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Print

Buxton Press Limited 01298 212000 www.buxtonpress.com

MEMBER OF East Midlands Chamber

All information is correct at the time of going to press.

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Not just a magazine!...

way of li

We appreciate your readership, we would be grateful if you can recommend us to friends, colleagues and business contacts.

Contents

Winter 2020/21

The Mental Health Doula

Working across Derbyshire and Nottinghamshire as a Birth and Postnatal Doula.

10 Inn Focus

The Olde Dolphin Inne, Queen Street, Derby.

14 Duffield Art Gallery

Work by internationally acclaimed Artists, James Preston, Colin Halliday, James Brereton and more. Putting the "fine" back into fine art.

20 Helen Burrell Fine Jewellery Ltd

Hand-Made, Bespoke pieces, & Themed Ranges available and to order.

23 Pip's Paddocks

A purpose built large paddock on the edge of Melbourne that has drive in parking, enclosed by 6ft fencing making it a safe, private and secure space that can be hired out for single dog use or multiple dogs.

25 NCS

We are dedicated to getting your life back on track again.

32 Right at Home

Is it safe to receive care and support in a Covid-19

44 Cockpit Hill House

The old mansion' built by a Mr. Beardsley in 1712 on Cockpit Hill.

47 Hospice Hope

The Hope House Befriending Service supports people in the North West Leicestershire area.

48 Back to the Future

Mr Benn. Do you remember him?



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Darley Abbey Village Stores

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Duffield Art Gallery

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FEATURED ARTICLE





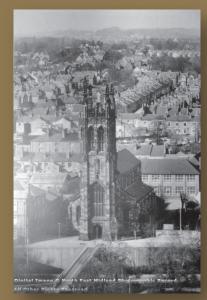


40, 41, **59 & 60**

A look back at Derby in 1970s

We have handpicked some images of Derby taken in 1970 so we are taking you back in time.

A nostalgic look back at Derby and how things have changed, over the last 50 years, you may recognize certain locations



Aerial view of St Mary's Church, St Alkmund's Way, c 1970s-80s (Picture courtesy of Derby City Council).



Green Lane, Derby, 1970's (Picture courtesy of Derby City Council).



Electrical transformer kiosk, Friar Gate, 1970's - these formed part of Derby's original electrical lighting scheme of 1893 (Picture courtesy of Derby City Council).



Wilmorton Traffic Island, London Road, 1970's (Picture courtesy of Derby City Council).



Fountain in Markeaton Park, 1970's (Picture courtesy of Derby City Council).

A look back at Derby



Derby Main Centre, off London Road, 1970's (Picture courtesy of Derby City Council).



Boar's Head Mills, Darley Abbey, 1970's (Picture courtesy of Derby City Council).

in 1970s

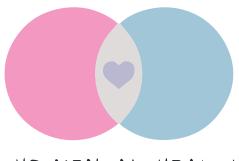


St John's Church exterior, Bridge Street, 1970's (Picture courtesy of Derby City Council).



Wilmorton Traffic Island at Junction of London Road / Ascot Drive / Harrow Street, 1970's (Picture courtesy of Derby City Council).







THE MENTAL HEALTH DOULA

I work across Derbyshire and Nottinghamshire as a Birth and Postnatal Doula. I teach hypnobirthing and offer placenta encapsulation and remedies. I also work as a Fertility Coach, supporting individuals and couples to understand and manage the emotions that affect their fertility.

I love all parts of my work, but I think my very favourite part is Birth Doula work. Despite Meghan Markle publicly declaring that she used a birth doula, there is still not a huge amount known about what we offer. Think of a doula as a wedding/party planner; you tell me what your hopes and dreams are for the birth of your child and then I work with you to provide you with details of your choices, to ensure that you have a positive experience.

I spend a lot of time antenatally explaining how the body works during labour, the hormonal changes that happen, and how women can influence their progress during labour. I particularly enjoy supporting women to advocate for themselves, ensuring that they receive the care and choices that most suit their individual needs. There is evidence-based research which proves that having a doula provides better birth outcomes. This includes

- 39% decrease in the risk of Caesarean;
- 15% increase in the likelihood of a spontaneous vaginal birth;
- Shorter average labours

Details taken from Evidence Based Birth

To contact me you can email me at thementalhealthdoula@gmail.com

You can also find me on Facebook and Instagram or at www.thementalhealthdoula.co.uk

Perinatal mental wellbeing is the cornerstone of all of my services, with work focusing on supporting good maternal mental health. 1 in 5 women suffer from perinatal mental illness, yet support is usually limited and nearly always reactive. Working with women who are trying to conceive, during pregnancy, birth or postnatally to provide emotional and practical support can positively impact their mental wellbeing, as well as future outcomes for their babies. Following my own experiences with perinatal mental illness I have spent time building support groups and working with women on an individual basis. I have founded a not-for-profit called PND Mummies CIC, which is currently wholly online due to covid19.



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Inn Focus:

The Olde Dolphin Inne, Queen Street, Derby

Derby's oldest and bestpreserved pub has claims to be contemporaneous with the cathedral in whose shadow it stands. This would make it nearly 500 years old, a time when Henry VIII was on the throne. Commercially, it's the centrepiece of the Cathedral Quarter conservation area and The Derbeian took time out to visit the ancient inn.

Entering via a passageway which was once a public right of way, we turn left into the lower bar with a tiled floor and an open fire roaring away on a cold October day. Greeting us is Jo Harris who with her husband Jim have been here since 2002 when they took over from Terry Holmes, a larger than life figure known as "Big T". Draught Bass and the powerful

Theakston's Old Peculier are just two of the handpulled ales available but when Derby brewery Offiler's bought the establishment in 1927, it was a brew pub, one of several they acquired in the town during the 20s. After the 1966 takeover of Offiler's by Bass Charrington, Draught Bass has been in permanent residence. For a decade from 1984, Nigel Barker ran the Dolphin (and other pubs hereabout) and at 26 he was the youngest licensee in the city.

Enough of the history, back to the present and climbing a step into the Offiler's Lounge, one is surrounded by old brewery mirrors and a fascinating, framed, illustrated information sheet of the many Offiler's products over the years. Taking a step down into the



poshest room, a large fireplace confronts you and tucked away in the corner is a tiny quadrant shaped bar beneath a heavily beamed ceiling. Back out into the passageway and turning right into the snug, the tour of the ground floor public rooms is complete. The snug is panelled and being the most intimate of all the rooms makes conversation obligatory.







Small but Perfectly Formed

The 2003 Licensing Act made conversion of buildings to licensed premises easier and it captured the attention of some entrepreneurs who seized the opportunity to open small pubs. The term "micropub" was coined and Martyn Hillier's Butchers Arms in Herne, Kent, is frequently cited as the first, opening in 2005, although there are other claimants to leading the new wave before The Act was passed. Back in the mists of time, Derby would have had a number of small pubs and one of the last to be demolished was the Lifeboat, Wilson Street, in 1984. A plethora of micropubs has opened in recent years and we're featuring those hereabout in alphabetical order.



The opening of **No. 189** in the shadow of Woodlands Evangelical Church on Blenheim Drive, Allestree, and the Pot Hole have transformed Allestree's appeal for beer enthusiasts. No. 189, a former beauty salon, is the brainchild of the entrepreneurial Matt Willers and he's created a venue whose sleek, modern touches attracts a wide customer base. Gins, wines and craft keg beers in draught and bottled format sit comfortably with Shiny, Dancing Duck and Blue Monkey brews. Earlier this year, Matt bought Littleover



Brewery and a couple of pints of Panther Stout went down a treat. A large marquee has been erected on the front car park which is an apt addition in these Covid aware times and please note that card payments only are accepted here. No. 189 has just made its debut in the latest Good Beer Guide.

