



50p

## ST JOHN'S CHURCH WINSTER



From 2pm on  
Sunday 26 February  
The church café is being  
opened before  
**SONGS OF PRAISE** at 4pm

It would be fantastic to see a lot of Winster people  
enjoying an afternoon with friends and neighbours  
**PLEASE COME**



## Wyns Tor Singers

### Saturday morning concert

A 45-minute performance featuring choral music spanning seven centuries,  
from the Tudors and earlier, through to modern sacred and folk.

**Saturday 11<sup>th</sup> March, 11:30am**  
**Winster Parish Church**

Free admission — Collection in aid of church funds

## *Winster Village Diary*

Friday, 24th Feb	Village Quiz, 7.30pm, Burton Institute
Saturday, 25th Feb	Leicester Rocks the Musical 2 7.30pm Burton institute
Sunday 26th Feb	Café and Songs of Praise at St John's. 2pm Village Church
Monday 27th Feb	Winster History Group: Mark Dawson, Just Desserts: An Alternative History of Derbyshire in 3 Puds, 7.30pm Burton Institute
Sat 11th March	Wyns Tor Singers - Saturday Morning Concert 11.30am Winster Church
Friday, 17th March	Mobile Library, opposite the shop, 9.30-10am
Sat, 18th March	Copy Date—please email items by 6pm
Wed, 22nd March	Deadline for Second Homes Council Tax Premium Consultation
Thurs, 23rd March	Parish Council Drop-In Session 6 - 7.30pm, Bowling Green
Sat, 25th March	Jukebox Legends - 8pm, Burton Institute
Monday 27th, March	Winster History Group: Peter Chivers, 'The Drovers' 7.30pm Burton Institute
Friday, 31st March	Village Quiz, 7.30pm, Burton Institute

### *Regular Events*

**Baby and Toddler Group, Village School** - School Term Fridays 10-11.30am Contact School on 650238 or contact Hannah Masters via Facebook or 650344

**Senior Club**, Burton Institute, Fridays, 10am - 12noon

**Yoga**, Burton Institute, Tuesdays 6.15-7.45pm June Hine, 650994

**Morris Dancers Practice**, Tuesdays 8pm Burton Institute, Mike Hatfield 650468

**Shorter walks of 4-6 miles**, first & third Tuesday of each month, easy pace. Meeting at the Old Bowling Green at 9.45am. Bring own drink & snack. Usually ending with a pub or café lunch. Contact: Anthea Rawlence: a.j.rawlence@btinternet.com or 01629 650480 or 07860140435

**Longer walks of approx. 8 miles**, second Tuesday of each month, meeting at the Old Bowling Green at 9.45am. Bring own drink, snack & packed lunch. Contact: Steve Edgar: steve.edgar1@btinternet.com or 07977148748 or Katharine Edgar: katharine.edgar@btinternet.com or 07875655243

**Winster Community Hub/Warm Space** - Wednesdays, 10am - 1pm, Jubilee Room, BI

**Parish Council Meeting** - First Monday of the month, 7pm, Burton Institute

## *Hello and Welcome!*

Contact Email Address  
**mag@winster.org**

Copy date is 18th by  
6pm each month for  
inclusion in the  
following month.

Copy date for  
Christmas issue is  
11th December.



Nature is slowly waking up from her slumber and Spring will soon be here! For most of us it can't happen soon enough - cold weather and grey days are something we could do without by now, but the changing seasons surely have their own appeal, arguably some to more, and some to less degree! More pleasant and sunnier days are not too far away now, there's no doubt about that. In this edition, we've got two articles about how two special people in the village shone brightly like the sun, Carolyn our three decades-long serving postmistress, and John Mills, who received an honorary MBE award. Also, Winster Village has once again been invited by Monterubbiano, our Twinning Town in sunny Italy, and you're welcome to join the people who will travel there for the first or for a third or fourth time. More information on the following pages.

Keep well,

---

### **Winster Guisers**

The Guisers would like to thank all those who contributed so generously to their collections over their seasonal performances.

A total of £675 has been donated & shared by the following charities:

Winster & Elton Luncheon Club;  
Ashgate Hospice;  
Jigsaw Food Bank (via the village shop)  
& Alzheimer's Research.

Once again many thanks and we look forward to seeing you all next Christmas time.

## Second Homes Council Tax Premium Consultation

“Derbyshire Dales District Council is consulting on potential changes to the amount of council tax that is charged on second homes and holiday homes. Local authorities will be able to levy double the current amount of Council Tax from April 1<sup>st</sup> 2024. They can decide the level which is appropriate for their local circumstances and can set the premium at any level up to the maximum. The premium will not apply to holiday lets that are charged business rates. Five per cent of homes in Derbyshire Dales are not used as a permanent home but instead are second homes, holiday lets or are empty.

The Council is consulting residents and stakeholders on this proposal in order to understand the views of both local people and second home owners and the wider housing sector. If the Council Tax Premium was to come into effect, the Council would receive additional Council Tax income and they would like to understand residents' views on what they feel this money should be spent on”.

This is a rare opportunity for local residents to have their say on the proposals, and if they were to be implemented, where the money should be spent. Do you think the premium should be the maximum? Do you think the money should stay within the communities affected? Should it be given to the local schools whose budgets are stretched due to the reduced number of children living in villages, given to local institutions which also suffer, like community-owned shops, village halls etc? If you do or have another opinion PLEASE TELL THEM.

You can access this consultation on the Derbyshire Dales website under Your Council/Have Your Say or visit [www.derbyshiredales.gov.uk/secondhomessurvey](http://www.derbyshiredales.gov.uk/secondhomessurvey) The deadline is the 22nd March. David Brown



**DCC MOBILE LIBRARY BUS** in Winster every 4 weeks. Next date & time:

**Friday, 17th March & Friday 14 April - 9.30am—10am.** The bus makes only ONE STOP in Winster - this is the road side near Winster Village Shop. Please support this useful facility in order to keep it running. For further information call 01629 533444, or email [ask.library@derbyshire.gov.uk](mailto:ask.library@derbyshire.gov.uk)

## **Winster Local History Group Next Meetings**

**Monday 27 February at 7.30 in the Burton Institute**

**Mark Dawson, 'Just Desserts: An Alternative History of Derbyshire in Three Puds.'** This meeting is a tribute to Glyn Hughes.

