# In and Around Glossop & High Peak

Oct-Nov 26



**FREE**
Local Magazine
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In this issue:

Regular Events ▪ Library Events
Cookery Corner ▪ Sudoku

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Wednesday - 9am-5pm
Thursday - 9am-5pm
Friday - 9am-5pm
Saturday - 9am-4:00pm
Sunday - Closed


# In and Around Glossop & High Peak

'In and Around' is delivered to over 10,000 homes & businesses and is available at your local library. The magazine features thoughtful & interesting articles and also provides an opportunity for local businesses to promote themselves at reasonable rates. We look forward to receiving any comments or questions you may have, which will enable us to continually improve our magazine & ultimately our services to the local community.

The next issue will be Dec-Jan '26/27 & the closing date for all advertisements & articles will be 17th November 2026.

Cheers

Mike


*Email:* mike@mtmpublications.co.uk
*Tel:* 0161 292 5621 or 07801 525 598


Download your copy of this magazine at: www.mtmpublications.co.uk
*or find us on Facebook at: MTMPublications*


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## Useful Numbers

### Police 101

101 is the number to call when you want to contact your local police in England and Wales when it's less urgent than a 999 call. 101 is available 24 hours a day, 7 days a week.

| | |
|---|---|
| Gas Emergency | 0800 111 999 |
| Water Emergency | 0345 672 2999 |
| Electricity | 0800 195 4141 |
| High Peak Borough Council | 0345 129 7777 |
| | 01629 533190 |
| RSPCA | 0300 1234 999 |
| Crime Stoppers | 0800 555 111 |
| Child Line | 0800 1111 |
| Manchester Airport | 0808 169 7030 |
| Liverpool Airport | 0870 750 8484 |
| Leeds Bradford Airport | 0113 250 9696 |
| National Rail Enquiries | 03457 48 49 50 |
| Tameside Hospital | 0161 922 6000 |
| GTD healthcare (previously Go To Doc) | 0161 337 3465 |


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- Glossop Mental Health Project
- Anthony Walker Foundation
- Chernobyl Children's project
- PC Refurb
- Glossop Arts Project

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

Answers on page 36




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## Glossop Labour Club www.glossoplabourclub.org.uk

**Music** Folk Club 8:00pm Tuesdays. Singaround, variety of folk-type songs. Free. email: jj.101@btinternet.com
Music Session 9:00pm Fridays. Mainly folk. Free. Email: jeremywdale@yahoo.co.uk
Music Session 8:00pm 4th Sunday.
Glossop Record Club 7:30pm 2nd Thursday See glossoprecordclub.wordpress.com
**Fitness & Wellbeing** Red Ramblers 9:30am-4pm Last Sunday & 2nd Sunday. Email: janglossop@gmail.com
Five Mile Walks Anne on 01457 861398.
Under Eden Mind Body Yoga Sundays 10am.
**Crafts** The Stitch Sisters 8:30pm 3rd Thursday. Anne on 01457 861398 for information, or just turn up with your knitting or sewing.
**Reading** The Reading Group First Monday of every month, 8pm. Also on Zoom on Mondays in between to share a varied fare of poetry, plays & short stories. Contact Anne on margannerobinson@btinternet.com
**Women's Group** Open to all women. Contact Anne: 01457 861398
**Glossop Gamers** 1st, 3rd & 5th Saturdays Go to Glossop Gamers Facebook page.
**Quiz Nights** Second Sunday of the month, starts 7.30pm, bar opens 7.00pm. Quizzes also taking place via Zoom: contact Anne on 01457 861398
**Glossop Open Mic** Second Thursday of the month. Start 7.30pm (doors open 7.00) until 9.30pm. No charge for performers or audience. Contact andy.millican@hotmail.co.uk

## The BodyWorks Injury Clinic

**Yoga for All** Tuesdays 7pm-8.30pm. Thursdays 7.30pm-9pm
**Pregnancy Yoga** Thursdays 6pm-7.15pm
Booking essential janice@yogainglossop.com

