

CRICH • FRITCHLEY • WHATSTANDWELL

CRICH Standard

Issue 89 • Spring 2019

The new name for Crich Area Community News

crichstandard.org



Step into spring!

Enjoying the great outdoors

Activity for all ages

Community news and views

CRICH Standard

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Issue 89 • Spring 2019

Contents

- 2 News in brief
- 4 To run, or not to run?
- 6 A chat with... Andrea Kemp
- 8 Gentle yoga with Crich Area Dementia Friends
- 10 A walk on the wild side
- 14 Activity for young people
- 18 Just a thought
- 19 All about ACE
- 22 Villages united
- 24 What's on in March, April, May and June
- 28 Community Round-up
- 30 The Tour de Crich
- 32 Schools news
- 34 'Run from the canal to the Stand? I must be mad!'
- 36 With thanks
- 37 Advertorial
- 38 Why it's great to keep on moving...
- 39 Poetry corner
- 40 Quick quiz
- 41 Before we go...
- 42 Local businesses



Front cover photo by Geoff Brown

New look, new name

Welcome to the brand-new *Crich Standard* magazine. You will have been expecting *Crich Area Community News ...* well, this is CACN dressed in some new clothes and brought to you by a new group of volunteers. We have of course built on the great work of the previous team, but we have made some significant changes.

First, thanks to the continuing support of the adverts from local businesses and organisations, we have been able to print the whole magazine in full colour. This means pictures can be reproduced in fantastic quality, and we have a team of keen local photographers who are snapping away on our behalf.

Next, you will notice that we have taken a theme of 'getting active this spring' for this edition. Our parish is teeming with organisations which support us to be active and healthy – we have featured some of their great work and provided you with details for how to get involved.

Active Crich for Everyone (ACE) is a new group, building on the Fitness Fortnight they ran last summer – read about what they're planning next on pages 19-21. Check out what our young people get up to on pages 14-17, and read about a yoga group that supports the Dementia Friends' Group on pages 8-9. There's a suggestion for a family bike ride on pages 30-31, details of a couple of great local walks on pages 10-13 and 28, and don't forget to sign up for this summer's Crich Monument Race – details on pages 34-35.

We haven't left out news from our schools, which you'll find in a round-up on pages 32-33, or news from local organisations with follows in our News in Brief section and also on pages 28-29. We have pulled together forthcoming events in our area in a What's On section on pages 24-27.

At the same time as refreshing the look, structure and content of the magazine, we have also completely relaunched the website at the new address, crichstandard.org. Please do



Photo by Paul Yorke

take a look and bookmark it as we are going to be keeping the website much more up-to-date with news articles between the quarterly magazines. There is a news section, an events calendar and a directory of our local organisations, as well as businesses who advertise in this magazine.

We really do hope you enjoy the new magazine and website. Please let us know what you think by emailing editor@crichstandard.org.

Andrew Auld

PS Our next edition will be all about Crich Parish as a place to visit ... read about that on the inside back cover.

News in Brief



Crich Open Gardens

Anyone interested in opening part or all of their garden for the Crich Open Gardens event this year is invited to a 'meet and greet' (last year's meeting pictured above), where we can discuss any concerns, support etc. This will be held in the Black Swan on 13 March at 7pm.

The Open Gardens Gang

For more on this story, visit crichstandard.org/cog.

Whatstandwell Social Club

Committee meetings will be held at The Family Tree on 8 April and 20 May; if you're interested in joining the committee or volunteering for events, please come along.

Visit crichstandard.org/wsc for more updates.

WI meetings

Meeting at 2pm on the second Wednesday of each month in St Margaret's Hall, Alderwasley, the Whatstandwell WI welcomes new members. Contact Marilyn on 01773 857255.

Roll of Honour gets second home

After the dedication of the 2018 Roll of Honour, it was displayed in the Comrades Club as part of the WW1 exhibition before moving to its permanent home in the Glebe. However, the members of the Comrades Club have subsequently requested that a second copy of the Roll be produced to be displayed permanently in the Club.

Given that some of the original founders of the Comrades Club are named on the Roll, this seems entirely fitting, and thanks go to the members of the Club for funding this second copy.

For more information about the Roll and to see the listing of names online, visit crichparish-ww1.co.uk.

The PLACE Project – help needed

It's great to see so many people using the new equipment on the recreation ground. We still owe over £3,000 for the play equipment, so any donations would be gratefully received.

*PM Yorke, Chair,
The PLACE Project*

Find out how to donate by calling 01773 856849 or emailing pmyorke1@gmail.com.

Crich Parish Council update

- The planning application for dwellings at Woodside Farm came before Amber Valley Borough Council in December. The Parish Council considers that the scheme contravenes the Crich Neighbourhood Plan in several respects and is now considering what actions to take in response.
- Defibrillators will shortly be installed outside the Glebe in Crich and in the phone box on The Green in Fritchley.
- We have set the precept for 2019/20 at £76,051, an increase per elector of less than 9p per week.

Cllr. Margaret Lane, Chair of Crich Parish Council

For more on these stories, visit crichstandard.org/cpc.

Crich Parish Council:
01773 853928.



Fritchley Village Hall to reopen

The East Midlands Region of the Congregational Federation has decided to allow the church and hall to reopen and re-establish a functioning congregation, also enabling the community to use the hall. As soon as we have established a timescale for reopening, we plan to organise a public meeting in the building to mark the event.

Steve Wood, (Save) Fritchley Village Hall Group;
Stevewood349@gmail.com

For more on this story, visit crichstandard.org/fvh.

Photo by Steve Wood

Crich Village Fete funding

The 2018 Crich bonfire event raised a healthy profit to help fund this year's fete, to be held on Saturday 13 July on the recreation ground. Attractions will include a climbing wall, live music, grass sledges and circus skills workshop.

Visit crichstandard.org/cvf over the coming months for more fete updates.

St Mary's Church contacts

While St Mary's is without a vicar, please use the following details to contact the church.

Weddings and baptisms: Anette Love (01773 852180; anette.love@btinternet.com); **other matters:** wardens Martyn Offord (01773 853722; martynofford@gmail.com) or Michael Holmes (01773 833210; michaelholmes.1962@yahoo.co.uk).

There will continue to be the normal Sunday services. There is a said Prayer Book at 8am every Sunday. There are also services at 10.15am and 6.30pm.

For more details, visit crichstmarys.org.uk.

To run, or not to run?

by Ian Travers

So are we talking 'running' or 'jogging'? It doesn't matter!

One of the cheapest, easiest to try, and all round good-for-you activities is the act of moving yourself along using your legs at faster than walking pace.

And in my book, whatever the speed, that's running.

I've been a keen runner for 18 years (and I'm 52 – you do the maths) and I love it. For the past few years I've had the honour of organising and leading a Jog Derbyshire running group in Crich, and I get a real buzz from seeing people come and give it a go and then stick with it. Even better is the knowledge that the group members arrange to meet and run between the

weekly group runs because they 'want to'. We've also had folks who've moved on from our friendly group to do great things with local running clubs – some have even completed the London Marathon too.

So what's the secret – how do you a) start to run, and b) stick with it?

How to start

Well, first you need to bypass all the excuses you've made to yourself for not doing it. You know the ones: 'It's my knees', 'I'm so busy', 'I'll start when the weather improves', 'I haven't got the gear', 'I don't do hills'. Sound familiar?

Then there are the roadblocks others will throw in your way: 'You run? Seriously?', 'You're going to become one of those joggers, then?', 'You won't look good in all that Lycra'. This is where it seems some of those around us would rather we stayed unfit because that would make *them* feel better.

The best way to begin is simply to get a comfy pair of

trainers and some loose-fitting clothes, and step outside. Running magazines would have you spend hundreds of pounds on the latest GPS, hi-tech shoes, go-faster gear, phone apps – but seriously, to start with, just use the basics and get out there. If you can find a friend to join you, that's great.

The key thing at this point is not to set your objectives too high. If you've never run before other than for the bus, then set out with an easy 'run for a bit, walk for a bit' routine, enjoy the fresh air, look around you, and then repeat. If you're in Crich, there's a great place to start that is about as flat and level as it gets round here: The Common, from Market Place to Fritchley. Choose a pair of lampposts to run between, then reward your effort by walking between the next two, and so on.

How to stick with it

By far the most important aspect of running is how you



feel about it. Most running challenges are in your mind; your body is generally far more capable than you imagine. Take time to be honest with yourself about why you want to start – and this can take a while (it took me nearly two years to find my reasons for running). You don't need to share this with anyone, but make sure it's something that is important to you. Maybe it's about being able to keep up with your kids, maybe it's to fit into an outfit for a special event, maybe it's a health/lifestyle change. Whatever it is, it will be the thing that gets you out running in the rain and cold, because it means something to you.

Secondly, believe in yourself. Believe you can run for five minutes – then prove it to yourself. Now you might believe you can do 10 minutes ... and so the cycle of belief and evidence continues, until eventually you'll be running for 30 minutes or more, and then there'll be no stopping you. You notice I make no mention of speed here; whether you run 5K in 20 minutes or 50 minutes, it's still the same distance, and you'll still be running.

Once you've started and have discovered that you might just like it, it's a good time to invest in a pair of good running shoes. Visit a decent purveyor and ask for advice on the best type for you – it's important to get footwear that suits your running style and terrain; your knees will thank you for it in years to come! But apart from that and a head torch to guide you through the dark mornings and



evenings, other kit is entirely at your discretion.

I love running. I know that every step I take is helping me both physically and mentally (there's a positive connection between outdoor activity and wellbeing). I've never come home from a run not feeling better than when I went out. Maybe a little more muddy, damp or tired – but feeling great inside!

Why not give it a go?

Photos provided by Jog Crich

Want to try?

