

# Matlock

## Town Guide 2025



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Matlock  
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# Welcome to the Matlock Town Guide 2025

Matlock has a rich heritage and the town is rightly proud of its role as a centre for tourism with a particular focus on well-being, which has its roots in Victorian times. Matlock was a Spa Town and the importance of Hydrotherapy in the town cannot be overstated. Its legacy can be found in the architecture in the centre of town and in particular on Matlock Bank.

Today Matlock offers an interesting and varied selection of shops on Bakewell Road, Crown Square, Causeway Lane, Firs Parade and Dale Road. Dale Road is an elegant shopping street and is largely unaltered with impressive Victorian and early Edwardian buildings giving Matlock its unique character. Matlock remains a vibrant place to shop and is still a popular destination for visitors who enjoy the wide range of independent businesses available. There is also a wide selection of restaurants and cafes to suit all tastes.

Matlock holds a weekly market each Wednesday at the Park Head on Hall Leys Park.

Hall Leys Park is in the centre of the town and offers many recreational facilities, including tennis, a miniature railway, bowling green, a children's play area complete with paddling pool, a café and a small boating lake. It's a peaceful and tranquil riverside setting away from the hustle and bustle.

High Tor, situated between Matlock and Matlock Bath is dominated by a great limestone outcrop which towers almost 400 feet above the river Derwent. High Tor Grounds offer a network of paths enabling visitors to explore the area and experience the spectacular panoramic views from the top of the tor.



Peak Rail runs a steam train between Matlock and Rowsley, giving passengers a scenic round trip of 8 miles alongside the river Derwent.

The Town Council is keen to encourage green and sustainable choices. There is a dedicated cycleway, which offers a safe, off road cycle route between Matlock and Rowsley.

The town has a modern leisure centre with pools and a fully equipped gym at the Arc located on Bakewell Road.

We extend a warm welcome to you and hope you enjoy your visit to historic Matlock.

## Matlock Town Council



**Matlock**  
TOWN COUNCIL

Following the re-organisation of Local Government in 1974, Matlock Town Council was formed in 1983. Town and Parish Councils are the first tier of Local Government in this Country. Matlock Town Council's jurisdiction covers the Town Centre, Matlock Bank, Hurst Farm, Matlock Green, Matlock Town, Starkholmes and Riber.

The second tier is Derbyshire Dales District Council which covers almost a third of the mainly rural parts of the County including the towns of Matlock, Ashbourne, Bakewell, Wirksworth and Darley Dale and over 100 villages.

The third tier is Derbyshire County Council, which has responsibilities for the whole of Derbyshire apart from the City of Derby.

Matlock Town Council is based at the Imperial Rooms, a former Methodist Church and now a popular community centre in the middle of town.

### **Responsibilities of Matlock Town Council;**

The job of Matlock Town Council is to represent the interests of the whole community.

The Council meets every 2 months on the third Monday of the month, at the Imperial Rooms.

Members of the public are welcome to attend.

The Council employs 10, mainly part time, staff in total: Town Clerk, Responsible Financial Officer, Manager, Office Administrator, General Assistant, two caretakers and three outdoor staff.

Matlock Town Council has 11 councillors representing and serving the local community. It is an important role of the elected Councillors to find out the needs of different groups in the community. They do this through their involvement in a range of local groups, direct contact with local people and wide ranging consultations with the local community of Matlock.

Other roles and responsibilities include the management of the Imperial Rooms as a community facility and maintaining and improving public land and landmarks.

The Council also has some responsibilities for maintaining public footpaths as well as signage, allotments, bus shelters, town enhancements and putting on events. A more detailed list of responsibilities is given below.

### **Matlock Town Council**

Imperial Rooms, Imperial Road,  
Matlock, DE4 3NL (01629) 583042  
**enquiries@matlock.gov.uk**

### **Derbyshire Dales District Council**

Town Hall, Bank Road  
Matlock, DE4 3NN (01629) 761100

### **Derbyshire County Council**

Derbyshire County Council  
County Hall, Matlock  
DE4 3AG (01629) 533190

Allotments  
Bus Shelters  
Room Hire – Imperial Rooms  
Entertainment and the Arts  
Community Grants  
Maintenance of public footpaths  
and bridleways  
Street Furniture  
Litter Bins and Dog bins, Seating  
Maintenance of land including:  
• Diana Memorial Garden  
• Bailey's Tump • Lime Kiln Park  
• Denefields  
• Wild Thyme Garden  
Planning consultee  
Toilets (Hall Leys Park Play area)  
Poppy Appeal and Remembrance

Housing  
Planning  
Rubbish Collection  
Environmental Health  
Leisure amenities  
Markets  
Parks and open spaces  
Consumer information  
Grants and Lottery funding  
Property and Land Sales  
Elections  
Car Parks

Education  
Libraries  
Blue badge scheme  
Social Services  
Residential Homes  
Street lighting fault reporting  
Road and Footway repairs  
Highways  
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# Imperial Rooms



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Built in 1912 as a United Methodist Free Church, the Imperial Rooms are an ideal venue for events large and small. The Imperial Rooms in Matlock are ideal for groups, clubs, societies, corporate presentations, functions and celebrations. Licensed to hold both weddings and civil partnerships.



The Imperial Rooms are located in Matlock Town Centre, adjacent to car parking and within 5 minutes walking distance of the town's bus and railway stations.

For further information please contact us by calling 01629 583 042  
Email: [enquiries@matlock.gov.uk](mailto:enquiries@matlock.gov.uk) or visit [www.matlock.gov.uk/room-hire/](http://www.matlock.gov.uk/room-hire/)

Matlock Town Council, Imperial Rooms,  
Imperial Road, Matlock DE4 3NL

Currently  
Open for  
Bookings







Matlock  
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# A Brief History of Matlock

Until the 1800s Matlock was a small settlement around Saint Giles Church. The main activities were farming and lead mining. The hillsides contained seams of lead ore which had been worked for more than a thousand years.

In 1771 Sir Richard Arkwright built his revolutionary water-powered cotton spinning mills at nearby Cromford. This was one of the first factories in the world and created a completely different type of paid employment. Also nearby is John Smedley's Mill at Lea Bridge. Originally established in 1784 it is still in operation – the oldest factory in the world still operating on the same site and still in the ownership of the same family. It was the John Smedley born in 1803 who expanded the family's mills and went on to change the face of Matlock.



**Bank Road in the early 1900s**

In the late 1840s John Smedley had saved his mills from bankruptcy and they were prospering. He however was not so well and, in desperation, took 'the water cure' at a hydro in Yorkshire. Hydropathy (or 'the water cure') involves the external application of water to the body "using sponges, wet sheets, baths or douches". Hydros were hotels specialising in its use to treat a wide variety of conditions. In 1853, convinced by his successful treatment, Smedley established on Matlock Bank what became world famous as Smedley's Hydro. It kept on expanding well into the 1900s and became a luxury hotel as well as a Hydro. Other Hydros followed and by 1900 there were around 25 Hydros of all sizes along Matlock Bank. It was the arrival of the railway in 1849 that made this all possible.