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**Yoga & Fitness** with Emma including Children's Yoga. All levels of ability www.bookwhen.com/yogaandfitnesswithemma or call 07929461292
**Feeling Sound** Meditation, sound baths and gong baths on Fridays with Clare Savory for a new way to rest & relax. Beginners welcome. Book via FeelingSound.co or email hello@feelingsound.co
**Eden Mind Body Yoga** Wednesdays 6.30pm and Saturdays 12.30pm

## Pause Yoga Studio, Hadfield

**75-min Hatha YOGA** classes to move, breathe, and reconnect. All levels welcome. Contact Rebecca to book 07572 850027
pauseyogaglossop@gmail.com
Mon 9.15am, 5.30pm, 7.15pm
Thurs 7.15pm

## St Marys Hall

**Jujitsu** Tuesday 18:45-19:45
**Katori shinto ryu** Tuesday 20:00-21:00
**Jujitsu** Thursday 18:45-19:45
**Karate** Thursday 8-9pm tel: 07970 697746
**Tai Chi** Friday 9.30-11am

## Hadfield Methodist Church

Thursdays - Place of Welcome: 10:15-14:00 term time, 10:15-11:45 holidays - free drinks & a light meal, games, friendly chat, Wi-Fi
Fridays - Toddler Group: 10:00-11:30am (term time only); Youth Station youth club for over 8s: 16:45-20:00 (term time only) 3rd Saturday of the month - Repair Cafe: 10am-1pm - free repairs, refreshments available



## Bradbury House www.bradbury-house.co.uk 01457 860007



**Singing**
Zephyr community Choir singing for well-being. We are a mixed group and welcome everyone. 10.30am-12:00 noon Tuesdays. £3:50, including refreshments.

**Glossop U3A**
9:30am-11.30am 1st Thursday
University of the 3rd Age is an international organisation for retired people with leisure time available to meet like-minded members to expand their knowledge & make friends. See: glossop.u3asite.uk

**Bridge Club**
7:15pm-10:15pm Wednesdays. Sessions of relaxed duplicate bridge. Visitors are welcome and tuition can be provided. See www.bridgewebs.com/glossop for details.

**British Sugarcraft Guild Demonstration**
7:30pm-9:30pm 1st Friday See: bsguk.org

**Fitness & Wellbeing**
Glossop Tai Chi Club 10:00am-12:00 noon Wednesdays £2.50 New members welcome.

**Writing**
Write from the Heart 10:30am-12:30pm Thursdays during term time. Please ring Karma Francomb on 07712597979 to check for availability.

**Fab Choir** 7.30pm-9pm Thursdays. Ladies community pop choir.
enquiries@fabchoir.com

### Citizens Advice

Derbyshire District

Drop in sessions at Bradbury House

10:00am-2:00pm Mondays
5:00pm-7:00pm Tuesdays
10:00am-2:00pm Fridays

**www.citizensadvice.org.uk** and **www.ddcab.org.uk**

Appointments can be booked by calling

**0808 278 7954**

### Mental Health

Derbyshire
Mental Health Support Line

**0800 028 0077**

## Glossop Band Room

**Glossop Old brass band** practices every Tuesday 8-10pm. We also have a visiting band that attends every Sunday for a free* concert 2-4pm (excluding Christmas and New year). *Donations welcomed. At Glossop Old band Club, Derby Street, Glossop SK13 8LP

## Glossop North End Community Hub

**High Peak Fibromyalgia ME/CFS Support Group** at Glossop North End Community Hub, Cemetary Road SK13 7QG
We meet every 2nd Thursday of the month 1-3pm. Call in for a cuppa.

