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Jan 2024

YourMag

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2024
Happy New Year

Resolution Revolution - Think Outside the Box!

New Year, New Garden? • Love a Hug • Be Nap Happy!

Tips for Safe Winter Motoring

2024
Happy New Year

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Book Review - Recipe - Puzzles - Gardening - Items For Sale



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Editor's Note

I've got an opinion on several of our articles this month! So where do I start? Maybe I'll just take them in the order they appear!

I love a good hug and I know from personal experience that when I started to hug one of my daughters more it brought us emotionally closer together. Now I know it's due to all

those feel good hormones that get released. May we all continue to hug long and hard!

I've made a New Year resolution to lose weight for as long as I can remember, and it will be on my list again this year, but I do like the idea of focusing our efforts on other ways to self improve. Since June I've been enthusiastically learning Spanish via an app called *duolingo*, and this will continue to be a focus during 2024. *Lo estoy disfrutando mucho!*

I love the fact I can now take guilt-free naps, knowing that they are helping with my cognitive capabilities and also my memory. I'm trying all sorts to improve my nightly sleep as a lack of it impacts on my clarity of thought and energy levels during the day. But in the meantime if I feel myself nodding off, I'll just give into it! Back in 30 minutes or so!!

I designed a new garden during lockdown and transformed a boring square patch of grass into something quite exciting. Go to Pinterest if you want some ideas. Good luck if you give this a go or with whatever else you decide on for 2024!

Debbie Singh-Bhatti

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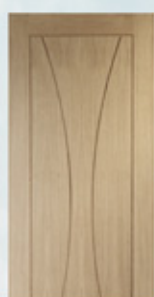
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Hugging, a simple act of physical touch, is more than just a comforting gesture. It plays a significant role in our psychological and physical health.

Hugging releases oxytocin, known as the "love hormone," which enhances social bonding, reduces stress, and promotes feelings of happiness and trust. It also stimulates the production of serotonin and dopamine, neurotransmitters that help regulate mood and combat depression. Embracing others can alleviate feelings of loneliness and isolation, fostering a sense of belonging and emotional well-being.

From a medical standpoint, hugs have been linked to lower heart rates and blood pressure, contributing to heart health. The reduction in stress levels, thanks to the decreased cortisol production during a hug, also bolsters the immune system. For individuals dealing with illness or emotional distress, a hug can offer substantial comfort and a sense of empathy.

But what about those of us who are not so

International Hug Day

keen on physical contact? Is there any way we can get the benefits of hugging without all the hugs? I'm pleased to tell you that there is.

Active Listening: Engaging in attentive, empathetic conversations can create a bond akin to a physical one, promoting emotional well-being.

Verbal Affirmations: Expressing support, appreciation, or affection verbally can significantly boost someone's mood and create a sense of closeness.

Quality Time: Sharing experiences or activities can strengthen relationships, offering emotional support and a sense of belonging.

Acts of Kindness: Small gestures of care, like helping with a task or sending a thoughtful message, can convey empathy and strengthen bonds.

Shared Laughter: Laughter and shared humour can foster a sense of connection and release endorphins, similar to the effects of hugging.

Eye Contact and Smiles: Non-verbal cues like smiling and making eye contact can communicate warmth and understanding effectively.

So now huggers and non-huggers can enjoy all the benefits of International Hug Day which takes place on January 21st!

Kate McCarthy

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These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept – but where to store it all? That's where Yorkshire Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50 sq ft of boarding and a light all fully fitted in less than a day from just £277 + VAT. But it's not just the affordability of the package the company offers that makes Yorkshire Loft Ladders stand out as manager Warren Ingleson explains:

'Our watchwords are Quality, Integrity and Value.

Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen so our customers are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we got a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers

lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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Resolution Revolution

Read on for the five best new year resolutions that are NOT about losing weight!

Learn a new skill or hobby: Commit to learning something new, like a musical instrument, a new language, or a craft. It's fulfilling; it stimulates the brain, introduces you to new communities, and can be a source of joy and pride.