Smedley's final contribution to Matlock was to build his new mansion of 'Riber Castle' on the skyline overlooking the town. Completed in 1862 it has

towers and battlements but was never a 'Castle'.

Today it is being rescued by a local businessman - the roof has been replaced and windows installed.

Crown Square (next to the Bridge) was developed in the 1890s together with Dale Road as a shopping area for the huge numbers of staying visitors and day trippers. In 1893 a cable tramway was installed linking Crown Square to the Hydros (sadly it closed in 1927). In 1911 Hall Leys Park was opened. Matlock as we now know it had been created.



**Smedley's Hydro in its early 20th Century Heyday**

The First World War (1914-1918) meant several Hydros closed never to reopen. The Second World War (1939-1945) had an even greater effect with many Hydros requisitioned for a variety of military uses. Hydropathy died out with the creation of the National Health Service in 1948 - with Smedley's the last Hydro to close. Matlock became the administrative centre for Derbyshire and Smedley's became the County Council's Headquarters in 1956 - it is now called 'County Hall.'

Since 2007 a town Relief Road (Derwent Way) has taken a lot of traffic out of Crown Square allowing bigger paved pedestrian spaces to be created and helping the shops to thrive. The Park has been revitalised with new facilities and is a magnet for visitors.

There are over twenty plaques around Matlock telling the story of its many interesting buildings and giving more details of the town's history. There are also Walking Trail booklets available in shops and cafes. Use the Trails to see how many plaques you can find!

*Article contributed by Matlock Civic Association*



Matlock  
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# Matlock Station

The coming of the railway in 1849 played an important part in Matlock's development. Visitors would arrive by train to enjoy the many hydros located on Matlock Bank.



## The history of Matlock Station

The railway through Matlock was opened in 1849 and at this time the station was called Matlock Bridge. In 1905 this was shortened to Matlock. Initially the line only went as far north as Rowsley until being extended to Buxton in 1863 and Manchester in 1867. For over 100 years the route through Matlock was the mainline railway between London St Pancras and Manchester.

The station buildings were designed by Sir Joseph Paxton and came into use in 1850.

## The railway today

The line north of Matlock was closed in 1968 and Matlock Station is now at the end of the line for passenger services on the Derwent Valley Line from Nottingham and Derby.

Just over 3 miles of the line beyond Matlock to Rowsley South is preserved as a steam and heritage diesel railway with a regular service open to visitors.







# Places of Interest

## Riber Castle



Image courtesy of Roy Goodall

Riber Castle is one of the most notable landmarks around Matlock and can be seen from much of the town. Built of locally quarried gritstone Riber Castle sits proudly in the hamlet of Riber at a height of 856 feet overlooking the town. The castle was commissioned by entrepreneur John Smedley in the 1860s to be used as his personal residence. The Grade II listed building has subsequently been used as a boys' school, a wartime food store and a zoo! The castle is currently in private ownership.

## Dale Road



Dale Road runs all the way from Matlock Bridge to North Parade in Matlock Bath. It is part of the Matlock Bridge Conservation Area and contains a large number of examples of fine architecture with several listed buildings.

## Crown Square



Crown Square is at the heart of Matlock and it was from here, up Bank Road, that cable trams used to travel to one of the 30 hydros on Matlock Bank. The clock tower and shelter in Hall Leys Park was originally located at the tram terminus in the centre of the town square.



# Hall Leys Park

The area of land, originally called Haw Lees, was two fields on the east bank of the River Derwent. A footpath linked the two settlements of Matlock Bridge and Matlock Green. In 1898, Matlock Urban District Council acquired the land from Henry Knowles for people to use as a 'promenade and pleasure resort'.

Hall Leys Park was officially opened on 23rd June 1911 to celebrate the Coronation of King George V.

Today this award winning park is managed by Derbyshire Dales District Council. Home to the lovely Cafe in the Park, bandstand, boats and train, colourful floral displays, play area and skate park there is plenty to do – enjoy your visit.

## Matlock Trains and Boats

Popular local man Cyril Swain introduced his steam trains to Hall Leys Park in 1948. In 1974 he commissioned a miniature diesel locomotive, which ran alongside the steam trains for a number of years. The locomotive was named Little David after a young boy who visited the park every Sunday.

Little David took less time to prepare and helped Cyril accommodate unannounced week day school visits. Little David continues to entertain visitors today.



*Image of Cyril Swain permission for reproduction kindly given by the Swain Family.*

The new owners are keen to maintain the attraction and preserve its history to ensure it continues for many years to come. As such the boats and train are now fully electric, using totally renewable power.

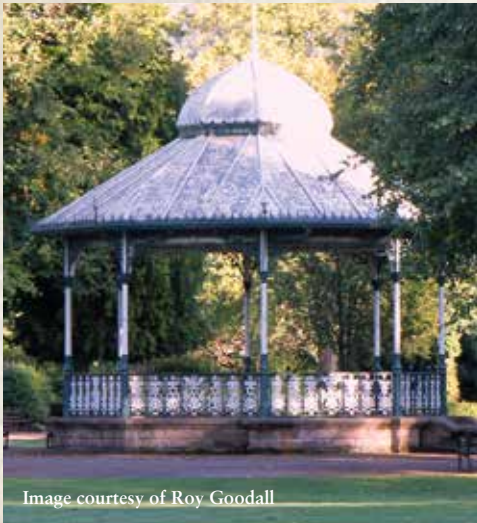


Image courtesy of Roy Goodall

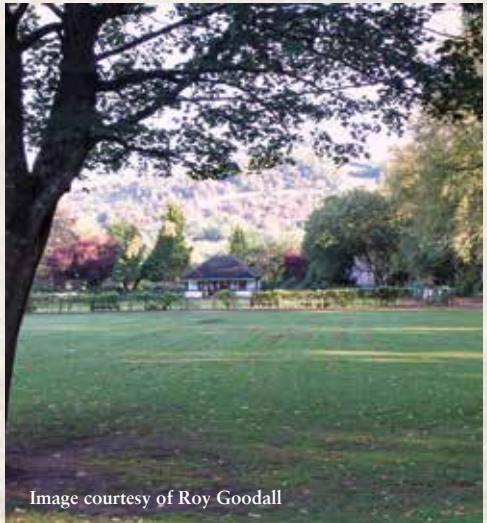


Image courtesy of Roy Goodall





Matlock  
TOWN COUNCIL

# Green Spaces

Matlock is the County Town of Derbyshire with the headquarters of Derbyshire County Council, Derbyshire Dales District Council and Matlock Town Council all being in the town centre.

With the Peak District National Park only a few miles to the North, Matlock is popular with visitors enjoying the countryside and the amenities the town has to offer. Matlock is full of great independent businesses and beautiful public green spaces for everyone to enjoy.

Hall Leys Park sits in the centre of the town, but for those who wish to explore and are able to climb hills, there are many other pockets of land with stories to tell.