**Monday 27 March at 7.30 in the Burton Institute**

**Peter Chivers, 'The Drovers'.**

Before the age of modern communications, meat supplies to feed an increasing urban population were driven to market on foot. Those responsible, the drovers, are remembered as hardworking, resourceful individuals who faced a variety of dangers and hardships.

**Monday 24 April at 7.30 in the Burton Institute**

**Andy Bentham, 'Finding Your Feet and Other Stories from the Walls'.**  
On historic graffiti in Winster Church.

### **The Burton Institute and Secret Gardens**

A big thank you to the Secret Gardens Committee for their generous contribution to funds.

This is really appreciated. The Burton Institute would struggle to run were it not for the funds Secret Gardens are able to allocate, so it is really important that villagers continue to support Secret Gardens.

The funds enable us to keep the rent relatively low and to support initiatives like the luncheon club on a Monday, the Wednesday café and the senior club on a Friday.

On a different note the committee is looking for new members - especially someone prepared to be treasurer. Please contact Pam Hatfield, (650468) if you feel this is something you could do.

*Winster remembers its war dead ~  
compiled by David Frederickson*

**Arthur Walker** was the son of Ada Ingman of East Bank, Winster. He joined the Yorkshire Regiment and was killed on 17 July 1917 aged 31. He is buried in Lijssenthoek Military Cemetery, near Ypres.

**Winster Village Shop**  
*winstervillageshop.com 01629 650683*  
*Your Village. Your Community. Your Shop.*

Once again Thank You to Lyria Jones for her contribution to the shop from the proceeds of her homemade marmalade which we are now selling in the shop. Hurry whilst stock last, once it's gone its gone.

**Normal Shop Opening Times:**  
Mon – Sat 8.00am – 6.00pm  
Sun & B/H 8.00am – 4.00pm

Don't forget **Mother's Day on Sunday 19<sup>th</sup> March**, you will find lots of gifts to purchase for this special day.

Use your community shop, shop local.

- Fresh Bread & Milk
- Beers, Wine & Spirits
- Cooked Meats & Pies
- Newspapers reserved or delivered
- Hot & Cold Drinks

**Look out for special offers in March!!**

**From Jayne, Katrina and all the Staff and Volunteers**

zappi AB Electrical ROLEC EV NICEIC APPROVED CONTRACTOR OLEV Approved Installer Office for Low Emission Vehicles

T: 01629 650170 M: 07790019093 ab@abelectricaltd.com

## A massive thank you for all your support ....

### from Winsters Primary PTFA (Parents Teachers Friends Association)

We know how you like to hear what we are up to. This is how we have used the funds raised in the past year to improve the educational experience of Winsters 's school children. All thanks to the fantastic support from the local and school community.



Coach transportation for school trips to support in class learning, unaffordable without subsidy.

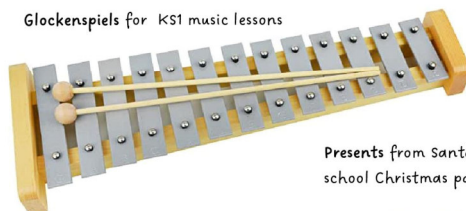
A water play table & stand for KS1 to enjoy learning through play



3 x PTFA funded iPads for KS1.

Combined with contributions from Heathcote and the Carnival, KS1 have gone from just 1 iPad to share between the entire class, to grand total of 8. Far less squabbling!

Glockenspiels for KS1 music lessons



Presents from Santa at the school Christmas party



Space Hoppers for the playground



And we have funded a lockable charging cabinet to store them securely and charged, ready for use!



We hope you will continue to enjoy and support our fundraising events. Ideas and volunteers are always welcome - [winstersptfa@gmail.com](mailto:winstersptfa@gmail.com). We have lots of events, activities and entertainment planned in the coming months, watch this space!

Please like and share our Facebook page for all the latest news.

# Winster Pond & Community Orchard



The following events are planned:

Saturday 22 April Litter picking 9.30 to 12noon

Come wearing gloves. The Pond & Community Orchard Group will provide litter pickers, bags and high viz jackets.

The group takes on different parts of the village and we have a map of Winster to avoid duplication.

Saturday 20 May 9.30 onwards plus Sunday 21 May

Annual Plant Sale outside Tite Cottage, Main Street, Winster. Please save your spare plants, seedlings and any garden miscellanea. Then come and buy other people's. These can be left outside Tite Cottage anytime from Saturday morning or we can collect.

All proceeds to Winster Pond & Coommunity Orchard.

What else is going on?

Steve Griffiths has been preparing a wildflower bed on the left of the path as you go down towards the pond. This will be planted up and seeds sown in early March.

You will also see the snowdrops and daffodils that he and other volunteers have planted.

Recently the pruning of apples and pears was carried out, following soft fruit pruning last November. The Group hopes to purchase a couple of safer ladders!

The Plant Sale raises funds for the year which include £400 in insurance for the mower and for insurance for all volunteers. Want to know more then:

Contact Anthea Rawlence Tel 650480 or email [a.j.rawlence@btinternet.com](mailto:a.j.rawlence@btinternet.com).



## Secret Gardens 2023 – 15<sup>th</sup> & 16<sup>th</sup> July

Last year we had no feel as to whether the Secret Gardens event would recover following the Covid pandemic. But we needn't have worried. We had glorious weather, in fact rather too hot – you may remember it was the weekend of the extreme heat with temperatures above 30 degrees centigrade! And the people of Winster once again came up trumps – making the event such a wonderful success.

We always get wonderful feedback, but perhaps the warmest comments came from Kit Hesketh-Harvey, a writer, broadcaster and performer, who sadly died just a few weeks ago. He wrote:

*“From the moment we arrived we were welcomed: the gardens were varied, the domestic architecture fascinating – but the PEOPLE! All genuine, all hardworking, all as happy as we became. I do hope that all your incredible work has raised lots of money for this amazing community”.*

And your efforts certainly raised an impressive amount, with £7,825 being distributed across a wide range of village groups.

This year's event takes place over the weekend of 15<sup>th</sup> and 16<sup>th</sup> July and planning is already well under way. I will shortly be writing to previous garden openers to check if you will be opening again this year. However, if you are new to the village and would like to find out more, or a long-time resident who is wondering about opening your garden this year for the first time, do please get in touch with me - [gill@winster.org](mailto:gill@winster.org) or 650364.