Improve your financial health: Focus on financial goals such as saving a specific amount of money, learning how to invest, or cutting down on unnecessary expenses. Small changes can lead to long-term improvements in financial security and peace of mind.

Enhance personal relationships: Resolve to spend more quality time with family and friends. Work on communication and empathy skills to strengthen those personal connections, which

are crucial for emotional well-being.

Volunteer and give back: Commit to regular volunteering or find ways to help others in your community. It can be rewarding and benefit not only those you help but can also give you a sense of purpose and connection.

Prioritise your mental health: You could try meditation or yoga, and if you have ever wondered whether you might benefit from therapy, this year could be the time to give it a try. Or you could simply work on increasing your leisure and relaxation time. Good mental health is foundational to overall well-being.



Each of these resolutions offers a path to self-improvement that goes beyond physical appearance, focusing instead on personal growth, happiness, and well-being in 2024.

Louise Addison



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Have a Nap-py New Year!

In a society where napping is often misconstrued as laziness, there's a growing body of scientific evidence underscoring the benefits of this habit. Research on napping has historically been mixed, and this ambiguity has made experts cautious about recommending naps. However, recent studies have refined our understanding.



Short naps have been shown to significantly enhance certain cognitive functions such as memory, information-processing speed and vigilance. Research at the National University of Singapore emphasizes the mood-improving effects of napping, noting that even a brief 10-minute nap can be refreshing. A nap lasting around 30 minutes is considered optimal, as it predominantly involves light sleep, making it easier to wake up refreshed. The researchers advise against napping after 5 pm to avoid disrupting nighttime sleep patterns.

Longer naps can have downsides. Moving into deeper sleep stages can lead to sleep inertia, a state of grogginess upon waking, which many of

us find unpleasant. Moreover, naps exceeding 30 minutes have been linked to health issues like obesity and metabolic syndrome. This association, however, is probably more indicative of underlying health conditions rather than being a direct result of prolonged napping.

Interestingly, excessive napping can also be a symptom of illnesses, such as Alzheimer's disease or increased brain inflammation. If you regularly need lengthy naps (over an hour) or multiple naps per day, you might have a health problem and should consult your GP.

After looking at the research, I don't feel guilty about my 20-minute naps any more. They leave me feeling alert and productive, which aligns with the scientific understanding of the benefits of brief naps. When done correctly, napping can be a valuable tool for enhancing cognitive function and overall well-being. I would go as far as to say that in today's fast-paced world, napping is a valuable survival tool.

Kate McCarthy



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Death by Mobile Phone

It is 20 years since the ban on "interactive" handheld mobile phone use in vehicles. Since then there has been a profound change in the sophistication of mobile phones and their use. More than ever before, people consider them essential to daily life. Using a phone whilst driving, however, is more likely to cause an accident than drink-driving, yet people continue to do it. In a 2019 survey for *Brake*, the road safety charity and *Direct Line*, 4% of drivers (over 1.5 million licence holders) claimed it was not at all distracting to message or text on a phone whilst driving.

How many of you have answered a call quickly at red traffic lights or while held up in road works have checked your text messages or have sent a brief one yourself: "Stuck in traffic, running late"? ALL ARE ILLEGAL.

In 2022 the law was tightened up. Now you can't illuminate the screen, check the time, check notifications, unlock a phone, receive or reject a call - or use a map app unless your phone is in a cradle.

The penalties have got stricter. Now you will be fined £200 fixed penalty and get 6 points on

your licence plus disqualification if you passed your test within 2 years.

There has been a growing body of scientific evidence pointing to the dangers of hands-free. Research has shown that hands-free is equally as dangerous in terms of distraction. A driver using hands-free is four times more likely to be involved in a collision. Distracted drivers are far less likely to notice hazards.

There are many tragic examples now of fatalities involving car collisions and cars hitting pedestrians where drivers have been prosecuted for death by dangerous driving caused by the use of a mobile phone.

Think hard before you check your phone – switch it to silent, switch it off, or put it in an inaccessible place until you reach your destination. If using hands-free, which is still legal, think hard about the risks involved.

