

Per Session £6.50
 For further details please contact me Suzanne Lister via:
 Tel: 01726294645 Email: slister@yahoo.co.uk
[fit4fun.sports](https://www.facebook.com/fit4fun.sports)

- Mr's (age 65)**
 Know what you're doing and how to use the gym. I'll be on hand to help you with any questions.
- Women (age 50)**
 I'll be on hand to help you with any questions. I'll also be on hand to help you with any questions.
- Senior (age 65)**
 I'll be on hand to help you with any questions. I'll also be on hand to help you with any questions.
- Divorced (age 45)**
 I'll be on hand to help you with any questions. I'll also be on hand to help you with any questions.

FUNCTIONAL TRAINING:
 If you love to go walking, hiking, running or just want to be able to do your everyday jobs with ease or just need help getting in and out of a chair.
 A functional workout is simply one that strengthens you in a particular way that directly translates to an activity outside the gym. Join me for a 45 minute circuit session all about you!

RENISHAW VILLAGE HALL
 Every Thursday 6:30pm - 7:15pm

Latino Booty & Tums Class
 A New activity on Friday mornings 10am-11am, Latin Bums and Tums in the main hall come along and try it!
 Booking information: [ROSE FLORES FITBOD](https://www.facebook.com/rosefloresfitbod)
 CONFIDENCE FACEBOOK PAGE

WHAT'S ON IN THE PARISH

FAMILY FUN AND ACTIVITIES FOR CHRISTMAS

Eckington Community Pantry, a voluntary organisation was set up in 2020 as a response to covid to support local people. The food pantry at Eckington business centre helps local people that are suffering financial hardship. They also provide emergency food hampers and Christmas hampers. The volunteers work in partnership with Eckington Parish Council, Eckington Business Development Centre, Rykneld Homes, Rural Action Derbyshire and Feeding Derbyshire.

THE GREATEST SHOW
 Sunday 18 December 3 - 5pm
 Tickets £3 (includes a glass of hot chocolate)
 All proceeds go to the Eckington Community Pantry

Another project which the group organises is family activities in the school holidays. The sessions include lots of physical activities, promoted healthy eating and lifestyles and wherever possible we provided some food for families to take home. We have received £1,000 from Rykneld Homes and £2,000 from Derbyshire County Councillor Carolyn Renwick's community funding allowance to provide family parties at Renishaw, Marsh Lane and Eckington this Christmas.

CHILDREN'S CHRISTMAS PARTY
 Saturday 17 December 11am - 1pm
 Free event for families living in Marsh Lane and Troway
 Children's Entertainment, Crafts, Food for children

RENISHAW CHILDREN'S CHRISTMAS PARTY
 Saturday 26 November 11am - 1pm
 Free event for families living in Renishaw and Spinkhill
 Food for children, Crafts

Renishaw & Spinkhill Community Hall Activities
 Monday 10:00am Bocca
 Monday Bi-weekly 5:30pm-10:30pm Sheffield RC Races
 Monday Bi-weekly 7pm-10pm Sequence Dancing
 Tuesday 10:00am Curling
 Tuesday 7:30pm-10:30pm Boogie Nights Live
 Wednesday 12:30pm Eckington Over 60s Club Lunch and Bingo
 Wednesday 6:30pm-8:30pm Bingo for all
 Wednesday 7:00pm - 8:00pm Yoga
 Thursday 12:30pm Lunch Club
 Thursday 6:30pm-8:30pm Dragons Academy of Martial Arts
 Friday 10am-11am Latin Bums and Tums, salsa based exercise
 Sunday Bi-weekly 4:00pm-6:00pm Christian Fellowship Group.