The free Jog Crich beginners' running group meets every Monday evening outside Crich Butchers – for more info, visit activederbyshire.org.uk and search for 'Jog Crich'.

A chat with... Andrea Kemp, Crich resident and founder of Shift

by Dom Andrews



First, tell us about Shift.

Shift is a Community Interest Company, based in Tibshelf, which covers Derbyshire and Nottinghamshire. Our aim is to find ways of shifting community attitudes to exercise and health improvement. In particular, we tend to work in areas where there are low levels of activity and a culture of sedentary behaviour and poor health.

And how does it work?

We train local people and volunteers in communities to set up activity groups that can help other people easily find like-minded hobbyists who want to jog, dance, do yoga and go walking together. Building momentum locally means that the initiative is more likely to continue rather than simply happen as a one-off event.

What inspired you to start the company?

After getting a degree in Sport and Recreation Management, I got a job where there were endless meetings and bureaucracy. I decided that wasn't my thing – I wanted to make a tangible difference.

Do you think that Crich is an active-community success story?

Definitely. Local volunteers have initiated schemes and raised funds to make Crich a place that lends itself to being active and enjoying wellbeing as part of a daily routine.

Crich is a good example of a community where social infrastructure has been successfully implemented and small changes can make a big difference. The PLACE Project is a great example – it improved facilities on the recreation ground, so there's now a pathway accessible to all ages, benches where people can meet outdoors, and easy access to fitness and play equipment in the same area.

Other success stories include Fitness Fortnight, which offers taster sessions to introduce people to new activities as well as showcasing existing activity groups.

How do you like to get active around Crich?

For general exercise and enjoyment, I love to go to Shining Cliff Woods. It's a beautiful, natural environment and a great place for kids to play or build

a den. My favourite area is the woods near Top Hagg Lane.

So, what's the main 'shift' you're trying to encourage?

The focus is particularly on people who find it hard to fit formal exercise into lives that are already busy due to work and family, and trying to get activity to become a normal part of their daily routine.

Do you think physical and mental health are linked?

Definitely. There's a huge overlap between the two and the focus for us is on socialising as well as exercising because the two go together so well. Infusing activity with a fun social dimension means people are more likely to commit to meet and do it together, and then go on to make it a habit.

Activities can range from formal events, such as the monthly stress-busting run at Kedleston Hall in partnership with the mental-health charity Mind, to informal gatherings like measuring out a mile locally for people to walk after picking up the children from school.

What else are you keen to achieve?

To encourage health professionals to recommend physical activity instead of or alongside drugs and medication. To involve more young leaders and volunteers in helping others enjoy being active in the community. And to strengthen links between Crich and nearby fitness and outdoor centres, such as Lea Green, leisure centres and outdoor spaces.

What do you think about exercise gadgets and gear?

They have their place because sportswear and gadgets can be useful, but actually loads of statistics via gadgets can hinder the habit of exercise. Walking 10,000 steps a day sounds like a chore, whereas meeting a friend for a proper walk before coffee sounds more like fun. Wearing special breathable fabric and luminous Lycra can also serve to make exercise something 'other' and not an integral part of daily life.

How will you know if attitudes to fitness have 'shifted'?

I'd like to see empty car parks at school pickup or drop-off because people are going on foot; bike-racks outside shops and workplaces being used regularly, and more head-torch lights jogging along on autumn and winter evenings!



Want to know more?

Find out about Shift at shift-together.co.uk.

Gentle yoga with Crich Area Dementia Friends' Group

by Frances James

The health benefits of yoga have been well documented over the years. There are, however, a number of misconceptions about what yoga entails, with people envisaging having to get into strange positions, sitting on the floor with their legs wrapped around their neck! With these false ideas in mind, it might have seemed strange to establish regular yoga sessions as one of the activities run by Crich Area Dementia Friends – but that is what we did.

We were very fortunate to be introduced to Bev Lomax, who is an extremely experienced yoga teacher, and even more fortunate when she agreed to run the sessions. She is highly

skilled in adapting the various activities to ensure that they are well matched to the differing abilities and needs of the people in the group. All the exercises are either

chair-based or can be done standing next to a chair; there is no mat or floor work. The clue is definitely in the title of 'gentle yoga'.

Bev chooses a range of activities which are aimed to promote overall physical and emotional wellbeing. She cleverly shows how all the movements can be done at home: for example, ideas for stretching and exercising muscles before getting out of bed; little exercises that can be practised in the kitchen





while waiting for the kettle to boil, and ways of getting up from a sitting position which promote better core stability.

Alongside these important physical exercises, Bev teaches how to be still, take stock and therefore reduce anxiety. These meditation exercises teach how to focus on your breathing and block out the 'noise' of the rest of the world, albeit for a short time.

On average, nine people attend each session and everyone appears to enjoy themselves enormously. One participant commented how calm she felt after the sessions and another said that she was able to stand up with greater ease than she had in the last ten years.

Gentle yoga sessions take place at the Glebe Field Centre, Crich on alternate Tuesdays from 10am to noon. The next sessions are on 5 March, 19 March and 2 April.

If you're interested in joining the yoga group, you can either let us know in advance or just turn up on the day. Sessions are free of charge, and if you want to bring a friend with you, that's fine. Please wear comfortable clothes.



Photos provided by Frances James and Paul Yorke

Find out more
If you'd like more information, please contact Frances James on 01773 852692.



Read about your local organisations on our new website
crichstandard.org



A walk on the wildside

Experience a wild garlic walk, cook up a delicious soup and find out more about foraging and folklore
with Essie Prosser

Imagine you're a bear waking up from your long hibernation in a snow hole somewhere in the hills and mountains of northern Europe.

After such a long sleep, you'd be extremely hungry and would need to stock up on your vitamins and protein; your snout might be drawn to the forest floor by the pungent aroma of *bärlauch* if you were in Germany (literally 'bear leek'), *czosnek niedzwiedzi* if you woke up in Poland, or *cheremska* if you found yourself in Russia. If you were emerging into the spring air in North America you might call it ramps, but in the UK we call it wild garlic, also known as ramsons or buckrams.

Its body-strengthening powers are well documented, and in many languages it takes its name from the

aforementioned bear in tribute to the bear's power and strength and its fondness for wild garlic. Hopefully none of you have spent the winter in a snow hole, but you too can appreciate the wild garlic season and benefit from its curative and flavoursome properties.

Wild garlic has long been used in herbal medicine, although for a time in the Middle Ages it went out of fashion as its distinctive smell was thought to be the work of the devil and witches (*hexenzwiebel* is an alternative German word for it – literally 'witch's onion'). It is said to lower cholesterol, soothe upset tummies and be a great source of vitamin C, iron and beta carotene, as well as a natural expectorant and antiseptic. An old English saying, 'Eat leeks in March and ramsons in May and all the year the physician may play', testifies to its perceived benefits. But never mind its

medicinal properties – it just tastes good, and it grows in abundance right on our doorstep.

Take any woodland walk in our area from March to May and you'll see wild garlic's vibrant green leaves carpeting woodland floors and smell its aroma permeating the area. At this point, it should be noted that wild garlic leaves look very similar to those of lily of the valley and a couple of other plants which appear at the same time of year and which are definitely *not* edible – please avoid them! Wild garlic is distinguishable by its intense garlicky smell (crush a leaf between your fingers if you're unsure), and also because it has one leaf to a stem whereas lily of the valley has two leaves per stem. In years of gathering wild garlic, I've never got the two confused, but it's best to be aware.

Recipe



Wild Garlic & Almond Pesto

50g ground almonds
100g wild garlic leaves
20g grated Parmesan
2 dessertspoons olive oil
Cayenne pepper and salt

Roast the almonds in the oven until they colour up a little. Place them in a blender with the wild garlic, Parmesan and olive oil and blitz until combined. Season to taste with cayenne pepper and salt. Serve stirred into the cooked pasta of your choice.

If you've never tried wild garlic before, now's the time to get out and about and wake up to ramsons!

Turn the page for a local walk where you should find wild garlic growing in abundance...

Follow the garlic trail

Walk time: 1 hour 15 mins to 2 hours (depending on how long you stop and stare or ponder and pluck).

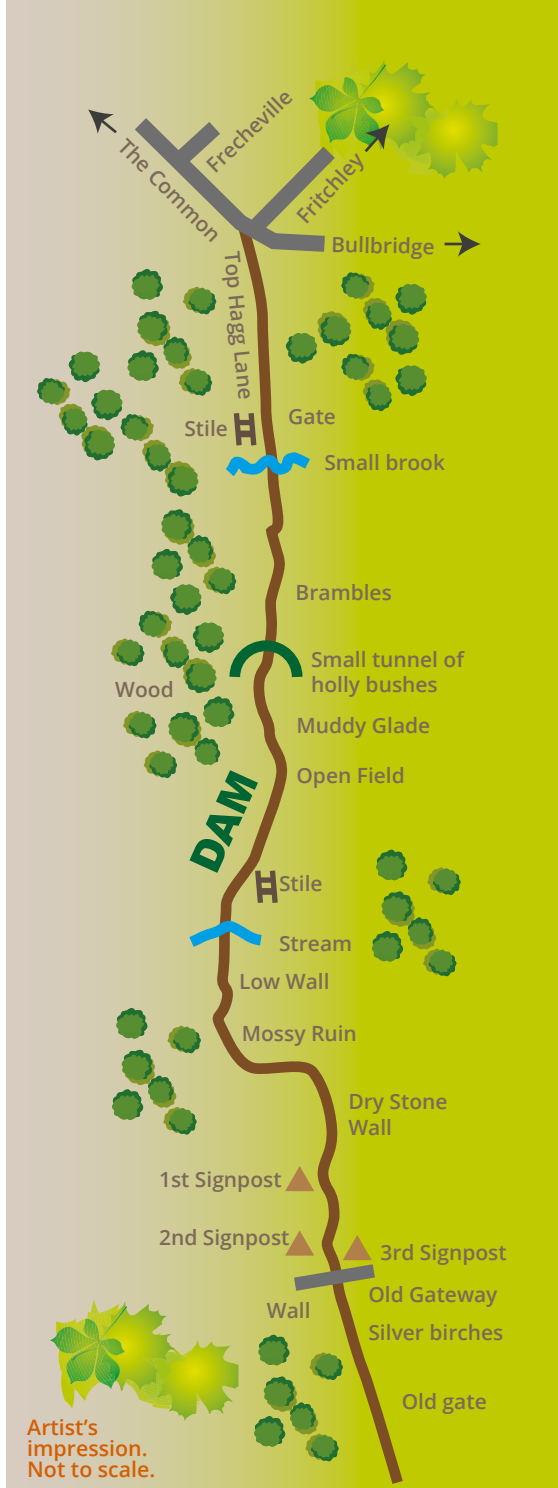
Difficulty: easy – though unsuitable for those who are unsteady on their feet or for pushchairs, as paths are uneven.