Sheila Kinghorn

Information obtained from Telegraph magazine 11 November 2023

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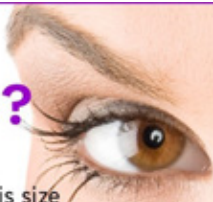
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The Importance of Fog Lights

Foggy mornings are common at this time of year. Even though car lighting technology is rapidly advancing, fog lights remain a crucial aspect of vehicle safety, especially under UK law. This guide highlights the importance, usage, and regulations surrounding fog lights.

UK law mandates that all cars have a rear fog light, while front fog lights are optional and often serve as an aesthetic feature as well as a safety tool. Some modern cars have replaced front fog lights with bright LED daytime running lights (DRLs), which help in making the vehicle more visible to others.

Fog lights typically operate separately from the main lights. A symbol on the instrument cluster usually indicates when fog lights are active. It's important to note that most fog lights turn off automatically with the car's ignition or lights.

Fog lights should be used in severely restricted visibility conditions like fog, heavy rain,

or snow. They are intended to make the car visible, not to light the way. Main headlights should be used in fog, with fog lights as an additional aid when visibility is extremely poor. The UK's Highway Code specifies using fog lights when visibility is under 100 meters. A good rule of thumb is whether you can see the next streetlight up the road.

Fog lights should be switched off when visibility improves to prevent dazzling other road users and to prevent rear fog lights from obscuring brake lights as they are brighter than standard taillights.

While fog lights might seem less essential with improved car lighting, they play a vital role in enhancing visibility and safety in poor weather conditions. Understanding and adhering to their correct usage as per the Highway Code is crucial for safe driving and ensuring the safety of other road users.

Tom Hancock



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Jack and the Beanstalk is coming to the Lyric!

Everyone knows the story of Jack and the Beanstalk! The story is over 200 years old. The Giant's 'Fee fi fo fum' catchphrase is even older, and was used by Shakespeare in King Lear.

Jack and the Beanstalk is one of the most popular family pantomimes, and you can see Dinnington Operatic Society perform it at The Lyric Theatre on Loughton Rd, Dinnington from 20 - 27 January.

The panto is a bit different from the fairytale. There's a wicked witch and a fairy for a start. And a princess too - and singing, and dancing, and lots of laughs, mainly from Jack's mum, Dame Dotty Dimple and his daft (but very funny) brother,

Simple Simon.

Hey, do you want to be in Simple Simon's gang?

Well then, get yourself a ticket to the panto! Dinnington Operatic Society has been performing top quality pantos for over 50 years! With tickets from just £10 and 10% off food at the Monk's Bridge Farm pub too, a trip to the panto is the perfect thing to banish those January blues!

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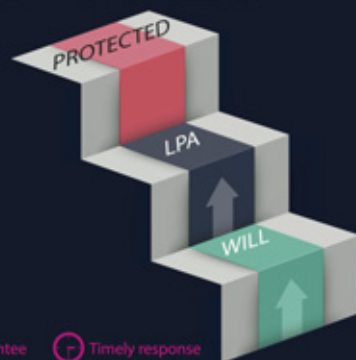
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DGP PPG Working For You!

I'd like to welcome you to the first update from Dinnington Group Practice PPG (Patient Participation Group) which liaises on your behalf with the doctors surgeries in Dinnington, Anston and Woodsetts.

The PPG is made up of patients, not employees of the practice. We offer our time as volunteers and don't receive any reward, other than a cuppa and the odd biscuit!

There will always be issues that worry us - not the individual, personal issues about treatment, but general issues which affect us all.

We've already made **major** improvements to the Website (of which we are very proud). If you haven't yet tried the new online system for contacting the surgeries and making appointments etc, why not give it a go? It certainly beats phoning up and waiting hours to have your call answered. For



this service and lots more wonderfully clear info visit www.dinningtongrouppractice.co.uk.

Of course, not all of us are Internet savvy and some can't do this, but if those who can do it actually use it, the phone-in system will be far less overloaded for others who can't.