David Carpenter, a long standing CAMRA member, and his partners converted the old Midland Bank

in High Street, Melbourne, to the **Chip** and **Pin** a few years ago, resuscitating table service, last seen in Derbyshire in the 1970s at the Albion, Butterley Hill, a Shipstone's house in Ripley. Ever changing beers and traditional cider are served in two rooms with old prints of Melbourne's pub and brewing heritage. The Chip and Pin is a past winner of the Times newspaper Micropub of the Year award and currently has CAMRA Good Beer Guide status.



The **Creaky Floorboard**, 179 Kedleston Road, is a late Victorian, double fronted property with entrance hall floor tiling typical of the period. The two rooms have bare floorboards, exposed brickwork and lighting suspended from an airing rack above the bar servery. Changing guest beers, mainly from

local brewers, complement the Derby brewed Hartshorn Ignite. The Creaky Floorboard has been open less than two years but feels like it's always been a pub, something it shares with the brilliant Feather Star in Wirksworth. Wonderful use has been made of the rear garden which includes a water feature, and the residential area's demographic and frequency of buses stopping nearby has seen this venture succeed.



The Draycott Tap House on Victoria Road, Draycott is run by Philadelphia born Greg Maskalick who is a recent former Chairman of Derby CAMRA. The corner house, formerly a framing shop on the main road, has eye catching period glazing and signage. Inside, there's evidence of Greg's American roots in his own flavoursome beer, C A Steam and Top of the Hops which are brewed alongside other recipes at Greg's Draycott Brewing concern at Dale Abbey. Guest ales and a Three Cats traditional cider are also served from the tiny bar servery and regular special event evenings are held.



The **Hole in the Wall**, Station Road, Mickleover, has been converted from the NatWest bank premises and is a Derby Brewing Company business. It's run by John Moore and Richard Gorham who previously ran The Tap in Derwent Street. The full range of DBC beers on hand-pull is augmented by myriad craft keg beers and, if you're peckish, pork pies and scotch eggs etc are available. The pub is relatively

spacious and light wood is prominent beneath the hops hanging from the cross-beamed ceiling. The Hole's popularity has seen the hours of trade extended to all day, every day, and table booking is recommended especially at weekends. Mickleover village centre is well-pubbed and the Boot Brewery (Repton) project which is proceeding apace will only add to drinkers' options.



The **Last Post**, 1 Uttoxeter Old Road, in a former Post Office, is where Chris and Karen O'Brien have created a pleasantly Bohemian atmosphere especially when musicians performed pre-Covid. Derby's second micropub has a tapered room with exposed brickwork covered in beer mats attesting to the myriad beers served which are accompanied by a traditional cider. Listed in the 2021 Good Beer guide.



The Edwardian terraces of Chester Green belie the area's Roman history which the Romans named Little Chester when they built a big fort, Derventio, by the river. The aptly named Little Chester Ale House in a former dry-cleaners opened in 2012 as Derby's first micropub and it's now run by the Hartshorn brewery just up Alfreton Road. The local beers are prominent and a guest or two come

from the likes of Leatherbritches. The premises have a most attractive frontage and the interior is suitably small without being claustrophobic. 2021 Good Beer Guide listed.



The Pot Hole is named after the erstwhile pub at Park Farm, Allestree, the first out-of-town, purpose-built shopping centre in Derby. Falstaff brewery are the lessees and their beer features alongside changing guests. This is another former drycleaners which has a front room with a miniscule snug behind, complete with comfy settee. Incidentally, if you've never frequented the Falstaff, Silver Hill Road, Normanton, and you value truly traditional pubs, then it is not to be missed.



Pedro Menon, who spectacularly revived the Furnace, has never been one for standing still and he's installed a second brewery at The Shiny Tap on the Old Hall Mill business park close to the Queen's Head, Little Eaton. This is also a noted off licence attracting significant patronage from those who seek craft keg beers in draught and bottled form. Traditional real ale drinkers haven't been forgotten though, and a couple of pints of Shiny 4 Wood were welcome in a room where wooden planked walls give a Nordic feel. There's an outside area for sampling when the weather improves.

Tollgate, who brew at the National Trust's Calke Abbey in south Derbyshire, opened the **Town Street Tap**, Duffield, a few years ago offering Tollgate beer and a quartet of rotating guest beers together with real cider brought to your table. All of this in



a light, modern environment makes for a pleasing experience which has seen Good Beer Guide recognition and the Tap captured the 2018 Derby CAMRA Country Pub of the Year award.

The **Worm Has Turned** on the corner of Queen Street and Cathedral Road, Derby, has a highly attractive curved, glazed frontage, which is perfect for watching the world go by when drinking here. It's morphed from a

double-glazing office and is integral to the impressive interwar King's Hall complex, the birthplace of the Derby CAMRA City Charter Beer Festival which took the new city by storm in 1978. Two hand-pumped ales feature, often Draught Bass and Dancing Duck, but the Worm is perhaps better known for its pan-european beer selection. Lol Stephenson is one of the partners in the business and Lol had a hand in the resurrection of the Brunswick and the

Flowerpot just around the corner.



The new wave of micropubs has undoubtedly widened the choice available to pub goers, although it should be noted that many of the pubs featured here don't open seven days a week and have restricted hours (see individual websites for details).

Paul Gibson

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Peaceful Hearts

At the beginning of October the BBC ran a documentary that covered the rising costs of funerals. Many families find themselves having to arrange a family funeral with little experience and, in doing so rely on the expertise of their local Funeral Home.

Back In January 2016 David Bowie arranged for the simplest funeral without family or friends present. He was cremated in secret after telling family that he simply did not wish to have a funeral service. Lia Jane of Peaceful Hearts is happy to encourage families to follow the wishes of their family as the UK begins to see a very sharp rise in simple funerals by way of either a direct cremation of a simple woodland burial.

David wasn't forgotten, how could we ever forget such an amazing icon – his family celebrated his life at a private venue after his unattended cremation. By separating the actual cremation from the farewell life celebration the family are able to organise a far more personal memorial service, ash scattering or life celebration at their own pace and, at a time that feels right.

Lia Jane of Peaceful Hearts supports families to say farewell traditionally or in a more modern way that takes away the stress and preserves family funds. Lia delivers bespoke Life Celebrations for any service and, at any location, a beautiful garden, a village hall or luxury hotel.

Lia is also available to ensure your relative is taken into the care of the best Funeral Home local to you. It is important that every family feels supported on all matters relating to the service; Lia is on hand to help comfort you throughout the arrangements.

The service you choose can be as alternative and personal as you wish, a life celebration that will help you heal and move forward. Services can be creative, incredibly loving and comforting even when you decide not to have a traditional funeral service. Every service is uniquely crafted to bring alive family memories in a way that helps to bring comfort to the families.

Lia will meet with the family either face to face or by zoom where there are concerns relating to Covid. Families are able to chat about the deceased's life, loves and achievements and, are helped to create a beautiful order

of service, to include readings, poems, hymns, music, memory trees, photo tributes and more.

On the day of the service Lia will deliver the life celebration on behalf of the family at any location across the East Midlands including crematoria,

a burial ground or any other venue of choice. If family or friends would like to either speak or deliver a reading in person, Lia is happy to encourage and support family to pay heir own personal tribute.



If you are anxious about cost or struggling to find funds to hold a traditional funeral service give Lia a call on **07410 854557** to find out how she can assist you to create an amazing farewell service.

Pre-Planned Life Celebrations

Premature end of life is heart-breaking for so many families.

More and more terminally ill individuals are arranging their own service, in the same way that

David Bowie chose to.
Lia may be contacted
to provide a specific free
consultation with anyone
who is in palliative care
to help make sure their
wishes are carried out
and as re-assurance

that family will be comforted. If you would like to discuss any aspect of a family life celebration Lia will be more than happy to assist again, simply call Lia on **07401 854557**, ask you Funeral Director to appoint Lia or email **lia@peaceful-hearts.co.uk**

Lia is a qualified Civil Celebrant and member of The Fellowship of Independent Celebrants.



