

Destiny School and Children’s Centre

Richard Burns returned recently from Destiny School and Children’s Centre , Nakuru, Kenya with photographs and video showing the progress being made. There is still a huge amount to do but he brought with him the very real thanks from the staff and children to add to his own for the difference Mercia Marina and Rams in the Community are already making.



Above: Beginning to build the new classrooms.
Right top: The walls all complete



Sports Day



Above: leaving behind more tools to help with the work
Left: a Mercia Marina badge on the classroom door!

Take Care Out There

The piece about Falling in the Water lists circumstances which makes accidents more likely. Keith Teasdale reviews his accident with brutal honesty: “Was I tired? Yes. Was I not paying full attention? Yes. Was I frustrated? Yes. Had my routine changed? Yes. Was it ‘my fault’? Yes. Was I working to a time deadline? Yes.” Three days beforehand, as he set off from Mercia to single-hand his ex-narrowboat (sold to a lady who suddenly needed it in Chester), he was doing a favour for someone, was confident in his own ability, had experience of single-handing and, despite the weather, soon got into the swing of early morning rising, getting into his own routine at the locks (seldom crossing with any other boat to share the load) and was finishing each day with a feeling of tired satisfaction that he’d chalked up many more miles towards the 97 mile total and worked through a goodly number of the total of 63 locks between him and his destination. A CanalPlan estimate of 7 days he was going to do in 3. Alrewas on Sunday night, Gailey on Monday night and at the top of the Audlem flight on Tuesday night were each achieved after long days. The boat was running well, the prop stayed clean and even the chilly and wet days didn’t foreshorten his days. Wednesday had him off to a good start at 5 a.m. and once through the 15 locks, he had only 7 locks left. He got in touch with the boat’s new owner and met up at lunchtime with only four locks left before the journey finished. As they approached Tilstone Lock, Joan asked him to stay on the tiller and she would work the lock. She picked up his windlass and went to tackle the hydraulic gear. It was a slow and tough job for her so Keith, grabbing her windlass, secured the boat and - tired and frustrated - went up to do the other side. Putting a lot of pressure on the borrowed windlass he leaned into the job, wanting to get it over and done with. The windlass slipped and spun, coming off the spindle to hit Keith full in the mouth, shattering a crown, shearing off a tooth and leaving him deeply shocked, bleeding and in considerable pain. They were in the middle of nowhere so there was nothing to be done but to mop up as best he could and get through the last bit of the journey. Now he’s in the middle of repeated visits to his dentist. Keith’s story is not told to get him lots of sympathy (though he has it of course), but to remind us that locks are dangerous places. Our boating lives are often quiet and peaceful, moving at a slow and gentle pace and it’s easy to forget that we are often only an incautious step away from a horrible accident. So pay attention when you need to, do things safely, don’t hurry or skimp on safety. For Keith’s sake. If he stops another accident, he’ll feel some good may have come from all this.

Derbyshire Gold Card - Travel, Discount and Library Card

There has been some confusion for Marina residents about getting a Gold Card. There is now a clear understanding with Derbyshire County Council and South Derbyshire District Council which should make things easy if you follow the agreed routine. You can apply by post to, or in person at, Swadlincote. You should complete the application form and decide on how to provide your photograph and the proofs of eligibility. One of those is to provide evidence you are living in Derbyshire. For this you need a “to whom it may concern” statement from the Marina Office that you (name and boat name) have a Residential Mooring (keep the original and hand over a copy - this document can be useful on lots of occasions!). The Marina statement is backed up with your electoral registration and as it is a legal requirement to register on the electoral roll of the authority where you live, you should already have done this (South Derbyshire District Council staff can do the check on their system when you apply for the Gold Card.). Provided your form is in order and you have produced the necessary documents, you will then be issued with a 5-year card. (If, at some point, you should move, then you need to cancel this card and reapply in your new area.)



For comments and contributions, please contact Jo—07973711431 or jojames46@gmail.com

Summer Cruising

It’s wonderful to get reports and photographs from the many Mercia boaters as they go cruising on the Inland Waterways. There have been happy and cheerful reports from the Thames, the K & A and the Great Ouse with boats moored in wonderful places on rivers and canals and - sometimes - even managing to meet up with other Mercia boaters by accident or design! And most boaters tend to make notes on their Nicholsons or Pearsons , so if you are heading out now or next season, do check if your route has been done recently because hints and tips will be willingly shared! There was one encounter with a bit of a difference for Melanie and Peter Coote on NB Inkling. They have been travelling across the southern waterways and sending back photographs of lovely places and people.