Set off down Top Hagg Lane in Fritchley (with your back to the new Forest View development) and then follow the track to the right, having passed through the gate at the end of the lane.

This will lead you across the hillside (with fabulous views of Amber Valley below and across to Heage Windmill on the opposite hillside), walking parallel to the reservoir.

The path eventually leads into Chadwick Nick woods via a stile near the bottom of the reservoir where new trees have been planted, and across a bridge over a small stream. In the woods there are many tracks created by animals and dog walkers alike, but if you just head straight you will eventually come to the mossy-stoned ruin of the gamekeeper's cottage. Here, if you bear left and downhill slightly, the path will rejoin the main path to the right up to the top of Chadwick Nick and across the fields to Chadwick Nick Lane (*for more detail, see the map, right*).

Most paths lead back to the main path in case you miss the turning at the ruins.





Your way should be strewn either side with wild garlic in the spring (not to mention bluebells, which follow the garlic season), and if you fancy picking yourself a bunch of garlic be sure just to pick the leaves and not the bulbs. Leaves are best picked before flowering, as once the tiny white star-like flowers have bloomed, the leaves become bitter and not quite as tasty.

For those of you travelling on wheels, the hillsides either side of Wakebridge and Lea Shaw are just as garlic-bountiful, and the woods around Cromford Canal also offer up plenty of ramsons.

More ways with garlic

Whether you've foraged your own wild garlic or bought a bunch from a market, always wash it thoroughly before use. From a flavour point of view, it's best used raw or cooked as gently as possible as it loses some flavour on cooking. The Germans simply put a leaf on top of rye bread that's been liberally smeared with Schmaltz (a particularly luscious sort of dripping, liberally dotted with crispy bacon or onion) for an easy snack. It can be added to pizzas for an interesting topping or chopped into salads, omelettes or quiches

to add colour and a hint of garlic flavour. Baked into bread, it makes a milder alternative to the traditional garlic bread, and it's also a cheap and cheerful garnish for soups, stews and risottos.

Pesto is great with wild garlic – try our recipe using almonds on p11. Not keen on almonds? Blend the leaves with pine nuts, olive oil and Parmesan for a more traditional version.

Photo by Geoff Brown

Activity for young people

by Claire Ganthony

We're so lucky in our area that there are so many great opportunities for children to enjoy activity. A 2016 study reported that British children are among the least active in the world, but there's no reason for this to be the case for our youngsters.

At the Crich Recreation Ground, The PLACE Project has rejuvenated the play area and the facilities provide children with opportunities

to climb, balance, swing and slide, while the slopes and open spaces invite running and rolling. The outdoor gym equipment gives older youngsters the chance to exercise in the fresh air and goal posts remain in place for a traditional kick-about.

Organised activities such as Kathleen Creswell's dance classes at the Glebe offer children from three years old the chance to take part in street and ballroom dancing. Scouts offers a wide range of opportunities to be active, with something to suit everyone from ages five to 18. Active games form a part of each session. Individuals can complete challenge badges in sporting activities including

swimming or cycling. As well as traditional camping, there are night hikes and chances to take part in tree and rock climbing, canoeing and abseiling throughout the year.

For sports teams, our young people must travel further afield. One Crich resident, Gavin Clark, coaches Tansley Juniors Football Club. All but one of the registered players attends school in Crich or the neighbouring villages.

While keen to encourage young people to be active, Gavin sees the wider benefits of team support as equally important. 'I got involved with Tansley Juniors FC to promote being active as part of a supportive social group,' he says. 'Football is much



Photo provided by Crich Carr

***Find out more about
the Scouts in our
Community Round-up
on pages 28-29.***

more than winning or losing matches. Children from age five are able to train, learn about the game and, most importantly, have fun. My main aim is to make sure my players enjoy the sport.'

Our schools and Pre-School are deeply committed to encouraging activity, and opportunities are embedded into the children's daily experiences within these settings. At Crich Carr all pupils, from Reception to Year 6, take part in extra-curricular sports activities with many varied sports on offer, including tag rugby, hockey, basketball, tennis, table tennis, athletics, gymnastics, dance, water polo, martial arts, bikeability and archery. There are lots of opportunities to take part in sporting competitions and the new climbing equipment and balance bikes enable children to keep fit and have lots of fun. Pupils at Fritchley School take part in 'Wake and Shake', a 10-minute workout at the start of the day, and the Golden Mile, an initiative to get children running at lunchtimes. There are also several after-school sports clubs available for the children to join.

***'Learning happens inside
and outside every day
at Crich Infants, with
physicality being key
throughout the day.'***

Julie Kirk, the Head Teacher at Crich Infants, told me: 'Learning happens inside



*Photo provided
by Crich Carr*



Photo provided by Crich Infants



Photo provided by Crich Infants

'At first glance, outdoor activity may look like it has nothing to do with writing – for example, manoeuvring a scooter or using the climbing wall. However, these activities develop persistence and resilience and strengthen hands to develop effective posture and writing tool grip.'

and outside every day here, with physicality being key throughout the day.' This develops the habit of active living and has benefits for the children's learning too. 'Many of the activities are designed to develop core strength, which is an essential skill for writing,' says Julie. 'A first glance, outdoor activity might look like it has nothing to do with writing – for example,

manoeuvring a scooter or using the climbing wall. However, these activities develop persistence and resilience and strengthen hands to develop effective posture and writing tool grip.' Even when engaged in written tasks, children are invited to have 'tummy time', which develops core strength and aids handwriting skills.

Forest Schools are an increasingly popular way of encouraging a love of outdoor activity, and Crich Infants and Pre-School together explore all the woodland has to offer on Friday afternoons. Sessions allow the children to follow their own interests and ideas through dynamic play and exploration while developing social skills, taking on roles that may not naturally occur in an indoor setting. Children have the chance to develop self-confidence, independence and judgement through

challenge and supported risk-taking in a safe environment while enjoying being outdoors and active.

Sadie Hartshorne is the coordinator of Crich Pre-School's Every Child A Mover project. 'Children crave opportunities to move in a variety of ways and we endeavour to support this by creating a safe, movement-rich environment,' she says. 'Movement and activity are part of every session, be it exploring our outdoor play area, taking a walk to discover what our local area has to offer, or active play indoors. Our indoor climbing frame allows children to clamber, twist and crawl, providing them with challenge and puzzle. By establishing movement and activity as central to what we do

Find out more about our schools on pages 32-33.

'Children crave opportunities to move in a variety of ways and we endeavour to support this by creating a safe, movement-rich environment.'

every day, we help to protect against the risk of childhood obesity.'

Sports Leaders from Crich Juniors provide excellent role models for the Pre-School children, visiting them during the summer term to lead various activities. These pupils train, plan and deliver sports activities in school and the wider community.

Cheryl Julian, Head of Crich Juniors, emphasises how inclusivity is at the heart of the school's ethos: 'We meet the needs and interests of our whole school community in all we do. This is followed through in sport by providing a diverse range of active learning, from mindfulness and Tabata [a type of interval training] to Kabaddi [a 'tag' sport] and Bollywood dancing. We are also evolving a programme using Taiko drums to encourage physical activity, in particular, upper body strength and coordination.'

And as spring comes along and the days get longer, there are more opportunities to be active together as families, making the most of our beautiful surroundings. Perhaps den building in the woods together, climbing to the top of the Stand for a game of I-Spy or a walk to the canal to feed the ducks...



Photo provided by Crich Infants

Dance photos by David Lane/Kathleen Cresswell School of Dance



Just a thought

Healthy bodies and healthy minds

by Chris Hand

By the time this new-look magazine lands on your doormat, we may have begun to enjoy a taste of spring. No 'Beasts from the East' to keep us penned indoors this year, eh? No sub-zero temperatures keeping us close by our radiators or firesides while we nurse a cup of something warming in our hands. Well, I can but hope...

So, if hints of spring are around, and we are now diligently applying beeswax to our walking boots, take added heart. It might not just be the body reaping the benefit. The mind might be as well.

How many of us earn our crust while sat immobile at a computer screen or travelling unreasonably long distances by car, train or plane? Why, look at me – sat here at my PC (where I have been parked most of the afternoon). But have I taken any exercise? Or even thought about it? Come to that, have you either? Driven by deadlines, chained to the spot while we obsessively check social media lest we miss some nugget of news or insight, our minds might actually be freer to process, understand and apply these gleanings or complete those tasks better if we have undertaken some physical activity.

And the science points in that direction as well. Government guidelines suggest two and a half hours of moderate to high intensity exercise a week for those aged 19 to 64. Yes, I read that too. Apparently, last week, I spent three hours four minutes of screen-time on my iPad. Point made! In fact, studies suggest memory functions better and our problem-solving skills take an upswing if we engage in some regular exercise.