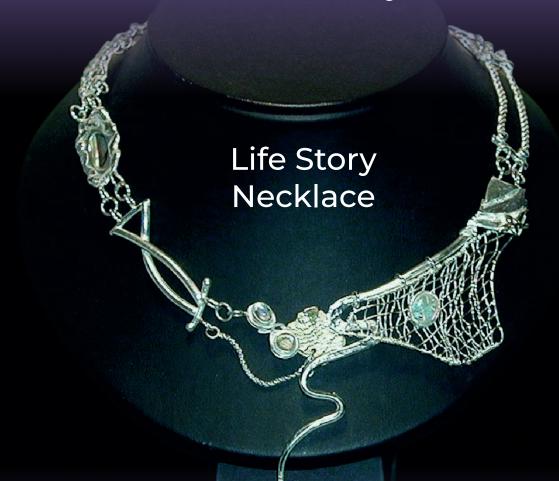


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The necklace shown here, however, is another, different, aspect of my work.

I wanted to create some jewellery that was more than just decoration, and to personalise it, so that it carried meaning for the person who owned it, and held interest for others too.

Something that expressed both a spiritual and a symbolic meaning.

I have often thought how interesting Victorian and Egyptian Jewellery is for that reason.

This necklace is called the 'Journey' necklace and illustrates that idea, - this is my 'Life story' Necklace and symbolizes a trip I took to Cornwall, where I came up with the idea of 'symbolic' jewellery that represents special

moments in people's lives, and could often feature reworked family pieces into the creation.

The idea was to create **new family heirlooms**, in this necklace for example a beautiful opal represents this idea as a thought caught in a net.

Our journey begins at the point where you leave home and travel, anticipating the future, along the roads to the Sea...

www.helenburrell.co.uk/commissions/lifestory-necklaces for the full story.

I am happy to make pieces for special occasions such as Christmas, Birthdays, or Anniversaries, or just a treat for yourself, please note time is of the essence if you have a deadline, so please give me as much time as possible to make your commission.

I also have ranges of ready made jewellery that would be perfect gifts for someone special, these can be seen at my shop in Melbourne on Saturdays, open from 11 until 4 o'clock.

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Covid 19 and running your business

In these very strange time with business being put under more pressure due to COVID 19 it is more important than ever that businesses remember the simple things to succeed.

Get Organised

To achieve business success you need to be organized. It will help you complete tasks and stay on top of things to be done. A good way to be organised is to create a to-do list each day. As you complete each item, check it off your list. This will ensure that you're not forgetting anything and completing all the tasks that are essential to the survival of your business.

Cash is King

Cash is the lifeblood of any business, so it is important that all sales are invoiced as soon as the sale or job is completed and that payments re chased as part of your normal routine.

Keep Detailed Records

All successful businesses keep detailed and accurate records. By doing so, you'll know where the business stands financially and what potential challenges you could be facing. Just knowing this gives you time to create strategies to overcome those challenges. There are many Cloud Accounting packages which increase your efficiency such as QuickBooks and Xero.

Be Creative

Always be looking for ways to improve your business and make it stand out from the competition. Recognise that you don't know everything and be open to new ideas and different approaches to your business.

Analyse Your Competition

Competition breeds the best results. To be successful, you can't be afraid to study and learn from your competitors. After all, they may be doing something right that you can implement in your business to make more money.

Advertising

Always monitor your advertising to see where your sales are coming from whether this is online advertising, social media, pay per click, paper etc. If advertising is not giving results, then change.

Provide Great Service

There are many successful businesses that forget that providing great customer service is important. If you provide better service for your customers, they'll be more inclined to come to you the next time they need something instead of going to your competition. They are also more likely to recommend you to their friends and colleagues.

Be Consistent

Consistency is a key component to making money in business. You have to keep doing what is necessary to be successful day in and day out. This will create long-term positive habits that will help you make money in the long run.



Ask for a Referral or recommendation

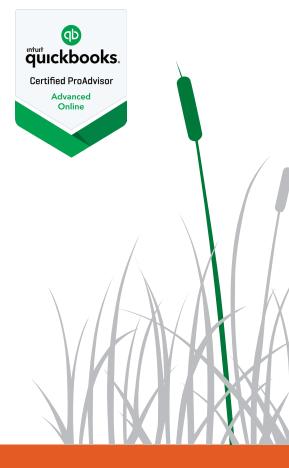
When you have done a god job don't be afraid to ask for referral or recommendation on your website or social media pages. If you have a written recommendation don't be afraid to use it on publicity material.

Government grants

Make sure you are claiming all grants available where applicable whether this is under the job retention scheme, relief for rates or allowances on the Self Employer Income Support Scheme (SEISS)

If you would like to discuss your business and how to succeed, then please do not hesitate to contact either Paul Bradley or Penny Fletcher on 01332 293396 for a free initial interview.







Further information on any of the above can be found at:

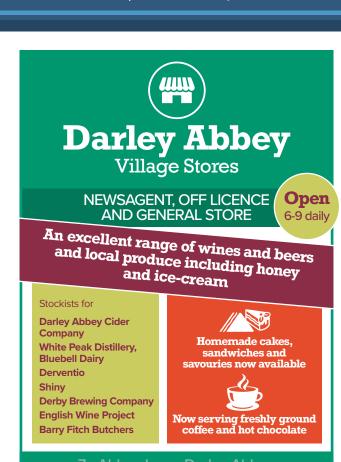
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From Monks to Mills:

A History of Darley Abbey

Written by: Tahnee Wadforth.

The history of Darley Abbey first begins with St. Mary's monastery built in 1146. It was founded by Robert Ferrers, who was the second Earl of Derby in 1154. Over the next 300 years it gained more land and gifts. It was worth more than £200 per annum but was subsequently sold off to Dr Leigh who then proceeded to sell the granges, harvest, and livestock from the nearby farms. The monks received a pension, and in 1541 the site of the Abbey was granted to Sir William West who built himself a house nearby.

The history of Darley Abbey first begins with St. Mary's monastery built in 1146. It was founded by Robert Ferrers, who was the second Earl of Derby in 1154. Over the next 300 years it gained more land and gifts. It was worth more than £200 per annum but was subsequently sold off to Dr Leigh who then proceeded to sell the granges, harvest, and livestock from the nearby farms. The monks received a pension, and in 1541 the site of the Abbey was granted to Sir William West who built himself a house nearby.

During recent evacuations there is evidence of three medieval wars and a pavement. However, it is now a public house, yet many visitors may still view the tapestry hanging at the front of the interior and framed pictures adorning the walls to show glimpses of it's historic past.

By the 1700's Darley Abbey was changing its landscape to become part of the industrial revolution. Indeed, Thomas Evans built Boar's Head cotton mill on the east banks of the river. He was a banker and cotton manufacturer who developed a community of cotton mill workers. He had a generous spirit and built work houses, a village playing green, including St. Matthew's church and school which still exists today. Furthermore, to ensure they had fresh provisions, he also built two farms to ensure that his workers were well looked after.

There was also another cotton manufacturer named Sir Thomas Arkwright. He created an industrial hamlet with fulling and corn mills as well as a forge. Around the 1770's they acquired five water mills including a paper mill, a corn mill, two flint mills (used for porcelain production) and a leather mill located on the West Bank of the River Derwent.

However, it's Darley Park which still remains today that attracts many visitors per year. It is known for its picturesque beauty where many dog walkers roam freely and families enjoying a summer picnic might be found. There are also people playing tennis and football here, or children feeding the ducks in the river. For some light refreshments there is The Papermill pub located near the East River.

There is also Derby Rugby club which was the old water mill. It has been noted that there is also many different species of trees including a Purple Japanese maple, Tibetan cherry, Fern leafed beech, Sweet chestnut and Golden Lawson's cypress. Indeed there are around 26 different species according to the Derby Ramblers club who take part in the nature trails around Darley Park.