Being part of the PPG enables to see and understand the challenges faced by the reception team. One thing we learned very early on is about the number of balls they juggle. The sheer number of questions they have to handle is huge - far more than we imagined. So please be patient (in both senses!) - they really are busy, and under pressure to look after us.

Lately we've been discussing how to find out what other issues are important to you. Our fact finding may take the form of a survey. We are still looking at the practicalities of this, but if and when you see it, we'd be grateful if you could respond in a constructive way so that we can continue raising concerns with the surgeries on your behalf.

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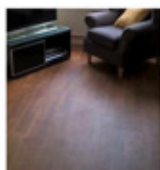
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New Girls Section for Dinnington RUFC

Dinnington Rugby Union Football Club (RUFC) is taking a groundbreaking step by introducing a dedicated girls' section, solidifying its commitment to youth development and inclusivity in the sport. The club, already home to the largest U11's girls team in Yorkshire, is extending its reach to all girls aged 4 to 18. Dedicated Girls training nights are due to start on Tuesday January 2nd from 6-7pm and will run every Tuesday for the remainder of the season.

Rugby is a sport that transcends gender, and its values of teamwork, respect, discipline and sportsmanship make it an ideal platform for personal growth and development. Dinnington RUFC provides an environment that not only nurtures athletic skills but also builds



character and confidence.

The club has been a trailblazer in youth development, including girls aged 4 to 12 in its rugby programmes. Starting early is key, allowing young players to develop a passion for the game and providing a clear pathway for their rugby journey.

Expanding its initiative, the club is thrilled to announce the formation of teams for girls aged 12 and beyond. This strategic move ensures a seamless progression for players within the club, offering opportunities for older girls to explore competitive rugby and proudly represent Dinnington RUFC.

For more details, and to register your interest checkout their Facebook page <https://www.facebook.com/DinningtonRUFCGirls> or pop along and take a look. Dinnington RUFC, Lodge Lane, Dinnington S25 2PB. Tel: 01909 562044.



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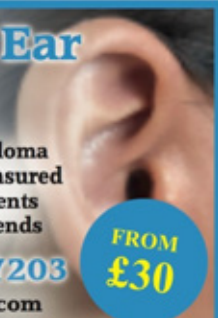
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New Year - New Garden

When the outlook is cold and bleak pour a mug of hot chocolate and start planning for Spring.

We'd all like a dream garden right? But is your dream garden the same as your neighbour's? Probably not. Whether you're designing a garden from scratch or remodelling the one you have there is no 'one size fits all' garden design. Unless you can afford to have the professionals in - and they can be worth every penny - you'll need to apply a lot of thought to the process. We've created this brief guide to give you a kick-start.

Budget Be clear about this. There's no point coming up with a grand design if you can't afford to carry it through.

Time If you work full time and have an active social life you'll need to think 'low-maintenance.'

Consult your family What do they want from the garden? Small children will want a space to play; the adults might want a space to eat and entertain; you might want to grow your own veg, or herbs.

Is it possible? How big is the garden? How much sun does it get? It's no good planning lots of flowerbeds if the garden is in deep shade for most of the day. How can you compromise so that everyone is happy?

What shape is your garden? Each shape presents its own challenge. Square can be boring and needs to be broken up using lots of curves. Long and thin can be disguised by dividing it into



imaginary rooms linked by a winding path. Slopes can be challenging, especially if they're steep but could be made into a feature by terracing or incorporating a waterfall.

Firm up your ideas Do you want grass or paving? How much should be devoted to borders or flowerbeds? Will

you need a new fence or would you rather have a natural hedge? Will you need professional help with any hard landscaping?

Make a scale plan Measure all the major distances in your garden. It's a good idea to take them from a fixed point, such as the corner of your house. Try 1/4 or 1/2 inch = 1 foot if you're not metric and 1cm or 2cm = 1m if you are. When complete make several copies and draw all your ideas on to the plans until you come up with one you really like. Because it's to scale you can now carry out your plans with confidence.

General Tips...

Look at the plants which thrive in your neighbours' gardens. Chances are they'll do well in yours too.

Don't be scared of garden designers. A good one can maximise the potential of your plot. You can still do all the work yourself at your leisure if the budget is tight.