Great Canal Journeys

“It is amazing who you find in a lock! On Tuesday 12 July we left our mooring in the Floating harbour in Bristol and were cruising towards Bath on the Kennet and Avon. We had stopped at Hanham lock to allow the dogs to have a run and were making good progress until we reached Swineford lock when everything stopped, at least our progress along the river stopped. A film crew was stationed on the lock and Timothy West and Prunella Scales were working a boat through the lock for the next instalment of Great Canal Journeys.

“With a boat moored on the lock landing we were in the way of filming and so had to make ourselves inconspicuous. A crew with whom we had spent the last three weeks had the pleasure of having their traditional engine admired by Timothy West as he passed - much deserved, as it is a fine engine with a beautiful note. “Tim and Pru’ were making their way down to the Floating Harbour in Bristol for the Harbour Festival on the following weekend. Several people we had met in Bristol had said how delighted they were that the couple were attending, as so much good publicity had been brought to the canals by their television programmes and by their long-term commitment to narrow boating. The only slightly sad aspect of our encounter was to see how frail Prunella Scales really is; she is to be congratulated on her persistence and determination.

Mercia’s thanks again go to Midland Chanders for their support for the Newsletter. Each month Kerry prints all the hard copies for us and sends them up to the Marina on the van.



Photography Competition



Congratulations to Ed Smithson for his stunningly different photograph of the Marina which wins the June Photography Competition. Email your August entries to Lucy - each month the winner can choose either a bottle of Prosecco or a box of chocolates (lucy@merciamarina.co.uk).

Tai Chi

Looking forward to the Autumn and bearing in mind the health and wellbeing of boaters, we’ve asked John Collinson to run a Tai Chi/Qigong class for beginners in October/ November. The classes will be held at Findern Village Hall on Thursdays – 16.30 to 17.30 pm. starting on 6th October. To confirm a booking with the Village Hall Secretary we need to know fairly soon how many people may be interested in attending (we need ten people to make the course viable) – so if you’re interested please get in touch with the Marina Office as soon as possible and leave your name/contact details. It is planned to run a course of eight classes – the first lesson to be free of charge. Then the cost will be £5.00 per person per lesson. Anyone paying up front for the remaining seven lessons will get a discount of £5.00 , making a balance due of £30.00.

TAI CHI - The way we move , breath , stand and walk can have a positive effect on general health. Tai Chi is a form of exercise that gently and steadily relaxes the body and, importantly, refreshes the mind, builds stamina and has internal as well as external health enhancing effects, helping to achieve wellbeing and balance in your life.

QIGONG - One of the main attractions of Qigong is that it is easy to learn and can be adapted to different physical abilities regardless of fitness level and age. It can be performed walking, standing or sitting.



Registering at Willington Surgery



Residential Moorers are entitled to register with Willington Surgery. To do so, drop into the surgery and pick up the NHS (GMS1) Registration Form (or you can download it), complete it and return it together with a statement



from the Marina Office that you are a residential moorer. You will then fill in a more detailed form from the Surgery with your personal medical history and, if you want, signing up to use the online system for prescriptions and appointments. All paperwork on

previous medication and prescriptions and hospital records you can hand over will allow them to respond to any immediate requests, the Part II of previous prescriptions are particularly good!

If you are a registered patient who is going off cruising or away for periods of time and you will need repeat prescriptions or will be on their recall appointment list during that time, let the Surgery know in advance. They can help you plan medication supplies, could email prescriptions to pharmacies *en route* and will delay recall appointments until your return.

If you have a chronic condition which could need urgent attention, you might consider registering with MedicAlert (www.medicalert.org.uk) at £30 a year and wearing the bracelet or dog tag which gives access to immediate medical information in case of any emergency while you are away from here.

If you're moored as a visitor, the Surgery will always respond to a need for immediate and necessary treatment for up to 14 days. Or you can register as a Temporary Resident if you're here for more than 24 hours but less than 3 months. You'll still remain registered with your 'home' surgery. After three months, if you are still here, you would have to ask if you can re-register as a temporary patient.

If you are moored as a visitor waiting for a residential mooring to be offered, don't give up your registration with your 'home' surgery during the interim. If you are a continuous cruiser or winter moorer, you will already know about accessing NHS services and there is good information available online from experienced boaters.

A final thought – however you choose to do it, register with a GP and have a postal address. You may be well and healthy, fit and active, but it makes sense to take advantage of the free NHS checks that are on offer and some kick in automatically at certain age milestones.

Mooring Fees Winner

Chris Bower NB Thomas won the months free mooring. Lovely for Chris and lovely for Lucy because it does encourage a timely return of all our paperwork!!

Golden Windlass

Michael Grant is awarded a Golden Windlass for his quick response to hearing a visitor stumble and go into the water from the jetty near him. He alerted others and organised the rescue. Well done Michael! We do have a great community! It was only back in May that Michael nominated Sarah Cunnington and Garry Scott for the help they gave him after he'd broken his pelvis. And last weekend in her turn, Sarah was full of thanks for Nigel Hunt and Danny and Garry Scott for helping when her boat engine failed as she was returning from a cruise. They do say what goes around comes around and that seems to be very true at Mercia!!