It's easy to see why Darley Abbey remains a popular tourist attraction and will continue to do so for many years to come.

Sources:

www.historicengland.org.uk www.thehistoryjar.com www.derbyshire-peakdistrict.co.uk www.derbyramblers.org.uk Derwent Valley Mills Video [Online]

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Goodbye 2020! Time for New Year's Solutions for the Long Road Ahead

As we come to the end of 2020, many of us are sighing with some measure of relief that we are at the "beginning of the end" of the Corona virus threat. At the same time, there are many small and medium sized businesses licking their wounds. The Chancellor's measures have indeed allowed our population to weather some of the economic storm-front that has ravaged us this year. But the wreckage wrought will be only slowly and painfully cleared. Rebuilding our economy will take years, as evidenced by every forecast we've seen.

Business owners must now grapple the task of shoring up their viability, and moving carefully into the new year. Government-backed funding is still available, yet processing and payment times can leave gaps in cash-flow. Poor sales figures during the last year can do the same. Increased expenditure for social-distancing measures, contributions to furloughed employees, and servicing of existing debts are just some of the extra weight upon business owners' shoulders.

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Paul Michel also has valuable relationships with specialist brokers, who are able to assist in other commercial financing solutions - asset finance, property finance, Government-backed schemes. Utilising their services is key to securing the most fitting solution to each company's requirements.

In the coming year, and no doubt beyond, a tight reign on business expenditure and customer payment will become all the more important, and Paul Michel Finance has the tools to help. Get in touch with Paul for any help you might need around commercial finance.



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Is it safe to receive care and support in a Covid-19 world?

It is widely documented that the number of people accessing health services, for non-covid-19 related conditions has dramatically dropped recently. Public **Health England and the NHS** are encouraging people to seek assistance via normal channels for all health concerns and the message is officially, the NHS is open.



The repercussions of delayed treatment for conditions is yet to be seen, as are the mental health same effect on mortality as smoking 15 cigarettes per day.

The most at risk group for loneliness are however those that are most vulnerable to the Corona Virus. So, in a Covid-19 world, how can you receive safe care and support in your home?

Home care providers, such as Right at Home, have always trained Carers in infection control and the safe use of PPE. Incorrect use of PPE can be as infectious (if not more-so) than no PPE and all Carers are trained in the correct process of "donning and doffing" PPE. Covid-19 has however increased the level of PPE that Right at Home introduced to include:

- Carers digitally recording their temperature before every care
- Covid-19 testing kits available at all times
- Fluid repellent face masks for all care calls
- Clear face visors for all care calls
- Increased handwashing and hand sanitiser protocols



As well as increased and appropriate PPE, it is important to keep the number of visitors to a minimum. Care providers such as Right at Home, who match Carers to the needs of their Clients, are able to create small teams of carers for each client group. This reduces the social circle and risk of wider infection.

For individuals with increased health needs, there is now an obvious fear of going into nursing/residential homes. For this reason, there is an increasing demand for "live-in care". This allows the individual to remain in their own home and to have 1 Carer live with them, in their house, 24/7. This is a costeffective alternative to a nursing home whilst providing the safest and most person-centred care.

So, in a Covid-19 world, it is more harmful to ignore your health and wellbeing and you are encouraged to reach out for the right care and support.



Mazda CX-30

2.0 180ps AWD GT Sport Tech

A wise friend of mine told me it was all very well heeding the current plague of prophets of doom. They might have a point, he conceded, but that's to overlook an important fact. We don't actually live in the future. We live in the here and now.

"Live for the day" he cried.

So when the opportunity came to do just that I jumped at the chance. What jump-started an old salty dog like me was the revivifying prospect of trying out a very promising motor car. The £32,240 all-wheel-drive MazdaCX-30 180PS represents the best of the current crop of go anywhere, carry all, comfortable vehicles that combine pleasure with practicality, style with sense, performance with economy and pace with serenity. The CX-30 is truly a car for all seasons and all reasons. Just the job, in fact, for an Indian Summer getaway jaunt to the coast before the leaves of Autumn and the shutters of shops begin to fall.

So I packed up my things and a companionable bubble of chums into the accommodating 5 door Mazda and off we went southbound in a spirit of hope and enterprise.

Behind the wheel it is never less than confidence inspiring with reassuring electronic aids like all round camera vision and other magical systems to save you from disaster. And externally the panache of appealing yet purposeful styling creates a

carapace of confidence so that other motorists afford one due deference. This is not a flashy machine but neither is it a shrinking violet. It denotes a debonair democratisation of all that is best in proper motoring. In a word it's a class car for the classless society.

The truly comfortable view of the road from the driving seat is enhanced by the responsiveness of the powerful engine - which is worthy of a review in it's own rite. Mazda's engine technology is cutting edge and a quantum leap forward in internal combustion development. The SKYACTIV-X engine is the world's first production petrol unit to exploit the benefits of compression ignition which to you and me means you get petrol smoothness, diesel torque and fabulous economy. I found it easily surpassed the modest claim of just 43.5 mpg. overall. And because it runs on such a lean mixture it doesn't pollute much either, aspiring to a cleanliness close to Godliness. Better by far than trailing wires and endless cups of coffee while you wait for your battery pack to ignite!

It's a car that is sufficient for all sensible needs - and the

suppleness of a perfectly balanced chassis and suspension set up lets it ride the bumps while clinging to the bends in a refreshingly undemonstrative manner. It makes for safer motoring in that the driver feels relaxed but at the same time fully engaged with the kinetic satisfaction derived from being in control of sophisticated engineering. Mazda has consistently aimed to provide the joy of 'jinba ittai' driving... which to you and me means 'driver and car as one' - and it certainly gives just that.

I enquired of the contents of my social bubble to whit: the woman formerly known as Boadicea, plus a dog, how they were fairing. Were they comfortable? Were they enjoying the smoothness of the journey? The canine said it all with an emphatic 'Bow WOW!'

Leaving the motorway and encountering Dorsetshire lanes which conformed to the stereotype, being excessively narrow and winding, we eventually hit the coast and the all-embracing splendour of Weymouth Bay.

Before parking up -something I was in fact reluctant to do not on account of parking expense but rather owing to a wish to prolong the pleasure of 'jinba ittai' - we took a turn along the road running parallel to the promenade.

On the sea horizon were parked 'vehicles' of a different sort: almost a half score of cruise liners at anchor like giant monoliths to frozen time. A sinister reminder of the current climate of fear. Catching sight of these vessels made me grip the wheel harder as if to confirm my own satisfaction that the 'here and now' still retains promise. Promise in the shape of the new generation of revolutionary Skyactiv technologies from Mazda.





Volvo V60

D4 R-Design Pro

The light beaming into my eyes was bright. Too bright. A cold harsh light that stopped me seeing the owner of the voice.

"So you don't own a smartphone?"

"N-no, my friend" I stuttered.

"Nor do you own a smartwatch?" I shook my head.

"I suppose you must own a tablet?"

"Well, the doctor gave me a dozen for hayfever " I sneezed.

"Which didn't work" I added.

"So I must conclude" said the voice in a sneering tone, "That for you, Volvo's ground-breaking technological connectivity as found in the new V60 - a second generation marvel of automotive design - is utterly wasted and that, therefore, your credentials for even beginning to assess the cars worth amount to nothing. Am I right?"

By this stage beads of sweat were trickling down my forehead while the combination of bright light and unsympathetic interrogation was working to induce a state of mesmerised panic. I felt like a furry rabbit frozen to the spot in the remorseless glare of oncoming doom.

At this point the neighbours' cockerell woke me up. That was when I knew the time had come to phone a friend. A real friend that is. Not the fiend friend of my nightmare.

Later that morning Tommy Tickle literally rolled up. He had just acquired one of those newfangled electric scooters that are at present making life interesting for Parisian pedestrians. He was trying it out on the leafy boulevards adjoining my palatial manor house.

