

Kilburn News

AUGUST / SEPTEMBER 2022

KILBURN PARISH COUNCIL

We were so pleased to see so many residents celebrating the Queens Jubilee in full swing!

From cakes and traditional English Cream Teas to dogs in themed clothing, it was wonderful to see so many members of the local community get in the party spirit after a difficult few years.



GOOD BYE AND THANK YOU TO OUR PARISH WARDEN!!



Mark Johnson has completed 27 years of service as Parish Warden in Kilburn.

Mark has decided to take early retirement and he will have left his position by the time this Newsletter is published.

You will have seen Mark in all areas of Kilburn – mostly litter picking but also strimming and carrying out other tasks around the parish. Mark has been the ‘eyes and ears’ of the Parish Council in reporting problems.

Residents regularly stop to chat to Mark and we know Mark has appreciated it when residents thank him for his efforts.

The Parish Council thank Mark for his loyalty and service to Kilburn and wish him a long and healthy retirement.

Anti-Social Behaviour

With the school holidays upon us, we would like to remind residents about anti social behaviour.

Anti-social behaviour (ASB) covers a wide range of unacceptable activity that causes harm to an individual, to their community or to their environment.

This could be an action by someone else that leaves you feeling alarmed, harassed or distressed. It also includes fear of crime or concern for public safety, public disorder or public nuisance.

How can we help prevent ASB?

Individuals: always act with consideration and kindness for others and their property.

Parents: know where your children are and who they are with.

Community: encourage, recognise and reward positive behaviour and community mindedness

How we can tackle and reduce ASB

Acting together as a united community is the key. Feel empowered, but feel safe. Standing by and leaving it for others to deal with will not solve our problem.

Remain calm and polite when engaging with people. Losing your cool can get you in trouble.

How Do I Report ASB

In case of emergency always telephone 999.

Report non-emergency incidents to the police by telephoning 101.

You can report anti-social behaviour on Twitter by sending a direct message directly to the control room at @DerPolContact

You can also contact/report ASB to the Safety Neighbourhood Team using Facebook or the Derbyshire Constabulary Website, links shown below. Please bear in mind that these sites are not monitored 24 hours a day.

<https://www.facebook.com/BelperKilburnHeageSNT/>



Kilburn Parish Council

Our next meeting will be held on Monday 5th September at 7.00pm. The winners of the annual garden competition will be given their prizes at this meeting, residents are welcome to attend.

Two vacancies exist on the Council – if you have an interest in supporting the Parish Council to improve Kilburn for the residents - please contact the Clerk for further details.

Our Parish Warden, Mark Johnson, has notified the Council that he intends to take early retirement. Mark's final day will be on 21st July. Our thanks go to Mark for 27 years of service.

The Council will be advertising the position in due course. In the meantime, anybody wanting further details should contact the Clerk at kilburnparishcouncil@gmail.com

Following correspondence with the 'Crown Solicitors' the Parish Council has been informed that the crown has not vested in the area known as 'Fairview play area' which has been decommissioned as a play area.

The Parish Council will continue to pursue Amber Valley Borough Council to take ownership.

The Parish Council has failed in its bid for funding to continue with phase 2 of the upgrading of the nature reserve. The bid failed as it did not meet the criteria. There are several other opportunities to bid for funding and this will be pursued.

The Parish Council has submitted an application to Derbyshire County Council to be included in the trial of portable speed indicator signs around the parish.

The Council have agreed to purchase a portable sign and also the locations where the speed indicator sign will be positioned. Once approved by DCC and when the SID is delivered it will hopefully act as a reminder to car drivers to reduce their speed.

By the time this Newsletter is delivered – judging of the annual garden competition will have taken place and the winners will be notified by post of their success.

Once again, residents are experiencing almost fatal road accidents on Horsley Rd. In fact, one resident has had two cats killed within 12 months. The incidents have been reported to Derbyshire County Council and the Police.

Please could we ask vehicle owners to take extra care whilst driving in this area.

The Council is still being notified of dog owners not clearing up after their dogs. This is despite the Council supplying 'dog poo bags'. It is an offence and anybody being caught not clearing up after their dog will be reported to Amber Valley Borough Council.

We would like to thank residents who are cutting back their hedges to prevent them from overgrowing pavements. However, some residents are not carrying out this task, thereby making pavements and footways impassable for pedestrians.

The Council has a duty to ensure that all pavements and footways are accessible and some residents may receive a request from the Parish Council to cut back their hedge.