Craft Club

The craft club continues through the summer on the first Wednesday and third Tuesday of each month. It is open to anyone on the marina and their friends. Come along with whatever you're working on and join in the chat. If you can't knit, crochet or have your eye on another craft, there will always be someone there happy to help you. We have gentlemen members as well as ladies - we really are open to everyone. If I'm not around then either Jean Pugh or Maxine Bartlett will be there. Come along whenever you're able and you will be made most welcome!
Nancy Harman



Perseid Meteor Shower

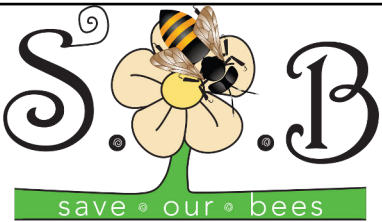


We all love a good astronomical event taking place above our heads, especially if it's a meteor shower. This shower in particular is known as the Perseid meteor shower that has been well known since the year 1992 and will only occur once more, in 2026.

The sky began falling on July 17th and you should see these wonders until the 24th of August. The best time for you be viewing this amazing phenomena is between 11th and 13th of August. So have a nap early evening, hope for a clear night and go outside about 11pm.



BUMBLE BEE NESTS are only in use for 2-3 months. The bees which hatch last are all males and new queens. The males have no stings and as soon as they have mated they will die. Bumble bees are not aggressive and will only sting if the nests are disturbed or the workers are attacked. Leave them in peace and they will not hurt you. Only new mated queens survive into the next year, these means that all the others bees will die so do not be alarmed if you find a number of dead bees over the next month or two this is natural.



Summer Bees

21st August
10 - 4

- Bee Stall
- Raffle Prizes to be won
- Lucky dip for children with a prize every time
- Bees Galore story book on sale

Fun & Games
Items for sale
Prizes
Learn & Share



MERCIA MARINA
DERBYSHIRE



Falling in the Water

There have been a few incidents with people going into the water, so it's a good time to draw on our in-house H&S team to offer some advice (thanks Terry!). Whilst we joke a bit about only being a 'real' boater after you've fallen in, it can be a thoroughly unpleasant experience, a nasty shock and, in some circumstances, dangerous. Viv might be smiling here but she'd say it was anything but funny when it happened. She went one of the deeper areas of the Marina and for a few mo-



ments couldn't even work out which way was up. When she did surface she was shocked and very disoriented so, even with Darren on hand, getting out was very difficult despite ladders and lifebuoys close at hand. As most people who've gone in even out on the canal where the water may only be chest deep, getting out onto the bank or back onto the boat is just not possible without assistance. And it needs to be the right sort of assistance; trying to heave someone out by pulling on their arms is highly like to cause damage to ribs, shoulders and stomach. Accidents like these happen almost invariably when people are tired, not paying attention, are doing something unfamiliar, or behaving inappropriately. Anyone new to the boat, especially children (who should be wearing safety vests), should be given instruction in water safety.

There are basic things to remember if you do go into the water on the Marina: you will probably go under the water but try to keep calm till you surface. Check whether you are by a boat, by a bank, or under a pontoon. Feel for the bottom with your feet - stand if possible - and work your way to the nearest accessible bank or pontoon. If you can get out then get out but otherwise get yourself stable, supporting your own bodyweight using a fender, rope or pontoon and then shout for help. The water will be cold so summon help as quickly as possible. If a buoy is thrown, get it round you and get pulled to shallow water. Have a ladder put by you so you can climb up. Then, immediately, get warm - take off your wet clothes, have a hot shower, wrap up in plenty of layers and get a hot drink inside you. Think about adding a rope ladder and/or a ladder fender to your boat equipment. It is planned to add a rope ring and a whistle to the end of each pontoon and there will be good publicity when that is done.



NEWS: After the Save Our Bees Day on June 3rd £143.00 was donated to Derbyshire Wildlife Trust Bee Project. Overall from

May 2nd and June 3rd a total of £609.90 has been given to Bee Conservation. The next date is August 21st when there will be a stall with bee-related items, kiddies lucky dip (prize every time), raffle and education materials. A Cottage Garden has been planned and will be constructed in late July/early August and planted immediately afterwards. It will be by Facilities' Block 2. The plants have all been selected and will reflect traditional cottage garden species (including a herb garden) with the emphasis on the conservation of bees and other wildlife such as moths, birds, hover flies, butterflies etc.

Vet Clinic



Beech Vets next Marina visit will be on Thursday 4th August from 1 - 2pm.

Beech Vets
Beech Avenue
Willington
beechvets@icloud.com
01283 704768