854 751932

Provider I: Book via Hammer & Pincers on 0114 2620759. For queries contact Kathy Markwick (Email kathymarkwick@ gmail.com or call 0772 952 8844).



Call today to have your oven, hob, extractor or Aga professionally cleaned by Pippa Weirl Pippa's contact details are: Tel 0114 258 3466 or mobile tel. 07716 992648 www.ovenwizards.com

# **Ask Your Pharmacist**

Hopefully, this year Christmas will be less disrupted by Coronavirus restrictions, and we will be able to spend the holidays together as families. The vaccine program means that getting together in groups will be less risky than last year, but it will still be prudent to protect your vulnerable loved ones. It may be sensible to do lateral flow tests before visiting vulnerable family or friends – feel free to pop in and collect your free tests from us.

If you are lucky enough to get away for a holiday around Christmas time, you are still likely to need certain tests depending on your vaccination status and destination. This will be further complicated by most labs being closed for a few days over this period. If you have any questions about testing, please feel free to contact us at www.totleypharmacy. co.uk It has been a pleasure to help so many people enjoy their holidays this year, advising on all the rule changes, especially with so many unreliable test providers out there.

Unfortunately, it seems any article about healthcare nowadays is dominated by Covid. Of course, this does not mean all other healthcare concerns can be ignored. Winter and the colder temperatures present other issues.



It is vital to remember to get your flu vaccine if you are in a vulnerable group. If you want a flu vaccine and are not eligible for one on the NHS, please contact us to have one privately. There have been a lot of supply issues with flu vaccines the last couple of years, and some people have missed out on getting one. If you want to ensure one for next year, please contact us and we can book a vaccine for you for next year. This reserves one for you and also allows us to plan better.

It is important to keep warm in winter – both inside and outdoors. This can help to prevent colds, flu and more serious problems such as heart attacks, strokes, pneumonia and depression. Here are some tips from NHS England -

• if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C

• keep your bedroom at 18C all night if you can – and keep the bedroom window closed

- have at least one hot meal a day – eating regularly helps keep you warm

have hot drinks regularly

• draw curtains at dusk and keep doors closed to block out draughts

• get your heating system checked regularly by a qualified professional

Keep active when you're indoors. Try not to sit still for more than an hour or so. Wear several layers of light clothes. They trap warm air better than one bulky layer.

Check on older neighbours and relatives, and those with heart or breathing (respiratory) problems, to make sure they:

- are safe and well
- are warm enough, especially at night

 have stocks of food and medicines so they do not need to go out during very cold weather

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 678 1602 (8am to 7pm every day).

Please pop in to see us for advice on what medicines should be in your cabinet and how to help you and your family get through the winter season. We will also tell you if you need to see a doctor. Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments such as cold, sore throat, cough, sinusitis or painful middle ear infection (earache). Always seek advice from your pharmacist at the first sign of a cough or cold before it gets more serious. The sooner you get advice, the sooner you are likely to get better. We can also advise on natural options to help deal with colds, and also to boost your immune system.

NHS resources will again be stretched to their limits this winter. To lessen the load, please consider using pharmacies as your first port of call for minor illnesses. This will allow GPs and hospitals to concentrate on more serious illnesses. You do not usually need to go to A & E for most winter ailments. If you need medical advice when your doctor's surgery or pharmacy is closed, call: 111 or go to 111.nhs.uk

Again this year, the Christmas holidays fall over the weekend, meaning surgeries will be closed for four consecutive days. Though there is no need to panic, please ensure you order your prescriptions early enough to get them before the holidays. With the disruption to normal routines (including deliveries etc) and uncertainty, this is even more important this year. We suggest ordering prescriptions 7 working days before you run out, and calling at the pharmacy 3 working days later to collect your medication. This allows us to process your prescription efficiently, and ensures you get your medication before you run out, and allows you time to resolve any issues that may occur.

Merry Christmas and a Happy New Year from Taj and the team at Totley Pharmacy.



# South West Local Area Committee

Local Area Committees give you the chance to raise your views, share your opinion on what the council does in your area and contribute to making changes in your neighbourhood.

The South West LAC covers the four electoral wards of Crookes & Crosspool, Dore & Totley, Ecclesall, and Fulwood. As a resident of South West Sheffield, this is your opportunity to say what you would like to see improved.

The first public South West Local Area Committee meeting was held on Thursday 16th September 2021 with Cllr Andrew Sangar, Chair of the South West LAC, facilitating a host of questions and debates. Denise Devoto, LAC Manager for the South West explained how the LAC is actively listening to feedback to inform the community plan.



Topics discussed included neighbourhood plans, communication about LACs to the public, decision making and scrutiny, funding for community groups, highways issues, education, anti-social behaviour and environmental concerns.