## Denefields

Sitting above Matlock Town Football Club lies Denefields, a large public open space consisting of two ancient fields. Denefields is cared for by Matlock Town Council, working alongside Groundwork and a team of volunteers- the Denefields Rangers. Since taking over the site in 1994, it has become a haven for wildlife with its hedgerows, grass lands and woodland. It's the perfect place for a walk, to nature watch or simply to enjoy the wonderful views over the town.



## Bailey's Tump

Bailey's Tump is an historic site which sits high above the town centre, off Asker Lane, and offers stunning views across the Derwent Valley. It consists of a mound made from the spoil of the excavations for the Derwent Valley Aqueduct. The pipeline from the aqueduct was installed across the fields to the west in the early 1900s and it still carries water from the Derwent Dams, to Leicester. The landowner at the time was Ernest Bailey, hence it is known as "Bailey's Tump".

In the 1930s it was fortified as an Air Defence Site. The circular enclosures on top of the mound are the remains of the ramparts which sheltered equipment and protected the soldiers. The Tump was in use for the duration of World War II as part of the outer defences of Sheffield and its steel industry.

The Tump was restored in 2005 by Matlock Town Council and Matlock Civic Association, including the installation of a memorial plaque detailing the history and heritage of the site.



# Shop Local

## Matlock

A thriving riverside town, a great place for residents and visitors alike. Nestled on the edge of the Peak District, we have everything you



need for a holiday or day trip from close by. Matlock, the heart of the Derbyshire Dales is filled with independent shops, alongside high street brands and our magnificent award winning park.



You will never go hungry with our mix of cafes and restaurants filling our streets, from simple sandwiches and delicious home baked cakes, to fine dining and exquisite cocktails. If it's a present you're after we have a mix of boutique craft and gift shops alongside clothes and niche bookshops too.

Our award winning park is the perfect place for kids and adults alike. Whether it's fun in our fully equipped playground, a ride on our environmentally friendly electric boats or a trip on Little David, our small train that has been in use since 1974.

The park is also home to bowls, tennis courts and a skate park. There is a series of food, craft and music festivals and events in the park throughout the year.

Matlock is well connected and accessible by train or bus or one of the cycling routes around the town. With many major cities of the midlands less than an hour away it is a great place for a day trip or stay longer in one of the many boutique guest houses and holiday lets in town.



Working together we know we can support and grow our community to make Matlock stronger and better for all.

If you're visiting Matlock for the day, you're on holiday for a week or are lucky enough to live here we are certain you will find plenty for everyone to enjoy the best of Matlock and the Derbyshire Dales.

Images Courtesy of Steven Greenhough



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# Support our local businesses

Where you decide to shop has a major impact on local independent retailers, who offer unrivalled advice, enthusiasm and passion. Small business owners take great pride in helping their customers choose their purchases, giving in-depth product knowledge, which is second to none. You may ask why you should consider purchasing from small local businesses? Buying from these

established, experienced vendors could be the best decision you could make, especially in today's climate. These businesses generate 70% more local economic activity per square foot than bigger retail concerns. By spending your money in local shops you are helping to invest in your town, keeping local people in employment and making a vibrant and welcoming town centre.

## 2nd Chapter

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Boots

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Cornerstone Books

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Dales and Peaks Estate Agents

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 Matlock Kitchen and Bathrooms  
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 Nationwide Building Society  
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 Newsroom  
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 Ostello Lounge  
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 Peaks Paws and Claws  
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 Rabona  
 Red Lion  
 Room 101  
 Rubigo  
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 Ritz Education Centre  
 Round the Corner  
 Run Forest  
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 Selecta Tyre  
 Sewing Corner  
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 Sourdough Dave  
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 Sue Ryder  
 Sunstone Therapies  
 Superdrug  
 Tansley Transport and Removals  
 Thai Massage  
 Thai No 1  
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 The Beauty Lodge  
 The Club - Holt Lane  
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 The French Wine People  
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 The Lost Cauldron  
 The Nail Hut  
 The Original Factory Shop  
 The Remarkable Hare  
 The Room of Enchantment  
 The Snug  
 Thomas Greatorex & Sons  
 Tinkers  
 Tipsy Toad  
 Twenty Ten  
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 Vintage Toy Exchange  
 Vintage Rooms  
 Vision Express  
 Viva Italian Restaurant  
 Wonky Donkey Boutique  
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 Zinc

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## On the High Street

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There are many local independent businesses in Matlock, as well as familiar high streets names. Matlock is located in a steep river valley with Hall Leys Park in the middle, meaning the town naturally has several distinct areas, each with a unique character and story, to be explored.

#### **Dale Road**

A perfect place for a browse for antiques, collectables and gifts. Dale Road runs all the way from Matlock Bridge to North Parade in Matlock Bath. It's part of the Matlock Bridge Conservation Area and contains a large number of examples of fine architecture with several listed buildings. Historic Dale Road has a growing reputation as a shopping destination for those looking for something a little bit different. With a variety of restaurants and bars the area has a buzzing atmosphere.

#### **Crown Square, Bakewell Road and Causeway Lane**

Crown Square is at the heart of Matlock and it was from here, up Bank Road, that cable trams used to travel to one of 30 hydros on Matlock Bank. Today the Square, Bakewell Road and Causeway Lane offer a wide range of shops including some well-established Matlock favourites and new businesses to the town. There are also many local cafes and bars to be enjoyed. This area is also home to the weekly Matlock Market, which runs every Wednesday 9am-3pm.

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Elliott Carpets, 42-44 Dale Road, Matlock, Derbyshire DE4 3LT Tel: 01629 57580

**Opening Hours: 9am - 5pm Monday to Saturday**



## On the High Street

### Firs Parade

Home to high street favourites, independent shops and beauty salons, Firs Parade offers convenience and variety. Free short stay parking makes this a good starting point for popping into town.

### Bank Road and Smedley Street

This area is full of local character and unique architecture. Artisan makers, local independent businesses, cafes, bars and pubs can be found nestled on the hillside up Bank Road and further up on Smedley Street and make the journey up the hill more than worthwhile.



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Family run business

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7 Causeway Ln, Matlock DE4 3AR



## Matlock Market

Matlock market operates every  
Wednesday 9am till 3.30pm from the  
first Wednesday in April to Christmas.

A smaller market operates from  
January to the end of March.



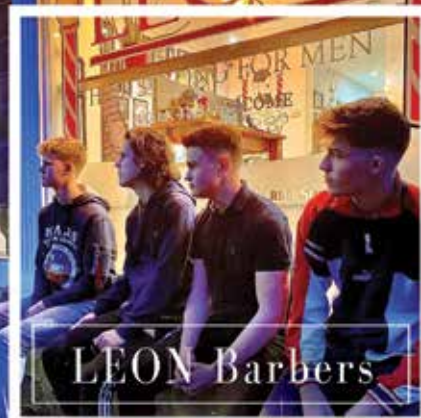
We have a good variety of stalls  
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Matlock Outdoor Market



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### **DUFFIELD**

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[www.designateproducts.co.uk](http://www.designateproducts.co.uk) founded in 2000 by Andy & Kirsty Field who designed a unique range of handmade products that have been supplied to over 500 shops and galleries throughout the UK. Still produced from their workshop and studio in Matlock, you can buy seasonal & occasional gifts on-line or by appointment. Products can be personalised with text, dates or colour.