Get help with hard landscaping if you don't have the expertise. You'll save money and heartache in the long run!

Rachael Leverton

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Beef Stroganoff with Herb Pasta

Preparation time 10 mins
(+ 45 mins freezer time)

Cooking time 20 mins

Serves 4

Ingredients

400g beef rump steak,
trimmed
1 tbsp butter
1 tbsp olive oil
300g small button mushrooms
400g pappardelle pasta
3 shallots, finely chopped
1 tbsp plain flour
300ml beef stock
1 tbsp Dijon mustard
1 tbsp tomato purée
3 tbsp crème fraîche
½ x 20g pack flat-leaf parsley, chopped.

Method

Freeze the beef for 45 mins before you begin. This makes it easy to slice really thinly. Season well.



Melt half the butter and half the oil in a large, non-stick frying pan. Turn the heat up and quickly sear the beef in batches until browned on both sides. Remove the meat and set aside. Repeat with the mushrooms, then set aside with the beef. Boil the pasta.

Add the remaining butter and oil to the pan and soften the shallots for a few mins. Stir in the flour for 1 min, then gradually add in the stock, stirring continuously to prevent lumps. Simmer to allow it to thicken for 5 mins, then stir in the mustard, tomato purée, crème fraîche and seasoning. Simmer for one more minute, then return the beef and mushrooms to the pan.

Drain the pasta, toss with half the chopped parsley, season, then serve with the creamy stroganoff, sprinkled with the remaining parsley.



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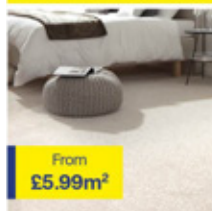
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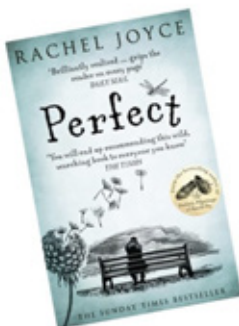
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Perfect by Rachel Joyce

Perfect by Rachel Joyce is a beautifully written novel that delves into the intricacies of human nature, exploring themes of guilt, regret, and the search for redemption. Set against the backdrop of a quiet English town in the 1970s, the story

intertwines the lives of its characters, primarily revolving around a young boy named Byron and a pivotal moment that alters his life forever.

The narrative unfolds in two parallel timelines – the first follows young Byron and his friend as they embark on a quest for truth after witnessing a tragic accident, and the second, decades later, presents Jim, a middle-aged man grappling with mental health issues and the weight of his past. The dual timelines are elegantly woven, converging to reveal the

interconnectedness of these seemingly disparate lives.

Joyce's prose is evocative and deeply emotional. Her portrayal of Byron is haunting; his youthful innocence is clouded by the burdensome weight of guilt and the adult complexities he struggles to comprehend. Jim's story is equally touching, presenting a life marked by isolation, yet seeking connection and understanding.

One of the novel's strongest attributes is its exploration of the concept of 'perfect' – challenging societal norms, personal expectations, and the often-unrealistic standards we set for ourselves (especially at this time of year). Through the imperfect lives of its characters, the novel underscores the idea that perfection is an illusion, and our flaws and mistakes are integral to our humanity.

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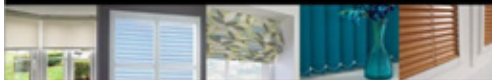
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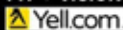
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Todwick Ramblers

Why not start the New Year by joining a walking group, getting some healthy exercise, enjoying the countryside and friendly companionship of fellow walkers?

Todwick Ramblers welcome new walkers and organise two rambles a month on a variety of different days. Rambles usually start at 10 am and are about 5 miles long with a stop for refreshments. We invite you to join us for 3 "taster" walks at no charge. If you do decide to join the group the annual subscription is £5.

The walks planned for January are:

Sunday, 7th January, meeting at Kiveton Waters car park, entrance off Hard Lane at 10 am. This will be a circular walk around the local area.