Well, it was the Roman poet Juvenal who originally supplied us with our heading inspiration. Perhaps he knew what he was talking about.

*'Sit mens sana
in corpore
sano (a healthy
mind in a
healthy body)'*

All about ACE

by Rachel Jennings

A bit like The Artist Formerly Known as Prince, ACE was formerly known as Fitness Fortnight! The name-change is something that came out of looking back at Crich's first Fitness Fortnight last year, and listening to the feedback on how we could improve it.

Trish Howard first came up with the idea of a healthy village mark – like Britain in Bloom – involving schools, and asked me to come on board.

I'm already involved in people's health as an osteopath and getting them more active (teaching yoga), and I know what it's like to move into the village and not know anyone. I also know how important community is for mental health and wellbeing. So it was a no-brainer – I was completely sucked in!

Trish and I batted ideas around over a cuppa. We came up with a plan to organise a fortnight of fun events leading up to the annual fete, use the tents the day after the fete, and pull together a listing of the activities that were actually going on in Crich, so people knew about all



Photos provided by ACE

Some people found the word 'fitness' off-putting, and as the point is to be inclusive and get everyone involved, we came up with a new, more welcoming name: Active Crich for Everyone. ACE!

the existing classes, teachers and venues.

So with Linda, Kate, Phil, Sara, Dom and Geoff's help, we got the list together. We set about organising free tasters and events at venues including the Glebe Field Centre and the Tramway Village. We put on a retro disco, did lots of yoga, mindfulness and total fitness in the fete tents, and natural running and a village rounders match on the rec.

Alongside all that, we did a fabulous fun run from The Cliff Inn with Jog Derbyshire. This was so lovely that some people are altering their

holiday plans for July so they don't miss out this year!

Now, back to the name-change. It seemed that some people found the word 'fitness' off-putting, and as the whole point is to be inclusive and get everyone involved, we came up with a new, more welcoming name: Active Crich for Everyone. ACE!

Since then we've had a soul disco at the Comrades and there'll be another on 8 March with Simon choosing tunes...

By the time you read this, we'll have had a salsa lesson and



party at the Glebe with dance teacher Jose, in February.

And we'll be excitedly planning this year's fortnight – the first two weeks in July. Put it in your diary!

We're really keen to get new people on board at ACE with ideas, energy, and just more hands on deck to make the fortnight even better.

You don't need a mankini or six-pack to help. Although a different kind of six-pack may be welcome at meet-ups...

Follow us on Facebook, Twitter and our page on the *Crich Standard* website, crichstandard.org/ACE.

Rachel Jennings,
07877 320723



'Spring Into Health' free tasters!

One of the comments from the 2018 Fitness Fortnight was that there were too many experienced people in beginners' classes – so this year we've got some **FREE** taster sessions for complete beginners at the Glebe Field Centre.

If you read Alan Richmond's article in the Winter 2018 *CACN* about being a beginner and moving into the village, you'll hopefully realise what a warm welcome awaits you. Here's what you can enjoy:

Ballroom dancing:

Thursdays 14 and 21 March, 6.30-7.15pm

Table tennis:

Tuesdays 19 and 26 March, 2 and 9 April, 6.00-7.00pm

Yoga for Better Sleep:

Wednesday 20 March, 5.00-6.30pm

Yoga for (Senior) Men:

Wednesday 20 March, 6.30-8.00pm

Yoga for Better Backs:

Wednesday 3 April, 5.00-6.30pm

Yoga for Stress and Anxiety:

Wednesday 3 April, 6.30-8.00pm

Line dancing:

Thursdays 4 and 11 April, 6.30-7.30pm (adults only)

Please wear trainers and sensible clothing for the dancing etc.

Under-18s must be accompanied.



As you read this, we'll be excitedly planning goodies for this year's fortnight – the first two weeks in July.

Put it in your diary!

This edition of *Crich Standard* is full of ideas on how you and your family can get involved in active pursuits in the local area. We've pulled together a directory of organisations and groups on the *Crich Standard* website, with contact information and days and times of classes/activities. There are options for all ages and fitness levels.

Visit crichstandard.org/directory.

Take a look to see if there's something that appeals to you. And if your active passion is missing from our list, you could even start a new group!

*Ballroom, Latin, Modern
& Sequence Dance*

**Circuit
Training**

Chair-based Yoga
(dementia-friendly)

**Recreational Cycling Group
(Informal)**

Pool **JOG
CRICH**

LINE DANCING

Children's Dance Class

Cliff Inn Cricket

Dru Yoga

CRICH WALKING GROUP

Table Tennis

Serenity Yoga

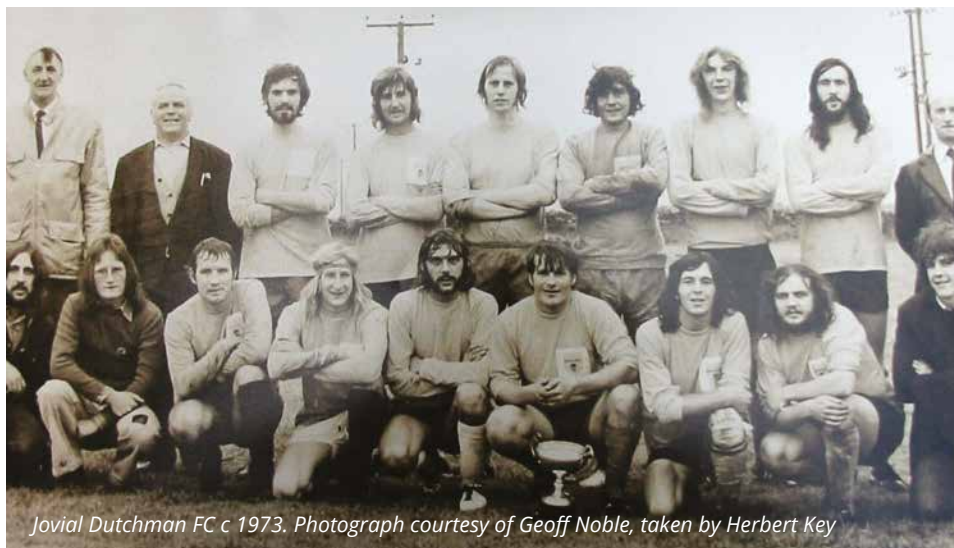
Indoor Bowls

YOGA

Snooker

Tai Chi Holloway & Crich Group

Ultimate Body Workout



Jovial Dutchman FC c 1973. Photograph courtesy of Geoff Noble, taken by Herbert Key

Villages united

by Claire Ganthony

The Crich area has a long history of active sporting teams, particularly when it comes to football. In December 1914, a report in the *Peak News* announced the withdrawal of the Crich Town team from the Matlock League. A letter in the paper responded to accusations of 'pot-hunting' as the withdrawal followed their defeat in a knockout competition.

This was strongly denied by the team. Instead, the writer explained, the withdrawal had been due to a lack of available men as more and more locals signed up to join the armed forces.

Eric Hartshorne credits Mary Hammond, Akela of the Crich 1st Wolf Cubs, with introducing organised football to the youth of Crich in the late 1940s, and the Crich area had many teams throughout the latter half of the 20th century. Local pubs played a central role in the founding of these teams, with Crich Boys meeting at the Black

Swan clubroom for many years and the landlord of the Bull's Head being chairman of the first committee.

Teams played in fundraising tournaments such as the one in 1965 to raise money for the recreation ground. You may recall seeing photos of the victorious 'Fire Crackers' being awarded their trophy in the last issue of *CACN*.

There were also organised leagues and cup competitions in which Crich area teams competed with others from neighbouring villages and further afield, sometimes



**Tansley Juniors
FC in action**



Photos by David Lane

Many Crich area residents will remember a Kings Arms team playing at the rec

with up to 1,000 supporters attending finals matches.

Eric Burton recalls playing with Whatstandwell, when John Hawksley was manager. Eric also told me about his friend, the late George Storer, who was devoted to the Crich Boys team for many years. John Peach played a few games for Crich Rangers but mostly for the Jovial Dutchman. He said of the teams: 'There were great players in both of these sides, when football was football.' And many Crich area residents will remember a Kings Arms team playing on the recreation ground on a Saturday.

Although teams in Crich are sadly lacking at the moment, fortunately we don't have to go far to see some quality football – Tansley Juniors FC is a thriving club with teams for both kids and 'seniors'.



WHATSTANDWELL YOUTH F.C. 1946-57

BACK ROW LEFT TO RIGHT: Fred Spendlove (Sec), C. Mason, S. Harrison, A. Walker, Mr G. Flinders, Sid Topham, A. Byard, Mr Nadin, T. Mason, E. Dixon, Mr Blackford.

FRONT ROW LEFT TO RIGHT: K. Blackford, Les Flint, Jack Gasgoyne, L. Flinders, Don Nadin.

Get in touch

Were you an active member of a Crich area sports team? Would you like to see the teams reformed? Are there any active sports teams in our area today? Why not share your memories or ideas on our social media page? To find out more about Crich football teams in the past, visit crichparish.co.uk/webpages/footballhistory.html.

What's On

MARCH 2019

ST MARY'S CHURCH

ASH WEDNESDAY SERVICE

Wednesday 6 March, 10.15am.

A SERIES OF CONVERSATIONS ABOUT SOME 'DIFFICULT' ISSUES

Wednesday 13 March (and every Wednesday during Lent), 1.30pm or 7.00pm at the Glebe Field Centre.

Visit crichstmarys.org.uk.

LIVE & LOCAL SHOW

SUNJAY IN CONCERT

Derby-born British Blues Awards nominee Sunjay brings us superb 'new generation' blues music. Suitable for ages 10+.

Saturday 23 March – Florence Nightingale Memorial Hall, Holloway

Tickets: ticketsource.co.uk/florence-nightingale-memorial-hall or call Dave Carless on 01773 856545.