[www.designateatthegate.co.uk](http://www.designateatthegate.co.uk) naturally formed from the empty, run down pub next door in 2012. Combining their love of making with food & drink they have created a special party venue for all occasions: hen do's, birthdays, retirement & beautiful, intimate weddings. It's also available as a creative meeting space for groups and businesses. Both indoor & outdoor spaces are truly unique.



[www.designateaccommodation.co.uk](http://www.designateaccommodation.co.uk) their most recent project. Unused empty spaces have been transformed into three stunning 'glamping rooms.'. Made with style & practicality in mind! These rooms each sleep 2-6 guests, cosy for two but big enough for a large family or group of friends. Oozing character & charm but with all mod cons for a more than comfortable night away.





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Hannage Way Off Water Lane, Wirksworth Derbyshire, DE4 4JG

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# IMPERIAL ROOMS



The Imperial Rooms provide a blank canvas for your perfect wedding venue- your Matlock wedding, your way. You are welcome to decorate the rooms in your own style and the Council team can help you by providing information about local caterers, florists and other businesses.

**For more information call 01629 583042**  
or visit: [www.matlock.gov.uk/weddings](http://www.matlock.gov.uk/weddings)



Built in 1912 as a United Methodist Free Church, the Imperial Rooms are housed in a unique and beautiful historic building in the centre of Matlock, with car parks, local services and Hall Leys Park on the doorstep. Local Bed & Breakfasts and Hotels provide excellent high standard accommodation for your guests to stay in style while you celebrate your special day.

The Imperial Rooms in Matlock are the perfect venue for your special day and are licensed to hold both weddings and civil ceremonies. They also provide the ideal venue for your wedding breakfast and evening reception.

## Your Matlock wedding, your way

There are two rooms available for wedding hire either separately or together and you can have exclusive use of the venue and the car parking outside. The Riber Room (for up to 100 people) and the Derwent Hall with a full stage and PA system (for up to 300 people).

The Imperial Rooms can offer you flexibility and the option of hiring both rooms (including small well equipped kitchens), one for the ceremony and the other for your reception.





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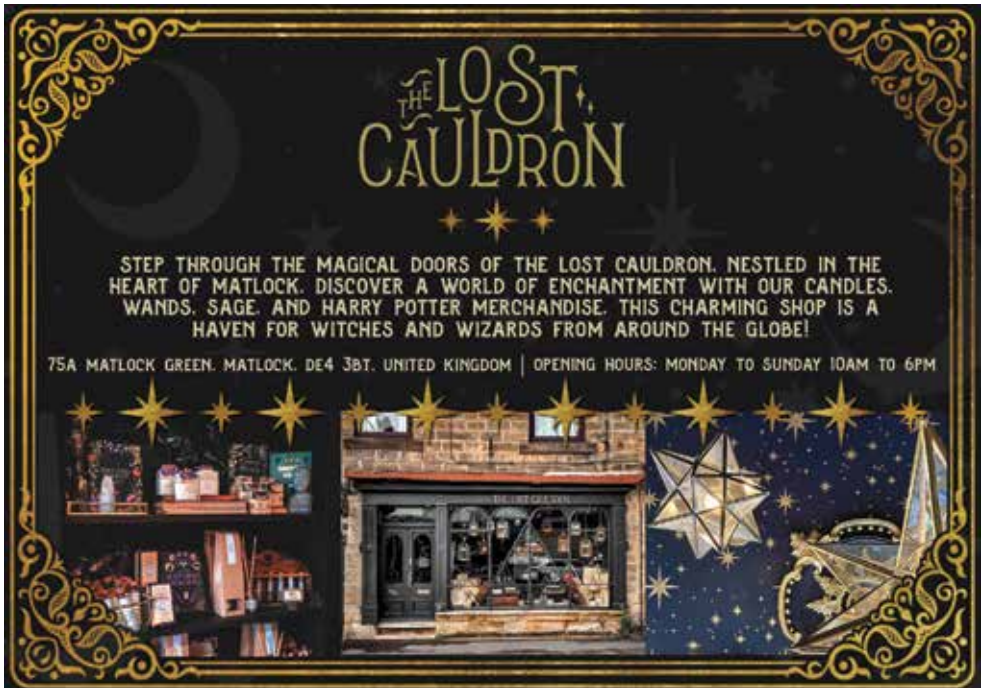
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# What is Live-in Support...?

## Is this the choice for you or your family member?



Bluebird Care Derbyshire Dales & Amber Valley provide a managed live-in support service, often referred to as live-in care. With live-in support, a personal care assistant lives-in with an individual, or couple, to provide the support they need to promote their

independent daily living. The care assistant can support with meal preparation, assistance with medication and personal care, carry out domestic tasks and shopping, provide companionship, and accompany the person that they support to appointments and social visits and outings, if required or desired. Live-in support enables someone to live as independently as possible, and remain safely at home, with the familiarity of their home and their belongings around them. This form of support allows for flexibility - personal care can be carried out to suit the individual, which can be helpful if someone has dementia; outings, and other activities, can be spontaneous and be arranged around the weather.

A few practical considerations: The live-in personal assistant will need their own room, and access to wifi and laundry facilities etc.. The care assistant usually shares meals with the person whom they support, but the customer is expected to provide their daily meals.

A customer can anticipate being supported by 2-3 care assistants on a rotational basis so will soon get to know their companions.

Overnight, occasional support can be provided; the care assistant isn't able to support more than once



a night on a regular basis. The care assistant also has a 2 hour break each day, when they don't have any support responsibilities during this time. If the individual being supported isn't able to be left alone, further support to cover the break can be provided, or covered by family or friends.

As Bluebird Care provide a managed local service, any matters that arise that require attention,

can be resolved in a timely fashion by their friendly and professional team.

Live-in support is just one offering from Bluebird Care. Regular companionship visits,



from 2 hours, are also offered by the local service in the Matlock area.

Other good things to know: Bluebird Care Derbyshire Dales & Amber Valley are Living Wage Foundation Accredited Employers, meaning that they pay at least the Real Living Wage, which is higher than the National Living Wage.

Their service is also rated as Outstanding by the Care Quality Commission (CQC)\*, the regulator for the health and care sector. Only between 1 and 3% of services receive this rating. Their latest report and rating can be viewed on the CQC website.

Visit: [bluebirdcare.co.uk/derbyshire-dales-amber-valley](http://bluebirdcare.co.uk/derbyshire-dales-amber-valley)

Tel: 01773 880055

\*Correct at time of going to press.



# bluebird care®



## Health and Wellbeing

At some point many of us find ourselves wanting to improve our fitness. Whether it is weight loss, to become physically fitter or for overall wellbeing, it can be a very daunting task if we have not tried before. The struggle is very common and you are not alone. Media is full of images of people who have great physique with many of asking ourselves... HOW?

