

Kilburn News

JUNE/JULY 2019

KILBURN PARISH COUNCIL

Your Parish Council Elected

On May 2nd the new Parish Council were voted into Office for Kilburn Parish Council. Below are the elected councillors for the local area, with an insight into some of the reasons why they stood to be a Parish Councillor. The Parish Council election was uncontested and there remains 1 vacant seat. If you think you would like to join the Council and give back to your local area please contact the Parish Clerk.

The Parish Council is made up of a maximum of 10 Individuals who are voted onto the council to work for the local area. They have responsibility for the local budget and ensuring that the Parish is kept clean & tidy. Many events are organised and sponsored by the Parish Council, which include, the Remembrance Parade, Christmas Lights Switch On, Garden Competition and Local Litter Pick to name a few. The council meet monthly on the 2nd Monday in the Month at 7pm in the Village Hall. Members of the public are encouraged to attend and voice their issues, not just to the parish council, but attendance is also received from the County Council & Amber Valley Councillors and sometimes the local PCSO. One highlight this year with the amount of issues around anti-social behaviour the Parish Council arranged for the Police Commissioner to come and listen to our issues but to also give an insight into what the police are doing to resolve this. I am sure as per the last edition of the Kilburn News, you will have found the answers interesting and useful. If at any time you want to get in touch, please contact the Parish Clerk.



DAVID HALL

Parish Council Chairman

David Joined Kilburn Parish Council in 2008. David's passion for the Village is to make Kilburn look cleaner & smarter while also being Chair of the Council. David sits on the Planning Committee, Finance Committee, Events Committee and chairs all Parish Meetings.



KEVIN MCDONALD

Parish Council Vice Chairman

Kevin joined the Parish Council in 2016. Kevin has a passion for getting things done and communicating to the village. Kevin sits on the Planning Committee, Finance Committee, Events Committee he is also Member for the KCA and oversees the financial controls of the Parish council.



SHEILA MATTHEWS

Parish Council Clerk

Sheila joined the Parish Council on 1st September 1989 (30 years this year) Sheila is responsible for all liaison of the Council and is the focal point for all enquiries. Sheila is here to help anyone who has a requirement or request and will ensure it gets the full attention of the council.

PCC Continued...



PETER ROWLEY

Parish Councillor

Peter joined the PC in 2000. He is always seeking and supporting ideas to improve and enhance the village and environment.

Peter is responsible for General Maintenance of the village including overseeing the Parish Warden.



GORDON PARKIN

Parish Councillor

Gordon has been a Parish Councillor since 2013. Gordon is very keen on ensuring that Parishioners are protected. While walking the village Gordon is keen to ensure that people are able to be safe within their village.



SHARON BAYLIS

Parish Councillor

Sharon re-joined the Parish Council in 2018 having previously been on the Parish Council for 7 years. Sharon has a passion for the good of all the village especially regarding the redevelopment of Cinder Hill. Sharon is also responsible for Footpaths South.



DAVE EARNSHAW

Parish Councillor

David joined the Parish Council in 2018. David is keen to help the village in whatever way possible, being a local businessman he also sponsors the Village Garden Competition. David is on the Finance Committee, Footpaths North & Sub Nomination on the KCA.



DANIEL BEADELL

Parish Councillor

Daniel joined the Parish Council in 2017. Daniel works tirelessly for Neighbourhood Watch and the protection of villagers across the parish. Daniel sits on the Events Committee and maintains all of the defibrillators across the village.

**BARBARA LAMBERT**

Parish Councillor

Barbara joined the Parish Council in 2010. Barbara is keen to ensure that the voice of all local people is heard and brings a calm and collected tone to the meetings.

**ERIC HETHERINGTON**

Parish Councillor

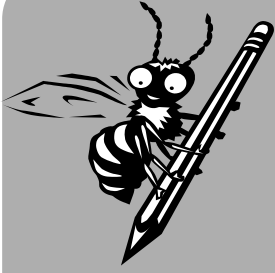
Eric joined the Parish Council in 2008. Until last year Eric was responsible for the footpaths of which he has excellent knowledge. Eric now wants to ensure that the village is a safer place to live.

Litter Pick Success!



On Saturday 6th April a number of Parish Councillors (David Hall, Kevin McDonald & Peter Rowley) and Local Amber Valley Councillor Trevor Ainsworth including residents successfully completed a litter pick around the village. A total of 12 full bags of litter were collected and a Car Tyre. A number of fly tipping locations were also identified which have been submitted to Amber Valley for removal.