Sunjay

CRICH HERITAGE TALK

A HISTORICAL JOURNEY DOWN THE CROMFORD CANAL IN OLD PICTURES

Talk by Hugh Potter.

Thursday 28 March
Glebe Field Centre,
Crich at 7.30pm

Admission: non-members,
£2.50; members, free.

ST MARY'S CHURCH

MOTHERING SUNDAY SERVICE

Sunday 31 March, 10.15am.

Visit crichstmarys.org.uk.



Kit Holmes

LIVE & LOCAL SHOW

KIT HOLMES WITH AL GREENWOOD IN CONCERT

Acoustic singer-songwriter Kit is joined by guitarist Al Greenwood for an enthralling, infectious performance of her blues-driven roots.

Suitable for ages 10+.

Sunday 31 March –
Glebe Field Centre, Crich

Tickets: ticketsource.co.uk/crichglebiefeldtrustltd or call David Lane on 01773 853260.

APRIL 2019

DERBYSHIRE SINGERS IN HARMONY WITH HARLEQUIN

The Derbyshire Singers with Harlequin Brass, one of the UK's premier brass ensembles.

Rutter: *Gloria*. Gabrieli: *In Ecclesiis*. Chilcott: *Gloria*.

Saturday 6 April – Lady Manners School, Bakewell at 7.30pm

Tickets: derbyshiresingers.org.

ST MARY'S CHURCH LICENSING OF REVD IAN WHITEHEAD

to the benefice of St Mary's Crich and All Saints South Wingfield at St Mary's.

Monday 8 April, time to be arranged

For updates, visit crichstmarys.org.uk.

SOS CHARITY FASHION SHOWS

FUNDRAISING FASHION SHOW & SHOPPING EVENT

Your favourite fashion brands at up to 75% off.

Friday 12 April – Glebe Field Centre, Crich at 7.30pm

Advance tickets available from Glebe Field Centre reception.

CATS IN NEED

CATS IN NEED SPRING SALE & COFFEE MORNING

Books, bric-a-brac, soft toys, bargain goodies – drop in for tea, coffee and cake.

Saturday 13 April – Baptist Chapel School Rooms, Market Place, Crich at 9.30am-12.30pm

LIVE & LOCAL SHOW THE FROE IN CONCERT

A magical evening of beautifully delicate string arrangements of both traditional and original folk music from this Birmingham-based, Conservatoire-trained string quartet.

Suitable for ages 7+.

Saturday 13 April – Glebe Field Centre, Crich

Tickets: ticketsource.co.uk/crichglebiefeldtrustltd or call David Lane on 01773 853260.

ST MARY'S CHURCH HOLY WEEK SERVICES:

Sunday 14 April – Palm Sunday Communion, 9.15am. (Note: different time as it is Ian's first services at Crich and South Wingfield.)

Thursday 18 April – Maundy Thursday Communion, 7pm.

Friday 19 April – Good Friday children's and family activities, 10.00-11.45am; all age worship, 11.45am-12.15pm.

Sunday 21 April – Easter Day Communion at Crich Stand with egg hunt and bacon butties, 8am; Easter Communion for all ages with egg hunt, 10.15am; Easter Praise, 6.30pm.

Visit crichstmarys.org.uk.



Andy Parkinson

CRICH HERITAGE TALK HEAGE WINDMILL

Talk by Brian Naylor.

Thursday 25 April – Glebe Field Centre, Crich at 7.30pm

Admission: non-members, £2.50; members, free.

PHOTOGRAPHY TALK AN ILLUSTRATED TALK BY ANDY PARKINSON, WILDLIFE PHOTOGRAPHER

Crich-based Andy contributes to magazines including *National Geographic* and *BBC Wildlife*. His talk will feature many of his wildlife images.

Saturday 27 April – Glebe Field Centre, Crich

Tickets: ticketsource.co.uk/crichglebiefeldtrustltd or call David Lane on 01773 853260.



The Froe

What's On



The Carrivick Sisters



The Man Without a Past

MAY 2019

LIVE & LOCAL SHOW

THE CARRIVICK SISTERS IN CONCERT

Up-tempo pickin' and fiddlin' from the hugely talented Devonian twins Laura and Charlotte Carrivick, one of the UK's top young American bluegrass and old-time music acts.

Suitable for ages 7+.

Sunday 12 May –
Florence Nightingale
Memorial Hall, Holloway

Tickets: ticketsource.co.uk/florence-nightingale-memorial-hall or call Dave Carless on 01773 856545.

LIVE & LOCAL SHOW

THE MAN WITHOUT A PAST, NEW PERSPECTIVES THEATRE

This part-melancholic love story, part-deliciously deadpan comedy takes you on one man's extraordinary journey from anonymity to unexpected salvation.

Suitable for ages 12+.

Sunday 19 May – Glebe Field
Centre, Crich

Tickets: ticketsource.co.uk/crichglebefieldtrustltd or call
David Lane on 01773 853260.

CRICH HERITAGE TALK

A DERBYSHIRE CHURCH ABCDARY

Talk by Julia Hickey.

Thursday 30 May – Glebe
Field Centre, Crich at 7.30pm

Admission: non-members,
£2.50; members, free.

What's On

JUNE 2019

CHARITY CONCERT

ONE DAY-----? A CELEBRATION OF PEACE AND REMEMBRANCE

A charity concert featuring award-winning folk musicians John Tams and Barry Coope.

Proceeds will contribute to a remembrance sculpture to be installed at Belper Memorial Gardens.

Saturday 1 June – St Peter's Church, Belper

Tickets: derbyLIVE.co.uk or call 01332 255800.



Narthen

FESTIVAL

WHATSTANDWELL FESTIVAL

Great live music, crafts, workshops, food and drink.

Friday/Saturday 21-22 June – venue to be confirmed

More info: whatstandwell.org.

CRICH HERITAGE TALK

THE ECCLESBOURNE VALLEY RAILWAY

Talk by Eric Boulton.

Thursday 27 June – Glebe Field Centre, Crich at 7.30pm

Admission: non-members, £2.50; members, free.

Don't
see your
event
listed?

Email us at editor@crichstandard.org or check out events at crichstandard.org

FOLK MUSIC SHOW

NARTHEN IN CONCERT

Narthen is a folk quartet comprising The Fraser Sisters plus two-thirds of Coope, Boyes & Simpson. All are exceptional singers and multi-instrumentalists.

Suitable for ages 7+.

Saturday 22 June – Florence Nightingale Memorial Hall, Holloway

Tickets: ticketsource.co.uk/florence-nightingale-memorial-hall or call Dave Carless on 01773 856545.

And don't forget to put a note in your diary for the Crich Village Fete next month – Saturday 13 July, at Crich Recreation Ground.

Community Round-up



Meet Ian, the new vicar at St Mary's

Hello, my name's Ian Whitehead.

I've been married to Christine since 1985. She enjoys keeping me in hand, Extreme Scrabble, drinking my coffee and generally working in the background of church.

We have two daughters: Becky, who lives in Nottingham and is studying radiography at Derby Uni; and Amy, who's moving with us to Crich. She's an unpublished writer and artist.

I left school at 16 and entered an engineering apprenticeship with Alfred Herberts. After that I did a year's work with British Youth for Christ in Birmingham. Then I went back to engineering for a number of years.

In 1992, following training for Readership, I was sent to a Bishops' Selection Panel and was selected for ordination training for three years at St John's, Nottingham. Placements in a rural church were followed by a year at Nottingham Prison.

I was ordained in 1995 and did a Curacy in Leamington Spa and Rugby. My first post was at Rolleston on Dove with Anslow; five years ago I added Tutbury Priory Church.

To say we're looking forward to joining you in Crich is an understatement, although this is tinged with sadness at leaving a wonderful group of churches. We now have a new phase of ministry to look forward to, and Jesus is at the centre of this, as he has been for many, many years now. We look forward to meeting you, and sharing with you an amazing journey in faith.

Email: revirwhite@aol.com. Facebook: Ian Whitehead.
Twitter: @RevIanWhitehead. Instagram: rev.o.lutions.



Crich Parish Boundary Walk

In November, Peter Holden gave Crich Heritage a very interesting and well-received talk and slideshow about the parish boundary. He and Corinne Clemson, helped by photos from Peter Patilla and Ken Hawley and the editing skills of Patricia Mangwana, have put together the Crich Parish Boundary Walk.

The full walk is a 14-mile circuit and is described in a leaflet that can be downloaded from the Crich Heritage website as well as the *Crich Standard* website. The next stage is to break it down into five-mile-ish walks which some people might find more manageable than the full 14 miles.

There is also a village walk in the pipeline – the text is all done but the photos are being re-taken. We will publish this walk in the next edition.

Dates for March to June's Crich Heritage talks can be found in the What's On section, p24-27.

For more information, visit crich-heritage.org.uk and crichstandard.org/cpbw.



Cats In Need

Cats In Need is a Fritchley-based Registered Charity (No. 1064684) dedicated to the care and rehoming of found, abandoned, sick and feral cats in our area. Established in 2001, the charity is managed by a committee of cat lovers.

We raise funds through coffee mornings and sales, usually held in Crich's Baptist Chapel Schoolroom. Our successful fundraising has recently helped us to build a fully equipped pen for cats in our care.

When rehoming cats, we ensure new owners are equipped to welcome and provide continued care for their new addition. Prior to rehoming, cats are examined by a local vet to ensure they have a clean bill of health.

Pollyanna Pickering – our Patron until her death in 2018 – gained international acclaim as a wildlife artist. In 2001 she established The Pollyanna Pickering Foundation. Her daughter, Anna-Louise, will be carrying on her mother's role as Patron of Cats In Need.

Cats In Need welcome interest from those who share our love of cats. We're also looking for new committee members. If you can help us in any way, please contact Celia Peat (Secretary) on 01773 853428.