# Bereavement Support Groups

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**Please call us for more information or a chat about the service.**

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01663 735350 Option 3

or email: bereavement@highpeakcvs.org.uk

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# Library Events

| Library contact numbers: | | | |
|---|---|---|---|
| **Glossop** | 01629 531199 | **Hayfield** | 01629 533438 |
| **Gamesley** | 01629 533649 | **Chapel-en-le-Frith** | 01629 533962 |
| **Hadfield** | 01629 533445 | **Whaley Bridge** | 01629 533354 |
| | | **New Mills** | 01629 533195 |

**Glossop Library**
Storytime Tuesdays and Fridays 10:30-11am
Saturdays:
1st week – Children's book club
2nd week – little writers club
3rd week – Lego club



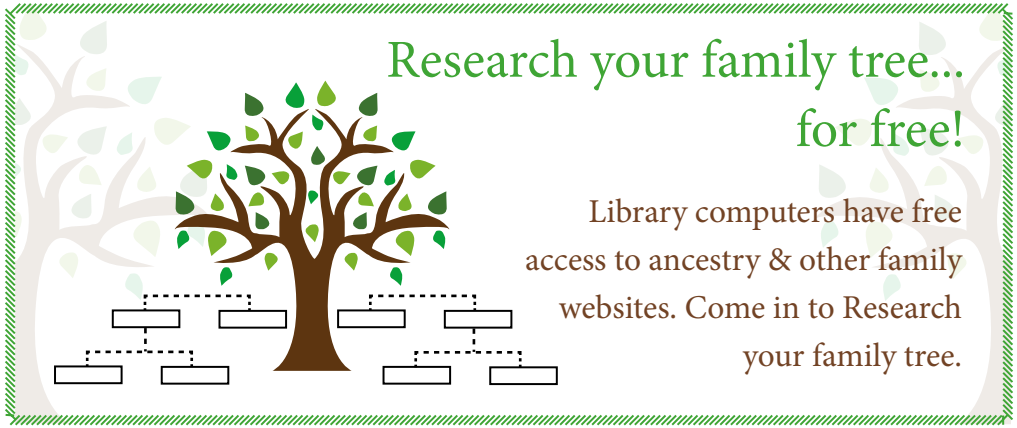

Adults:
Tuesdays 1pm-3pm Board Gamers group
Every other week (from 14th Oct) Chess Club 1:30-3:30pm. 2nd Wednesday of the month: Family History group 5-6pm

Do you want to hold a group at the library? Come in and chat to us!

**Whaley Bridge**
Storytime Saturdays 11am

**New Mills**
Rhyme Time every Friday at 2.15pm during term time for under 5s

***IT help available in all libraries*** – please ring to book




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# Wellbeing contacts

www.togmind.org
Tel: 0161 330 9223

Community hub
www.graftoncentrehyde.com
Tel: 0161 368 4110

Twice weekly sessions for people living with Dementia and their carers.
Contact Linda on: 07927 941478
Facebook: Volunteer Circle of Friends

www.the-bureau.org.uk
Tel: 01457 865722

Support to those living with & caring for people with dementia.
www.forgetmenotbuddies.wordpress.com
Tel: 07926 506387

Support, information and activities to families with children with special needs/ disabilities.
www.ourkidseyes.org
Tel: 0161 342 5550

The Anthony Seddon Fund
Supporting Mental Wellbeing in Tameside
www.tasfund.org.uk Tel: 0161 376 4439

An activity based 'Shed' open Monday - Friday (males) Thursday & Friday (females) can join in various activities
www.theshedtameside.org.uk
Tel: 0161 368 4974

Help to cut down on drugs and alcohol and much more.
www.changegrowlive.org/my-recovery-tameside
Tel: 0161 672 9420

Provide a day out on our canal boat for those who may be disabled or disadvantaged.
www.emcbp.org.uk
Tel: 07503 145146

Mental health difficulties, such as anxiety & depression.
www.thebiglifegroup.com/service/living-life-well-neighbourhood-mental-health-team
Tel: 0161 470 280

**Carers' Centre**
Part of Tameside Council and works with partners to ensure carers get the support they need.
www.tameside.gov.uk/carerscentre
Tel: 0161 342 3344

healthwatch Tameside
www.healthwatchtameside.co.uk
Tel: 0161 667 2526

Support for families & children
www.leapcfc.org.uk

We utilise the benefits of the human-animal bond to improve mental health and wellbeing.
www.noahs-art.co.uk
Tel: 0161 368 6544

NHS Tameside Glossop Talking Therapies
Tel: 0161 716 4242
www.penninecare.nhs.uk/tamesidetalk
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Feeling stressed, anxious, or depressed?