The keyword to a solution is 'lifestyle'. Look at your own lifestyle first. What do you eat? How much do you move during the day? You need to be eased into a new lifestyle gradually. If you stop eating and run 10 miles, you will give up immediately.

Take a look at your diet, plan your meals. Figure out which of your foods are processed and try replacing with fresh food. More fruit and vegetables. Try this gradually to make it a more enjoyable experience, with rewards on occasion. The same goes for fitness. Make it a gradual improvement. If you wish to join a gym, talk to an instructor about a plan. Fitness isn't always fun and can be hard work, but the rewards are worth it. Feeling better on the inside. Build your fitness up, setting yourself achievable goals each week.



Reiki is a form of alternative therapy that originated in Japan in the early 20th century. It is based on the idea that a universal life energy flows through all living beings and that this energy can be transferred from practitioner to patient to promote healing and balance. During a Reiki session, a practitioner typically places their hands lightly on or just above the client's body in specific positions, aiming to channel healing energy.

Reiki is often used to help reduce stress, promote relaxation, relieve pain, and support emotional well-being. While many people report positive experiences, scientific evidence regarding its effectiveness is limited, and it is generally considered a complementary therapy rather than a substitute for conventional medical treatment.

If you're interested in exploring Reiki, it's advisable to seek a certified and experienced practitioner, and to consult with healthcare professionals regarding any health concerns.

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Tel: Tracey 07836 662200

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- bek@beksmithyoga.com
- Pisani Building, A6 Cromford DE4 5HN



In Matlock we are proud of our independent shops, these small family run businesses who employ local people. Shopping local and supporting these guys is what makes Matlock great! Derbyshire Mobility is one of those special gems, this small family run business has been going since 1998. The original shop is still very much the heart of the community in Ripley and for the last 4 years they have been doing great things supporting our community here in Matlock.

products, walking aids, Cosyfeet shoes and slippers, rollators, rise and recline chairs, wheelchairs, powerchairs and mobility scooters. They even rent out wheelchairs and scooters for the day!



When we popped in, we met with Jason one of their independent living specialists who said "we've noticed an increased need in the local community when it comes to patient discharges from hospital and care homes, families are really struggling to find the right support and source equipment - we are really proud to have been that helping hand!"



The Matlock shop opened in 2021 and is the best place around for specialist advice on care and independent living products. The Matlock shop located opposite the park on Causeway Lane supplies everything you need from grab rails, incontinent



Derbyshire Mobility also offers free home assessment appointments with experienced specialists who can advise you on stairlifts, motability scooters, powerchairs and return to home care packages. To book your appointment or speak to one of the team telephone: **01629 706 767** [www.derbymobility.co.uk](http://www.derbymobility.co.uk)



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Primary education in the United Kingdom is a foundational stage of the educational system, designed to provide children with essential skills, knowledge, and social development opportunities. It typically caters to children aged 4 to 11 years and serves as the groundwork for their future academic journey.



### Structure and Stages

In the UK, primary education is divided into two key stages:

- Key Stage 1 (KS1): Ages 4-7 (Reception to Year 2)
- Key Stage 2 (KS2): Ages 7-11 (Years 3 to 6)

Children usually start primary school in the year they turn five, with many attending nursery or reception classes beforehand.

The curriculum during these stages emphasizes basic literacy, numeracy, science, arts, physical education, and social skills.

### Curriculum and Learning Objectives

The National Curriculum sets out the framework for what children should be taught during primary years. Core subjects include English, Mathematics, Science, Computing, History, Geography, Art and Design, Music, Physical Education (PE), and Design and Technology. Additionally, personal, social, health, and economic education (PSHE) is incorporated to promote well-being and social responsibility. The curriculum aims to develop children's communication skills, critical thinking, creativity, and independence, preparing them for secondary education.



## Matlock Bath Holy Trinity CofE Primary School

*Imagine, Believe, Achieve*

We are a family centred school; our vision and values underpin everything we do which we believe makes us a very special place. We have strong links with our local church, often using the church for collective worship and other celebrations.

We are fortunate to have amazing school grounds that provide space for wider opportunities for learning outside the classroom, which includes our dedicated forest schools area and nurture garden.

We welcome you to have a look round for yourself, please give us a call to arrange a visit and meet our wonderful team.

**www.mbhtprimaryschool.org.uk**

**Telephone: 01629 582862**

**Email: [info@matlockbath.derbyshire.sch.uk](mailto:info@matlockbath.derbyshire.sch.uk)**

**Matlock Bath Holy Trinity CofE Primary School,  
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Matlock  
TOWN COUNCIL

# Find your way Around Matlock



## KEY



Train station



Bus stop



Parking



Public toilet



Police Station



Supermarket



Built up areas



Shopping areas



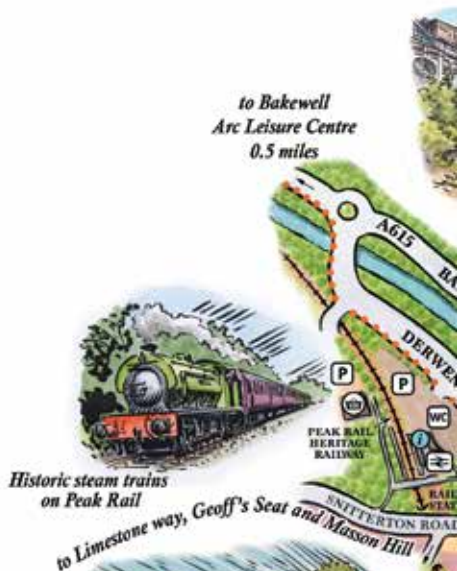
Viewing point



Information panels



White Peak cycle route



*Historic steam trains  
on Peak Rail*

*to Limestone way, Geoff's Seat and Masson Hill*



*There has been a bridge across the  
River Derwent since the 1400s*



*The historic shopping area of Dale Road*



*Matlock Bath - popular since the late  
17th century and a short walk away*



# Defibrillators

## in Matlock

When a person collapses and is not breathing normally, their life is at risk, it could be from a sudden cardiac arrest, their heart may have stopped beating and are then need of urgent medical treatment, without which their chances of survival are low.

### What is a defibrillator?

They are lightweight portable devices designed to be used by people with minimal or no training on someone who has suffered a cardiac arrest, its job is to analyse the heart rhythm and determine whether a shock is required, if a shock is required the defib will give clear voice instructions to guide the user through the process.

#### Using a defibrillator – You DO NOT

require any medical training to use a defib, just call 999 and begin CPR immediately, don't hesitate to



shout bystanders for help as the operator will advise where the location of the nearest defib is, so you will need a volunteer to collect it, they will also give you a code to access the key pad on the cabinet as seen here,

once the cabinet is open, take out the defib and switch on, it will instruct you to place two adhesive pads to the casualties chest, which monitor the

heart and its electrical rhythm. If the defibrillator tells you that a shock is needed, tell people to stand back. The defibrillator will tell you when to press



the shock button. After the shock has been given the defibrillator will tell you to continue CPR for two minutes before it re-analyses. If the casualty shows signs of becoming responsive, such as coughing, opening eyes, or speaking, and starts to breathe normally, put them in the recovery position. Leave the defibrillator attached.