"Mind the car" I shouted - alarmed at his apparent lack of control. But he stopped, grinned and admired the V60 while I briefed him. I explained that even though I retained all the confidence befitting an expert motorist in matters relating to judging the qualities of a car as we know it, I remained lamentably ignorant regarding computerised connectivity, therefore I was prepared to defer to his judgement on these developments. At the same time I was most eager to subject myself - courtesy of his good nature - to an illuminating tutorial on the workings of the new technology from which I might emerge able to tell the difference between an app and an apostrophe, or even if it came to it, an android and an adenoid.

At this juncture, dear reader, I can confidently tell you that the 2.0 litre 190hp 4 cylinder diesel engine and 8 speed automatic transmission with drive modes ranging from comfort to sport, combine to give one of the very best powertrains in the business.

Smooth, quiet, torquey and quick (near 140 mph should you be wickedly inclined) it continues to surprise by returning between 46 - 52 mpg.

Examine the V60 closely and you will realise that it's beauty is more than skin deep. Smart thinking oozes from every pore of the coolly-contoured, svelte musculature. They may call it an estate car, even a compact estate car, or indeed a compact premium estate car - but there's no escaping the fact that it could pass for an upmarket coupe. And even though it shares a platform with other Volvos, it is never at the expense of individuality. The V60 makes its own persuasive statement.

"It just looks fabulous," said Tommy.





It was time to give it a go. I made sure Tommy was comfortable while I reached for the handbook to pass to him for technical guidance. After all this is a car that offers amongst other delights, an active digital display, a Clean Zone air quality system, a Sensus 9 inch touchscreen, climate control (of the sort the planet could do with no doubt) ... not to mention a sound system option entertaining occupants with no fewer than fifteen speakers. The number is correct. It is neither a slip of the pen or an errant tap on the keyboard.

But what a lovely, cleanly-designed, comfortable and well kitted-out cabin. Driver visibility is of the 'captains bridge' sort. You can see your way clear to delight. And there is wood too. What Volvo calls Drift Wood inlays: not that the timber has the appearance of having just drifted in on the tide. Considered, tasteful deployment of subtle but enlivening embellishments enhance the experience for occupants.

There was no need in the end to pass the handbook to Tommy, for with the adept fingers of the true 'tekkie" he needed no advice on getting the hang of the systems. I looked sideways. He was as happy as the day is long.

Rather than ask questions and subject myself to matters of the head scratching variety - which, I confess, had been my intention - I decided to enjoy what I enjoy doing best.. That is driving.

Although I feared that the intrusion of a plethora of driving aids would dampen my ardour at the wheel, I have to report that one of the most advanced modern cars yet (and safest too, since 'Volvo' is a byword for safety) retained much that is traditional in driving pleasures. In short, this is a car that goes as it should and it comes very close to being the best one can imagine of a car. All this and huge luggage capacity too. It's the gift that keeps on giving. And no: for a car of this class it isn't prohibitively expensive. As Tommy said.

"Just think. I could cancel my TV subscription packages and just about afford one of these at £40,210. TV is make believe, but this is real."

That night I dreamt of golden showers lifting to reveal an empty open road. A rainbow bridged the sky and across its coloured bands the words 'Volvo V60' shone with iridescence. There was hope for the planet after all!



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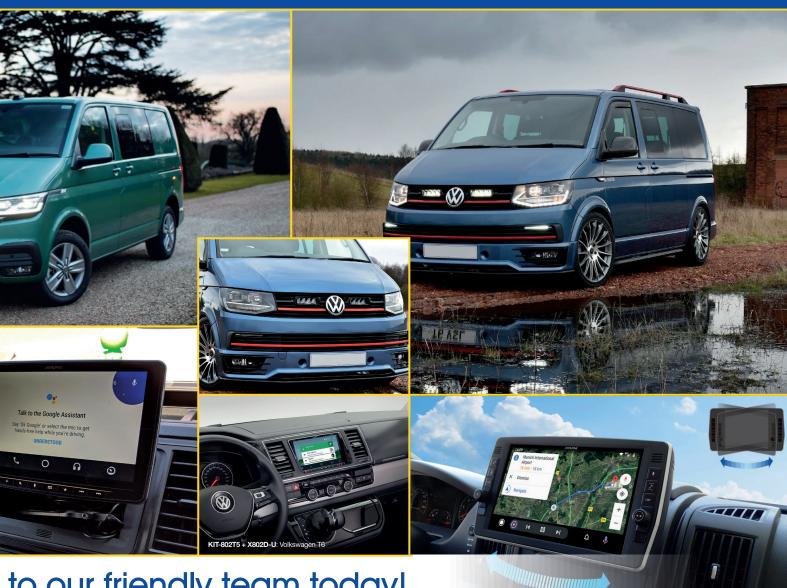
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Derby Grammar School

2020 has provided unprecedented challenges to the UK schooling system, and may well go on to cause further disruption. The academic year 2019/2020 should have been a celebration at Derby Grammar School for their 25th year anniversary, but instead of hosting a plethora of events, the school was plunged into navigating one of the most challenging events the modern world has encountered. Thankfully, despite these challenges, Derby Grammar School is delighted to be celebrating a successful year.

Rather than celebrating a silver jubilee, they are instead celebrating a golden year, with outstanding GCSE and A Level results, as well as bringing the entire school community back together.



Derby Grammar School were well prepared for the challenge a remote teaching system held, building a remote learning programme for all their pupils, from Reception to the Sixth Form, to challenge, stimulate, and empower pupils through an incredibly challenging time. This system is still in place, and able to be switched back to if another lockdown does take place.

celebrates golden year





The remote learning programme they created emulates as much of school as possible, to try and reduce disruption for pupils. Providing strong academic structure, pastoral care, and co curricular enrichment; as well as whole school and house assemblies, and house competitions. Those who needed them were provided with Chrome books in order to access the remote working, alongside providing technical support to parents and pupils as needed.







Derby Grammar School Rykneld Road, Littleover, Derby DE23 4BX contactus@derbygrammar.org admissions@derbygrammar.org

Tel: 01332 523027

Within Primary School, daily contact with pupils was held on Google Classroom, having daily registration in the morning, and then ongoing communication throughout the day to maintain progress checking and support. Live Teams lessons were provided, meaning that pupils were able to interact with staff in real-time.

In the Senior School, work was provided for each day, released at 9am, to follow their usual timetables. The core of this was Microsoft Teams meetings, where work was provided in documents that were able to be accessed and assessed by staff in real time, allowing for real time feedback.





Overall, the online teaching module has been extremely well received by parents, pupils, and teachers alike.

Now back in school, due to small class sizes and year groups, Derby Grammar has been able to restart all school experiences including assemblies, house competitions and co-curricular activities. So far this term they have held House Assemblies, ensuring appropriate social distancing between pupil bubbles.

Continued on page 59.



Ranby's Store, Derby circa 1935

Courtesy of Derby City Council





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As well as working as a Doula, Hypnobirthing Teacher and Fertility Coach (see page 6) I am also the founder of a not-for-profit called PND Mummies CIC. PND Mummies was established to provide support to women who are suffering with perinatal mental illness.

I experienced recurrent miscarriages and then a traumatic birth when I did finally manage a successful pregnancy; this seriously affected my perinatal mental health. Even with a supportive husband and caring family and friends, I still felt completely isolated and unable to process the feelings I was experiencing. As time passed, I gradually discovered ways in which to support my mental health holistically. As my mental health got better, my resilience returned. I spent a lot of time reflecting on what I would have liked to support me during this time and out of that the vision of PND Mummies was born.