**Central Methodist Church**
Chapel Street, SK13 8AT. 10am Sundays. First Sunday in month Breakfast Church 9.30am for 10am Worship. Rev Hazel Cook. Tel 07753 856503. www.glossopcentralmethodist.org.uk

**Hadfield Methodist Church**
99 Station Road, Hadfield. Sunday worship 10:30am. Free events: www.hadfieldmethodistchurch.co.uk

**St Andrew's, Hadfield**
10am Sundays, 10.30am Wednesdays both alternate between Holy Communion and Morning Prayer.

**St John's, Charlesworth and Bishop Geoffrey Allen Church, Gamesley** 10am Sundays.
Tel: 07935556535 or email: SaintJohnsCharlesworth@gmail.com

**Whitfield Parish - St Luke's Church**
Fauvel Road 9:30am Sundays

**Whitfield Parish - St James' Church**
Hollincross Lane 11:00am Sundays & 10.30am Wednesdays.
www.whitfieldparish.org 01457 853330

**Holy Trinity Church**
Dinting Vale SK13 6NX 9.30am 1st & 3rd Sundays Holy Communion, 2nd & 4th Sundays Morning Prayer. 2nd Sunday Messy Church 3.30pm. 2-4pm Wednesdays individual private prayer. Free events: www.dintingchurch.org.uk 01457 867521 e: dintingchurch@gmail.com

**All Saints Old Glossop & St Mary's Crowned Glossop**
www.glossopcatholics.org.uk
Tel: 01457 852113

**Glossop Parish Church of All Saints**
Church Street South. 10:30am Sundays Parish Eucharist. 10.30am Thursdays Eucharist.Email: davidridley@btinternet.com

**Charlesworth Independent Chapel**
(Top Chapel) Monks Road SK13 5HH 10:30am Sundays.
www.charlesworthtopchapel.co.uk

**Elim Christian Centre**
Ellison Street, Glossop SK13 8BX. Service: 11am-12.15pm every Sunday.

**Christchurch Tintwistle**
Sundays at 9:15am

**Trinity Baptist Church** Glossop Road, Charlesworth SK13 5HB. Sunday worship 10:45am & 2pm. First Tuesday in the month we have a coffee morning 10am-12noon
www.trinitybaptistcharlesworth.co.uk

**Tintwistle & Glossop United Reformed Church** Old Road Tintwistle SK13 1JY. Service every Sunday, 10.30am

**Padfield Congregational Chapel**
Temple St. Sunday 10.45am Communion monthly. 11am Tues coffee get together. Weds 11am Reflections.

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Parish Priest Canon Daniel Bowdren, St Charles Rectory Woolley Bridge Rd
Services: Sunday 9:15 (BB), 11am (HAD); Weekdays Mon to Thu & Sat 9:30 (HAD), Fri 9:30 (BB)

## Regular Events

## Glossopdale School

**tel: 01457 605897**
**www.glossopdaleschool.org.uk/the-place**

**Mondays**
**Tai chi** 1.15-2.45pm crawshaw.irene@gmail.com
**Wildcats** 6-7pm Girls 4-11 £3 Chris 07837597267

**Tuesdays**
**Tai chi** 10.30-12noon Barbara 01457 853587
**Junior Darts Club** 4-6pm
**Street Reds** 5-7pm www.mufoundation.org/en/Projects/Street-Reds/Glossopdale
**Flare Fitness Circuit** followed by **Clubbercise** 6.45pm Flarehealthandfitness@gmail.com

**Wednesdays**
**Improvers French** 7-8.30pm Liz 07738 497504 liz@languageforfun.uk
**Pilates** 6.15-7pm Debbie 07758217754
**Midsection Express Abs** 7.15-7.45pm tel: 07758217754 Debbie.Hanson@sky.com
**Textile Connections** sew, embroider 1.30pm-3.30pm last Wed of the month