Monitor their level of response and prepare to give CPR again if necessary.

The ambulance will be on its way!

### Locations of Defibrillators

Church In The Peak, The Lime Tree, 22 Lime Tree Road, Matlock DE4 3EJ

Derbyshire County Council, County Hall, Smedley Street, Matlock DE4 3AG

Fishpond Free House, 204 South Parade, Matlock Bath DE4 3NR

Hurst Farm Community Centre, The Farmers View, 6 Hazel Grove, Matlock DE4 3ED

Matlock All Saints Church Of England Infant School Dimple Road, Matlock DE4 3HX

Matlock Ambulance Station, Lime Tree Road, Matlock DE4 3EJ

Matlock and Cromford Meadows Cricket Club, The Maazi Cricket Ground, Causeway Lane, Matlock DE4 3AR

Matlock Farm Park, Jaggars Lane, Matlock DE4 5LH

Matlock Town Football Club, Causeway Lane, Matlock DE4 3AR

Matlock Green Scouts HQ, Butts Drive, Matlock DE4 3DJ

Matlock Station, Station Yard, Matlock DE4 3NA

Near Marks & Spencer's, Crown Square Bakewell Road, Matlock DE4 3AU

Our Lady & St Joseph, 1 St Joseph Street, The Priest's House, Matlock DE4 3NG

Phone Box at Riber DE4 5JU

Starkholmes Road, Matlock DE4 3DD

Telephone Box, Ladybird Shopping Village,

The Old Methodist Church, 50 North Parade, Matlock Bath DE4 3NS

The Surgery 8 Imperial Rd, Matlock DE4 3NL

West Lodge, Upperwood Road, Matlock Bath DE4 3PD



### How can taking fish from water be beneficial to a child you may ask?

Let's begin with 'the great outdoor', which is beneficial to the majority of us. Any activity which is done outside, in the open country, amongst so much greenery, trees and of course open water. The outdoors is great for mental health and water is very calming. Children also love to discovery and this is the place to do just that, whether it is finding a caterpillar, spotting a heron or even catching a fish they have never seen before. In a world heaving with digital distractions, being out by the water takes us away from this. For anyone at any age it is a place to unwind, recharge and enjoy the moment.

Fishing provides moments of peace, without interruption, so to go angling with children provides a great opportunity for bonding. Great conversations happen you wouldn't usually have quality moments together, the chance for when there is nothing or no-one to interrupt. The experiences whilst fishing, such as bringing in a fish, offer the chance to spend It is easy to forget how skilful fishing is.

Even the small tasks, such as hooking fiddly baits, throwing baits into the area you need it and bring fish in all require hand eye co-ordination and motor skills, all of which are beneficial to a youngster bringing them confidence as they develop.

Who said fishing was easy? Absolutely... no one. We spend much out time figuring out and solving problems when fishing. We learn about a fishes behaviour, how to handle a fish... the list goes on. For a child to improve problem solving abilities whilst having fun is beneficial on many levels.

# ROD & LINE



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The Peak Village shop sells a great selection of quality greetings cards, suitable for all occasions, gift bags and wrapping and party accessories.

All shops at Peak Village are dog friendly, with plenty of free parking provided.



Peak Village



[www.bigtop toys.co.uk](http://www.bigtop toys.co.uk)

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# OUTDOOR ACTIVITIES

We all know that exercise is a beneficial activity for us, with many of us trying to in some way or other. Whether this is going to the gym, playing football, yoga, going for a run or even playing with the grandchildren. Outdoor activities however offer so much more. Amongst many these can include walking, hiking, paddle boarding, mountain biking or outdoor climbing. Ask anyone who takes part in such a activities and the word 'fun' will come up high their list for reason why they do it.

The UK has some incredible natural locations which offer us a giant playground to have endless fun. The Peak District National Park for example offers us jaw dropping views, infinite footpaths, clean natural waters, rocks, cliffs and even beautiful caves. Best of all, unlike the gym, this place is free. With some activities you can choose an element of risk, even though safe there is an excitement, sometimes an adrenaline rush depending how far you take it, but always a sense of personal achievement.

With guidance and help, which is recommended for beginners, you can find an abundance of support out there. While many of us may be forgiven for thinking that "It's not for me" or "I'm too old for that sort of thing", look in the right place and you will find many local instructors, clubs and associations out there who only

ask that you join them in return and will guide you safely in control at beginner level.

Such activities can have a profound impact on mental and emotional wellbeing. If your seeking motivation, battling depression or simply wish to experience fun in the great outdoors then this could be for you. Many of these activities offer a great sense of community with social benefits, creating strong bonds and friendships. Outdoor activities offer the benefits of physical health as you are exercising, getting your body moving, burning calories, blood pumping, your endorphins flowing, fresh air in your lungs and mental stimulation. You are unaware this is all happening too because your just having great... fun.



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Secretary T: 07814 566442 - E: [cromfordsecretary@gmail.com](mailto:cromfordsecretary@gmail.com)

Booking for Weekend Camping : 07359 860289

**[www.cromfordsteamrally.co.uk](http://www.cromfordsteamrally.co.uk)**

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**what3words: wreck.cuddling.status**



## Out and About



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[www.little-monkeys.co.uk](http://www.little-monkeys.co.uk)  
Height restrictions apply.

The Peak District National Park is the most accessible National Park in the UK, with numerous independent cafes throughout, including The Hassop Station Cafe located on the spectacular Monsal Trail which is open 362 day a year.



The Peak District National Park can be used to host a variety of activities including walking and camping as well as being a haven for mountain bikers, road cyclists and lots of family cycle routes with bike hire available throughout. Many quaint towns and villages are dotted about boasting exceptional independent businesses, shops with engaging cafes, bars and restaurants .

Get out and about - Explore and Experience all Matlock and The Peaks has to offer



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|         |                                                                       |
|---------|-----------------------------------------------------------------------|
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| 06 Dec  | Windsor Castle & Hampton Court (HB) 2 DAYS £285                       |
| 12 Dec  | York, Harrogate & Castle Howard at Christmas (HB) 3 DAYS £302         |
| 23 Dec  | Christmas in Llanberis (HB) 5 DAYS £634                               |
| 07 Jan  | Panto - Sleeping Beauty at The London Palladium - (B & B) 2 DAYS £287 |
| 02 Feb  | Potters Resort Hopton-on-Sea (AI) 5 DAYS £638                         |

## DAY TRIPS & MANY MORE

|         |                                          |
|---------|------------------------------------------|
| 13 Sept | Llandudno £33                            |
| 11 Oct  | Burghley House & Stamford £48            |
| 18 Oct  | York £32                                 |
| 29 Oct  | Blackpool Illuminations £33              |
| 19 Nov  | Bury Market £30                          |
| 29 Nov  | Chester Christmas Market £32             |
| 02 Dec  | Thursford Christmas Spectacular £94      |
| 06 Dec  | Blenheim Palace at Christmas £71         |
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Matlock  
TOWN COUNCIL

# Events in Matlock

Summer Band Concerts - Every Sunday over  
the Summer holidays (July 27th-August 31st)

Halloween Night Charity Bingo - Friday 31st October

Remembrance Parade & Service - Sunday 9th November

Christmas Lights Switch - On & Parade  
Saturday 22nd November



For more information about these events  
visit: <https://matlock.gov.uk/events>



## Cromford and Matlock Bath

The lovely village of Cromford lies on the edge of the Peak District, in the Derwent Valley between Matlock and Wirksworth. It is perhaps best known for its connection with the renowned industrialist Richard Arkwright.