Gardens are clearly essential, but helpers play an equally important role in the build up to the event and over the weekend itself. We have a wide range of tasks, some can be done from your own kitchen table, whilst others involve working in teams. And of course we all meet up on the Sunday evening for the Secret Gardens BBQ, always a lovely event. If you are able to help in any way, please contact Pam Hatfield who is coordinating our volunteer helpers. Pam can be contacted at [pamhatfieldis@btinternet.com](mailto:pamhatfieldis@btinternet.com) or 650468.

Thank you  
Gill Geddes  
Secret Gardens of Winster



## **Winster Shop : King's Award for Voluntary Services (KAVS)**

Thank you to everyone who sent very positive comments about the importance of the shop to the community in connection with our potential submission for the above by the Derbyshire Lieutenant.

All the comments have been forwarded along with a number of financial and legal documents, together with details of the work and breadth of the jobs undertaken by the volunteers.

We understand that we will not hear anything for a while now whilst all the submissions from various groups are collated and considered.

WVSA Board

### **WINSTER SHOP - SURVEY RESULTS 2022**

Following on from last year's AGM, we set up a Shop Support Group charged with determining options to encourage greater spend in the shop by residents to help ensure the long-term sustainability of the business. The Group felt that a questionnaire would assist in understanding the needs of our customers. With professional assistance, we created a questionnaire which was placed in both Winster pubs, the shop, the doctors' surgery, and was made available for completion on line. We were pleased that 125 people responded. We have analysed the results and have listened to your comments. Now we would like to share our findings and to outline the immediate actions that are or will be taken to address the needs identified and the steps that need to be taken to secure additional purchases from residents.

We are inviting all residents of Winster and surrounding villages to a meeting on 5<sup>th</sup> April 2023 at 7.30pm in the Burton Institute. It will be chaired by the SSG and will be supported by the WVSA Board and Shop Managers. The input and attendance of as many residents as possible is really important, regardless of whether you use the shop or not.

Please make a note in your diary, come along, and have your input.

Many thanks.  
SSG and WVSA Board

## Winster Twinning Visit to Monterubbiano

Our twinned friends in Monterubbiano have very kindly invited us to visit them in May to help join in and celebrate with their festival celebrations - probably Wednesday May 24th to Monday May 29th.

I desperately need an idea of who might want to go to Italy so that we can organise and confirm flights. Accommodation is normally provided by residents of Monterubbiano however there are B and B's available if people prefer.

Winster School and Highfields School have permitted children to be absent from school for up to 3 days given that the trip will provide educational benefit - such as children attending school whilst in Monterubbiano. Winster Twinning are committed to supporting as many families as possible to visit Monterubbiano and intend to do this by subsidising children's air fares and covering costs of children's meals.

Monterubbiano is a beautiful village in the Marche region of Italy, off of the tourist trail - it is set on a hill so has fabulous views and overlooks the sea (about 5 miles away).

**Please contact Sharon Talbot 650718 or 0754 652 7214  
if you are interested in joining the visit.**

## A NOTE OF GRATITUDE

I would like to send my sincere and heartfelt thanks to the **anonymous donor** who kindly left £50 in the Winster Village Shop for me to use on the window displays. This means we now have a good sum of money from which to reimburse some costs incurred by the volunteers who supply and put in these displays.

The shop window is decorated and co-ordinated entirely by volunteers and donations such as this mean a great deal.

While I'm on the subject, I could do with some volunteers for the months of July and August! Summer holidays maybe? Interested? Brilliant!

Contact me 07836512149 or [aliabsolute@hotmail.com](mailto:aliabsolute@hotmail.com) or Facebook pm.

## *Winster Parish Council*

### **Parish Council Drop in Session**

The Parish Council will be running an informal drop-in session at the Old Bowling Green between 18.00 and 19.30 on the evening of Thursday 23<sup>rd</sup> March. We have 4 key topics on our minds right now and would love to hear the opinions of the as many local residents as possible.

**Traffic** – we remain concerned about the speed of some vehicles travelling through Winster, so would be pleased to share the latest information about the use of a speed gun in the village. We still have some lorries using Winster as a cut through and whilst L.K.W Walters appear to have stopped the are still an number of other companies. Find out more about how to make a complaint. Also please do join us if you have any concerns about the bus service provided through Winster.

**Wildflower Meadow & Tree Planting** – thanks to Secret Gardens and Winster Wakes for their donations towards wildflower seed, we will be commencing seeding in Spring this year. In addition, we would like to consult with the village on a potential tree planting program, as well as a DCC proposal to designate the green in Leacroft as a wildflower meadow. It would be great if as many people as possible in Leacroft, especially those on the front are able to give us their opinion. If you are unable to join us at the drop in please discuss it with a Parish Councillor directly or email the clerk at: [clerk@winsterparishcouncil.gov.uk](mailto:clerk@winsterparishcouncil.gov.uk)

**Cold Calling** – occasionally we have concerns expressed about cold callers wandering about Winster. Some people are concerned about whether they are properly licenced and legitimate, whilst others are frightened, especially when the call is in the evening after dark. We are currently exploring whether we can have Winster designated a No Cold Caller zone and would be interested to hear the views of residents.

**Gigaclear** – an ultrafast full fibre broadband provider is coming to Winster. They will be installing a cabinet up at the Car Park by the level on 23<sup>rd</sup> Feb. There will be extensive work taking place throughout the village and down into Wensley over a period of 6 to 9 months. This will no doubt cause some traffic disruption as there will be a mixture of overhead and below ground cabling. You may be interested to take this opportunity to discuss any concerns you have, or to find out when the service could be available for you. It will be essential they are notifying about any important dates for the village to minimised disruption (eg Wakes & Secret Gardens)

We very much look forward to chatting about these issues, or anything else you have on your mind.

Moira Randles on behalf of Communications Working Group

Winster Parish Council

## *Winster Parish Council*

### **Winster Parish Council Environment News**

Following the consultation regarding the proposal to develop the large Leacroft Road verge with wildflowers, the parish council have asked DDDC to amend the existing mowing specification to include an annual cut and collect and regular mowing of a 1-2m verge around the area, starting this season. All other verges under DDDC maintenance will be cut as per the existing regime.

The parish council have also received donations towards the purchase of wildflower seed over the next couple of years. Many thanks to Secret Gardens and the Carnival Committee for assisting us with our plans to enhance the grasslands around the village. It is great to see village groups working so closely together and supporting each other. We will be purchasing appropriate wildflower seed ready for some seeding on the common in late March early April. We will let you know a date and everyone is welcome to come and help.