Saturday 20th January, meeting in the courtyard at Thoresby Hall, this walk will have the option of a shorter stroll or a 5 mile walk. There are shops, toilets and cafes in the courtyard.

For more information contact Marion Brassington mbrassington46@icloud.com

Voglia D'Italia

The Italian Society for South Yorks and North Notts presents: *Members' Evening*. An opportunity for members to participate by making short presentations. Talks are in English and there is an optional Italian conversation group afterwards.

Friday 5th January, 2024, 7.30 pm, Tickhill Parish Room, Northgate, Tickhill DN11 9HZ. Non-members are welcome at an admission price of £4. Further information 01709 370895

Bassetlaw Cardiac Support Group

We celebrated a successful 2023 with Christmas lunch on 11th December at The Shireoaks Inn and wish you good health and happiness in the coming year.

Our next meeting is at The Worktop Cricket Club, 2.00pm. This will be our AGM and includes a Pie and pea lunch. All are welcome.

Pat Broskom (01909 562361)

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IBIS - Arts and Crafts

We are back to crafting! Our 2024 programme is underway and we are beginning with paper craft. Ideas are in full flow so there will be something for newcomers or experts (of which we have a few) - everyone will find something new to achieve.

The group has grown in number during last year and our members all have something to offer, so if you fancy joining us for an afternoon of relaxation, tea, coffee, biscuits and craft or just a chat, all in a warm and welcoming space then we would be very pleased to see you at Anston Parish Hall on Wednesdays 12pm - 3pm.

For more information about our activities, please contact our Secretary Sue Sayles on 01909 564891 or email roysayles123@btinternet.com.

Calendar of Colour

At this time of year, gardeners often settle into their most comfortable chair, hot drink to hand, and indulge in the luxury of 'armchair gardening'. However, on Thursday 29th February, members of Rotherhamu3a (Ru3a) Garden/Out and About group will meet at 10 am at Winthrop Gardens, Wickersley S66 1EE, to enjoy an illustrated talk, *Calendar of Colour*, delivered by gardening expert Don Witton. His informative and entertaining talks are legendary, presenting a kaleidoscopic array of plants covering all colours of the rainbow. A great antidote to the dark, winter months. Why not come along to meet Don and the group? There's a small entry charge which includes refreshments.

As its name suggests, the 'Garden Out and About' group also enjoys a programme of spring, summer and autumn visits to stately houses, gardens, waterways and other beautiful and interesting places. To join the group and/or receive further details of its activities, contact: Lesley Clark lclarke62@hotmail.com. For information on all thirty five plus Ru3a activities, visit u3asites.org.uk/rotherham or call Sue Cable on 01709 379 379.

South Anston Methodist Church

Many thanks to all who helped prepare the church for the Light of the World 2024. Sometimes less IS more. May we wish you all a very happy and healthy 2024.

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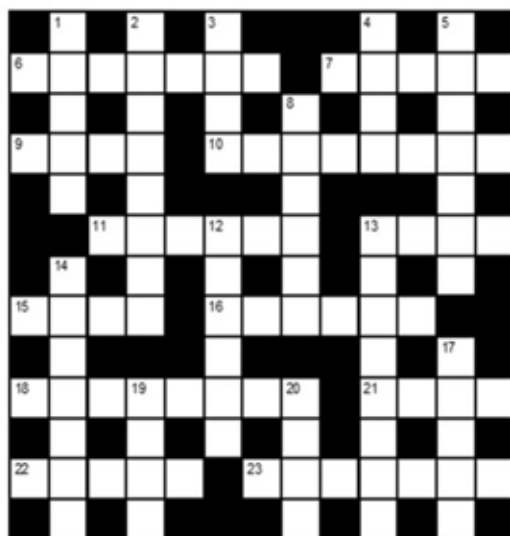
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Crossword



Across

- 6 Trailblazer, trendsetter (7)
- 7 Sacked, given P45 (5)
- 9 Wooden shoe (4)
- 10 Measuring rod, inept person (8)
- 11 Belongs to a club (6)
- 13 Jab, prod (4)
- 15 Cat (informal) (4)
- 16 Glace, sour, Morello (6)
- 18 Valve in the loo cistem (8)
- 21 Did not tell the truth (4)
- 22 Oozy goo! (5)
- 23 High military rank (7)