PND Mummies aims to be a trusted service provider that exists to improve the wellbeing of new mums, and in turn

their babies and wider family units. By providing holistic services to perinatal depression sufferers, we will

- combat the social exclusion that leads to worsening of the illness
- normalise perinatal mental health issues, helping to remove the stigma
- positively impact the future mental health of the babies, by teaching wellbeing techniques to our new mothers

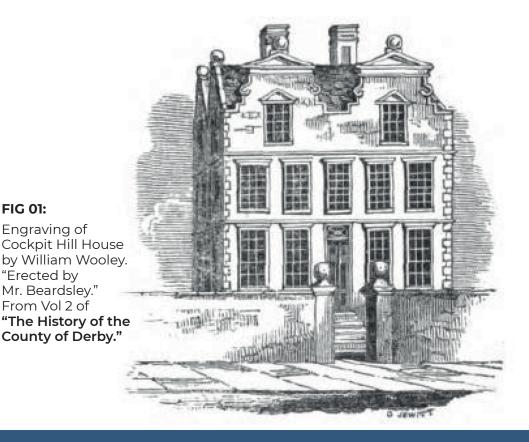
The pre-Covid19 vision was to provide a 5-day-a-week centre where we would offer peer support and holistic wellbeing activities daily. We got as far as finding a suitable venue and then we went into lockdown.

We have continued to provide online support via a private Facebook support group which has more than 250 members. I am currently finalising a piece of work called Maternal Mental Health Club. This is a tailored online community for people needing support with their perinatal mental health. The vision for this 'netmums meets Facebook'. All being well this will be launched before Christmas.

There's lots of work going on behind the scenes to think through what PND Mummies will look like post pandemic. To keep updated on the progress we are making you can check in on our social media.

You can also find me on Facebook and Instagram or at www.pndmummies.org

Mr. Woolley, in 1712, notices a good house, erected by Mr. Beardsley, on the west side of the mill stream, on the Cockpit-hill. It is a good specimen of the early brick houses, erected the latter end of the seventeenth century. There is one built in a similar style situate in St. Peter's church-yard. The house named by Mr. Woolley, taken down in 1819, is represented in the following engraving.



Cockpit Hill House

William Woolley the historian was the father of the squire of Darley Abbey in 1709 before John Holden and Thomas Evans. He wrote two volumes; "The History of

FIG 01:

Engraving of

"Erected by

From Vol 2 of

The County of Derby. believed that he had discovered the foundation walls of the castle in an orchard on the summit

of Cockpit-hill. He says, "One of the mounds, eighty yards long, runs parallel with the houses on Cockpithill including Mr. Beardsley's house. Hutton wrote: He adds.

"This place of security then stood out of the town in an open field, no houses were near. It was guarded by the Derwent on one side, and on the other ran the London road."

From Jottings of Old Derby By Rev. William Hope Vicar / Rector of St Peter's Derby 1849 – 1888

On Cockpit Hill stood an old mansion' built by a Mr. Beardsley in 1712, and afterwards the dwelling about this time (1781), of an elderly lady who went by the name of "Madam" or "Dame" Chambers, and who, I believe, was sister to the then Marchioness of Exeter, behind which were grounds and an orchard reaching to S. Peter's Street, now built over and intersected by Albion Street, Albion Place, Bloom Street, and Eagle Street.

The old Town Gaol was built across the brook in the Corn Market, nearly on a line from the Royal Hotel to Albert Street. The coach road and also two foot-bridges passing underneath it; one bridge leading to the gaol, called the Gaol Bridge, the other, forming the highway, called S. Peter's Bridge. The coach road was through the bed

of the brook. All this was altered in 1787, when it was removed, first to the west side of the Corn Market, and then into Friar Gate. S. Peter's Bridge, which somewhat resembled the present S.



FIG 02:
John Hope was Mayor of
Derby twice (1781 and 1795).
By Joseph Wright of Derby
circa 1780

He was a first cousin of The Rev. Charles Stead Hope who was the grandfather of Rev. William Hope.

Mary's Bridge was erected during the second mayoralty of John Hope, and I distinctly remember a large stone on which were carved the Arms of the Borough, the name of the then mayor, and the date of erection. Previous to the demolition of the old foot-bridge, I have heard the late Dr. Forrester (who lived at Abbot's Hill) say, that the water was so pure that his cows were driven to water there. I don't suppose if it was still open they would be driven there for that purpose now.

In 1786 Sadler Gate Bridge was built, during the mayoralty of Henry Flint, and there was a similar inscription on a stone there to the one on S, Peter's Bridge; and previous to its erection, carriages, etc, were driven through the brook, and passengers crossed by a foot-bridge.



FIG 03:

Cheapside and Sadler Gate Circa 1880s (Credit Derby Museum And Art Gallery).



FIG 04:

1967 workmen excavating culvert at the Strand and Sadler Gate (Derby Telegraph 1967 No Copyright infringement intended). In 1789, during the mayoralty of Thomas Mather, S. Mary's Bridge was begun to be rebuilt. The Chapel of S. Mary stood, and stands now, on an arch of the former bridge, and I well remember the old piers which were removed a few years ago by the Corporation, and over which, in my

boating days, I had well-nigh several times made shipwreck, and got a good ducking.

by Andrew Thurman





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hospice hope help make it happen



The Hope House Befriending Service supports people in the North West Leicestershire area whose quality of life or life expectancy will be affected by their condition, plus their carers and partners. Started in Summer 2020, the service matches volunteers from all areas, interests, ages and personalities with local people who are maybe feeling lonely, isolated or would simply like someone new to talk to. A weekly telephone call or Skype/Zoom chat is then arranged for a mutually convenient time. In addition to befriending, a new pen

pal service has also been launched, for those people who enjoy receiving a letter or card on a regular basis.

Our volunteers come from far and wide, not just our defined support area. Many live in different areas of the county, others from further afield. What defines them all, is their desire to bring some joy, new conversation, empathy and compassion into people's lives, whether that is by phone, letter or sitting at their computer. If you could spare an hour or so once a week to support someone in a less fortunate situation, then we would love to hear from you.

For more information about the Hope House Befriending Service, please call Carol, Care Services Manager, on **07483 124 926** or email **hopehouse@hospicehope.org.uk**

Hospice Hope is a registered charity that supports people, their carers and partners in North West Leicestershire whose quality or length of life is affected their condition, particularly helping to ease loneliness and isolation.



For more information please go to our website

www.hospicehope.org.uk

Back to the

(or how to learn from the past)

Mr Benn. Do you remember him?

Back in the early 1970s he appeared on our television screens as the bowler hatted gentleman in the habit of visiting a fancy-dress shop.

Invited by the shopkeeper to try a particular costume, Mr Benn passed through a magic door at the rear of the changing room, and out into a different world. Here, he had an adventure inspired by the costume he was wearing, and learned something of value to his daily life at home.

Well, this struck a deep chord in the soul of my ten year old self as I watched.

Whilst I did not grow up to wear a bowler hat, and those who know me best would hesitate to call me a gentleman, I did go on to live a life in which I wore almost as many costumes as Mr Benn.

Were you to look into my wardrobe, you would find outfits perhaps not as exotic as those sported by Mr Benn, but at least as varied.

In the course of my working life, I have been a circus ring boy, a builder's mate, a member of Her Majesty's Armed Forces, a postman, a baker, a charity worker, a freelance photographer, and, for many years, a barrister.

And yes, like Mr Benn, I have learned at least one valuable lesson from my encounter with each of those wildly differing worlds.

Unlike Mr Benn however, I have made mistakes at every turn of the screw of life, and those mistakes, at least as much as the successes, have made me the man I am today.

The old saying that 'the man who never made a mistake, never made anything' could have been my motto.

Where does that leave me, and what good is it to you?

We are all living through a time of fundamental change, disruption, and insecurity, all of which I have known, and I believe that I can help you to rise to the challenges ahead.

I know that, out of the pressure and stress can emerge strength, ingenuity, and creativity, and I want to help you achieve the potential which exists in us all.

There are fundamental principles which apply whether you are seventeen or seventy.