We have also been considering options for planting trees on council land and we have produced a draft planting proposal document that identifies potential areas that could be planted. The purpose of the draft planting proposal is to seek feedback and ideas from the village. It is available on the parish council website and we will also provide copies at the parish council forum to be held in the bowling green on **Thursday 23rd March**. Please provide any comments and feedback to the clerk via email or at the forum. ([clerk@winsterparishcouncil.gov.uk](mailto:clerk@winsterparishcouncil.gov.uk)).

Following the consultation, we will be producing detailed planting plans and specifications, sourcing trees and equipment and hopefully planting trees in September 2023 onwards.

---

### **CHAIR'S CHAT**

Gigaclear Broadband started work up on the Common recently to install full fibre broadband cable in Winster. They planned to site their sub-station on the Griffin near the swings. Thanks to Asa Cooper for spotting this early and to Trish Dale, our Clerk, for getting the work stopped. She then held a site meeting with the firm who agreed to site the box in a much less intrusive position on the old recycling area on the car park. Gigaclear will be installing cable in existing underground ducting and on existing poles wherever possible, though in some places they will need to dig trenches in verges and pavements. They tell us that there will be no trenching on East Bank below Pinfold Cottage. Winster Parish Council will insist that re-instatement is done properly. Winster Parish Council has no agreement with Gigaclear. The company are working at their own risk. If nobody signs up with them they will be the losers. The Government has empowered them to do this infrastructure work on Council, common and private land. So they did not require our permission. However, at our request they have been prepared to re-site their box.

Gigaclear have agreed to attend our consultation evening at the Bowling Green on March 23 (6pm) to answer your questions about their project. So come along if you can. David Frederickson

# WINSTER VILLAGE QUIZ

**FRIDAY 24 FEBRUARY**

**7.30 p.m.**

**BURTON INSTITUTE**

**Proceeds to ANIMAL WELFARE**

**Questions set and asked by**

**DAVID AND ALI**

**Proceeds to Jigsaw food bank**



## **NEXT QUIZ:**

**FRIDAY 31 MARCH**

**7.30PM**

**THE BURTON INSTITUTE**

**Setting and asking  
the questions**

**THE  
SHOP  
GIRLS**

**Admission £4**

**Raffle £1**



**All proceeds to Winster Shop**



# Showtime with *Jukebox Legends*

*The award winning act with Versatility and Personality.*



Book Now!  
£7.50



**A great show with Peter Day & Fiona McLean**  
**50s 60s 70s, Country, Rock n'Roll**

Book early for a  
great fun night.

## APPEARING HERE

Burton Institute, Winster, DE4 2DQ

Saturday 25th March 8pm. £7.50. B.Y.O. Drinks

Tickets from Winster village shop or

Email - [info@jukeboxlegends.com](mailto:info@jukeboxlegends.com), Tel 07506 719791

## John Mills has been awarded an MBE in the New Year Honours 2023



John Mills was recognised in the New Year Honours 2023, but because he is too ill to travel to London the decision was taken to have the ceremony in the Old Bowling Green Pub, here in Winster. Mr Mills was awarded the MBE “For services to people with rare diseases through his role as Vice Chair and Director of Operations at Vasculitis UK”.



The honour was presented by the Lord Lieutenant of Derbyshire, Elizabeth Fothergill.

Mr Mills was also recognised for his work setting up the internationally-recognised charity Vasculitis UK in 2010.

He did this after being diagnosed with a rare condition called Granulomatosis with Polyangiitis, a type of vasculitis, in 2001.

He was joined by members of his family and colleagues. After the ceremony he was also joined by many friends in a celebratory glass of Prosecco.



You can read full coverage of the ceremony here  
[www.bbc.co.uk/news/uk-england-derbyshire-64341107](http://www.bbc.co.uk/news/uk-england-derbyshire-64341107)

Susan Mills

**CONGRATULATIONS JOHN!**

## WINSTER POSTMISTRESS MARKS 30 YEARS' SERVICE TO A DERBYSHIRE VILLAGE

- Carolyn Ludlam has loyally served Winster for three decades
- Trained in two town centre branches – Matlock & Bakewell first
- Presented with 30 Years' Post Office Long Service Award



Carolyn Ludlam is celebrating 30 years as Postmistress for Winster Post Office, a village in the Derbyshire Dales.

Prior to this, Carolyn had worked in two busy town centre Post Offices in Matlock and Bakewell, for three years. Here she learned about the full range of Post Office services. Carolyn, then happened to be visiting Winster Post Office when the Postmaster was looking for a relief Post

Office assistant. This led to ad hoc work before her then taking on the Postmistress role the following year.

Postmistress Carolyn Ludlam said: "The best part of being a Postmistress is the people that you meet and serve. There are lots of really lovely people in this and our surrounding villages. I have got to know so many people well over the years. I want to thank customers for their support over all of these years."

Throughout her 30 years Carolyn has focussed on running a Post Office, renting space in other shops, rather than being a shopkeeper. In 2010 she moved to the village shop in the heart of the village. This shop is now part community-run and most of the volunteers and staff are loyal Post Office customers.

During the pandemic both the Post Office and the community-run shop managed to stay open. They organised it so that customers would use different entrances to keep people separate. Carolyn's son, an electrician, set up a traffic light system to let people know when they could enter. This was well before this initiative was introduced to supermarkets. Post Office Regional Manager, Tony Sanghera, and Post Office Area Manager, Rachel Bailey, visited Carolyn to present her with her Post Office 30 Years' Long Service Award.

Rachel Bailey, said: "Carolyn is at the heart of her community. We want to thank Carolyn for her loyal and dedicated service to the people of Winster. Carolyn is very knowledgeable about Post Office services from her 30 years as Postmistress and working in other branches before that."

**Post Office Press Office**

# Winster Country Show is Coming! JUNE 29<sup>th</sup> 2023

After lockdown many of the village activities took a bit of a knock-back, but it's time **now** to start thinking about them for this year, in order to bring them back as big and as beautiful as ever. Winster is teeming with talented people and this will be a chance for you all to show off your multitude of skills, whether is crafting, baking or flexing your green fingers in the garden or allotment. You can even contribute just by coming along to have a look. Tea, coffee and cakes will be served to make the afternoon even better. Some categories are familiar and some are new. Have a look below, have a think and get planning! If you fancy coming along to lend a hand or to do a spot of judging, please let me know. I'm drawing up a list of names and more details will follow each month. Did I mention cakes?