Council Details

- Cllr D Hall (Chairman) – 01332 881492
- Cllr D Earnshaw (Vice Chairman) - 07967 550158
- Cllr K Parker—07877356262
- Cllr E Hetherington – 01332 881354
- Cllr C Riley - 07889 980195
- Cllr B Lambert - 01332 882203
- Cllr T Bailey—07900616968
- Cllr Megan Hill—07375505207
- Ms S Matthews (Parish Clerk) – 01332 671513 or email: kilburnparishcouncil@gmail.com

Cllr Trevor Ainsworth

Keeping you updated

I do hope that you managed to enjoy the Jubilee weekend and celebrate in a right royal fashion. It appears that Summer is now upon us, fingers crossed for some decent holiday weather.

I know that people are struggling at this time in lots of ways, hopefully what follows may help or assist.

Cost of Living support

As the cost of living is rising it's important to understand what advice and support is available to you, your family and the people you work with.

Derbyshire County Council have put together advice and help for Derbyshire residents online at www.derbyshire.gov.uk/costofliving. There's lots of advice and support available from help managing debt to checking you're getting all the benefits you are entitled to. There's also information about energy efficiency, cutting down on food waste and details about services you might not know that we offer.

Amber Valley Borough Council are responsible for the administration of the £150 that is payable to households in bands A-D in England that are liable for council tax on 1 April 2022. This will include occupiers whose bill is £0 due to an existing award of council tax support, and to certain exempt dwellings (where the occupier is exempt, not if the property is unoccupied). Only one £150 payment should be made per household, regardless of the number of occupants or liable council tax payers.

Anyone who pays their council tax via direct debit should now have been paid this money, check you bank account, payments arriving in bank accounts will simply say "AMBER VALLEY" if it's not there contact AVBC. If you do not pay your Council tax by direct debit you must claim the money. You can do this by going on the Amber valley Borough Council web site and following the instructions. Or if you prefer you can contact the customer services team on 01773 841440 and we will complete the form for you. Please ensure you have your council tax account number and bank account details to hand when you make the call.

For those who need help with their energy bills but are not eligible for the £150 government rebate, Amber valley will receive a proportion of £144 million of discretionary funding to fund £150 payments to vulnerable people and individuals on low incomes who are liable for council tax for properties in bands E-H.

If you need any further help contact the team directly on 01773 570222 or email enquiry@ambervalley.gov.uk

The Citizens Advice Energy Advice team provides support with complaints or customer service issues with energy companies, and also advises on dealing with, and reducing, fuel debt. Their service is free, confidential, impartial, and independent.

Contact the advice-line to find out more, and if needed, to book a free energy advice appointment.

They can be contacted on 0300 456 8390 (Monday to Friday, 9:00am – 4:00pm).

Also available is a free phone line to give people living in Derby and Derbyshire impartial advice on how to stay warm at home and cut their energy bills.

The Warmer Derby & Derbyshire service is a partnership between the Marches Energy Agency charity and the Local Authority Energy Partnership (LAEP).

They specialise in: Advice, information, and support with energy suppliers, tariffs, bills, and fuel options. Providing advice on energy efficiency measures, heating efficiency measures, and identifying grants available. Providing checks for eligibility and applications for energy grants and energy company funding schemes.

They can be contacted on 0800 677 1332 (Monday to Friday, 9:00am – 5:00pm).

Home visits are also available to those who need more help.

The Samaritans Talk To Us Month

July is the Samaritan's Talk To Us Month, reminding people that they are there to help. Every July, Samaritans branches hold local events to talk about the services they offer in their communities.

It's also a good chance to encourage people to have a conversation about mental health and wellbeing. Whether it is picking up the phone, dropping someone an email or having a chat over a cuppa, every conversation can make a difference. Whatever you're going through, you can call the Samaritans free any time, from any phone, on 116 123.

We need people to help us recycle by pre-sorting their rubbish

Since the pandemic started, we're finding that fewer people are pre-sorting the waste they bring to our household waste recycling centres.

So we're encouraging residents to help us recycle what can be recycled by separating the waste out into its different types and then putting it in the right container. We need your help to do this please pre sort your rubbish where you can so it does not end up in landfill, it's so important.

Our contractors are intercepting recyclable waste where they can but it would be great if members could help to spread the word. Thank you.

Trevor Ainsworth

Trevor.ainsworth@derbyshire.gov.uk

07811494579



Kilburn Infant & Nursery School News

It's been another busy term at Kilburn Infant and Nursery School.

