



Edition 16 Winter 2018

# KILLAMARSH PARISH NEWSLETTER

## A message from the Chair

Hello All, welcome to the winter edition of the Parish Newsletter.

Christmas is now behind us and we can look forward to making further improvements in our lovely village. It has been a busy year during which many members of our community have worked tirelessly to improve the environment for the benefit of us all and we thank them for their selfless efforts.

During 2018 the Community Centre invested in improved facilities which will benefit the health and well-being of the many residents who regularly attend social events and those who use the gym and attend fitness classes.

Looking ahead, one of the most important tasks at this time of the year is the budget. This gives an indication of the precept "The Council Tax" for us all. Together with the Responsible Finance Officer, Mrs Susan Coldwell, Managers and members of the finance committee, members of the full parish Council will be provided with the final draft (best guess) for formal approval which has to be with N.E.D.D.C. by Thursday 3 January 19 at the latest. This is a difficult balance between the needs of the parish which includes the sports centre, potential capital expenditure and ensuring reserves are held for a 'rainy day'.

I would like to thank all my fellow councillors and all Parish Council staff for their support throughout the year and wish the community all the best for the New Year.

Cllr. Barry Jones (Chairman)



## Grants Available

### Could you be eligible to receive a grant of up to £200?

#### WHAT CAN BE FUNDED?

- the project should be something that makes the local community a better place in which to live, work or visit
- it should benefit people who live in the parish
- there must be clear evidence that local people support the project and are involved in carrying it out
- applications do not have to be from groups that already exist
- each group may only make one application per financial year
- applications will be considered for day-to-day running costs and individual projects

**HOW TO APPLY - Telephone the Parish Office on 0114 2472260 to request an application form or download from the website:**

[www.killamarsh-pc.gov.uk](http://www.killamarsh-pc.gov.uk)

## Photo Competition—Autumn Arrives

The winning photo in the Autumn Arrives competition was taken by Hollie Sampson, a student at Eckington School. Hollie is pictured below alongside her fabulous photograph. The competition was run via the facebook page, 'Killamarsh Photo Competition' and Hollie's photo was a clear winner. Hollie wins a £50 voucher from Max Spielmann at Crystal Peaks.



In joint 2nd place were Emma Varney and Lauren Taylor who each won a £25 voucher from Max Spielmann. There were many excellent contributions and others deserving of a mention are Dan Lester, Amanda Lennox, Karen Dore and Will Casey. If you haven't seen the photos they can be found on the facebook page. Thank you to everyone who has taken part in the competitions and a huge thank you to Max Spielmann, Picture Parade and Renishaw Hall for providing prizes throughout the year.



### T'AI CHI

is experiencing astonishing success in Killamarsh to the point where a third class has been introduced! Under the expert guidance of Alan Weaver there are now classes on Monday, Wednesday and Friday.

Initially set up as an anti-fall programme for the over 50's by the College of Chinese Physical Culture, almost 20 years ago, the class now encompasses more than just Tai Chi and is open to all ages.

The classes start with Qi Gung which is an ancient Chinese art of awakening one's body's own healing energies. Together with specific breathing exercises an increased feeling of well-being, stronger muscles, better balance and healing are achieved through these gentle, yet mindful exercises.



This photo of the Monday class was taken prior to a recent episode of, 'Trust me I'm a Doctor' where it was demonstrated that members of a T'ai Chi group enjoyed similar benefits to those of a more rigorous Zumba group, with improvements in blood biomarkers, blood pressure and vessel flexibility. Since then, membership has rocketed, resulting in additional classes!

Killamarsh T'ai Chi is approved by Derbyshire Community Health Services NHS  
For full details see [www.killamarshataichi.co.uk](http://www.killamarshataichi.co.uk) or email – [alanweaver08@btinternet.com](mailto:alanweaver08@btinternet.com)

### AEROMODELLERS REACH NEW HEIGHTS

The photograph below shows members of the Sheffield Society of Aeromodellers Indoor Free Flight Group. This consists of a small group of model aircraft builders, designers and flyers who meet to fly their lightweight aircraft on Tuesday afternoons at the Community Centre.

These models are not controlled in the same way as radio controlled aircraft. Instead, they are trimmed to fly within the confines of the hall. This is known as free flight. Their power is simply a rubber motor and the object is to fly for as long as you can. Whilst some of the group simply fly for fun, there are members who

compete both locally and nationally. Members of the group scooped gold and bronze medals in the 2017 National Championships!

Do not, however, let the prospect of joining expert flyers put you off if you would like to join the group. The British Model Flying Association, (the BMFA, the governing body), has produced a number of simple starter kits for beginners to build and fly, and the welcoming members will help you get started.

If you would like to know more about indoor free flight, or indeed any aspect of aeromodelling, please call in to the small hall between noon and 2.30pm on any Tuesday.



Both the BMFA and the Sheffield Society of Aeromodellers have their own websites at [www.bmfa.org](http://www.bmfa.org) and [www.ssaclub.co.uk](http://www.ssaclub.co.uk) which are well worth a visit.