**Contact Ali Carter 07836512149 or [aliabsolute@hotmail.com](mailto:aliabsolute@hotmail.com)**

The categories are:

**Baking:** Either a CELEBRATION CAKE (tastes as good as it looks) or YOUR FAVOURITE TRAYBAKE cut and arranged on a pretty plate.

**Jams and Jellies:** Either An unopened jar of your home-made JAM or JELLY or An unopened jar of your home-made CITRUS FRUIT MARMALADE

**Produce**

A basket or box of your HOME-GROWN FRUIT and VEGETABLES

**An Artwork**

A STILL LIFE, LANDSCAPE or FIGURATIVE, FRAMED PICTURE in any medium.

**Papercraft**

A GREETINGS CARD for any occasion

**Metalwork and Stonework**

A FUNCTIONAL or DECORATIVE ITEM in metal or stone. This includes HAND-MADE JEWELLERY.

**Woodcraft**

A FUNCTIONAL or DECORATIVE ITEM in wood. This includes HAND-MADE JEWELLERY.

**Yarncraft**

Any item of CROCHET, KNITTING or WEAVING.

**Decorative Sewing**

Any item of EMBROIDERY, TAPESTRY or MACHINE EMBROIDERY

**Children's Flower Arranging**

A. Children Age 5-7 Infant & B. Children Age 7-11 Junior

Using only recyclable materials and sustainable garden/cultivated plants, create AN OUTDOOR ADVENTURE PLAYGROUND YOU WOULD LIKE TO PLAY IN.

**Adult Flower Arranging**

A. Using only recyclable materials and sustainable plants, create A GARDEN FLOWER POSY in a JAM JAR (can be decorated to suit).

B. YOUR THREE BEST GARDEN BLOOMS displayed in water to their best advantage

## Gas Safe Registered heating and plumbing

(based in Winster)

- ✓ Gas boiler and appliance servicing, breakdown and repair
- ✓ Full central heating installations
- ✓ Gas safety checks / landlord certificates
- ✓ General plumbing works

Contact David Gilling to book or request a free estimate:

01629 650336 | 07814 609522  
firedupheating@gmail.com



## PROFESSIONALLY CLEANED OVENS

### OvenBlaster UK

*Removing grease and burnt on carbon  
using no odour biodegradable  
cleaning products...*

- Ovens
- Cookers
- Hobs
- Aga
- Range Ovens
- Extractors



For a FREE telephone quote call:

**07846 026 442**

**01629 362171**

[www.ovenblaster.co.uk](http://www.ovenblaster.co.uk)

*"Don't struggle, let us Blast away the grease and grime!"*

## — LOGS FOR SALE — Simon Wood

### Garden Services

For All Your Grass Cutting  
Strimming  
Hedge Cutting  
Fencing  
Garden Maintenance &  
Clearance  
Wood Chipping Service

Book Your Lawn Mowing  
*Now One-Offs Or  
Regular Cuts*

Tel **07966 735949**

## TO DISCUSS YOUR INSURANCE NEEDS

Call our office  
in Matlock on  
**01629 582 025**



Agent of The National Farmers Union Mutual  
Insurance Society Limited.

## ECO CORNER Jo Banks

I noticed that the council have updated their website regarding recycling and that there is a list all the types of plastic that we can put in our blue bins. This now includes LPDE which is used in some soft plastics. I contacted them to ask if this meant that we can put clean soft plastics such as plastic bags, plastic film from food packaging, clingfilm, bubble wrap, crisp packets, chocolate wrappers, plastic bags containing things like dishwasher tablets in our recycling and received this response:

- Having had a response from the processing site, I can confirm that **plastic bags can be recycled in your blue bin**
- I would advise that **plastic bags like the ones you mention [bags containing dishwasher tablets etc] can be disposed of in your blue recycling bin / blue bags**. The tiny wrappers I would err on the side of caution and put these in your black bin / black sacks also
- Unfortunately at the present time **we cannot accept plastic film from food packaging or Clingfilm** as it is difficult to extract during treatment and can cross contaminate other waste streams
- **Crisp packets, chocolate wrappers and bubble wrap must be disposed of in your black bin / black sacks**

**Information for Electors From 4 May 2023 all voters will be required to show photo ID to vote in person in a polling station.**

Accepted forms of photo ID include a passport, a photo driving licence and some concessionary travel passes, such as an older person's bus pass (Gold Card). There is more information on the Electoral Commission's website on [electoralcommission.org.uk/voterID](https://electoralcommission.org.uk/voterID).

Voters can use expired photo ID if they are still recognisable from the photo.

A Voter Authority Certificate is available for anyone who does not have accepted ID. You can apply for a free Voter Authority Certificate online at <https://tinyurl.com/voterapply> or you can apply for free by completing a paper application form and sending this to Derbyshire Dales District Council Elections Team, Town Hall, Matlock, DE4 3NN.

If you need any help with applying for the free ID or want to request an application form, contact the electoral services team on 01629 761335 or email [electoral@derbyshiredales.gov.uk](mailto:electoral@derbyshiredales.gov.uk)

## Gigaclear are coming! John Geddes

Gigaclear, who are building a new "full fibre" broadband network in Winster, may start offering service in some parts of the village as soon as April (and to the whole village by the autumn). If you like their offering but don't have a good reliable mobile signal at home (or only get a usable signal using Wifi calling), then do ask them whether they can provide a battery backup unit to keep their router going, and so keep you able to make voice phone calls through their network, in a power cut. Gigaclear recently told me that they are confident that they will be offering a solution later in the year: if "landline" calling is your only way of reaching the emergency services, you might want to hold off from signing up to them until they are actually providing a backup unit.



# Shop & Give

Powered by TheGivingMachine

[www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk)

### Raise a free donation when you shop online!

- ☆ Choose up to 4 local or national good causes
- ☆ Sign up and shop at your favourite places such as Amazon
- ☆ Generate FREE CASH for your causes, such as **Winster School**



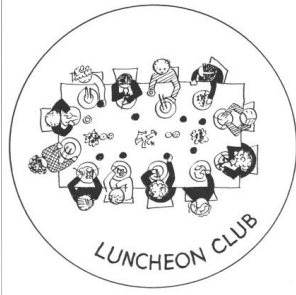
**AB**  
Electrical

Domestic &  
Commercial Ltd



**NICEIC**  
APPROVED  
CONTRACTOR

T: 01629 650170 M: 07790 019093 E: [abelectrical@gmail.com](mailto:abelectrical@gmail.com)  
ELTON, WINSTER & SURROUNDING AREAS



## WINSTER AND ELTON LUNCHEON CLUB

Thank you very much to the following for again supporting the Luncheon Club. The club would not be financially viable without grant aid and charitable donations.