Please find some photographs from our 1950s day we had to celebrate the school's 70th birthday and the Queens Jubilee!

For weekly photos of learning, events, fundraising, visits and activities, please see our school 'Facebook' page!

With best wishes from all at KINS!







Kilburn Junior School News



Headteacher: Robert Hull

Tel:01332 880540

Email info@kilburn-jun.derbyshire.sch.uk

www.kilburnjunior.school

It has been another successful year at Kilburn Junior School, both inside and outside of the classroom and we would like to thank the local community for their help and support. Below are a few of the highlights from the final term.

Trailblazer Camp-out

July saw the return of the Year 4 Trailblazer Camp-out on the school field.



A beautiful, cloudless evening, with a clear moon and warm breeze helped the children create wonderful memories of playing games, toasting marshmallows around the fire, listening to stories and spending the night under canvas with their friends.



The Brownlee Triathlon

Pupils in Year 5 and 6 had the opportunity to participate in the Brownlee Triathlon recently, organised by the Brownlee Foundation, a charity founded by Olympic Triathletes, Alistair and Jonny Brownlee, to inspire children from all backgrounds to enjoy sport, encourage them to lead active lifestyles and benefit from the opportunities sport provides.

The event, held at the new Moorways Sports Village, gave the children the opportunity to sample the triathlon in a fun, non-competitive way and with each child completing the course and receiving goodie-bag the event proved a great success.

Survival Challenge



The boys and girls in Year 6 had the opportunity to apply many of the outdoor skills they have developed during their time at school when they were faced with the Air-crash Challenge—a simulated plane crash onto a deserted island where they had to work together to complete a number of tasks in order to survive.

The 13 challenges were all about confidence, collaboration, communication and organisation... thankfully, the passengers had these attributes in spades and they smashed it!

Sporting Superstars

Competitive sport is something we like to offer our pupils at school and during the final term we had a number of sporting successes.

The Kwik Cricket Team were victorious in the Amber Valley Kwik Cricket Competition held at Denby Cricket Club this week. Not only did the boys hit numerous sixes and fours when batting, but fielded really well too with catches, stops, runouts and accurate bowling—a great team effort.

The boys and girls were also crowned Amber Valley Go Ride Champions again with a superb performance in the Cyclo-cross and Italian Pursuit.



Wudhus News – Keeping the Villages Updated

HW Jubilee Celebrations

Activities included a flower festival at St Susanna's Church, a beacon lighting



HW Music Night - 15th July



HW Carnival - 16th July



Images courtesy of Stephen Lingley & Glynn Wilton

We are looking for a **School Crossing Patrol** to support **Horsley Woodhouse Primary School**

Do you enjoy talking to people within your local community? Do you find it easy to build a rapport with a wide variety of people? Are you interested in the safety of our local children, and available for work during school term time but are not looking for full time work?

If the answer to the above is Yes, then why not consider becoming one of our dedicated School Crossing Patrols.

Our School Crossing Patrols are dedicated individuals who help keep children and their family's safe on their journeys to and from school and are an important part of encouraging active travel by children and their parents.

We are always looking for people to join the team. No formal qualifications are needed, just a natural rapport with children and adults, alongside an awareness of road safety. If you've got the people skills to deal with children, drivers, parents, and teachers, we'll train you in the professional skills to confidently manage the traffic.

You will be paid throughout the school holidays and there are experienced supervisors to support you with the role.

The average hours would be between 5-8 hours per week.



If you are interested, you can apply online at please apply online by visiting; www.jobs.derbyshire.gov.uk and searching for the **job reference number JOB/21/02330** or alternatively **call 07768 554 384** and we can send out an application form through the post. We are also more than happy to give you help and advice on filling out the form if necessary.

We look forward to hearing from you!



CHATTERBOX CAFÉ



Kilburn Village Hall

10.00 – 12.00 noon

Chatterbox is open twice monthly on the following dates:

8 July 2022

22 July 2022

5 August 2022

19 August 2022

Chatterbox will be closed throughout

September for the Summer break

Re-opening

14 October 2022

28 October 2022

WE ARE NOW RECRUITING FOR VOLUNTEERS TO JOIN OUR HAPPY TEAM.

WE RUN A ROTA SYSTEM WHICH CAN CHANGE IF THINGS CROP UP FOR YOU.

YOU CAN CHOOSE TO DO AS MUCH OR AS LITTLE AS YOU LIKE.