Often quoted as the birthplace of the Industrial Revolution, Cromford is steeped in history and heritage, Sir Richard Arkwright built the world's first water-powered cotton mills there in 1771.

Cromford which is mentioned in the Domesday book of 1086 played a huge part in the Industrial Revolution, growing in size both as a village and its population.

The village today is home to many dwellings dating back to the 18th Century, built by Richard Arkwright for the mill workers, he also built shops, pubs, chapels and a school. Explore the village and you will find some of these purpose built industrial housing.

Today you visitors can take tours around Arkwright's Mill, wander around the visitors centre, the shops and café.

Some fabulous walks start in Cromford, a popular one is along the canal from Cromford Wharf to High Peak Junction, here you will find a visitors centre and the start of the High Peak Trail formerly the High Peak Railway Line.





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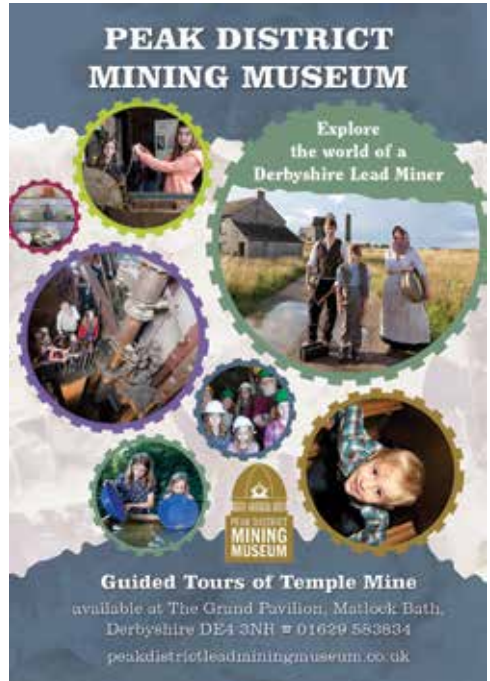
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**[www.a2bmodelrailways.co.uk](http://www.a2bmodelrailways.co.uk)**

## Cromford and Matlock Bath

A popular tourist destination since the late 17th Century when the spa waters were discovered, Matlock Bath's heyday was in Victorian times when it became known as "Little Switzerland" by the poet, Lord Byron. It's thermal spring waters maintain a constant 20°C (68°F) temperature all year round and were thought to contain medicinal properties.

Between the Pavilion and the river sits the charming Derwent Gardens and on the opposite bank is a lovely riverside path, nicknamed 'Lovers' Walk'. Coloured lights illuminate the gardens and the river walk during September evenings. A floating fete, a magical parade of illuminated boats also takes place along this stretch of the river in late summer and spectacular fireworks displays are held on Saturday nights.

You will find lots of independent shops, emporiums and attractions. It is home to exceptional hospitality establishments offering food and drink.



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## Wirksworth



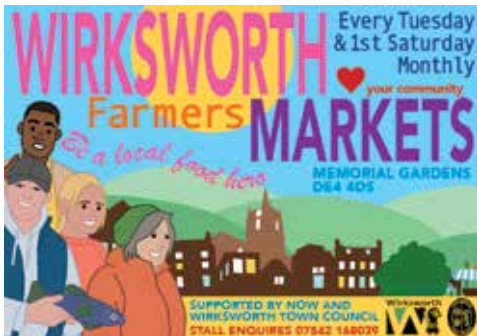
### Wirksworth, Voted 'The Best Place to Live' in Derbyshire by a report featured in the Sunday Times.

The town which has a population of just under 5000 residents is situated on the edge of the Peak District National Park. Exceptional schools, culture, transport, mobile signals, broadband speeds played their part in this prestigious award along with the close access to green spaces and the countryside on its doorstep which also factored in to assess this award.

Praised for its community spirit as well as the variety of independent businesses, such as restaurants, shops and cafes which helped to prove why Wirksworth is a favoured location for many to visit.

The town was granted a market charter by Edward I in 1306 and still holds a market on Tuesdays in the Memorial Gardens. The parish church of St Mary's is thought to date from 653.

Wirksworth Civil Parish contains 108 listed buildings and structures, protected by Historic England for their historic or architectural interest.



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# BRINGING HOME A RESCUE DOG

Rather than purchasing a puppy, adopting a rescue dog can be rewarding on many levels. Giving a dog a second chance in life with a loving home will be an incredibly heart warming thing to do, but it can come with its challenges, so here is our brief guide.

Often a rescue dog has had a previous life, with its own story, before it ended up at the rescue centre. Maybe the previous owner's circumstances had changed, job change, house move or possibly a divorce. Depending on how long the dog has spent in the rescue centre also depends on how difficult it may be for it to settle into a new home, it may be a little anxious and not act in a typical manner. But with enough reassurance, love and support it should eventually feel settled and happy in your home.

Choosing the right rescue dog in itself is a challenge. There may be circumstance which means it may not suit your lifestyle. For example, would the dog be happy around children, is it nervous around groups of people or even men? With all those puppy eyes behind cage doors looking at you, it is crucial to think logically when choosing as it is also in the dog's interest, so try not to choose with your heart. Consider the size of the dog, for instance a large working dog will not settle well in a small flat, based in a city.

When bringing a dog home get as much in place as possible ahead of your new pooches arrival. Plan the house out allowing your dog to have its own space, for rest and sleep in its bed. Maybe the dog is used to a cage, if so have one prepared. If you already have a dog they will need to be introduced to each other. This will be best done in a neutral place such as a park, or a garden. In a place where no territorial battles may happen.

Regarding the dog bed, figure out where the dog will sleep and always be consistent. You may be happy for the dog to sleep in the bed but if you want it in its own dog bed then don't allow it in your bed at night and change

your mind. Consistency is vital here as the dog is vulnerable, so rejection in it's early days will not provide security and love. Separation anxiety is common in rescue dogs, stick to your guns and do not confuse the dog.

Training classes may be an option if required as it could strengthen your relationship between you and your dog, creating a happier dog. Taking on a rescue dog can come with challenges but taking on a puppy can also be a roller coaster of fails and achievements. Your rescue dog may already be house trained, calm and adjust quickly. Use your common sense and look for guidance, do the research and you could change a furry, four legged pooches life forever making it part of your loving family.





# Riber Pets

## UNLEASH THEIR WILD SIDE

Riber Pets is a local, independent gem, passionately offering natural pet food and treats for the beloved pets of Matlock and beyond. The team is all about elevating



pet product quality, stocking only natural goodies they'd gladly give their own pets—because they have the highest standards.