**Thursdays**
**Glossop Arts Project** 10.30am-12.30 info@glossopartsproject.org
**Flare Fitness Walkfit** followed by **Legs, Bums & Tums** 6.45pm
**Peak Choir** 7pm No experience or auditions needed. peakchoir.com 07491992380
**Adult Beginners dance class** 8pm latinline@yahoo.co.uk

**Fridays**
**Glossop North End Ability Counts – Pan Disability football** 6-8pm age 8+ footballdevelopment@glossopnorthendjuniors.co.uk

**Saturdays**
**Children's Ballroom dance classes** 9.30am latinline@yahoo.co.uk
**Family Badminton & Table Tennis** 10am-12
**Table Tennis Coaching Sessions** 2pm-4pm All ages from about 9+. Barry Fordham on 07550002787
**Soccer School**
Mondays – Vets 35+ 8-9pm
Flexi Women's 18+ 8-9pm
Wednesdays- Walking Football 50+ 5-6pm
Fridays- Squad Girls 12-16 yrs 6-7pm
Wildcats 5-11 yrs 6-7pm
Ability Counts 14- Open Age 7-8pm ub
Glossop No 1s GK sessions- All ages 6-7pm
Saturdays- The Soccer School 9-10:30am
2-13 years. football@glossopfootball.co.uk

## Gamesley Community Centre

**tel: 01457 869145**
**www.gamesleycommunitygroup.org**

**Mondays**
**Community Boxing Club** Kids 6-7pm

**Tuesdays**
**Art** Journaling for Wellbeing 10am-12pm
**Hangout Youth Club** 4.15-5.45pm primary school / 6-7.30pm for secondary school £1
**Darts Club** 7.30-9pm £3
**Crochet and Chat** 1-3pm Free.

**Wednesdays**
**Heating** Project social event for older people. 1-3pm. Contact cathart25@hotmail.com
**Job Club** CVs, interviews & job search 1-3pm
**Community Boxing Club** Adult 6-7pm

**Thursdays**
**Parent and Toddler Group** 9.30-11.30am £2
**Knit and Natter Group** 1-3pm £2.50
**Neurodivergent Board Games** for Kids 4-6pm
**Runaround Run Club** 5-6pm Free.

**Fridays**
**Legs, Bums and Tums** 9.30am-10.30am Free.
**Junior Football** session 4-5pm
**LETS Men's mental health support group** 6-7.30pm Free.

**Saturdays**
**Community Boxing Club** Mixed adults and kids 10-11am

**Sundays**
**Church Service** 3pm. 3rd Sunday of the month









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## Cookery Corner



# Halloween Monster Mouth Snacks

### ingredients

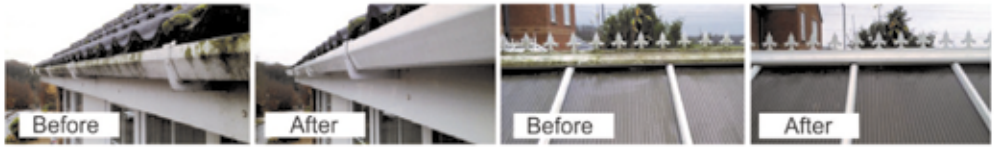
3 green apples
½ cup creamy peanut butter
Roasted peanuts (for the teeth)
Mini marshmallows (for the eyes)
50g melted dark chocolate (for the pupils)
Lemon juice (optional, to prevent browning)

### method

- Cut the apple into 6 wedges from top to bottom. Soak them in water mixed with lemon juice.
- Carefully cut a small wedge out of the middle of each slice to form a mouth opening.
- Spread peanut butter inside the upper and lower parts of the mouth.
- Press roasted peanuts along the bottom side to create teeth.
- Use mini marshmallows on top for the eyes and make a dot with chocolate.
- Serve immediately or refrigerate for a few minutes to let the peanut butter firm up.