SPEAK TO US: Terry and Enid Welch 01332

780486

email: enid.terrywelch@hotmail.co.uk



CHATTERBOX CAFÉ – MORE ABOUT US

Chatterbox Café has met in Kilburn Village Hall every 2 weeks for over 15 years founded through your local churches of St Mary's at Denby and St Clement's at Horsley as a community venture to enable all in our villages and surrounding areas to have a coffee shop where people can 'pop in' or stay and natter over a drink and a large piece of cake.

On offer is freshly ground coffee, a selection of teas and there are cold drinks for children. Along with your drinks you can have a large piece of home-made cake of your choosing or a toasted teacake. Our prices have remained the same since our first opening of 50p for a drink and 50p for a piece of cake with free top ups of drinks.

Since opening after Covid we have operated a waitress service policy with a board taken to each table with a list of cakes. We are non-profit making and any profit we do make after expenses, is given to various local and international charities by having 3 charity events a year.

At the time of our opening over 15 years ago and after a lot of research to see what was needed in our area, it was discovered there were no coffee shops, a hub where people could meet and chatter over a cup of coffee and so Chatterbox was born.

The idea was to eventually hand over this venture to the community. At present the team of volunteers which come along are from various backgrounds which makes for a happy and healthy mix of people who have become good friends along with our customers.

We are now recruiting for volunteers to come and join our happy band to help out and we are always in need of people to make cakes or do both. We are happy to reimburse costs. If you are interested please contact Terry and Enid Welch email:

enid.terrywelch@hotmail.co.uk or Tel: 01332 780486 or come along to Chatterbox to check us out, You will be assured of a warm welcome. We operate on a rota system so anybody joining us can choose a date or dates as to when they would like to help.

As we say to all of our team, no date which you choose on the rota is set In stone as things crop up for all of us. All that I ask of you is to just let me know if you are unable to come as soon as you can. Thank you.

Enid and Terry Welch



ARTHUR MEDICAL CENTRE

Main Street, Horsley Woodhouse, Derby, DE7 6AX.

Tel: 01332 880249 Fax: 01332 781269 www.arthurmedicalcentre.co.uk

Workforce Update

We are delighted to announce that **Dr Megan Foreman** has joined our practice as a general practitioner. Dr Foreman has previously been a registrar here in Arthur Medical Centre and will be a familiar face to many of our patients.

Heatwave and staying safe in the sun

Many people enjoy hot weather but there can be serious health consequences from too much heat and vulnerable groups are particularly at-risk in prolonged hot spells, preparing ahead will keep you and anyone you care for safe in the sun. Advice on staying well in the sun can be found at <https://joinedupcarederbyshire.co.uk/stay-well/stay-well-in-sun/>

Heat exhaustion and heat stroke

Many people enjoy hot weather but there can be serious health consequences from too much heat and vulnerable groups are particularly at-risk in prolonged hot spells, preparing ahead will keep you and anyone you care for safe in the sun. Advice on staying well in the sun can be found at <https://joinedupcarederbyshire.co.uk/stay-well/stay-well-in-sun/>

Heat exhaustion and heat stroke

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- a headache, dizziness and confusion
- loss of appetite and feeling sick
- excessive sweating and pale, clammy skin
- cramps in the arms, legs and stomach
- fast breathing or pulse
- a high temperature of 38C or above

If someone is showing signs of heat exhaustion, they need to be cooled down. Move them to a cool place and get them to lie down and raise their feet slightly. Get them to drink plenty of water. Sports or rehydration drinks are OK. Cool their skin – spray or sponge them with cool water and fan them.

Stay with them until they're better.

Signs of heat stroke include:

- feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- not sweating even while feeling too hot
- a high temperature of 40C or above
- fast breathing or shortness of breath
- feeling confused
- a fit (seizure)
- loss of consciousness
- not responsive

Call 999 if you or someone else have any signs of heatstroke.

Put the person in the recovery position if they lose consciousness while you're waiting for help

Keep an eye on children, the elderly and people with long-term health conditions (like diabetes or heart problems), because they're more at risk of heat exhaustion or heat stroke.

Keeping your child safe in the sun.