It's clear from the number of bags we have an issue with litter within the village and would ask that anyone who is able to collect litter which is on the streets it would be greatly appreciated. We have also been informed of Scrap men in the area taking things from driveways, please remain vigilant and only put out what you want to be taken.



Kilburn Infants News..

We're having a very busy last term in school, and can't believe we will soon be saying goodbye to our Year 2s!

All of the Infant children took part in 'Memorable Experiences' in their classes as part of their half-termly learning themes, including visits to Whitepost Farm, and Mercia Marina for a boat ride! Learning themes have included 'Wriggle & Crawl' with mini-beast hunts, 'The Scented Garden' growing a variety of vegetables, 'Why are carrots Orange?' with a 'Wear Rainbow colours Day', and 'The Enchanted Woodland' making bug houses! Our Nursery are also holding 'Making Memories' events for families at Cromford Canal, and a picnic in Kilburn Park, and our annual Infant Summer day out will be to Tatenhill Adventure Farm in July.

Special events in school have included a visit by the RNLI to Class 3 as part of their learning theme, 'Land Ahoy!', and our School Council have planned a photography competition, with the theme 'Kilburn in Summer' - they will be organising a School Art Gallery with refreshments for families to come and see all of the photos!

For the Summer term in assembly children have learnt about Sun Safety, Caring for the Environment and Re-Cycling, Being Healthy, and Water Safety. We have also had special assemblies led by 'Christians in Derbyshire Schools'.

For Parents and carers, we are holding Grandparents Lunches, Transition meetings, and 'Celebration Assemblies', and invited them into celebrate their children's work at the end of learning themes. Nursery parents are also invited to 'Stay & Play in the woods' with their children.

We continued fundraising for 'extras' for the children and school, with Nursery and Reception classes 'Sponsored Obstacles', and a Year 1+2 'Film Night'. We were very grateful to receive a donation of wood from Kilburn Timber, and Mr Brown, our Caretaker, has built decking and seating in our main playground. We will use the money raised from our annual 'Sun-safe Beach Party Day' to replace sunhats for all of the children to use at playtimes and lunchtimes. Thank you to everyone who has supported our fundraising!

The Summer term in school is very busy, with Parents Evenings, Annual Reports, visiting new classes, new starters meetings, class photos and special events such as Sports Day and the Annual Attendance Awards Assembly. Our Year 2s have also been busy with visits to the Junior School, practising songs, dances poems and speaking parts for their 'Leavers Show', visits from Junior Year 3s, and of course, their national SATs tests!

On behalf of the school I would like to pass on our thanks for everyone's continued support this term and school year! We are sad to be saying goodbye to our fabulous Year 2 children, but are looking forward to meeting all of our new children in September! We hope that everyone has a lovely Summer!!

For weekly photos of learning, events, fundraising, visits, & activities, please see our school 'Facebook' page!

Joanne Baillie Head teacher

Weekly events programme at Horsley Woodhouse Church Hall -:

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Date	Activity	Contact details
Monday	7.00 to 8.15 pm - Line Dancing	Megan 01159 326 217
	& 5.30 to 6.30 pm - Circuit Training	Julie Cole 07976 710 882
Tuesday	10.30 to 11.30 am - Yoga	Anita 01332 842 070
	& 5.00 to 9.30 pm - United Response Disco	Michelle 07891 759 907
Wednesday	6.30 – 7.30 pm - Circuit Training	Julie Cole 07976 710 882
Thursday	10.00 to 11.30 am - Chair Based Exercise	Diane 07919 116 585
	& 5.30 & 7.30 pm - Slimming World	Tracy 07821 616 372
Saturday	10.30 to 11.30 am - Zumba classes	Cathy 07963 738 137

YOU ARE INVITED TO THE GETTING TO KNOW YOU CAFE

Horsley Woodhouse Church Hall

Wednesdays 2.00 pm until 3.30 pm

The next dates are **May 29th, June 12th & 26th & July 10th & 24th**

Come along for a chat, hobbies, games & entertainment.

Horsley Woodhouse

**Saturday
20th July**



12.00 - 5.00

Sitwell Recreation Ground, Church Lane

(The parade will leave Arthur Medical Centre at approximately 12.05)

PLUS

**Friday Night Concert, Bar & BBQ with Scribble Victory & support
act Harry Newton**

on 19th July 6.30 – 10.00 pm



Kilburn Juniors News...