The South West LAC aims to hold four public meetings per year, hosted in each ward – these meetings are just one way that residents can take part in the conversation.

Following meetings and consultations during 2021, the LAC team are putting together a community plan. At the January meeting we will discuss progress in developing the new LAC community plan, giving residents the opportunity to have your say before it is finalised:

Thursday 20th January, 7-9pm Tapton Hall, Shore Lane, S10 3BU

You can contact the team or book your place at our January meeting via email or phone -

Email: SouthwestLAC@sheffield.gov.uk Telephone: 0114 474 3651

Our meeting venues are accessible to all. If you have any specific requirements, please make staff aware at the time of booking.

Please note, there will be opportunities to have your say about the plan online. The LAC meeting is just one way you can get involved.

If you can't make this meeting, please submit a question, or raise your views by email or phone: SouthwestLAC@ sheffield.gov.uk / 0114 474 3651

We are working within Sheffield City Council's covid guidelines for the health and safety of residents and staff.

Full draft minutes from October's meeting are available at https:// democracy.sheffield.gov.uk/

www.sheffield.gov.uk/ southwestlac





# **Totley History Group**

Since Totley Library reopened for community events three successful meetings have taken place but attendances were down compared to pre-Covid-19 meetings. We will be holding an informal meeting on 15th December entitled 'Totley's Past in Photographs' when we will be viewing a selection of historical pictures. There will be a chance to chat about them, and other topics, with mince pies being available. The meeting will be open to both members and non-members and if you wish to come please register your interest by sending an email to secretary@totleyhistorygroup.org.uk.

On January 26th David Templeman will be giving a talk entitled 'Some Ancient Suburbs of Sheffield' which will include Attercliffe, Darnall, Heeley, Fulwood and Crookes. Then on February 23rd Ian Alcock will be telling us about the history of pop-up and novelty books that were very popular in pre-television days. On March 23rd Sarah Cattell from South Yorkshire Archaeology Service will be talking about Sheffield's heritage.

The April meeting (date to be advised) will be our much delayed AGM when we will need to have a serious discussion about the future of the Group. As has been reported in previous articles some of the present committee who have been in post for many years have stated an intention to retire and it is vital that potential new committee members come forward. Critically we will are looking for a new Chair and for someone to take on the task of organising speakers. The meeting will be open to both members and non-members. If anyone is interested in finding our more about what Committee membership entails please email secretary@ totleyhistorygroup.org.uk for further details. We would be happy to hear from non-members as well as members. For updates on all our activities please visit www. totleyhistorygroup.org.uk.

Norman Rolfe, Chair



### YOGA CLASSES

Dore & Totley United Reform Church – Tuesday 1.15pm Ranmoor Parish centre – Wednesday 11am St Johns Church Hall Totley – Wednesday 6.30pm Stephen Hill Church Hall Crosspool – Thursday 1pm Zoom sessions Wednesday, Thursday, Saturday

A combination of physical postures (asana), breath awareness & breathing exercises ( pranayama mindful awareness of the physical and subtle bodies, guided relaxation.

The awareness that we cultivate is what makes yoga a practice, rother than a goal or task to be completed. Your body will most likely become more flexible and so will your mind.