- £150 Winster Carnival Committee
- £200 Winster Secret Gardens
- £300 The Heathcote Charity
- £ 150 Winster Guisers
- £135 Derbyshire Dales CVS Cost of Living Grant
- Allan Stone's Boxing Day Quiz raised £72 which was matched by an equal donation from David and Marilyn Bentley making a total donation of £144. And thank you to Pam and her daughter Emma who did all the legwork while Allan conducted what was an excellent quiz.

The members and volunteers are very grateful for your very generous and thoughtful support.

Martin Brassington, Treasurer

**The Committee of the Playing Fields Association would like to thank Secret Gardens for the very generous donation of £500. This is most welcome as we are currently looking at ways of refurbishing the Play Area by the School and it will require much fundraising!**

### **Winster and Elton Luncheon Club - 100 Draw**

Our winners of the £50 prize in October, November, December and January were Sean and Carol Ashin, Helen Dalton, Marg Lester and Jason and Moira Todd. Thanks to all our subscribers, cooks and volunteers. The weekly Luncheon Club continues to be enjoyed by our members and we are all very appreciative of the support the club has in both villages. Mandy Boulton

# FUN & PUZZLE CORNER

Hidden words may run horizontally, vertically, diagonally, forwards and backwards!

Q: Why is March the most popular month to use a trampoline?  
A: It's spring-time.

Q: Can February March?  
A: No, but April May.

Q: What falls during March but never gets hurt?  
A: The rain.

Q: Why is everyone so tired on April 1?  
A: Because they've just finished a long, 31 day March

Q: Which type of bow can't be tied in March?  
A: A rainbow.

Q: What do you get when you cross poison ivy with a four leaf clover?  
A: A rash of good luck

## Wordsearch! March

BIRDS  
CLOVER  
GREEN

RAINBOWS  
SPRING  
TULIPS

RAMBLE  
PRIMROSE  
HELLE-

BORES  
BREEZE

M S L E I G H I N G Y F J K M  
L M M C W S M E I N C H E S G  
X S E K F M R T F W Z Z S U A  
F N G N I Z E E R F O L F R E  
O W F J U J A M I U S Z M Q K  
U D C F R C I P Y C R W Y E A  
T Q W N Y S L E H C A Q N Q L  
J Z Z U G K K R S V J L P D F  
M R O T S L I A H F X O G R W  
X O W F E D H T C M C T T A O  
J U J K X F I U V Z K R O Z N  
K Q F O O R P R E T N I W Z S  
K T Q L M D P E Y B U L T I C  
A H K E I K T S W F Y K B L E  
V V X M E V W G I Y X N T B X



## Sudoku

Don't forget a move is invalid if:

**Any row contains more than one of the same number from 1 to 9**

**Any column contains more than one of the same number from 1 to 9**

**Any 3x3 grid contains more than one of the same number from 1 to 9**

2	5		4	7				
			1					8
				2			1	7
1								4
	9			3	7	5		
		6	2				9	
6		8		5		9		2
					3			
	3	4	8	6				

## *News from St. John's*

### **Church Services in March**

- 5<sup>th</sup> March:** 10 a.m. Holy Communion at St. Mary's South Darley  
11 a.m. Holy Communion at St. Helen's Darley Dale  
2 p.m. Open Door at St. Helen's (for special needs children)
- 12<sup>th</sup> March:** 8 a.m. Holy Communion at St. Helen's  
10 a.m. Family Service at St. Mary's
- 19<sup>th</sup> March:** 10 a.m. Mothering Sunday Service at St. Mary's  
11 a.m. Mothering Sunday Service at St. Helen's
- 26<sup>th</sup> March:** 10 a.m. Holy Communion at St. John's Winster  
11 a.m. Morning Prayer at St. Helen's  
4 p.m. Evensong at St. Mary's.

### **Lent Bible Studies, Tues 7:30pm in St John's, starting on 28<sup>th</sup> Feb.**

There will be a series of 5 studies looking at some of the prayers of Jesus recorded in the bible. We will look at most of the ones he prayed in the few weeks leading up to his crucifixion.

This will be held in the back room of St John's.

**All are welcome to attend.**



*Thomas Greateorex & Sons Ltd*

Independent Family Funeral Directors since 1892

*www.greateorexfunerals.co.uk*

29 Knowleston Place, Matlock, DE4 3BU.

Telephone: 01629 582470

e-mail: [admin@greateorexfunerals.co.uk](mailto:admin@greateorexfunerals.co.uk)



**MG Properties Limited**  
Building and Project Management

**Matt Gill**

All types of building and  
project management work

Winster, Matlock

0790 6318915

mgproperties@hotmail.co.uk



01629 650025  
01629 820028

**Derbyshire Dales  
Taxi Service**

All Cross Dales drivers have been  
**vaccinated** against Covid19

- Online Booking
- Covid Secure
- Airport Transfers
- Wedding Shuttle
- School Runs
- Commercial Contracts

We are a taxi company operating from  
Bakewell & Matlock in Derbyshire.

[www.crossdalestaxis.co.uk](http://www.crossdalestaxis.co.uk)



## *Letter from Reverend Stephen Monk*

Church Season which is nearly upon us is Lent. In Lent we look at our sins which have harmed our relationships in our family and our communities; and even how we harm ourselves.

Scripture (*Genesis 12:1-4*) *The Lord said to Abram, 'Leave your country, your kindred and your father's house for a country which I will show you; and I shall make you a great nation, I shall bless you and make your name famous; you are to be a blessing! So Abram went as the Lord told him, and Lot went with him. Abram was seventy-five years old when he left Haran.*

