

August 2019 Issue : 126



www.merciamarina.co.uk



Introducing The Hall

A Centre for Exercise, Fitness and Community Events

The North Field building will have a core purpose and strong focus – encouraging and supporting fitness, good health and wellbeing for all members of the Mercia community.

The simple and flexible design will lend itself to a wide variety of activities for all abilities and so benefit as many people as possible. The complementary outside space will be for exercise or sports alongside social events. The Marina needs a Centre that is easy to use, easy to access, available all year round, throughout the day and all evening. It will be an important, practical and attractive addition to the Marina's facilities which will encourage the development of new initiatives and activities.

The main hall will have no fixed equipment but the stored mats, studio steps and other small portable equipment will allow for a wide variety of chair-based and regular exercise and formal classes –





e.g. Yoga, Pilates, Tai Chi, Line Dancing, Walking Netball, Zumba and Dance Aerobics – so that a wide range of ability levels are included. A separate smaller

room will cater for meetings, group activities and as a casual social space. A kitchen area will provide hot or cold drinks, simple food preparation and it will support social functions and events at The Hall.

A storeroom, an area for leaving coats and outdoor shoes and an accessible

unisex toilet/washbasin completes the functional indoor space. The Hall's audio-visual provision will

support talks on health and safety, first aid and healthy living as well as prompt new initiatives such as a Film Club or Movie Nights and Tea Dances! A movable stage will aid those leading exercise classes and in performances such as Pantomimes or music evenings. In the immediate surrounding area there



will be outdoor gym equipment, a sports' area for tennis, netball, football, other sports or exercise classes and a grassed area for informal social gatherings and picnics or be used as part of Marina events.

There will be a 'blue badge' and scooter parking area and ramp access to the Hall.



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Supermen

ercia's Matt Franklin, along with his cycling pals Phil and Paul, raised nearly £700 during their static ride on the Bandstand last month. After seven hours of riding they covered 134 Miles in preparation for their Land's End to John O' Groats Charity ride in September. Mercians can show their support for Matt at our grand charity Race Night, being held on Friday 23 August.

Fire Damage



his fire damage was brought to lan Carroll's attention a couple of weeks ago. He can't be sure, but thinks a cigarette may have been dropped from a window as the damage is nowhere near an exhaust or other heat source. This could have resulted in a serious fire on the marina; please will everyone be careful about discarding cigarettes and cigarette butts (read the accompanying piece about them).



igarettes are the number one littered item in the UK and even worse - it's a plastic item. The British ban on indoor publicsmoking has resulted in

people going outside to have a puff and it seems that a lot of them then chuck the butt away before going back inside.

Keep Britain Tidy estimates that there has been a 43% increase in cigarette littering as a result of the ban with cigarette butts discarded in streets, drains and flower-beds. These butts, and 90% of them have a plastic filter, then find their way through the canal, stream and river systems to end up in the sea. Cigarette filters don't contain only plastic; there is also a nasty cocktail of toxic substances: arsenic (rat poison!), lead, nicotine and pesticides. As the filter disintegrates, the chemicals seep into the soil or the water. San Diego University in the US did a test with fish: they let them swim around in water where cigarette filters had been floating for 24 hours (one filter per litre of water). After a couple of days, half of the fish were head

Please don't drop your butt – make sure it is safely extinguished and BIN IT.

Jude on Recycling



have written so much in the past about our need in this green space to be more green in our recycling **BUT** recently it seems that I NEED to have another GO!

I took out a full box of eggs, a broccoli stalk, used tea bags and a filled poo bag out of the four Recycling Bins on the corner in the last few days!

Another resident came to my boat today and asked if I am still active in my role as a recycler, as he sees so much recyclable waste put into the general waste bins that it makes him very angry! And he was.

So I am reminding everyone that as you go round the Marina there are General Waste Bins just inside the gate (not to be used for recyclables). Then on the first corner opposite the bike store, are 4 recycling bins to be filled with Dry Recyclables: plastic, cardboard (flattened), paper cans and tins and plastic bottles and trays. Plus a bottle bin.

At the second service block there are domestic waste bins (not to be used for recyclables) and a bottle bin. At the third service block are a couple of general wastebins (not to be used for recyclables) and a couple of recyclable bins. Further round on the way down to Streethay Wharf are a couple of recyclable bins.

Come and see me if you have a query or disagree - perhaps I can make you see... I am on Alice on K1.

I am currently trying out a new Clothes Washing product called SMOL which comes through the post and its packaging can be recycled back to the makers. It is cheaper than the standard brands - I will let you know how it works out. In these very changeable world times recycling is

something we can do - so please DO YOUR BIT too...Jude





1st Wednesday of every month 1030 - 1200

Refreshments are available A warm welcome is to be held by anyone that walks in.