Chief of these are;

- 1. The need to know yourself.
- 2. To learn to be true to yourself.

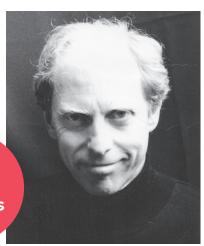
These concepts are simple to state and have in mind, although challenging to attain and apply.

This is where I can help you.

My approach is founded not upon theories of

Future

by Neal Williams



psychology or sociology, or any other 'ology' but upon real life experience, an understanding arising only from having been through it myself.

By a process of questioning, and practical, real life illustrations I can guide you towards a knowledge and understanding of yourself; to identify your strengths and weaknesses, your motivation and enthusiasms.

In this way, you will be in a far stronger position to gain the most from your life, and the opportunities which come your way.

In short, you can make use of my right and wrong turnings, my failures and successes, to help you to follow your own path through the complex maze of modern living.

Whatever your need; perhaps a change has been forced upon you by redundancy, or illness, or for some other reason you are having to make a difficult,life altering decision; you may be in your last year at school, preparing for interview to attend college, go to university, or apply for a job; you may simply seek guidance before stepping into the world beyond school; you may face the prospect of giving a speech or presentation; whether you lack the confidence to make the most of yourself, or wish to expand your knowledge of the English language to be able to communicate clearly and effectively, I wish to help.

When I was in my late teens, a band called Supertramp had a big hit with their album 'Breakfast in America'. One of the tracks is called 'The Logical Song.'

I paid little attention to the lyrics at the time.Let me share them with you.

'When I was young it seemed that life was so wonderful, a miracle, oh it was beautiful, magical.

And all the birds in the trees, well they'd be singing so happily, joyfully, playfully watching me.

But then they sent me away to teach me how to be sensible, logical, responsible, practical.

And they showed me a world where I could be so dependable, clinical, intellectual, cynical.

There are times when all the world's asleep, the questions run too deep for such a simple man.

Won't you please, please tell me what we've learned I know it sounds absurd, but please tell me who I am.

Now watch what you say or they'll be calling you a radical, liberal, fanatical, criminal.

Won't you sign up your name, we'd like to feel you're acceptable, respectable, presentable, a vegetable!

At night, when all the world's asleep, the questions run so deep for such a simple man.

Won't you please, please tell me what we've learned I know it sounds absurd but please tell me who I am.

For a chat to discuss your needs, in confidence, please do not hesitate to contact me:

By landline on: **01332 409096**By mobile phone on: **07870 759426**By e-mail at: **neal.m.w.13@gmail.com**



The Derby

The Derby music festivals of 1788 and 1793 were attempts by the town's elite to mimic the musical culture that was prevalent in other areas of provincial England.

A commentator in 1781 referred to Derby as being as being 'remarkable for the Want of musical Taste'.'

In 1788, James Harrison, a printer, and Charles Denby the All Saint's organist created what was meant to be a stand-alone event, the Grand Music Festival, with Francis Roome, printer and musician, providing administrative

support such as selling tickets and arranging accommodation for 'performers and visitors, much of it in rooms and houses let specially for the occasion.' The festival also required the support of local nobility and the surviving

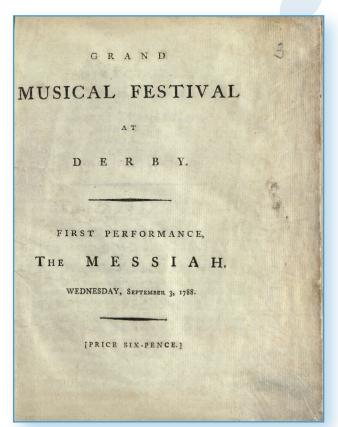


Plate 1. Front page of the programme for the "Grand Music Festival At Derby", Wednesday September 3rd, 1788. (Derby Local Studies Library, DLSL232/D)

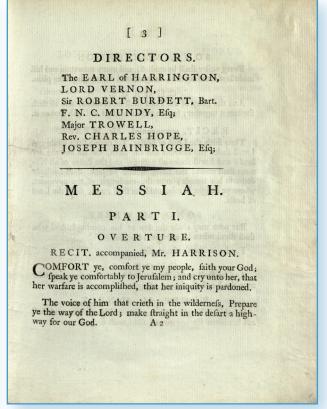


Plate 2. Second page of the programme for the "Grand Music Festival At Derby", Wednesday September 3rd, 1788. (Derby Local Studies Library, DLSL232/D)

Music Festivals of 1788 and 1793



Continued over

Plate 3. Sketch of Derby Theatre in Bold Lane (Derby Local Studies, D6 725)



Plate 4. The 1773 Derby Theatre on Bold Lane as it appears today. Taken 22nd October 2020 by the Author.

festival programmes found at the Local Studies Library contain a list of the directors within the opening pages. (See Plate 2) The Derby Mercury predicted in characteristic exuberance that Derby would be 'more brilliant than on any former Occasions'.³

Derby's Grand Music Festival of 1788 was held on the 3rd and 4th of September 1788 and offered one concert at All Saint's Church in the morning of each day and one concert at the Theatre in Bold Lane in the evening of each day.⁴ (Plate 3 and 4) All Saint's Church particularly was described as being 'the best CHURCH in the kingdom for a performance

The Derby Music

of this nature'.⁵ The Theatre, refitted in 1773 for the purpose of hosting such events, on the other hand was much smaller and therefore the concerts held there much more exclusive, open only to full subscribers. A ticket to attend all four concerts cost 1 guinea (£1.1s.), whereas the cost of attending just one morning concert cost 7s.6d, which priced out most Derby's residents.

The Derby Mercury triumphantly declared that the cultural soil had been broken and the 'vegetative Qualities not having been exhausted, perhaps the riches coops may be procured. The present Instances is encouraging; and that it may lead to future Experiments seems at present the general Wish.'6 The town would have to wait five years though for another music festival.

The 1793 festival was held over three days this time with three morning performances in All Saint's Church, and two evening concerts held at the Assembly Rooms in the Market



Plate 6. The 1763 Derby Assembly Rooms in the Market Place as it appeared in 1931. (Derby Local Studies Library, D6 725)

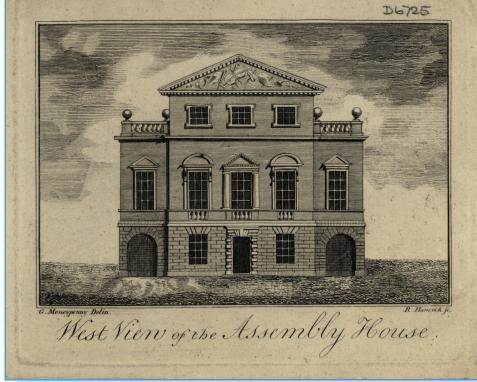


Plate 5. Sketch of the Derby Assembly Rooms built 1763. (Derby Local Studies Library, D6 725)

Festivals of 1788 and 1793



Plate 7. Close up of the pediment of the 1763 Assembly Rooms showing musical instruments as decoration. (Derby Local Studies Library, D725)

The Assembly Rooms also hosted a Ball on the final night to close the festival. (plates 10-12) An anonymous poem offers us a review, stating that:

The Performance I'm told, so noble and bold, Gave each one full Reason to know, Tho' their Pockets were eas'd, still their Fancies were pleas'd, At Derby's grand Musical Shew.⁷



Plate 8. Interior of the 1763 Assembly Rooms with musicians' gallery (Derby Local Studies Library, D725)



Plate 9. "A New Song On the Grand Musical Festival at Derby". No author or date. (DLSL 232/JJ)

The Derby Music Festivals

of 1788 and 1793

It was not until 1810 that a third music festival was held in the town which was solely for raising money for the newly built Derbyshire Infirmary leaving the 1788 and 1793 festivals as Derby's only attempts at forming a gentrified musical culture that had thrived in other areas of the country in the eighteenth-century.