Annual individual membership of the charity is £8; family membership is £12.

For info, visit our Facebook page @catsinneedderby or crichstandard.org/cind.

Keeping active with 1st Crich Scout Group

Every section (Beavers, Cubs, Scouts and Explorers) plays an energetic game at the start of their meeting in the Scout Hut. Following the game, the serious (but fun) business of moving forward in the Scout programme begins. So what were the youngsters up to over last autumn?

Following a camp in St Mary's Church, the **Beavers** prepared for Remembrance 2018. The whole Scout group joined the parade from the Market Place. Some Beavers and Scouts planted crosses on the WW1 graves in Crich churchyard and cemetery.

The **Cubs** section (20 youngsters) worked on their World Faith Badge and Deaf Awareness during autumn. Now they're looking forward to spring bank holiday, when they'll be joining the Scouts from Crich and Lea and Holloway for a camp at Walesby. Activities for the summer term include a visit to Leicester's Space Centre.

The **Scouts** section won the District Premier Troup award for the third time! And in autumn they competed with Scouts across Derbyshire in the Rampage at Drum Hill, completing 12 challenges including abseiling and engineering. 1st Crich came in the middle of the results table – onwards and upwards for 2019? Six Scouts achieved their Gold Chief Scouts Award.

In December, all sections of 1st Crich Scout group got active again, delivering the Churches' Christmas card to each home.

The **Explorers** group continues to thrive. All the Explorers are enrolled in the DofE scheme, with its future benefits to them as young adults as they work through the programme. Explorers is an important part of our village as we no longer have a youth club for teenagers. It meets their needs as a friendship group and the challenges help them to grow into great adults!

None of our young people could enjoy the activities provided through the Scout movement if it were not for the loyal voluntary service that our section leaders give to our young people. My thanks to all of them.

Di Fretwell, Chair: 1st Crich Scout Group



The Tour de Crich

by Andrew Briggs

Each summer for the last three years, I've taken a group of young cyclists aged 10 to 16 (with a few parents, who we normally have to wait for!) out for a 50-mile challenge. We number around 30 riders, and all belong to Matlock Cycling Club – but as the ride starts in Crich I thought I'd share it with you.

Whether you're an experienced rider, new to cycling or just looking for a nice family outing, this ride has something for you. If you're a relative novice, don't be over ambitious; build up gradually. You can always stop at one of the

many cafés en route and double back.

The ride actually measures 48.3 miles (but don't tell my young riders), and takes in most of Derbyshire County Council's White Peak Loop cycle path. This means that over 80% is off road – but don't think that you need a mountain bike. In the main, these are well-maintained cycle paths and any type of bike will be fine.

From Crich Market Place, take Sandy Lane down to Whatstandwell and join the towpath along the canal. Bikes only have a concessionary right of way on the canal side, so give priority to walkers. Ideally use a bell to notify other users, but failing that a polite and clear 'Excuse me' and 'Thank you' usually does the trick.

If this is your first time out, only going as far as the café at Cromford Wharf might be enough; after all, you've always got the climb back up to Crich to negotiate. But if you are pushing on, please be careful on the next stretch as you need to negotiate the A6 through Matlock Bath, to the

main traffic lights in Matlock. At these lights it's best to get off your bike and cross the road on foot, because you want to take a sneaky path down to the side of the river which is accessed at the north-west corner of the road bridge. Once on the river bank, continue upstream until you pass under the A6. Immediately double back on yourself and take the wide footpath/cycle path along the A6. As you pass The Arc, the path takes a left over the Peak Rail line and on to the White Peak Loop cycle path. Another popular stop is at the Whitworth Terrace Café in Whitworth Park.

Eventually you'll come to the end of the trail in Rowsley. Cross the A6 and take Church Lane up the left-hand side of The Peacock hotel. As the asphalt runs out the track can be rough, so when combined with the gradient you might prefer to get off and walk. Unfortunately, until the Haddon Hall Estate allows the route to go through its tunnels we are stuck with this climb. Once you reach the top, it's a nice sweeping descent to Coombs Road. There are a number of



gates on the descent, so make sure that you leave them as you find them and watch out for the disused railway bridge that you pass beneath. Take an immediate right and climb up onto the old railway line. You're now on the Monsal Trail, one of the UK's most beautiful cycle routes.

Take a break at Hassop Station Café – you've earned it – and then enjoy the vistas and tunnels as you head to Millers Dale. Here you will find another café and the start of the one big climb of the ride. Leave the trail at the station, drop down the steep descent to the valley bottom and take a right at the T-junction. Start the steady climb and pace your effort. Soon you will pass a cave on your left, and you need to take the next left which will lead you to the A6, just above the Taddington bypass. Please be careful; take a left and then an immediate right onto School Lane, followed by another right onto Slipperlow Lane. It's the last push now; another

100m and you will have made it to the top.

Well done, you're up and you can see for miles. There are no more hills now until Whatstandwell! Keep right at the next junction along Moor Lane and then go straight across onto the dirt track. Eventually you'll come to the A515; go straight across and take the path behind the fence which will lead you to the northern end of the High Peak Trail. The next stop is the café at Parsley Hay, and then take in the views as you head back towards Middleton

Top. Note the advice about the two incline descents from Middleton Top and Black Rocks before rejoining your route at High Peak Junction. From there it's the final climb up into Crich.

Every summer, thousands of people travel from far and wide to participate in the vintage cycling festival, Eroica. The main purpose of this is to ride most of the route that I've described. How fortunate we are that all we have to do is head straight out from our front doors. I hope that some of you take on this challenge, or at least part of it.





Glebe Field Centre, Crich,
Matlock, Derbyshire DE4 5EU
01773 857894
crichpreschool01@cloud.com
crichpreschool.com

What we've been up to!

Our theme for the half term in the lead-up to Christmas was celebrations, and the children had fun wrapping presents, writing cards, making party hats and playing party games. In the final weeks before Christmas they were busy in our Santa's Workshop, decorating our tree and learning Christmas songs. We were very proud of the children who sang for Day Care and Pre-School parents at our Christmas singalong.

We held our fourth annual Christmas Shopping Event at the Glebe in November. As always, it was a lovely festive occasion. There were some beautiful gifts to buy, as well as refreshments to enjoy. Thank you to the parents, grandparents, staff and stall holders who helped to make the event such a success. We raised just under £500.

At the start of December, we were awarded £135 from a Parish Council grant. In total,



we have raised over £1,000 from fundraising and grants since the summer, and we are investing this in new natural and open-ended resources for our children. Our giant hollow wooden building blocks arrived at the start of the spring term and they've been a big hit with the children. The blocks enable them to create and build on a grand scale while providing an inventive and exciting outlet for their energetic minds.

Fundraising has also supported our Forest School sessions, which began in October. Our children now spend Friday afternoons exploring Shaw Woods. Forest School helps our children to develop social skills in a unique way, taking on roles that may not naturally occur in an indoor setting. It helps them to develop self-confidence, independence, resilience and judgement through challenge and supported risk-taking in a safe environment.

We do appreciate the support we're given by the community, through attending our events, buying raffle tickets, baking and buying cakes. The funds we raise widen the opportunities we can give the children and enhance their experiences with us. We will have a cake stall and raffle outside Crich Butchers on the Saturday before Mother's Day (30 March), and again on the Saturday before Father's Day (15 June). Please do stop by!



Church Street, Fritchley DE56 2FQ
01773 852216
fritchleyprimaryschool.co.uk

Charity work

We'd like to thank all involved with our school for your generosity over the past year.

Vicky from the Salvation Army collected all the gifts donated before Christmas, to be distributed to local families in need in time for Christmas Day.

We continue to support Nourish, a homeless charity in Derby. It has captured the hearts of our children, who enjoy making sandwiches for Nourish each month. On top of the food supplies donated by the local community, this Christmas our staff chose to donate to Nourish rather than buying Christmas cards. They raised £95 and received a further £100 donation from one very kind Fritchley family.

Book Café

Thursday 7 March is World Book Day. Our school council would like to invite everyone to our annual Book Café, to be held in our school hall from 2.30pm. Join us for tea, coffee and cakes, and feel free to bring and buy books and chat with staff and parents while looking around our lovely school. Fancy dress optional!



For more news, visit
crichstandard.org/fps.



Crich Junior School
our happy, caring, community school

School Lane, Crich DE4 5DF
01773 852384
info@crich-jun.derbyshire.sch.uk
crich-jun.derbyshire.sch.uk

Engagement for all in active living

Our ethos in school can be summed up in one word: 'inclusion' – trying to ensure our curriculum, activities and approaches fulfil the needs of our entire school community. We work hard at providing a varied programme of active learning (and more unusual sports) to engage everyone in our school community.

Examples of these activities include:

Cheerleading – for the creative participator

Gaelic football – to challenge the competitive ball player and learn a different set of skills and rules

Recent active learning has included:

Early morning skipping to wake up for learning

Whole-school walks around the village (very popular with the children)

Fencing

Dodgeball

Rugby

Boxercise

Table tennis

Mindfulness and Tabata

Kabaddi

Plus, inspired by our participation in the Brownlee Triathlon, the Crich Junior School Triathlon is planned for the summer term.

Work with outside agencies provides expert tuition – this year we are looking forward to working with DÉDA Dance. With our school topic on the Commonwealth, we will be going all 'Bollywood'!

We are combining music and PE with a programme using Taiko drums, which we'll be taking out to the wider community, including parents and our friends from Derby Refugee Centre.

Being active can take all forms – we enjoy weekly gardening with volunteers from the community; hoeing, sowing, planting, digging and shovelling muck!

We're developing pupil leadership skills for the future through our sports leadership programme – pupils apply and are interviewed for leadership posts. They then train, plan and deliver sports activities in school and the wider community such as Pre-School.