Civic Centre Weekly Activities
 Monday 10:00am Bocca
 Monday Bi-weekly 5:30pm-10:30pm Sheffield RC Races
 Monday Bi-weekly 7pm-10pm Sequence Dancing
 Tuesday 10:00am Curling
 Tuesday 7:30pm-10:30pm Boogie Nights Live
 Wednesday 12:30pm Eckington Over 60s Club Lunch and Bingo
 Wednesday 6:30pm-8:30pm Bingo for all
 Wednesday 7:00pm - 8:00pm Yoga
 Thursday 12:30pm Lunch Club
 Thursday 6:30pm-8:30pm Dragons Academy of Martial Arts
 Friday 10am-11am Latin Bums and Tums, salsa based exercise
 Sunday Bi-weekly 4:00pm-6:00pm Christian Fellowship Group.

WHAT'S ON IN THE PARISH

Neighbourhood Watch
 Residents, it often surprises us that it is particularly in the current financial climate. Have you joined? We have eight areas: Renishaw, Spinkhill, The Church areas & Castle Hill, Secondary School & Ravenar, Marsh Lane & Troway, Birk Hill, Ridgeway and Eckington Central. Each one has a local co-ordinator. Visit the Eckington Parish Website for more details of co-ordinators and roads included in each area, or contact the Deputy Clerk Rosalind Bullimore on 07888 687545. In the November newsletter for NEIGHBOURHOOD WATCH SUPPORTERS ACROSS ENGLAND & WALES, which was sent out to all members free of charge (as are the Neighbourhood Alerts) is the following message:
 'The financial strain could also make us more fearful of becoming a victim of a crime as the emotional and financial impact of this will be felt greater than before by many people. Neighbourhood Watch believe neighbours keeping an eye out for each other is also key to preventing burglary. Reduce your chances of being burgled this Winter by taking preventative measures: WINDOWS: Lock your windows INTERIOR: Put deadlock your doors EXTERIOR: Put your exterior lights on a sensor NEIGHBOURS: Keep an eye out for neighbours'

UPDATE ON CRIME AND SAFETY

Parish Newsletter
 ISSUE 41 WINTER 2022
 Troway, Eckington, Ridgeway, Spinkhill, Marsh Lane, Renishaw

Dear Residents, Another year is nearly drawing to an end - it's been a mixed year for all sorts of reasons, having celebrated the Queens Platinum Jubilee in June only months later to share the Nation's grief at the loss of an extraordinary Monarch, an inspiration to all. Her constant presence in the lives of so many people and for her wonderful words of wisdom and guidance in difficult times, which gave us all so much comfort and hope, will be sorely missed. As the cost of living continues to impact on all our lives it is important to look at what we can do to help ourselves and each other. It's really important for everyone to understand that no matter your situation, nobody need go cold or hungry - there is a lot of help available from Government, Councils, Energy Companies and Charities. North East Derbyshire District Council Contact Centre is ready to advise residents who need help - please contact them on 01246 231111

We have set up a Warm Bank, just like a food bank except its for things like electric blankets, quilts, advice and other things to help people keep warm this winter. If you or someone you know is struggling to keep warm, or if you want to donate things to help, please get in touch on 01246 914119. Derbyshire County Council have launched a Warm Spaces fund to support organisations to provide a warm refuge for residents and their families struggling to heat their homes - for more information or a list of warm space venues visit www.derbyshire.gov.uk

We are working in partnership with Eckington Community Pantry and Rykneld Homes to host children's Christmas parties, to include crafting, entertainment, games and food. Please contact Eckington Parish Council for more details.

Finally, wishing you all a very merry Christmas and all good wishes for a happy, healthy and peaceful New Year.
 Cllr Carolyn Renwick - Chair, Eckington Parish Council
Eckington Parish Council

Eckington Parish Council has installed a disability bus shelter on Lightwood Road
 Marsh Lane at an installation cost of £2000. Please ensure that it does not get damaged or vandalised after all it is all our taxes that pay for this in the long run. Please report anything that you see to the staff in the Parish office or to the police as soon as possible to limit any further damage or any repair needed.