The school year is moving at a pace and we are now in the final term.

Our school continues to be a hive of activity with lots of exciting opportunities for our boys and girls both inside and outside the classroom. The feeling of the sun's rays permeating our classrooms creates a real buzz and it is lovely to offer our pupils the chance to play the vast open field now that it is dry.

Young Person's Forest

Pupils from Class Endeavour have recently taken part in the launch of the 'Young Person's Forest,' an area in Shipley Country Park that has been acquired by the Woodland Trust.



The site, named 'Mead', was a former surface mine, owned by UK coal and covers an area of 162 hectares.

Our pupils took part in various environmental activities and planted the first of the 260,000 trees planned for the area.

As Shipley is a place our pupils are familiar with, we were keen to get involved with the development of the area, giving our children the chance to watch it flourish and evolve over their lifetime.

School Pond

We are always looking for ways to improve our already wonderful school site and we have recently created a pond on the school field.

A pond will encourage different species of wildlife and enable our pupils to develop an interest and understanding of the natural world. It will also help engage pupils in activities such as pond dipping and bug hunting, which will support areas of our curriculum.



As part of our Trailblazer sessions, the children have also been planting trees on part of the field, to create a woodland.

Whilst we understand this will take many years to become established, we feel it will give our children the opportunity to leave a lasting mark on the school.

Round the World Cyclist and World Record Holder Visits School

Pupils, staff and parents were recently treated to an inspirational day from 'Round the World Cyclist', 'World Record Holder' and Adventurer, Leigh Timmis, when he spent the day in school talking and working with them.

Everyone was captivated by Leigh's stories and philosophy for life and we want his positive message of 'anything is achievable with the right attitude' to resonate in our pupils. Before both ladies performed a breath-taking duet 'For Good' from the musical Wicked.

West end Stars

Tuesday 9th April is a day that will live long in the memory for some of our Team Equality pupils as they spent the day working with two stars from the West End, Victoria Farley and Sophie Isaacs.



Victoria has had leading roles such as Cosette in Les Miserables and Glinda in Wicked whilst Sophie recently won the 'Rising Star of the West End award' for her leading role in Heathers the Musical. She has also had lead roles in Hairspray, Grease, Legally Blonde and The Rocky Horror Show to name a few.

The day started with the fabulous opportunity for the children to record our Federation Song, 'I am a small part of the world' alongside successful music producer Baby J, one of our trustees.

In the afternoon, Sophie led the children through a workshop of 'It's a Hard Knock Life' from the musical Annie

School Summer Fair

This year's Summer Fair is on Saturday 22nd June from 12-3pm.

The afternoon promises to be another exciting community event with stalls, Bric-a-Brac, Raffle, Refreshments and competitions so please come along and give your support.

The PTFA are looking for help on the day and for donations of bottles, cakes, books, toys and Bric-a-brac. Please speak to a member of the PTFA team, get in touch via their Facebook page (Kilburn Junior School PTFA) or contact the school office if you would like to get involved.



Highfield Road Parking

As many of you will be aware. We have many issues with parking on Highfield Road. Following on from numerous complaints by residents. Police will be enforcing tickets on anyone who is breaking the law when parking on Highfield Road. Also anyone who is parking on the pavement, it is an offence and will be reported to the police for action to be taken.

Did you Know?

In the last year Kilburn Parish Council have funded the installation of 6 defibrillators across the village. All of which have been used at least once this year, saving valuable lives.

Also Kilburn Parish Council are now funding 7 cigarette bins onto the bus shelters around the village to tidy cigarette litter across the parish.

Every year the Parish Council have to have the lamp posts ultrasonic tested to put up the hanging baskets which fill the Parish with colour. We also stock the border signs and planters every summer and winter.

Kilburn Community Association

Kilburn Village Hall

7a Church Street, Kilburn, Derbyshire DE56 0LU

Charges: £12 per hour before 6.00pm

£15 per hour after 6.00pm

All enquiries and bookings contact:

Kilburn Community Association

Tel: 07709-818-683



Kilburn Neighbourhood Watch

“Since the last update from our team we have seen an increase in suspicious incidents where individuals have been trying to enter insecure properties via unlocked doors and windows.

It is especially important to remain vigilant and report anything suspicious to the police on 101 (999 in an emergency) and also take simple crime prevention steps such as security marking valuables, ensuring home, outbuildings and vehicle doors and windows are closed, locked and secure.