- Keep babies under the age of six months out of direct sunlight, especially around midday.
- Cover exposed parts of your child's skin with sunscreen which has a sun protection factor (SPF) of 30 or above and is effective against UVA and UVB.
- Be especially careful to protect your child's shoulders and the back of their neck, as well as their nose, ears, cheeks and the tops of their feet. Reapply sunscreen throughout the day.
- Encourage your child to play in the shade – under trees, for example – especially between 11am and 3pm. Attach a parasol or sunshade to your pushchair to keep them out of direct sunlight.
- Cover your child in loose cotton clothes, such as an oversized T-shirt with sleeves. Get them to wear a floppy hat with a wide brim that shades their face, neck and ears.
- Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark (check the label).
- Playing in a paddling pool is a good way of keeping babies and children cool. If your child is swimming, use a waterproof sunblock with an SPF of 30 or above and reapply after towelling.
- Ensure your child is drinking plenty of fluids to avoid becoming dehydrated.
- Keep your child's bedroom cool during the day by closing blinds or curtains. You can also use a fan to circulate the air in the room.

Rashes, bites, sunburn and hay fever

Your local pharmacist can provide health advice for heat rash, bites, sunburn, and hay fever.

You don't need an appointment, and they can even provide you with the medicines at the same time.



Snowball is the new community disability app available for download on Apple and Android smartphones.

It can be difficult to get out and about if you have a disability or mental health issues. We created The Snowball App to help people go out and socialise with ease.

Use the Snowball app to create your very own interactive accessible community.

Snowball users will be able to see what facilities and venues are available in their immediate location, but also be able to plan exciting days out giving people more freedom to access their communities, explore and travel with confidence.

Users will be able to add a venue, add pictures and leave reviews, making it easy for members of your community to find accessible venues.

A team of volunteers took on the challenge of mapping Loughborough Town centre, within a few hours they had mapped hundreds of venues, creating a detailed map of where's accessible and where's not in Loughborough.

So, download The Snowball App today and start to create a detailed map of your village or town to help members of the local community get out and about!

If you have any further questions, please email our support team at—
support@snowball.community

Kilburn Village Hall

7a Church Street, Kilburn, Belper, Derbyshire DE56 0LU

We are pleased to announced that Kilburn Village Hall has been re-opened after being closed during the pandemic. Please find an up-to-date Hall Timetable below, we have space for one-off parties and charity event bookings, as well as space for regular bookings!

For further information contact the Hall Manager: **07305457563** or email
Kilburn_Village_Hall@outlook.com

| | Mornings £12 per hour | Afternoons £12 per hour | Evenings from 5pm £15 per hour |
|-----------|---|--|--|
| Monday | | | Parish Council Meeting 7pm on 2nd Monday of the month. |
| Tuesday | DanceFit 55+ 9:45-11:30am Tel: 07585009270 | JJBA Karate 4-5pm Tel: 07779521141 | Keep Fit 7-8pm Tel: 07510199112 |
| Wednesday | | | Wine Circle 7-9:30pm 3rd Wednesday of the month Tel: 01159303712 |
| Thursday | Derbyshire Toy Library 9:15-11am (Term Time only) Tel: 0786648550 | | Patricia Cooke School of Dance 6:30-8:30pm Tel: 01332 660837 |
| Friday | Chatterbox Café 10am-12noon (Fortnightly) Tel: 01332 780486 | Caramelo Baby & Toddler Spanish Lessons 1-2pm Tel: 07761407932 | Embers Vocal Group 7-8:30pm Tel: 07855237485 |
| Saturday | | | |
| Sunday | | Derby Christian Fellowship 5-6:30pm (2nd Sunday of the month) Tel: 01332 781200 | |

Derbyshire Home from Hospital Support Service



The Derbyshire Home from Hospital Service provides practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted. The service is provided by a combination of staff and volunteers and is free of charge.

Who can use the service?

Anyone who lives in Derbyshire (outside Derby City) or is registered with a GP in Derbyshire and has limited support from family or friends.

What sort of help does the service offer?

- Undertaking simple shopping
- Making sure the home environment is warm and comfortable
- Arranging for key safes to be fitted and community alarm or telecare systems to be provided if needed
- Supporting people to pay bills and make appointments
- Collecting medication prescriptions
- Helping people to find out about and access community activities to keep them connected to their communities
- Helping people to understand care options and plan what they need for the future
- Signposting people to other statutory, voluntary sector and community organisations as appropriate.



Who can make referrals?

Anyone can make a referral including self-referrals.

How to make a referral:

Please call **01283 817417** Monday to Friday, 8.30am - 4.30pm (an answerphone is available outside these hours) or email home@dhfh.org.uk.