Japanese Fan Dancing
with DÉDA Dance



Taiko drumming



Cheerleading

*Photos provided by
Crich Junior School*

Staff try their best to be positive role models by participating in activities, sharing their sporting achievements (such as Mr Hayes cycling to Skegness and back in a day with his cycling club). Staff usually have a physical activity as part of our Staff Wellbeing Day each year.



It's always around this time of year that I start to say to a couple of friends in the village, 'This is the year! I'm going to really go for a good time in the Monument Race – training starts today.' Then some four months later, I inevitably find myself on the start line alongside all the keenies from running clubs near and far thinking, 'I didn't really get around to doing any training... Oh well, I'll just have to give it some welly and cope with a bit of pain!'

'Run from the canal to the Stand? I must be mad!'

by Andrew Auld

The Crich Monument Race was the brainchild of Richard Blyth, Alan Coxon and Paul Woodhouse, who were sitting in the pub discussing the fact that other villages nearby had trail races but Crich had nothing. Almost as one, they described exactly the same dream route – and the race was born.

That was 10 years ago, and over the nine times the 11.3km race has been run, there have been more than 1,800 entrants. Last year saw the maximum 300 runners taking part. Because of the challenging 1,000ft climb, the minimum age for entrants is 16, but there has always been a good spread across

the age ranges. With this year's race being the 10th, the organisers have some treats in store to make it particularly memorable – including a T-shirt for all the runners.

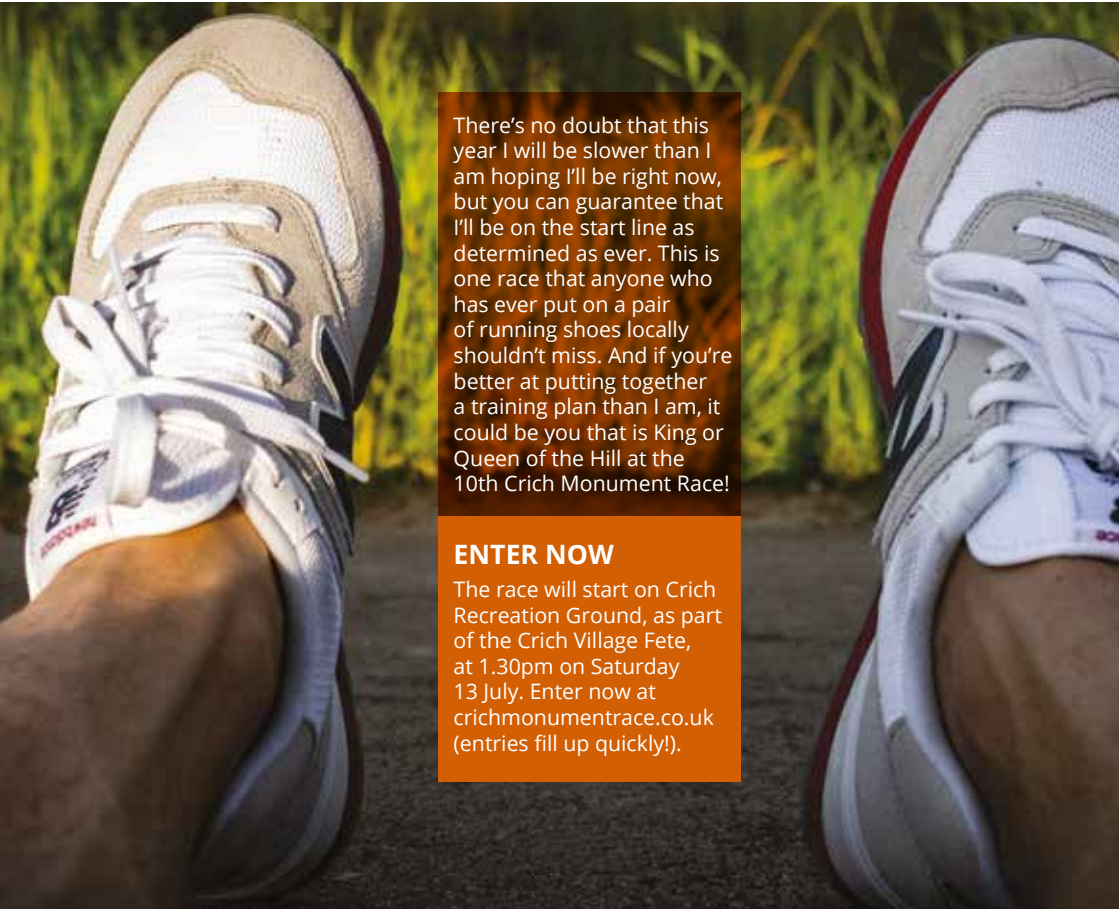
'He'll never keep up that pace!'

At The Loaf, we have always had a keen interest in the race. In 2011, Joel Stevens, who managed our Matlock shop at the time, stormed round in a course record time of 41 minutes 55 seconds and held it until 2014. Then last year up stepped Dan Haworth, who was then working in The Loaf kitchen. As the gun went at the start

and Dan sprinted off like a train, I heard some of the club runners round me chuckling and muttering to each other, 'He'll never keep up that pace!' Maybe they weren't aware that Dan had been posting fantastic results in hill races and cross-country events across the north of England all season. Sure enough, none of us saw Dan again until we finished ourselves – he had smashed the course record by over a minute in a time of 40 minutes 23 seconds, and the next runner didn't cross the line until more than two minutes later. The women's course record of 48 minutes 18 seconds has been

held by Christine Howard since 2011.

The team that organises the event (Paul and Jo Woodhouse, Richard and Kirsty Blyth, Claire Parkinson, Pat Carland, Ian Travers and Alan Coxon) does so entirely voluntarily and tries to introduce improvements to the race every year. Last year saw the introduction of 'King and Queen of the Hill' prizes for the fastest runners on the 300m ascent from Cromford Canal to Crich Stand. Thanks are also due to the landowners, sponsors, volunteer marshals and, of course, the supporters on the day. Over the years, the race has raised over £5,000 for local charities.



There's no doubt that this year I will be slower than I am hoping I'll be right now, but you can guarantee that I'll be on the start line as determined as ever. This is one race that anyone who has ever put on a pair of running shoes locally shouldn't miss. And if you're better at putting together a training plan than I am, it could be you that is King or Queen of the Hill at the 10th Crich Monument Race!

ENTER NOW

The race will start on Crich Recreation Ground, as part of the Crich Village Fete, at 1.30pm on Saturday 13 July. Enter now at crichmonumentrace.co.uk (entries fill up quickly!).

With thanks

The Carols around the Tree collection for MacMillan Cancer Support raised a great total of £304.20. Thanks for your efforts. With best wishes,
Chris Hand

Dear Committee Members

We'd like to thank you for your kind donation to our daycare service. The effort the local community makes to keep this facility going is very much appreciated.

Management Committee, Crich Glebe Field Centre

I would like to thank Simon Johnson, Anette Love, Crich Scouts, Cubs and all involved with the placing of the British Legion poppy crosses on the graves of servicemen in St Mary's churchyard, Crich. It was greatly appreciated.

Ralph Beresford

Thanks to Esme at the Kings Arms for money raised: £120 from the football predictor and £110 from the Christmas Quiz.

I send my best wishes to all responsible for enabling Crich Area Community News to remain viable and wish them all much success as the magazine goes into a new era. I am delighted that the efforts put into the early days of CACN's existence and continued through the years have proved a worthy and valued addition to the Crich area.

Good luck for the future. It seems ages since I sent an open letter to the village inviting interest in the project.

Sincerely, Derek Killingsley-Smith, Founder, Crich Area Community News

Thanks to our retiring distributors, all of whom will retire after this edition:

Eric Martin

Sue Worboys

Alan and Ruth Flint

Adrienne Holmes

Frank Priestly

Thanks for donations from:

Mr J. Mayhew, Rotorua, New Zealand

Mrs M. Suddes

Erratum from Winter Edition CACN:

In case anyone was confused by the final paragraph in the Crich Parish Council news update (about the grant for the new canopy at the Glebe), this should have appeared in the information about the Glebe rather than the Parish Council news.

A slimming success story

A slimmer who transformed her life by losing more than 3st is using her success to shape a whole new career, helping other people change their lives and achieve their weight loss dreams too.

Kimberley joined her local Slimming World group four years ago and dropped from 14st 7lbs to 11st. Now she is a Consultant for Slimming World, the UK's largest group-based weight-loss organisation, and runs the Crich Slimming World group at the Glebe Field Centre on a Monday evening. Since taking over the group in August 2016, Kimberley has helped the people of Crich and its surrounding areas lose an incredible 322st – the equivalent of four grand pianos!

Kimberley says: 'Obesity is such a huge issue across the UK. When I first joined Slimming World as a member, I never dreamed that I'd end up helping other people to lose weight. I love the role I'm doing, and I'm passionate about helping others get to their dream weight.'

'Support is really the most important thing. It all starts with feeling that you're not

alone. I couldn't have lost weight without the weekly help, encouragement and understanding of my own Consultant and group. As someone who's lost weight, I know the challenges people face, which is why, along with the group, I'm there to support every one of my members all the way to their chosen target weight. Setting targets, sharing recipes and other ideas, and working together as a group to overcome challenges and celebrate success is so important. That's why there is tons of support, encouragement and fun at my Slimming World group.

'Like a lot of slimmers, I'd tried to lose weight before by following various diets but they were never sustainable because I'd always get tired of restricting what

I ate. I thought I was destined to struggle with my weight for the rest of my life. But when I joined Slimming World it was different. The eating plan encourages you to fill up on satisfying foods like pasta, rice, potatoes and lean meat and fish, plus fresh fruit and veg. No foods are banned, either, so you don't feel deprived. I couldn't believe I'd found a way to lose weight without feeling hungry.'