No one I've ever met really likes change. Someone said, "To change is to grow" But, I often find it hard! Do you? In the world today we have some really dramatic 'changes' happening around the world. From the war in Ukraine to the terrible natural disasters in Turkey and Syria. In our last few years there's been massive displacement due to wars, famines and poverty or economic reasons. Imagine for a moment the post Christmas Story of Jesus, Mary and Joseph having to run off to Egypt due to the fear of the political leaders wanting Jesus, this young baby - dead! This is shocking but today should it shock us? In, 'my day! we'd be playing out all day and just going home to eat, or when it was dark. But today there is a 'displacement' of trust and peace of mind. If my boys were out all day there would be a sense of tension at the back of my mind. I guess there's always been dangers but today there seems to be more? According to the dictionary, displacement means *'to move or to shift from the ordinary or proper place'*. This becomes an interesting definition when we realise the extent to which we are preoccupied with adapting ourselves to the prevalent norms and values of our chaotic world. In the 1970's a priest psychologist wrote a book called, 'Will the Real me Stand Up' We use so much energy of mind, body and spirit pretending to be something we're not; simply to try to fit in with other people. In Lent, God calls each of us to simply, be ourselves. If there is negativity in my life or character we do something about it. Personally, I like to go to Confession at the beginning of Lent to try to take a hard look at myself with the eyes of God to see where I've sinned and not shared the love of family, community and in our church families. I need, and I think we all need to Displace ourselves from the 'normal' and use Lent to look at myself (yourself) and ask two questions - how can I be more loving and share real compassion and 2nd, how can I spend more quality time with God in prayer or worship? Your question may well be different. I said we need displacement because we need to step out into the desert to spend time in quiet; giving time for God's grace, and healing and forgiveness to really speak to me. To step out of our loud and frantic daily lives. This moving to another place and simply be a visit more often to our churches; or to sit in our churchyards; or to spend time in your living room with the TV off etc. In the past people went on long journeys during Lent but in our daily the longest journeys are from Head to heart and from Heart to Soul.

We need to have some kind of balance in these three vital parts of our humanity. In voluntary displacement, we begin to experience our true condition, which is that we, like everyone else, are pilgrims on the way, sinners in need of grace. Through voluntary displacement we counteract the tendency to become settled in false comfort. The Greek word for church, ekklesia, indicates that, as a Christian community we are called out of our familiar places to unknown territories. In your journey through Lent, please remember how very precious you are in the sight of God and so are the people around you. The Church from the very earliest of days calls us to use three things to help:

**PRAYER** - talk to God. Spend a certain amount of time in prayer each day. Be realistic but also disciplined. If you've not read your Bible for some time pick it up - try reading through Mark's Gospel and dip into some of the Psalms. Don't try complicated tools to prayers if they don't help - simply talk to God.

**FAST** - this is not a Christian 'diet ' but it's to remind us how lucky we are in England to have good and wholesome food. Think of those who starve even as you read this? It's also a call to think about what you buy and from where? It's about not rushing every meal but spending time with family and friends? When I go to a Monastery for a silent retreat I find by the supper (it's very basic but lovely) I've really slowed down on the speed of eating!

**GIVE** - Really think about your giving to church and to other charities at home and abroad. In our communities some people who don't have much at all give very generous gifts. (I'm not breaking any confidences but, think about your giving. How will the church survive if we are not upping our giving?)- It doesn't come to my pocket! It is for the sharing of the Gospel in words and action. Think about what you spend on little treats each week?

You will all be in my prayers every day. If you need particular prayers for anyone/ situation please email me on [rev.stephenmonk@btinternet.com](mailto:rev.stephenmonk@btinternet.com)

May we have a joyful Lent and maybe think about coming to more services during Lent to build up your relationship with God and fellowship with each other.

Love & Prayers. Stephen Monk (Revd)

<u>Solutions for the Word</u> <u>Search</u> <u>and Sudoku</u>	2 5 1 4 7 8 3 6 9	<b>Disclaimer</b> - The information in this magazine is for information & entertainment purposes only. Winster Village Magazine assumes no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The opinion expressed in each item is the opinion of its author and does not necessarily reflect the opinion of the Winster Village Magazine publishers.
	3 4 7 1 9 6 2 5 8	
	8 6 9 3 2 5 4 1 7	
1 7 3 5 8 9 6 2 4		
4 9 2 6 3 7 5 8 1		
5 8 6 2 4 1 7 9 3		
Q: What did the potato say to his sweet heart? A: I only have eyes for you	6 1 8 7 5 4 9 3 2	
	7 2 5 9 1 3 8 4 6	
	9 3 4 8 6 2 1 7 5	
28		

## *Winster Directory*

<b>Village Magazine: Editor:</b>	Gabi Johannesmann - mag@winster.org	650932
<b>Advertising:</b>	Bev Atkins - ads@winster.org	650086
<b>Emergency Telephone Tree:</b>	 <b>Call 15 Volunteers Simultaneously in Case of an Emergency 01629 698699</b>  	
<b>Village Shop: Managers:</b>	Jayne Hufton & Katrina Prosser	650683
<b>Opening Hours:</b>	sales@winstervillageshop.com Mon - Sat 8am-6pm and Sun 8am-4pm	
<b>Post Office: Sub-Postmistress :</b>	Carolyn Ludlam - postoffice@winster.org	650668
<b>Opening Hours:</b>	Mon, Wed, Fri 9am-5pm, Sat 9am-12.30pm	
<b>Doctors Surgery:</b>	Mon, Wed 8.30am-12pm, 2pm-6pm.	650207
<b>Opening Hours:</b>	Tues, Thurs 8.30am-12.30pm. Fri 8.30am-1pm.	
<b>Burton Institute: Chair:</b>	Bernard Bowler - bbwinster@gmail.com	650261
<b>Booking, Treasurer:</b>	John Geddes - john@winster.org (also photocopier)	650364
<b>Primary School: Clerk:</b>	Janine Pates - info@winster.derbyshire.sch.uk	650238
<b>Carnival: Secretary</b>	Mike Hatfield - hatfieldmike65@yahoo.com	650468
<b>Secret Gardens &amp; X-mas Tree</b>	Gill Geddes - gill@winster.org	650364
<b>History Group:</b>	Geoff Lester - geoff.orchardmine@gmail.com	650090
<b>Luncheon Club:</b>	Rosie Strauss - rosiejay.strauss@btinternet.com	650564
<b>Playing Fields/Tennis Court</b>	Sharon Talbot - sharonetalbot@yahoo.co.uk	650718
	0754 6527214	
<b>Darby &amp; Joan:</b>	Sandra Purslow	650222
<b>Morris Dancers: Secretary:</b>	Richard Powley - richard.powley@makepaper.net	636994
<b>Chair:</b>	Mike Hatfield - hatfieldmike65@yahoo.com	650468
<b>Entertainments Group:</b>	Rod Shiers - rodneyschiers@gmail.com	650523
<b>Senior Club:</b>	Dave Crutchley - d.crutchley905@btinternet.com	650024
<b>Open Thursday Club:</b>	Christine - relax@peakserenity.co.uk	07837725337, 650712
<b>Village Choir:</b>	Marion Bowler	650261
<b>The Orchard Group:</b>	Dave Robinson - daveandhes@gmail.com	650395
<b>Yoga: Info &amp; Booking:</b>	June Hine - junehine@btinternet.com	650994
<b>Bakewell &amp; Eyam Transport:</b>		641920
<b>Winster Shop Window</b>	Ali Carter - aliabsolute@hotmail.com	07836512149
<b>District Councillor:</b>	colin.swindell@derbyshiredales.gov.uk	07816 986956
<b>Parish Council:</b>	Parish Council contact: clerk@winsterparishcouncil.gov.uk or via the 'contact us' page on the council website www.winsterparishcouncil.gov.uk	
<b>Vicar:</b>	Rev. Stephen Monk - rev.stephenmonk@btinternet.com	734257