Contact Rachel for Information

Rachel Quinn BWY Dip

	TOTLEY & DIST	RICT DIARY	
MONDAYS	<b>AGE UK FITNESS</b> Dore & Totley United Reformed <b>GUIDES</b> , All Saints Church Hall, 6.45pm-9pm.	d Church, 1.30-2.30 pm. Contact Jo Woodward 250 2850.	
TUESDAYS	SLIMMING WORLD, Totley Rise Methodist Church, 5pm and 7pm. Call Sarah on 07577 070797. PILATES, The Old School, Dore, 9.30-10.30am. Phone Sally Kilner 07917 762502 BABY TIME, Totley Library, Tuesday 1.30-2.15pm (term-times only). Come along to meet other parents/carers		
	and babies. We sing simple songs, have fun and al SHEFFIELD MARQUETRY GROUP, 10am - 12noo group - beginners welcome. For information phone KNIT, NATTER, CRAFT & CHATTER, Totley Rise JAZZ IN THE AFTERNOON, 1.30-3.30pm, Totley forms of recorded jazz, plus discussion. Tea, coffee	llow time to chat. on, St Oswald's Church Crypt, Bannerdale Rd. Small friendly e Graeme 07947 127909 or Pat 0114 2819915. Methodist Church, 12 noon - 3.00pm. / Rise Methodist Church Schoolroom. A weekly afternoon of al e and biscuits available.	
WEDNESDAYS	<ul> <li>YS PILATES CLASSES, Dore &amp; Totley United Reformed Church, 9.00-10.00am and 10.15-11.15am. Contact C tel: 0781 722 0324, email Carolinenorth1@me.com, www.pilatescarolinenorth.co.uk.</li> <li>CARERS' CAFE MONTHLY- Dore &amp; Totley United Reformed Church 10 - 11.30 am. Contact Jan Outram 01 8942</li> </ul>		
	Children can take part in a themed craft activity. T members of the Story Time Team. Throughout the to join in the activity. We hope that this provision v in a weekly activity, whilst still being able to main <b>TODDLER GROUP</b> , 10am-11.30am, All Saints' Ch	<b>Pre-School Children</b> Totley Library, 10 am and 11.45am. This will be offered on a free flowing basis and be supported by morning, as children come and go, other children will be able will enable families with younger children to take part tain a safe well ventilated environment in the Children's Librar	
THURSDAYS	<b>RHYTHM TIME</b> Baby, toddler & pre-schooler musi time.org Phone/WhatsApp: 07748 589468 To book <b>ROCKCHOIR</b> , United Reformed Church, Totley Bro 714276	ook Rd, 11.30 - 1pm. See www.rockchoir.com or call 01252	
FRIDAYS	£3 per week, no need to pre-book, just turn up. <b>SOCIAL CLUB</b> Dore and Totley URC fortnightly 2.3 <b>PUSHCHAIR CLUB</b> , Totley Rise Methodist Church <b>PILATES CLASS</b> run by qualified Pilates Instructo 6.15pm and 6.15-7.15pm at the United Reformed	Kay. An Age UK and People Keeping Well weekly exercise clas 30-4.30 pm Contact Alison Holden for information 236 0441 Hall, 10.30-12noon. Tel. 07912 352543 for details. r/Physiotherapist for all abilities and ages. 1.30 - 2.30pm, 5.1 Church, Totley Brook Road. Call Emer on 07792 422909. nd 10.45-11.45am. Phone Sally Kilner 07917 762502	
	DECEMBER	CINNAMON REGISTERED NUTRITIONISTS (BAN	
talk by John Ellic WED 8th TOTI Methodist Churc referee- but I'm	<b>DS OF GILLFIELD WOOD</b> "Swifts". an illustrated ock. 7.30pm, Totley Library. <b>LEY MEN'S PROBUS CLUB</b> 10am, Totley Rise ch. Talk by Jeff Jacklin "I used to be a football of better now". Visitors welcome. Social dis-	DAYS Providing Low-Carb Weight Loss and Metabolic Health Support	
	Y LIBRARY BOOK SALE 2-4pm with jewellery, other	INVITATION!	
Methodist Church	to Santa! H SHEFFIELD TUNELESS CHOIR Totley Rise n Hall, 7.30 - 9pm. Come and join us for an ted singing and fun! Contact Karen Cook 07759	Cinnamon Days invites you to our FREE talk at Totley Library:	
375312. <b>WED 15th TOTL</b> accompanied by n	EY HISTORY GROUP, "Totley's Past in Photographs", nince pies and a chance to chat. 7.30pm, Totley	How low-carb diets can help you lose weight and improve your health	
ment provided. Th	Y LITTER PICKING MORNING 10-11am. Equip- nis activity is done at participants' own risk. Children nied by an adult. Meet Baslow Rd, outside Totley	Dates: Monday 10th Jan at 7pm	
Library. All welcon		Thursday 13th Jan at 1.30pm	
	JANUARY	Tickets available beginning December from Totley Library	
Totley Rise Meth	<b>J 24th SOUTH SHEFFIELD TUNELESS CHOIR</b> odist Church Hall, 7.30 - 9pm. Come and join us f liberated singing and fun! Contact Karen Cook	Limited to 30 people due to social distancing rules Coming to Totley Library	
WED 12th TO Rise Methodist and Fall of Anat tors welcome.	<b>TLEY MEN'S PROBUS CLUB</b> 10am, Totley Church. Talk by Dr. Andrew Rafferty "The Rise comy from Versalius to Virtual Reality." Visi- Social distancing measures apply. <b>EY LIBRARY BOOK SALE</b> 2-4pm. Regular monthly ort the Library.	<ul> <li>Short course on how to transition to a low-carb diet (27th Jan and 3rd Feb '22, (1.30-3.30pm)</li> <li>Low-carb weight loss support club launching 10th Feb '22</li> <li>Also: 12-week online low-carb weight loss course starting 17th Jan See website for details</li> </ul>	
WED 26th TOT Ancient Suburbs	LEY HISTORY GROUP David Templeman, "Some of Sheffield", Totley Library, 7.30pm. Y LITTER PICKING MORNING 10-11am. Equip-	For more information contact us at info@cinnamondays.co.uk	



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THAN K You

After yet another interesting and eventful year for everyone, we want to thank you all for your continuing support and wish you a healthy and safe Christmas and New Year

We look forward to seeing you in 2022

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