If you would like to join the watch, you can email your details to Kilburn-NHW@outlook.com or follow us on our Facebook page ‘Kilburn & Denby Neighbourhood Watch’”



Councillor Kevin Buttery – Keeping you Updated

Proposals are being drawn-up by Derbyshire County Council for a Festival of Derbyshire to boost tourism, which is about bringing new investment and creating more jobs.

Tourism is a vital and growing industry for Derbyshire worth £2.15 billion to the local economy and supporting more than 29,000 jobs directly and many more indirectly.

Proposals are at an early stage and will need a small investment to develop ideas for the festival, that will involve working alongside the Derbyshire Culture, Heritage and Tourism Board and other partners that will hopefully bring significant rewards.

You only have to see what Yorkshire is doing to put itself on the world stage with the recent Tour De Yorkshire cycle race, to see the benefits. Yorkshire recently boasted a record breaking number of overseas visitors which is helping drive the county's economy and it, creating jobs and business growth.

A Festival of Derbyshire will be as much about tomorrow as it is about marking our past and how we can use our huge assets to create investment and jobs.

From 1st July, upgraded ticket machines on buses throughout the county will be able to identify invalid Gold Cards by reading the electronic chip on the card itself. These tend to be ones which have been reported lost or stolen, or cardholders have multiple cards and are not using their latest up-to-date one. Please check that you are using the latest issue, which is the card with the highest 13 digit number shown on the front of the card.

Gold Cards enable passengers to get free, off-peak travel on local buses throughout England. Off-peak travel is after 9.30am up to 11pm weekdays and any time at weekends and bank holidays. Gold Card is also a Derbyshire and Derby city library card and entitles the cardholder to get discounts at around 700 local shops and on other services.

The Council has just agreed a Derbyshire Climate and Carbon Reduction Manifesto, to address climate change. Global temperatures are projected to continue rising, bringing about changes in weather patterns and increased frequency and intensity of extreme weather. Local Councils do have a clear role to play in adapting to climate change by changing the way we do things, protecting against negative impacts and taking advantage of any opportunities. The manifesto is aimed at cutting greenhouse gas emissions, championing eco-homes, supporting renewable energy and energy efficiency. The promotion of low emission travel, introducing electric vehicles into the Council fleet and exploring opportunities for low carbon fuels for Heavy Goods Vehicles.

The UK currently uses in the region of 25% Nuclear Power, 30% Renewable, 5% solid fuels and 40% Gas. It is therefore likely that gas will be around for a long time, so we do need to look at how we manage the emissions from it. I was surprised to learn that food waste represents 3% of the UK's domestic greenhouse gas emissions, which is the same as those created by 7 million cars each year. We can all play our part in the way we protect the environment, in some cases by simply insulating our homes better and reducing our food waste.

If there is an issue I can help you with, please contact me on 01332 781092 or

kevin.buttery@derbyshire.gov.uk



Kilburn Parish Council

Report from the May Parish Council meeting:

Together with residents, Members of the Parish Council are extremely concerned about parking on Highfield Rd – especially around the schools and the pedestrian crossing. The Police have been informed and additional patrols are to be made. Residents are reminded that it is illegal to park on the zig zag lines of the pedestrian crossing and the police are able to issue fines which would also incur penalty points on licence. **This selfish parking is putting children's lives at risk.**

The Parish Council has been informed that there will be no police presence at our annual Remembrance Day Parade and Service. This is obviously disappointing and causes a number of problems to the Council, especially as the Council does not have the powers to stop traffic. However, the Council will apply for road closures in the usual way and have asked Amber Valley Borough Council if they could supply additional signage for the road closures. Additional marshals will be used both on the parade and at the war memorial.

The Parish Council meeting due to be held on 10th June will commence at 6.30pm in order for training for Members to held after.

Following the uncontested election there remains 1 vacancy – anybody interested or requiring further information please contact the Clerk.

Parish Council Contact Details:

- Cllr D Hall (Chairman) – 01332 881492
- Cllr K McDonald (Vice Chair) – 01332 989801
- Cllr P Rowley—01332 882357
- Cllr G Parkin— 01332 883557
- Cllr D Beadell—07514 956142
- Cllr D Earnshaw—07967 550158
- Cllr S Bayliss— 07772 930 776
- Cllr B Lambert—
- Cllr E Hetherington – 01332 881354
- Ms S Matthews (Parish Clerk) – 01332 671513
or email: samatthews2001@aol.com

**Parish Councillor
Vacancy
If Interested please
contact the clerk**

Parish Council meetings:

The next two meetings will be held on Monday 10th June & Monday 8th July 2019.