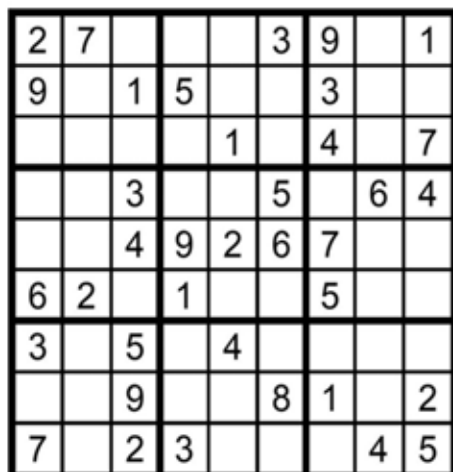
Down

- 1 Undulating landscape (5)
- 2 Chortle, titter (8)
- 3 Imprisoned, incarcerated (4)
- 4 Perfect, spanking-new (4)
- 5 Toasted fruit-bun (7)
- 8 Thinly dispersed (6)
- 12 Call forward with a gesture (6)
- 13 Adjacent lines indefinitely equidistant are said to be _____ (8)
- 14 Responsive to medical treatment (7)
- 17 Turkish meat dish cooked on a skewer (5)
- 19 Floppy (4)
- 20 Part of the underside of a boat used for stability (4)

Sudoku

How to play Sudoku

It's simple! Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 through 9 with no repetition. These puzzles use logic alone. Watch out! Sudoku is highly addictive!



Solutions on Page 36

Word Search

Happy New Year! Can you find all the NEW words hidden in the grid?

- | | | |
|------------|------------|------------|
| NEWBIE | NEWLY | NEWSPEAK |
| NEWBORN | NEWMOWN | NEWSPRINT |
| NEWCOMER | NEWNESS | NEWSREEL |
| NEWER | NEWSCASTER | NEWSROOM |
| NEWEST | NEWSDESK | NEWSSTAND |
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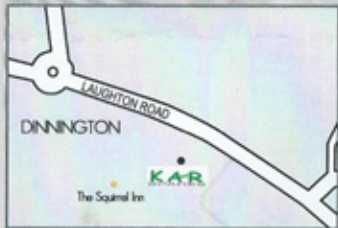
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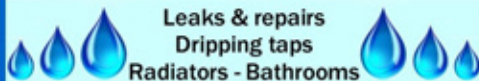
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St Leonards, Dinnington

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Anston Greenlands
Anston Hillcrest
Anston Park Infant
Anston Park Junior
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Dinnington Comprehensive
Laughton All Saints C of E Primary
Laughton Junior & Infant
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Anston Parish Hall
Childline
Citizens Advice Rotherham
Citizens Advice Worksop
Crimestoppers
Dinnington Library
Dinnington Town Council
Dinnington Resource Centre
Electricity—Emergency
Gas— Emergency
Lyric Theatre and Community Hall
Mail Preference Service
Middleton Hall
Police Station (non-urgent)
RMBC
Safer Neighbourhood Team
South Anston Neighbourhood Watch
Streetpride
Telephone Preference Service
Woodsetts Parish Council
Woodsetts Village Hall
Yorkshire Water

Health

Anston Medical Centre
Bassetlaw Hospital
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Dinnington Dental Practice
Laughton Road Dental Surgery
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Rotherham General Hospital
Woodsetts Surgery

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0800 11 11
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08448 563411
0800 555111
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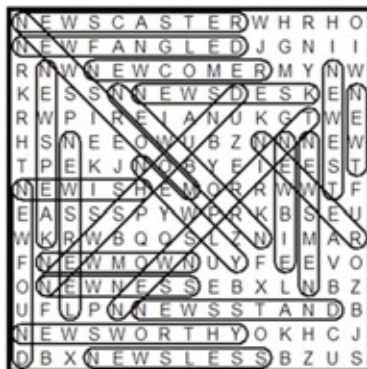
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