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# Hadfield Hall

## Community Room

**Mondays** **Make it Mondays** 7-9pm Elaine 01457 868220

**Tuesdays** **Portrait Group** 2-4pm Annette 07946513973

**French for Beginners** 7.30-8.45pm contact Rosie 07931424281 rosie@languageforfun.uk

**Wednesdays** **Yoga** 10-11am, 6-7pm, 7.15-8.15pm marymansfieldyoga@gmail.com

**Thursdays** **French for Beginners** 9.45-12 noon Rosie 07931424281

**Glossop & District Model Railway Club** 7pm-9.30pm (Martin Peck 07454888731)

**Friday** **Yoga** 10-11am anneliesebriffa40@gmail.com

**Saturdays** **Rise & Shine Vinyasa Yoga** 8-9.30am marymansfieldyoga@gmail.com

**Sunday** **Serene Flow Yoga** 9-10am marymansfieldyoga@gmail.com

## Upper Hall

**Mondays**

**Footytotz** 10.30-11.15am, 3.45-4.30pm 1 1/2 - 5 years Chris 07837597267

**Tuesdays**

**Pilates** 9.30-10.30am Joy 07421814793

**Karate** 6-7pm 6-11 years 7-8pm 11+ adult. Jed 07900 257879

**Wednesdays**

**Art Group** 1.30-3.30pm Esme 07754232374

**Karate** 6-7pm 6-11 years 7-8pm 11+ adult. Jed 07900 257879

**Thursdays**

**Candlelit Restorative Yoga** 6:30-7:30pm marymansfieldyoga@gmail.com

**Friday**

**Footytotz** 9.30-10.15am 1 1/2 - 5 year olds.

**Line dancing** 7-8pm Paula 07709936026

## St Luke's Church

**Coffee Pot** 10-11.30am Thursdays. Refreshments & activities.

**The Ark** 0-4 years & parent/carer. Fun, free drinks, snacks & activities Thursdays 1.30-3pm

## Central Methodist Church

**Pennine Trefoil Guild** 2nd Monday at 2pm Email Cath at b.mcmylor@btinternet.com

**Glossop & District Probus Club** 10am-12 third Wednesday in the month. Contact Mike 01457 867034 & Derek 07704357444

**Glossop Choral Society** rehearsals Mondays at 7.30pm. We welcome new singers.

## Victoria Hall

Newly refurbished, we have set up a theatre showing comedy, theatre, music and family shows on Saturdays.
Tickets: **www.liveatvictoriahall.com**

**Comedy** Angela Bra: Secret Diary of a Bingo Call Girl 17 October, 7:30pm
**Family show** Comedysportz 31 October, 4:00pm
**Comedy** The Totally Improvised Musical 31 October, 7:30pm
**Music** Darren & Trish: + support 7 November, 7:30pm





**The Partington Players Theatre**

Call 01457 781600 or see www.partingtonplayers.org.uk or Partington Players Theatre for what's on.

**Music** Glossop Ukulele Group Victoria Hall Talbot Street, Glossop SK13 7DQ, on the 2nd and last Sunday of each month at 19:30. Beginners & experienced players. www.glossopug.co.uk GLUG

Glossop Jazz Club at Glossop Cricket Club, North Road. Gigs are held monthly starting at 8.00pm, entry is £10. For details see Whats on in Glossop website

**Fitness & Wellbeing** Be Well Glossop Gentle walks, walking football and walking netball have now started. www.bewellglossop.co.uk

Be Well CIC Walking for Health. www.walkingforhealth.org.uk

Glossop Rugby Club www.glossoprufc.com

Yoga In Glossop are offering online Zoom classes. www.yogainglossop.com for details.