- Kimberley's Slimming World group is held at the Crich Glebe Field Centre every Monday at 6.30pm. For more information or to join Kimberley's group, pop along on a Monday or call her on 07530 645119.
- For more information about Slimming World, visit slimmingworld.co.uk or call 0344 897 8000.



**live
happy!**
with
Slimming World

*Come and join your local, friendly group
The Glebe Field Centre, Crich
Mondays 6-30pm
Call Kimberley for more information on
07530645119*

Why it's great to keep on moving...

So spring is almost with us and as we contemplate getting a little more in shape for wearing those warmer-weather clothes, it's an added bonus that having an active lifestyle is really good for our health.

Did you know...

- Exercise can help to reduce the risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer, by up to 50% and lower the risk of early death by up to 30%.
- As adults we're advised to fit in some physical activity every day, aiming for at least 150 minutes each week through a variety of activities.
- For any type of activity to benefit your health, you need to be moving quickly enough to raise your heart rate, breathe faster and feel warmer.
- Technology has made our lives easier but less active. Everyday chores can count as activity, though – even washing the car, walking briskly to the shop, cleaning the windows and gardening!
- Even if you fit in your 20 minutes of daily activity, if you then sit down for the rest of the day you risk ill health. If you can, stand up and move frequently throughout the day.

Find out more about the benefits of keeping active at nhs.uk/live-well/exercise/exercise-health-benefits/



Never happen to ME!

I saw an old man who was lame and in pain,
Moving about slow, on a walking frame.
That shall never happen to ME!

There's a man with the gout,
I see struggling about.
That shall never happen to ME!

Another who smoked,
His lungs now are choked.
That shall never happen to ME!

An athletic champ,
Has arthritis and cramp.
That shall never happen to ME!

My doctor says, 'Man,
You must have a scan,
Something serious there I must see.'
Bowel cancer for sure and maybe some more
So it is surgery as quick as can be.

I am lame and in pain,
I now walk with a frame.
I hear, 'Join the club, you old B.'

A young man, 21, having some fun,
Says he's feeling sorry for me.
On 50 years then,
When he is three score and ten,
He will rub his bald head,
Remembering he had said,
That shall never happen to ME!

John Mayhew
January 2018

Just do it

Dance, walk, run or jog
On your own or with your dog
Across the Tors or down the Dimple
Make it hard or make it simple.
Just do it.

Down at the Glebe you can play ping-pong
Or join Fritchley choir to raise a song
Walk down to Wakebridge via the Stand
Or blow some notes with Crich Brass Band.
Just do it.

Bend and stretch on your yoga mat
Think yourself healthy, good vibes and all that
Trip the light fantastic across the floor
Get off that settee and out of the door.
Just do it.

Go for a swim or a leisurely stroll
Funk it up with rock 'n' roll
Get an allotment and dig for health
You might even begin to enjoy yourself.
Just do it.

When you've done it just once or so
You'll feel refreshed now you're on the go
Take up that hobby, that sport, that club
And reward yourself with a trip to the pub.
You did it!

Anon



Take time out
for a cuppa and
our 10-minute
brainteaser

QUICKQUIZ

1. Originally referred to as 'Shepherd's knitting' in early 19th century Europe, which activity and pastime became a method for producing a cheap substitute for traditional lace?
2. Found in pharaohs' tombs and Aztec ruins, which small objects gained mass appeal in the early 20th century in schoolyards everywhere?
3. Which 'running' movie of 1981 celebrated the lives and achievements of Eric Liddell and Harold Abrahams?
4. In January 2016, Indian batsman Pranav Dhanawade broke the previous school cricket record set in 1899 by scoring how many runs?
a) 899 b) 1,009 c) 1,299
5. Which Derbyshire-based knight is the current boss of cycling's Team Sky?
6. In which year was the first Crich Monument Race held?
7. The *galanthus* and *narcissus* flowers are a sure sign that spring is here. Do you know their more common names?
8. Four former railway tunnels were opened to the public for the first time in 2011 along this popular Derbyshire trail. Can you name the trail?
9. The Bridge, the Triangle and the Tree are all positions in which flexible activity?
10. What is the current name of Derbyshire County Cricket Club's one-day team?
11. According to Pets4Homes, what is the most popular breed of dog in the UK for 2018, repeating its achievement from 2017?
12. Which Tears for Fears song was released in 1986 as the Sport Aid single, encouraging people to put on their sports shoes?

Answers

1 Crochet. 2 Marbles. 3 *Chariots of Fire*. 4 b) 1,009. 5 Sir Dave Brailsford. 6 2010. 7 Snowdrop and daffodil. 8 Monsal Trail. 9 Yoga. 10 Derbyshire Falcons. 11 French bulldog. 12 *Everybody Wants to Run the World*.

Before we go...

Thank you

The last word

Reflecting on the last few months, I am delighted by the goodwill shown by all of the stakeholders in this, Edition 89.

Firstly, of course, the vision of the previous committee to move away collectively and so challenge the community to maintain the extraordinary, valuable and significant legacy that has been created over the last 20-plus years of CACN. The cooperation, support and advice of the retiring group has been deeply appreciated.

In a broader sense, the villages of Crich, Fritchley and Whatstandwell were asked if there was the support to create a new committee and to continue the quarterly magazine beyond its 21st year. Proof that the support exists is this edition, conceived, designed and written by a new group with the necessary journalistic, proof reading, web, design, production and editorial skills to create a refreshed version of the CACN tradition, stylishly rebranded as *Crich Standard*. It has been my pleasure to be involved and to learn so much.

Perhaps even more important has been the continuing and positive reaction of the contributors who, frankly, provide the heartbeat of the magazine. In turn, our advertisers have been brilliant in continuing their support and recognising the benefit of the new format.

I hope that almost 2,000 homes in the community will share the collective goodwill that has been created.

So in the spirit of the title to this piece, I end with a final word (or two): thank you!

Tony Mills
Chair, Crich Standard

Recycling your old fitness gear

Trainers (and other footwear) can be taken to any Household Waste and Recycling Centre (HWRC) within Derbyshire and put into clothing banks. The nearest HWRC is at Loscoe.

Trainers must be paired and, as long as they are functional (it doesn't matter if they're a bit marked), will be graded and sent overseas to be reused. Savanna Rags International, based in Mansfield, sort the shoes and clothes for shipping; they support charities in the UK and abroad through their operations. Trainers cannot be recycled – once they're worn out they become waste – so think carefully before getting rid.

Broken electrical fitness kit, such as head torches or activity trackers, can be taken to HWRCs too, with all your household electrical waste items from old mobiles to washing machines. They are stripped down and recycled.

For more info, visit derbyshire.gov.uk/environment.

Useful numbers

Amber Valley Community Transport	01773 746652
Amber Valley Council	01773 570222
Amber Valley Pest Control	01773 841335
Amber Valley Refuse	01773 841326
Briars Residential Training Centre	01773 852044
British Red Cross Medical Loans	01773 742108
British Red Cross Medical Loans (urgent)	01773 857037
Call Derbyshire (faulty street lights etc)	01629 533190
Cliff Inn Cricket	01773 852444
Cliff Inn Horticultural Society	01773 857762
Crich Baptist Church	01773 853264
Crich Branch British Legion	01629 825050
Royal British Legion Secretary	01773 520157
Crich Brass	01773 852620
Crich Careline	07939 572408
Crich Carr CofE Primary School	01773 852070
Crich CofE Infant School	01773 852165
Crich Day Care	01773 857894
Crich Fire Station	01773 852054
Crich Heritage Partnership	01773 856083
Crich Indoor Bowling	01773 857762
Crich Junior School	01773 852384
Crich Ladies Group	07816 323783
Crich Luncheon Club	01773 852635
Crich Medical Practice	01773 852966
Crich Parish Council	01773 853928
Crich Pre School	07710 409053
Crich Scouts	01629 826315
Crich Stand	01773 852350
Crich Toy Library	07866 484550
Crich Trefoil Guild	01773 852460
Crich Wesleyan Chapel	01773 856212
Domestic Abuse Helpline	08000 198668
Emergency dial	999
Fly tipping report number	01773 842335
FRANK : friendly confidential drugs advice	03001 236600
Fritchley Junior School	01773 852216
Fritchley Nursery	01773 852216
Fritchley OAP	01773 856089
Fritchley with Crich Women's Institute	01773 856116 or 01773 852774
Glebe Field Centre	01773 857894
Holloway surgery	01629 534763
LGBT Derbyshire: support and advice	01332 207734
National Tramway Museum	01773 854321
NHSDIRECT	111
Religious Society of Friends (Quakers) Fritchley	01773 856072
Ripley Hospital	01773 743456
Ripley Morris Men	01773 531757
Samaritans	116123
Sawmills Village Hall	01773 852681
Severn Trent Emergency	00800 783444
South Wingfield surgery	01773 833086
St Mary's Church	01773 852449
Whatstandwell Women's Institute	01773 857255

We'll print this list in the first issue of *Crich Standard* each year only, so cut it out to keep it handy





CRICH Standard

CRICH • FRITCHLEY • WHATSTANDWELL

Crich Standard aims to enhance and further the community spirit within the Crich Area.

Thanks to:

All founder and previous members of the *CACN* committee and associated members of the wider team whose ideas, vision and hard work have created a successful and enduring magazine that we are proud to take into the future.

Contact us at *Crich Standard*

Crich Standard postbox: The Loaf, Crich (thank you to the owners of The Loaf).

Mail: *Crich Standard*, Glebe Field Centre, Glebe Field Close, Crich DE4 5EU (thank you to the Glebe).

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Louise Maskill, Proofreader

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Photo by Paul Yorke

Next issue: Crich Parish for visitors

The attractions
and activities (and
pubs!) that make
our area such a
great place to visit