WARM BANK
 AT ECKINGTON CIVIC CENTRE
 If you or someone you know is struggling to stay warm, please call us on 01246 914 119 or email clerk@eckington-pc.gov.uk or contact District Council for information and help. www.ne-derbyshire.gov.uk/cost-of-living

UPDATE ON CRIME AND SAFETY

Eckington Parish Council has had a busy year. We have seen a positive uptake in events and activities at our Civic Centre in Eckington and the Renishaw and Spinkhill Community hall, this newsletter features some of the many activities and events on the run up to and over the Christmas holidays. We have a range of events for all ages. Our popular New Years Eve event with live 1950s and 60s music from the Music Masters will entertain you thoroughly and I am delighted to announce that the Embers Theatre Company will be presenting Dick Whittington Pantomime in January 2023 - Oh yes it is! We are just about to take delivery of the new Speed Indicator Devices (SIDS) - signs that display your speed - we hope together with our Community Speedwatch activities we will reduce speeding across our Parish. These devices can be moved around and we will be trialling them in Marsh Lane, Ridgeway, High lane, Eckington and Renishaw. I am delighted to see the new disability friendly bus shelter at Lightwood Road, Marsh lane - thank you to everyone who has been in touch on this issue, I am really pleased to have managed to get this sorted and thank you to Derbyshire County Council for their generous contribution. As always, please raise any concerns, issues or suggestions you have for our Parish - we are always keen to hear from you, support community ideas and help sort out local issues.

Merry Christmas

WHAT'S ON AT ECKINGTON CIVIC CENTRE

JANUARY TO DECEMBER 2023

YOU CAN BOOK ONLINE NOW!! www.ticketsource.co.uk/civic-centre or call: 01246432770

PLAN AHEAD TO AVOID DISAPPOINTMENT SHOWS GET BOOKED UP QUICKLY Keep this programme planner as a reminder of what is available

Get to know – Cllr Christine Gare our new Parish Councillor



My name is Christine Gare and I am the new Councillor for Eckington South. I am glad to be returning to the Parish Council – I was Councillor for Eckington North from 2013 to 2019 – and I am looking forward to getting involved in Parish affairs.

I am retired from working in IT and I live in Marsh Lane. I enjoy spending time in the beautiful Moss Valley countryside.

I am currently Chair of the Marsh Lane Tenants & Residents Association and am also on the management committee for Green Lawns Community Centre in Marsh Lane. I have also helped to organise Eckington Summer for the last few years.

I am part of the group that set up and runs Eckington Community Pantry which provides food, cleaning and hygiene products for people struggling with their bills. As well as the Pantry we run holiday activities for children and provide holiday hampers for families.

Get to know our new workforce team member - Russ Hardy our new Grounds Maintenance Operative with the workforce team.



I have lived and worked in Mosborough/Eckington for over 30 years (and now live in Staveley). For 17 years I was in information technology. Also, I worked for the National Trust (NT) on various projects in North Devon and in Derby at Calke Abbey, Nikon Cameras and B&Q during Covid. My hobbies are playing snooker for 30 + years (still rubbish? But beat Dave my work mate every time - so that's OK). I'm a fully licensed Radio Amateur providing emergency communication systems through The International Space Station (ISS) and various other satellite systems. I help out with Scout days for their communication badges. I take photos and have had a gallery in the Winter Gardens and some NT brochures, another hobby, is maintaining six steam traction engines and taking them to rally's and in the summer driving my dad's classic car. I do find time for my work which I enjoy, come and talk to me when you see me around the parish.

Get to know – Cllr Ian Tagg who is Councillor for Marsh Lane, Ridgeway and Troway



I grew up in North East Derbyshire and after O levels completed a business studies diploma at Sheffield.

My working years were spent in sales promotion and marketing and latterly in financial services as a company director.

These roles were predominantly achieved on a face-to-face basis. I represent Troway, Marsh Lane and Ridgeway as a parish councillor. It is important to make a difference which benefits the local community. Spending over 30 years living in Troway has given me a good insight into local issues.

I have always strived to improve areas for the community which represent good value for the amenities the council provides and will endeavour to continue these efforts to satisfy the needs of the local community.