It doesn't cost anything to borrow a book and there is a large variety to choose from, from fiction, adventure, crime, biographies and there are even children's books so why not come along and see for yourselves

Why not bring your children or grandchildren. All we ask is that you return the book when you have finished reading them.



Bits & Pieces

The new high-speed fibre internet system predicted costs will be as follows. Setup costs: £40 for the router and standard length cable (which can be put through an open window if needs be). Existing FWA users can re-use their current router instead of

Data costs for an annual contract: £40 month for 50 mbps, £30 month for 20 mbps, £25 for 10 mbps and £10 month for 3mbps. Other packages will be available for shorter periods. Payment can be by Direct Debit.

The Marina Office refurbishment and extension works should be well un-

There will be a self service element

for post and parcels for all residential

New Fibre Internet

buying a new one.

Office Refurbishment

derway (as this is published). The major extension will provide a more spacious reception area.



Mercians get ready for the Wild Trent Challenge

ucy Elson and Tony Preston will be in action on 31 August in the `Wild in 5k, 10k and half marathon races. And, of course the OCR (Obstacle Course Rac-

Trent Challenge` - a 9km run 'upstream', followed by an 8km canoe paddle downstream along the mighty River Trent in Derbyshire. Teams of two or three take part and



Mercia's team have a couple of OCR veterans! Sponsor them (and help Derbyshire Wildlife Trust's work with bees, badgers and butterflies) and turn out to cheer them on. Willington Bridge will be a great vantage point.

Tony says: "Training? Hmmmm Well, I've switched to light beers and I walk around the Marina regularly. Most training I do at the moment is potty training for my two-year old daughter." He's being a bit modest, is our Tony. For starters, he RUNS round the Marina, he loves canoeing and kayaking and was once selected as a contestant to try out for Gladiators. He used to participate in the annual National Canoeing Week with the 4-mile canoe at Holme Pierrepont and he takes part Lucy says: "I'm always up for a challenge if I think it's possible. It's not going to be easy – especially the 9km run after the canoeing – but it's something new. We'll give it our best shot and we will finish (a morning slot means we have all day)!

"I've done a Tough Mudder with Tony and Jules and I loved it; we took part in the Derby Half Marathon in April, I go to Crossfit several times a week, run when I can and I usually go swimming once a week. I've not done much canoeing (I'm very glad it's downstream) but I have kayaked on a lake! "I am truly looking forward to this – it's an unusual challenged for a great cause (so please support us with donations to the Derbyshire Wildlife Trust)." Who **wouldn't** want to try it?!!

For comment and contributions, please contact Jo on 07973 711431 or at jojames46@gmail.com

ing) Tough Mudder with Jules and Lucy. "Lucy", he says, "is the perfect training and race partner and keeps me focussed and we both push each other."

Mercians. CCTV will be in evidence. Mooring Contracts Berthing Costs Prices will increase by inflation (RPI), as usual, with effect from 1 September. The rate is 3%. There will be an additional 1% levy for the gym/event space including the planned outdoor oversion space

the planned outdoor exercise space, tennis court, etc. The cost of the works is about £200,000. The levy is only a small contribution, adding less than 10% a year. Excluding VAT, the total increase over a year will be £82,43 for a 50 foot narrowboat.

New & Used new home

To accommodate the new enlarged Marina Office, the New & Used Office has relocated to a large widebeam craft in front of The Willlow Tree.

Electric Charges

Electricity prices will be going up by about 15% at the beginning of September from 13p per KWH to around 15p per KWH (incl. VAT). There is no Marina 'add on' to the negotiated supply cost.



Our thanks to Midland Chandlers for their support with this newsletter 4 Mercia Mercury - August 2019





Mercia Photography June Winners

N ature reigns supreme at Mercia, as can be seen by these latest photography competition winners, Amy Ogden, Mike Coates and Tony Bates. All monthly winners receive either a bottle of Prosecco or box of chocolates from the Marina Office.

If you have a photograph of the Marina you think is worthy of entry then let the office have a copy and you might see it on the back page of the *Mercury* next month.

To enter the monthly competition, send your `Mercia Marina' photographs to tony@merciamarina.co.uk





Just another gentle reminder that the 10mph speed limit in place around the marina is there to protect everybody. Respect it....or face the consequences.



N obody wants to hear the sound of the bottom of their boat scratching along the canal bed, so CRT are appealing to all boaters to take their time at locks and look around and wait a while

before going into a wide lock. They estimate that sharing locks save thousands of gallons of water. And don't forget to close all gates and paddles (unless signage says otherwise).