**Is everything up-to-date? Let us know about changes at mag@winster.org**

## *Winster Business Directory - £20 a year*

<b>Simon J Percival Joinery</b> Winster's local Joiner & Handyman—no job too small	07779 105470
<b>A.P. Brown: Electrical Contractor (Winster/Elton)</b> All Installations. NICEIC Approved <a href="mailto:ab@abelectricaltd.com">ab@abelectricaltd.com</a>	07790 019093 01629 650170
<b>Matlock Glass Co Ltd - Replacement windows &amp; doors, double glazing. Safety glass</b>	582043
<b>Old Bowling Green, East Bank, Winster, DE4 2DS.</b> Traditional Bar & Takeaway Kitchen - open weekends - check website for times. <a href="http://www.peakparkpub.co.uk">www.peakparkpub.co.uk</a>	01629 650219
<b>Peak Cottage Plants <a href="http://www.PeakCottagePlants.co.uk">www.PeakCottagePlants.co.uk</a></b> Hardy perennial plants, design & planting service	650428
<b>Peak Insurance Services Ltd – Personal Service for all Business and Home Insurance.</b> <i>Authorised &amp; regulated by the Financial Conduct Authority.</i> The Old Picture House, 133 Dale Road, Matlock, DE4 3LU	582911
<b>JPB Services</b> Decorating, Mowing and Strimming 4 East End, Elton.	650593 07966 526946
<b>Amy's Dairy</b> All fresh dairy products delivered to your door	636639 07799 880740
<b>Leacroft Garage and Car Sales</b> All mechanical and body repairs to any make, MOT	650253
<b>PEAK EPC – Energy Performance Certificates</b> David Brown, Leacroft Road, Winster. <a href="http://www.peakepc.co.uk">www.peakepc.co.uk</a>	650932
<b>Winster's body and bath boutique</b> Independent Body shop at home consultant Rachel Shelton. Also on Facebook. <a href="https://consultant.thebodyshop.com/en-gb/myshop/Rachelshelton">https://consultant.thebodyshop.com/en-gb/myshop/Rachelshelton</a>	07731 932814

### **How To Advertise With Us:**

- Winster Business Directory: **£20 per year**
- Other formats available from £6 a month in b/w for 1/4 page
- Ads in colour cost 25% more than ads in b/w
- Price list & help with ad design available
- Send your advert details to Bev Atkins at [ads@winster.org](mailto:ads@winster.org) or ring **650086**
- Alternatively drop a note to Gabi the editor at 39 Leacroft Road (opposite Winster Medical Centre)

## *Winster Business Directory - ads@winster.org*

<b>The Miner's Standard</b> Real Ale Home-Cooked Meals. Top of the Bank, Winster	01629 650279
<b>R Stone Joinery - rstonejoinery@gmail.com</b> 3 Ivy Lane Elton. All types of Joinery Work undertaken	07971 815683
<b>Steve Salfeld steve@stevesalfeld.com</b> Jazzsax—Jazz, Blues and Rock'n'Roll bands	650183
<b>Fired Up Heating Services</b> Full range of Gas Safe Registered heating and plumbing David Gilling firedupheating@gmail.com	650336
<b>Gary Beech Chimney Sweep - NACS and HETAS approved</b> www.chimneysweepmatlock.co.uk garybeech0@gmail.com	07899 034 738 01629 825340
<b>Katie's Gardens</b> Friendly, professional, reliable Winster-based gardening service. katie@katiegardens.co.uk	07894236858
<b>CUTLEAF GARDENING SERVICES</b> Garden Maintenance, Planting, Planting design. Elton based. Contact Mandy.	653843 07864 077209
<b>DC PC Services</b> - Local Computer Repairs, Supplies & Servicing for PC, Apple & All Tech contact@dcpcservices.co.uk	07930 009285

### Recent Planning Applications [portal.peakdistrict.gov.uk](http://portal.peakdistrict.gov.uk)

<b>NP/DDD/0223/0148</b>	Listed Building consent - Installation of a vent to one of the first floor bathrooms to extract moisture laden air. The Dower House Main Street Winster
<b>NP/DDD/0123/0073</b>	The proposed alterations are confined to the later ancillary buildings and comprise the widening of an existing doorway between the kitchen and pantry, the replacement of a...Heathcote House Main Street Winster
<b>NP/DIS/0123/0066</b>	Discharge of condition 3 on NP/DDD/1121/1283.The Dower House Main Street Winster

**Early Notice: Charity Game Peak Wanderers V HSE  
Buxton at Buxton FC on 3rd June at 2pm.  
All proceeds go to Buxton Mountain Rescue**



### **A Taste of Italy at Winster School**



Key Stage 2 at Winster School have been studying Italy in Geography as their theme this term. They have been learning about its Geography and location and features such as volcanoes, but they have also been learning about Italian culture and that includes ... food!

So we had a cooking extravaganza where we cooked spaghetti Bolognese, pizza and sampled many different Italian breads. Mrs Slack even gave us a lesson in how to make fresh pasta!

We were able to sample our own food and hopefully learn some skills for life. The children are keen chefs as they often take part in an after school cookery club.

The children have also produced a new edition of the Winster Bugle (their own magazine) based on Italy and available in the village shop.

### **Children's Mental Health Week : Feb 6th- 12<sup>th</sup> 2023.**

At Winster School, we prioritise our mental wellbeing as highly as our physical wellbeing. Each year, we take part in a range of activities to help us develop our tools to stay well emotionally. This year, the theme is 'connected' and we have considered how our connections with those around us, can help us stay well. We have also looked at 'bouncebackability' and developing our resilience to deal with what life throws at us. This has linked well to our work on how we best learn depending on our personalities and in developing a positive mindset.