SAFER AMBER VALLEY NEWS

Dream holiday or short break? Book it safely, and don't become a victim of holiday fraud

Thousands of people in the UK become victims of holiday fraud every year - paying for non-existent accommodation, flights or entire holidays. They lose their holiday and their hard-earned money.

We've teamed up with Get Safe Online to bring you expert tips to help protect you when booking a holiday. Make sure you:

- thoroughly research private advertisements for accommodation, flights, cruises or package holidays, to check that they are authentic.
- check reviews on Trip Advisor, or similar sites.
- check that accommodation really exists by finding it on Google Maps and, if you can, call the owner/agent directly. If the number is not provided, email and request it.
- remember that paying by credit card means you have more chance of getting your money back, if something goes wrong.
- never transfer money in payment for accommodation or travel. If you do, and it's a fraud, your bank will not be obliged to refund your money.
- type in the correct website address if paying online, rather than following a link - ensure the payment page is secure - it should begin with 'https' and display a locked padlock.
- are wary of unusually cheap holidays or requests for high deposits.
- read terms and conditions before making any payment.
- keep the confirmations and payment receipts and check your statements for irregular entries.
- confirm that travel agents and tour operators are members of trade associations, such as ABTA or ATOL. You can do this on these bodies' websites.

If you think you've been a victim of holiday or any other fraud, report it immediately to Action Fraud online or tel: 0300 123 2040.

For everything you need to know about safely booking holidays and travel online, visit www.getsafeonline.org/safebreaks

Summer Holidays – Security advice

Amber Valley Borough Council and Derbyshire Police advice on Summertime Crime:

- Make sure you don't leave windows and doors open, even if you go out for a short time.
- Always keep doors locked if out of view, for example if you are all in the back garden.
- Keep sheds and garage doors closed and locked, even for short periods.
- Don't leave valuables or keys on view.
- If you leave your property whilst on holiday, leave lights and a radio on timers to come on and off at similar times to your usual pattern. Get a trusted neighbour to keep an eye on your home, even open and close your curtains if you can.
- Remember to disable location services on your mobile phone and never post on social media your holiday plans.

Dates for your diary..

KILBURN PARISH COUNCIL MEETINGS

All meetings are held at Kilburn Village Hall and start at 7pm. All parishioners are welcome to attend and voice any concerns you may have.

Monday 10th June 2019 (6.30PM Start) Due to Council Training

Monday 8th July 2019

Monday 2nd September 2019

Monday 14th October 2019

Monday 11th November 2019

Monday 2nd December 2019



KILBURN CARNIVAL

Saturday 13th July 2019—Kilburn Playing fields



Judging is JULY 2019

Sponsored by **WOOD LANE GARAGE**



Can you help the parish council deliver Kilburn News?

If so please get in touch on the email address below:

news@kilburnparishcouncil.org.uk



ARTHUR MEDICAL CENTRE

Long-term Condition Reviews at Arthur Medical Centre (AMC)

The Department of Health tell us that there are about 15 million people in England who have a 'long-term condition'. Long term conditions (chronic diseases) are those for which there isn't a cure, but which can be managed effectively with lifestyle changes, medicine and other treatment. Well known examples of such conditions include diabetes, chronic obstructive pulmonary disease (COPD), and dementia.

While the pot of NHS money *may* be growing, it isn't keeping pace with the demands on the system. Managing long term conditions is a central task of the NHS and what we do for you here. Caring for these needs requires a continued partnership with you as, put simply, helping you to help yourself can mean a lesser impact of that disease into the future. And yes, NHS chiefs say it costs less too. For me as a GP, it's not necessarily about living longer or saving the cash but, much more about the quality of life; being able to ride a bike until I'm 95 or maintain that highly valued independence. Fortunately, many of these conditions don't show their teeth with symptoms early on but they often creep up and bite later. Optimisation of care to prevent bites out of quality of life is the most important thing we can do.

About 25% of you have at least one chronic long term condition. I hope by now you will be beginning to see why it matters. The team at AMC aim to help you to manage your condition through what are called **chronic disease reviews**. So, if you do have a long term condition it is very important that we have the opportunity to discuss it with you.

A chronic disease review is often in several parts and the order of these parts is important to make sure we have all the information we need at hand to make the right decisions together with you about your care. Depending on the condition, you may be **firstly** asked to have blood tests and physical checks done *before* you talk to a nurse, advanced nurse practitioner, pharmacist or doctor. Please therefore make sure you follow the advice of the team in terms of what is needed and when.