Plates 10, 11 and 12. Three 18th century caricatures by George Murgatroyd Woodward, showing guests at an Assembly in Derby. [LSL5045]





- ¹ Derby Mercury, 7th September 1770 and 8th September 1781
- ² Paul Sturges, 'Harmony and Good Company', p. 191
- ³ Derby Mercury, 28th August 1788
- $^{\rm 4}$ Sturges, 'Harmony and Good Company', p. 191
- ⁵ Derby Mercury, 4th July 1793
- ⁶ Derby Mercury, 11th September 1788
- $^{\rm 7}\,$ A New Song, On the Grand Musical Festival at Derby, n.d., (DLSL 232)

Are the styles and trends of the 1970s making a come back?

We would like to take you back on a journey who remembers decorating tastes from the 1970s i remember vividly the gordy bright patterns in our living room, kitchen bathroom and not forgetting the bedroom. Those were the days keeping up with the latest trend in wallpaper design Mum and Dad choosing the colours that matched the decade looking back at shows from the 70s you are thinking good grief did we actually live with those colours?

However certain trends are making a comeback including home decoration according to Classic Painters who we are featuring. I think its fair to say that Richard is old school many years of experience so if you are looking to bring back the 70s or fancy a more contemporary look in the first instance call Classic Painters.





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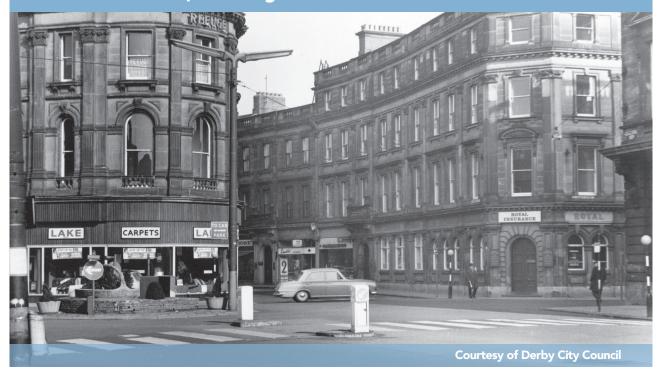
or email

classicpainters@btinternet.com



A look back a Derby

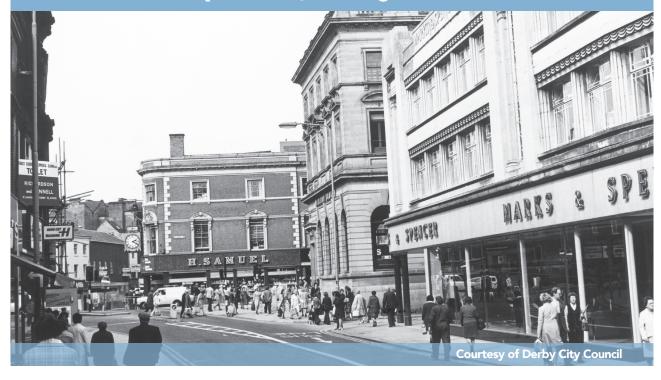
The Strand, Derby circa 1968



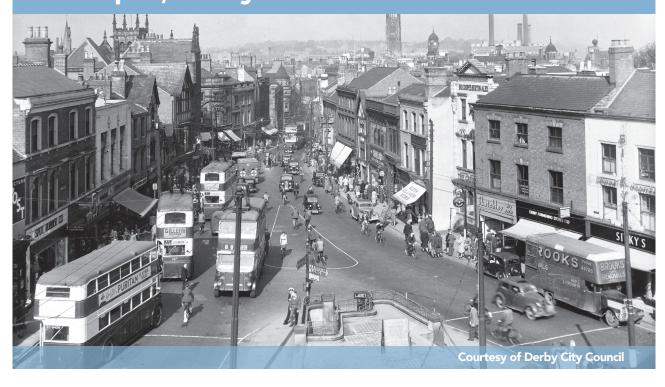
Victoria Street, Derby

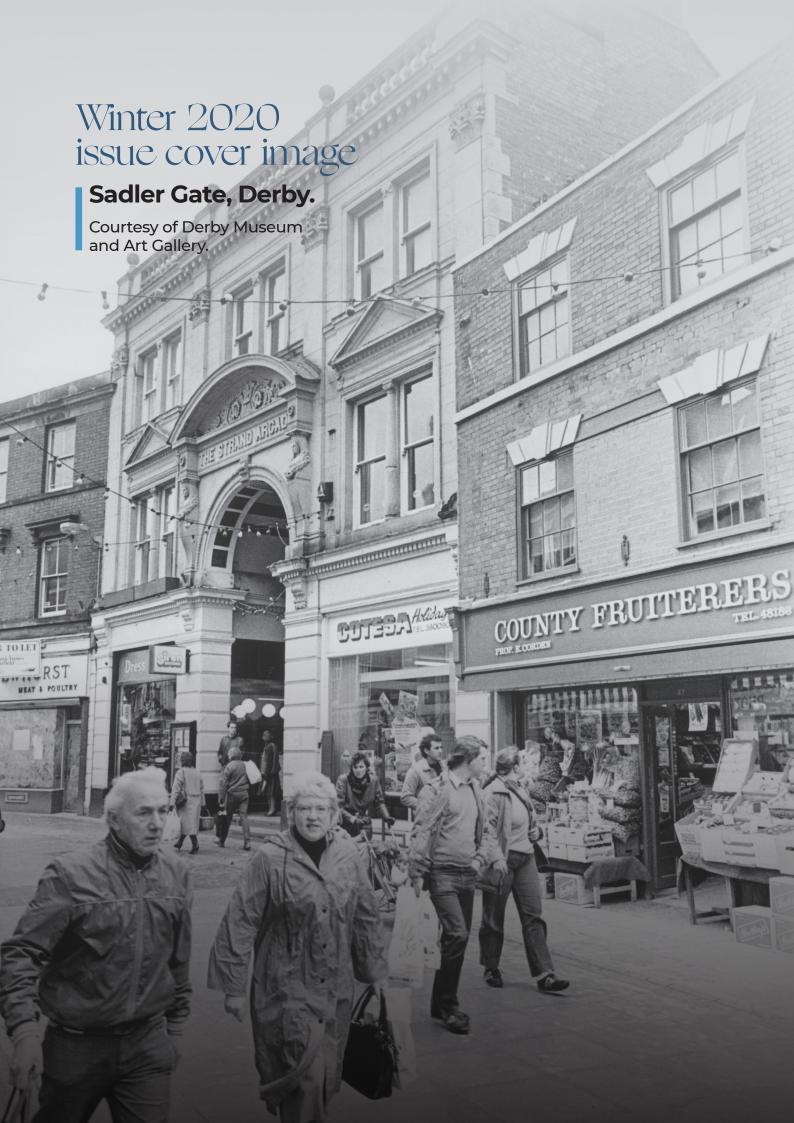


Marks and Spencer, Derby



The Spot, Derby circa 1953







celebrates golden year



Being a small school has meant that Derby Grammar has been able to thrive in this new challenging environment, bringing teaching excellence, co curricular enrichment, and pupil encouragement.

Although they have been unable to hold conventional parents evenings, each department is contacting parents of each child to discuss their progress so far this term. Additionally, they have also already been able to hold a Virtual Open Morning in September, and a Virtual Sixth Form Open Evening in October, a Primary school specific virtual event in November, and have recently launched a brand new whole school virtual open event including an interactive map, 360 tour, and bookable informal virtual meetings with staff. To explore the school, please visit: derbygrammar.org/visit/open-day







Continued from page 41.

Derby Grammar School Rykneld Road, Littleover, Derby DE23 4BX contactus@derbygrammar.org admissions@derbygrammar.org

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VIRTUAL OPEN EVENT

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Derbyshire's leading independent day school for boys aged 4 to 18 and girls aged 16 to 18