## Health & Fitness at Killamarsh Sports Centre

**Join today, pay nothing until next month!**

### Offer 1 - Gym Only

**Membership starts from £18.00 per month (3 month min. contract DD)**

Includes:

- Unlimited use of the Functional Training Suite
- Unlimited use of the Fitness Suite
- Unlimited use of the Sauna
- Personal programmes, fitness reviews and personal training all included
- Free induction and no registration or administration fees
- 50% OFF group exercise classes
- 50% OFF peak & off-peak racket sports\*

### Offer 2 - Gym & Class

**Membership starts from £22.50 per month (3 month min. contract DD)**

- Unlimited use of the Functional Training Suite
- Unlimited use of the Fitness suite
- Unlimited use of the Sauna
- Unlimited group fitness classes
- Personal programmes, fitness reviews and personal training all included
- Free induction and no registration or administration fees
- 50% OFF peak & off-peak racket sports\*

\*Only bookable 48 hours in advance

### No Contract? No Problem!

Gym Only                      £25 per month\*\*

Gym & Class                      £30 per month\*\*

\*\*Payable by direct debit

Gym Only Annual                      £220

Gym & Class Annual                      £275

10% OFF all memberships is available for Killamarsh residents, students, over 60s, NHS, Police, Fire Brigade and Armed Forces with proof of ID.

**Contact the Sports Centre on 0114 248 5554  
to book your free induction**





## Killamarsh Rocks

Have you come across a painted rock while out and about in the village? If so, this is probably a Killamarsh Rock!



**Killamarsh Rocks** was started in 2017 by Avril Froggatt and Anna Dene after articles about 'Kindness Rocks' appeared in the press. Since then, it has really taken off with both children and adults in the village painting, hiding and searching for rocks.

Several rock-related events have been

held including an Easter Rock Hunt where Easter themed rocks were painted and hidden. When found they were taken to a stall at the Killamarsh Easter Fayre where children exchanged rocks for Easter Eggs. Over 150 Easter Eggs were kindly donated by local businesses!

*A rock painting session during the summer, which over 200 people attended, raised more than £250 for Bluebell Wood Children's Hospice.*

### So what is Killamarsh Rocks?

Basically, lots of people paint a pebble or rock with any design they like. It may be an inspirational quote, a cartoon character, anything at all, then they hide it. Whoever finds the rock then posts a picture of it on the Facebook Page, 'Killamarsh Rocks' then re-hides it for someone else to find.

Some people may decide to keep a rock if it is special to them but organisers ask

that they paint another rock to hide in its place otherwise there would be no rocks left!

It's also fun to hide the rocks outside the village as it is interesting to see how far they travel. Some have gone as far as India and Canada and likewise you may find rocks from other areas hidden in Killamarsh.



So, if you find a painted rock, take a photo of it, post it on 'Killamarsh Rocks' and re-hide it.

You don't need to be an artist to join in the fun. Any design is fine and it certainly doesn't matter how old or young you are. This is an activity for everyone to enjoy. **HAVE FUN!!!!!!**

### Killamarsh Sports Centre-4G Floodlit Football Pitches

Availability 7 days per week

8-a-side pitch	£35.70 per hour peak	£21.45 per hour off peak
5-a-side pitch	£27.50 per hour peak	£17.35 per hour off peak
Peak time:	Monday to Friday 5pm - 10pm	
Off peak time:	Monday to Friday 7:30am - 5pm & all weekend	

#### \*Special offer\*

Discounted rates Friday and Monday evenings

8-a-side pitch £25 per hour & 5-a-side pitch £15 per hour

Don't miss out on these discounted rates. Book your session today.

Bookings can be taken 7 days in advance.



Killamarsh Sports Centre, Stanley Street, Killamarsh,  
NE Derbyshire, S21 1EL Tel: 0114 2485554

### The Sandwich Junction

Opening Times:

Mon-Sat 7.30am to 1.30pm

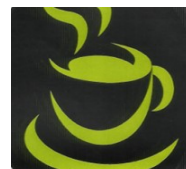
Telephone Orders Welcome

Tel: 0114 2487111

1 Sheffield Road

Killamarsh,

S21 2DX



#### HELP REDUCE CRIME IN YOUR AREA AND HELP TO IMPROVE COMMUNITY SPIRIT

We are looking for volunteers to set up local Neighbourhood Watches.

It does not involve a lot of work and we will give guidance throughout the set up.

Please ring 03001228526

Or email [chesterfielddistrictnhw@hotmail.co.uk](mailto:chesterfielddistrictnhw@hotmail.co.uk)

### Newsletter feedback

If you would like to:

- ask any questions or raise any issues relating to the Village or Sports Centre
- advertise your group or trade
- suggest any news articles which would be of interest to the Community

please contact the Parish Office Team at the Leisure Centre on 01142472260 or [parish.office@Killamarsh-pc.gov.uk](mailto:parish.office@Killamarsh-pc.gov.uk)

### Parish

#### Council Meetings

7pm—9pm

January 21st 2019

February 25th 2019

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Please contact the Parish Clerk if you have a matter to bring to the attention of the Council.



Dronfield office:  
Ark Veterinary Surgery,  
1 Holborn Avenue,  
Dronfield, S18 2NA  
Tel: 01246 415270

Killamarsh office:  
Ark Veterinary Surgery,  
187 Sheffield Road,  
Killamarsh, S21 1DY  
Tel: 0114 247 0828

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