Yoga with Barbara Hastings-Asatourian Face to face and Zoom classes available.

www.yogawithbarbara.org.uk or call 07764821521 Yoga with Barbara

Iyengar Yoga online Zoom classes. www.manchesteriyengaryoga.org.uk

The Pilates Studio offers online Zoom classes. t: 01457858555 or see www.thepilatesstudioglossop.co.uk

**Language** French Improvers 1 Thursdays 10am. French Intermediate Thursdays 11:15am both at The Craft Barn, Hadfield.

**Art** Glossop Arts Project are offering 'Arts from Home'. Tel: 07855 320 179 or email info@glossopartsproject.org www.glossopartsproject.org

**Health** Pregnancy to Toddlers - National Childbirth Trust will open as soon as possible but are offering online courses. For more information see: NCT Glossop and NCT TV or their web site: www.nct.org.uk/local-activities-meet-ups/region-north-west-england/glossop-and-district

Are you a carer or concerned about a carer? Please call 01773 833833 or email info@derbyshirecarers.co.uk or fill in the online referral form at derbyshirecarers.co.uk All calls and emails are responded to daily and someone will call you back to discuss how they can help.

**Autism Support** for children and adults and also advice and support for parents of adults with autism. www.tameside.gov.uk/autism/supportavailable

**Bipolar Support** Bipolar UK www.bipolaruk.org

**Dementia Support** Alzheimer's Society www.alzheimers.org.uk

**Business** www.glossopbusinessnetwork.co.uk/next-meeting for details.

**The Women's Institute** www.thewi.org.uk The WI in Glossop, the League of Ladies in Glossop, the League of Ladies WI meet for our monthly meetings at St Mary's Hall on the 4th Wednesday of the month. www.leagueofladieswiglossop.wordpress.com or on facebook.com/LeagueOfLadiesWI

## Elim Christian Centre

**Weekly coffee morning** Tuesdays 10.30am-12noon. Free for all age groups. A place to meet & chat to people whilst enjoying tea, coffee and cake! Activities available.

Elim Christian Centre, Ellison Street, Glossop SK13 8BZ (near the police station).

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*Our Autumn Craft Fair is on Sat Oct 24th*

*Our Christmas Market is on Sat Nov 28th*

Stalls available - for information ring Joy on 07421814793 or email

hadfieldhallcraftfairs@gmail.com

https://hadfieldhall.wordpress.com







## Venues

**Hadfield Hall** Station Road, Hadfield SK13 1AA t:01457 854364 e:FriendsOfHadfieldHall@gmail.com

**The Bureau** Bank House, 22 Henry Street, Glossop SK13 8BW t: 01457 865722 e: info@the-bureau.org.uk

**Glossop Cricket and Bowling Club** North Road, Glossop SK13 7AS t:01457 865107 e:glossopcbc@googlemail.com

**Glossop Leisure Centre** High Street East, Glossop SK13 8PN t:01457 842272

**Glossop Labour Club** 11-13 Chapel St, SK13 8AT t:01457 861398

**Whitfield Community Centre** Ebenezer St. Whitfield SK13 8JY e: hello@whitfieldcommunitycentre.org

**Bradbury Community House** Market Street, Glossop SK13 8AR t:01457 860007 e: reception@bradbury-house.co.uk

**The Vineyard** 18-20 Charlestown Rd SK13 7AR t:01457 853330 e: office@whitfieldparish.org


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## Sudoku

Answers

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


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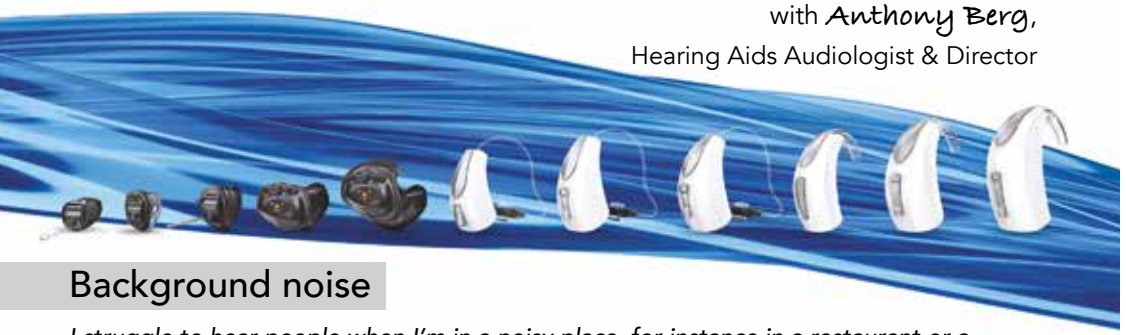
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# ***Hearing Aid Advice*** from The Glossop Hearing Centre at JACKSONS OPTICIANS