Once we have any measurements we need this will then prompt the **second** part of the review. This is the time where we can discuss results from stage one. We can also look at any challenges you face, sort out misunderstandings, encourage you to set realistic targets and hopefully congratulate you on your successes! While it is no secret that The Practice is set national targets to meet which do in part govern how it is funded, with the pragmatic approach here at AMC, it's much more about finding out *how you are getting on as an individual*.

Some conditions can't be managed without drugs. While much of the review won't be about medicines, a medication review is a key element for some. If used properly, medicines are generally safe and tolerated very well but it is essential that we check what you are taking, make sure you are taking it appropriately and ensure it is doing what it is supposed to be. If there aren't any problems we will also reset the clock on your repeat prescriptions so you can keep getting the medicine until your next review is due. Because it's about safety, if you don't have a timely medication review you may be refused or issued with a small supply of medication. We know for some of you who have managed your condition and medicines for years this can be frustrating but things do change so please help us to keep you safe.

AMC are currently looking at the whole chronic disease review process and in particular the way that we inform you about a review being due. As it stands, you may be sent a letter in the post, or informed by a letter attached to your prescription if it comes from Amber Pharmacy. We are exploring new ways to keep you informed like the web site and are very keen to hear ideas that you might have. We are also looking at innovative ways to conduct the second discussion part of the review especially if everything is stable. It may be that you do not need to physically attend surgery at all, liberating much needed time for appointments for other people to be seen.

Finally, I hope that you have found this to be an interesting read. Please watch the various AMC related spaces over the coming months for more updates and information. As always, any member of the team can guide you as to whether you have a long term condition and if a review is due. Thank you.



Kilburn Multi-Sports

Kilburn Social Club, Chapel Street, Kilburn, Belper DE56 0NR

When is it?

Every Friday, 6:00pm - 8:00pm

For ages 11 - 16

**FREE to
attend!**



For more information email jordan.hedges@dcct.co.uk



DerbyCountyCommunityTrust



DCCTOfficial



DCCTOfficial

Time Swap

Swap time not money!



Information Sheet

What are Time Banks/Time Swaps?

Time Banks originated in the USA in the mid 1980's and Time Banking has been active in the UK since 1998 and there are now over 350 Time Banks around the UK. There are lots of great stories about the benefits of Time Banking as a way to bring communities together by getting help with odd jobs and lending a hand yourself. Currently in the UK, from Cornwall to Scotland, there are local Time Banks using times as a medium of exchange to link people together. Time Banks can help fill gaps for local people by them sharing skills, services, talents and life experiences with each other.

How will Time Swap work?

The idea is very simple, members 'deposit' their time in the bank by giving help and support to other members and then are able to 'withdraw' their time when they need something done themselves or alternatively they can donate their time to other members in the Time Swap scheme. Everybody's time is worth the same and for every hour an individual gives helping someone, they are entitled to one hour's credit in return. All this activity is recorded by a Time Broker who matches up the right task to the right person and also issues Time Swap statements so that members can keep a record of how many hours they have given and received.

Members will have an enormous range of skills and services that they can offer to their fellow members. Requests for help and support are received at the office and Time Swap members are contacted to enable time to be exchanged. Time Swap members will be able to offer assistance in many ways including: simple DIY; small Gardening tasks; Companionship; Computer Skills; Decorating; Ironing; Shopping; Errands; Form Filling; Knitting/Sewing/Crochet/Mending; Car Washing; Dog Walking to name but a few. The time Swap will be as good as its members want it to be. The Time Swap Initiative will be free to join and all new members will receive an hour of time to be deposited into their account. Being a member of the Time Swap does not affect your tax position in any way or any entitlement to state benefits. There is no 'catch' - you just have to be prepared to both receive and give time by helping others and allowing other people to help you!

If you think you would like to join or would like to find out more,
why not give us a ring on 01629 532049
or e-mail: Timeswap@derbyshire.gov.uk



If you wish to contact us or put an article forward:

**If you are holding a fund raiser, have some community news
please get in touch.**

Please email the editor at **news@kilburnparishcouncil.org.uk**

Publishing Deadlines:

Aug/Sept 2019 – 20th July 2019

*All articles and information submitted will be reviewed by the Parish Council
before it can be approved and included.*

Also visit our Website:

www.kilburnparishcouncil.org.uk