with *Anthony Berg*,
Hearing Aids Audiologist & Director



## Background noise

*I struggle to hear people when I'm in a noisy place, for instance in a restaurant or a meeting. Will a modern digital hearing aid help me to hear clearly in the presence of background noise?*
Most people do find it more challenging to hear clearly in a noisy location. Of course the volume and clarity of the person you are trying to listen to is an also important factor. As we age we generally lose the ability to hear high frequency sounds. This tends to make it harder to hear the beginning and ends of words. Background noise is generally low frequency so does not diminish with age. Therefore a noisy room will still sound loud as we get older, however the beginning and ends of certain words will fade making it harder to actually distinguish what is being said. This is when we either ask the speaker to repeat themselves or we take a guess at what is being said, sometimes with embarrassing consequences!
Whilst normal hearing can never be fully restored with a hearing aid, some modern hearing aids can help to boost the high frequency sounds without boosting the background noise thus helping you to regain some clarity in the presence of noise.

## Listening to the TV/radio

*I have the TV turned up too loud, how low will I be able to watch it with a good hearing aid?*
Good up to date hearing aids are very effective at enabling the wearer to listen to the TV or radio at a greatly reduced volume level. There are also "wireless" hearing aids available that can send the TV signal straight to the hearing aid which means you can watch the TV as low as you wait, even on muted volume!

## What will the hearing aids look like?

Hearing aids range from tiny in the ear aids which are invisible once inserted into the ear canal to slightly bigger but still very discreet in the ear aids. There are also more powerful over the ear types. Hearing aids nowadays come in many different sizes and even colours. It is important to choose a hearing aid for a variety of reasons such as durability, ease of handling etc not solely on cosmetic factors.

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## Protecting Your Future



### *Why Making a Will and Lasting Powers of Attorney Matters*

Planning for the future is something many people put off, yet it is one of the most important steps you can take to protect yourself and your loved ones. Lifetime planning, particularly through Wills and Lasting Powers of Attorney (LPAs), ensures that your wishes are protected and respected when it matters most.

A Will is a legally binding document in which a person sets out how their estate is to be distributed on death and appoints executors to administer the estate and guardians for minor children. It is important because it provides clarity, reduces the risk of disputes, and helps ensure that assets pass in accordance with the deceased's wishes rather than under the intestacy rules.

A Will is the cornerstone of estate planning. It allows you to clearly set out how your assets should be distributed after your death, helping to avoid confusion, disputes, or unintended outcomes. Without a valid Will, your estate is divided according to legal rules, which may not reflect your personal wishes. A well-prepared Will can also help minimise stress for your family during an already difficult time, providing clarity and direction.

LPAs, on the other hand, are about protecting you while you are still alive. They allow you to appoint trusted individuals to make decisions on your behalf if you become unable to do so yourself. There are typically two types: one covering property and financial affairs, and another for health and welfare decisions. Without an LPA in place, your loved ones may face lengthy and costly legal processes to gain the authority to act for you.

**Property and Financial Affairs LPA**
A legal instrument allowing attorneys to make decisions about money, property and financial matters, including bank accounts, bills, investments and property transactions.

**Health and Welfare LPA**
Allows attorneys to make decisions about health, care and personal welfare if mental capacity is lost, including medical treatment, care arrangements and, where authorised,
life-sustaining treatment.

Together, Wills and LPAs provide a comprehensive approach to lifetime planning, reducing the burden on those you care about and ensuring your affairs are handled according to your wishes.

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If you would like to discuss making Wills or LPAs, the Private Client team at O'Donnell Solicitors will be happy to assist you and can be contacted on **01457 761 320.**

**Quote this advert and O'Donnell Solicitors will either draft or update your Will FREE OF CHARGE if you have a Lasting Power of Attorney drawn.**




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