Riber Pets is the ultimate spot to snag a tough chew toy for

your pooch to enjoy while you chill at one of Matlock's dog-friendly eateries, or to pick up a new toy just because they deserve it!

Inside, you'll find a selection of fashionable and functional accessories to ensure your pets are always looking and feeling their finest. From harnesses and training gear that reduces lead pulling to stunning seasonal accessories for pups who want to turn heads at the park, they've got it all!

Did you know that by age 2, 80% of dogs in the UK show signs of dental disease? Riber Pets has your back with their Ultrasonic Teeth Cleaning Service, a cutting-edge, painless solution to keep your dog's teeth in pristine condition. The in-store team is always ready with tips on grooming or nutrition for any pet!

Riber Pets is thrilled to announce the opening of their brand-new Dog Grooming School, where you can learn to groom dogs in a vibrant, live salon environment. Whether you're a budding groomer or looking to enhance your skills, their school offers the perfect opportunity to unleash your potential. With hands-on experience guided by seasoned professionals, you'll gain the confidence and expertise needed to care for any canine client with finesse. For more information about enrolment, stop by the store or visit our website.

Expect friendly faces, a self-service dog wash, and nail clipping services without the hassle of appointments! For booking inquiries, call 01629 584 229 or visit their **Riberpets.co.uk**.

**FOR BOOKING ENQUIRIES, PLEASE CALL 01629 584 229 OR VISIT RIBERPETS.CO.UK**



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## MICROCHIPPING PETS

For most the idea of us losing our pets is terrifying. Let's face it, this is a very real possibility. Cats love to wander outside for lengthy periods of time and dogs love to run off on the park or field. The very worst case scenario is that some individual would take your pet away.

A great tool to aid recovery of your loved pet is to get them microchipped. This has to be done by law for all dogs by the age of 8 weeks old and cats by the age of 20 weeks old. It is advised that you have this procedure done by a trained professional for a fee. Your pet's microchip contains a number, which by law must be registered on specific databases, which will show up whenever your dog or cat is scanned.

You can be fined up to £500 if your dog or cat is not chipped or registered, yet there is still 27% of the UK's cat population not microchipped presently.

## REASONS

TO TAKE YOUR DOG ON HOLIDAY IN UK

Dogs will benefit from a holiday.

The UK offers some of the greatest, dog friendly beaches which are available all year round with coastal walks.

A Beach is just the perfect large open space for a dog to run and exercise

There is plenty of accommodation in the UK which is dog friendly, including self-catering cottages and lodges, caravans, camp sites, pubs and hotels.

There are lots of country parks and woodland holidays available in the UK.



# Feel Good Dog Training

**Do you have a new puppy and want to ensure you get things right from the start?**

**Or does your dog pull on the lead, not listen to you, or ignore you when you call them back?**

Hi there! I'm Sally from Feel Good Dog Training. I'm passionate about helping pet dog owners cultivate confident, connected relationships with their furry friends. With my proven & kind training methods, you can see real results and enjoy a harmonious relationship with your dog.

My mission is to make your daily walks easier! I specialise in tackling common issues like lead pulling, recall, not listening, jumping, lunging, and barking while promoting calm behaviours at home. Plus, I offer puppy training classes to help you lay a solid foundation and navigate those tricky adolescent years.

Choose from small, friendly group classes or personalised 1:1 sessions.

## **Fear of dogs:**

Are you or someone you know scared of dogs? I also work with children and adults using Cognitive Behavioural Therapy (CBT) and positive reinforcement techniques to conquer that fear. After completing the program, many find a newfound sense of calm around dogs.

Don't just take my word for it—check out what my clients say:

## ★★★★★ **Google reviews:**

"Sally is a really great trainer"

"Friendly small groups with easy to follow instructions"

"Sally offers really good, thoughtful advice to help you with training your dog"

"Highly recommend Sally's classes to anyone who wants to understand their dog and have a better relationship with them"

Ready to embark on this journey together? Whether you have a new puppy or an older dog, I'm here to help. Don't wait—take the first step towards a better relationship with your dog. Contact me today to discuss your training needs, and let's get started!

**GIVE ME A CALL  
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AND YOUR DOG.**

**Tel: 07828 123051**

**sally@feelgooddogtraining.co.uk**

**www.feelgooddogtraining.co.uk**



**/feelgooddogtraining/**



**/feel.gooddog/**



## It's All About The Dogs



**We love travel with our canine companions but how can we manage their anxiety?**

Whether a dog has an anxious disposition or develops anxiety suddenly following a traumatic experience once manifested, left untreated, it will often worsen. Long periods in an anxious state can be unhealthy so finding a trainer or behaviourist can be invaluable.

### "MANAGEMENT IS THE KEY"

Preparation by considering feeding times and route planning are essential.

Safety and Security is important so observe where your dog settles best. Familiar blankets, a bed to nest in or a cool mat can help. DIY wrap demonstrations are available online.



Herbal Remedies can have calming effects, aid recovery and alleviate sickness. Research natural products and follow guidelines to achieve the best results.

It is hard to do nothing. Comforting and reassuring an anxious dog can unintentionally reinforce behaviour through praise.

Don't give up as someone could have the answer that works for you and your dog.



**Emma Sutherland**  
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# definitely **NOT** for dogs



## Chocolate.

Most of us know this, but it is worth knowing that darker chocolate is more harmful than milk and the smaller your pup the greater the risk of harmful effects.

## Garlic, onions & Chives

This group of foods is terrible for our four legged friends, causing gastrointestinal irritation, possible red blood cell damage and anaemia.

## Avocado

Not something I would usually feed a dog but these contain the substance persin which will cause vomiting and diarrhoea in a dog.

## Alcohol

Remember how much smaller your dog is than a human. Causing alcohol poisoning the affects could be damage to the central nervous system, breathing difficulties and even death.

## Grapes & raisins

Yes that's right, no fruit cake for your dog. Grapes and raisins are highly toxic with possible kidney failure. So if your dog chomps on a grape or two it's a trip to the vets.

## Cooked bones.

Surprisingly, while raw (uncooked) bones are fine, cooked bones may cause splintering, with constipation or possibly a perforated gut.

## Corn on the cob

Potentially lethal to a dog as it would damage it's intestines causing a blockage.

## Macadamia Nuts

The toxins in this nut cause vomiting, tremors, fainting or even a trance like state. Nuts as a rule are not great but these especially could be potentially lethal.



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# ~~MOVE~~

# IMPROVE

If you feel your home isn't quite adequate enough for you and your family, it is incredible what you can achieve by knocking down a wall to create an open space. Lighting and new decor can do wonderful things to a living area. The limits are endless

If you wish to add value to your property then it could be worth considering some investment for renovations to make some impact.



## A new kitchen

An aesthetically pleasing and practical kitchen not only increases the appeal of a house but can also contribute for a higher valuation during a potential sale. Research suggests that the value of a house will account for 8% - 12% of the property total. This value shows the significance of a well-designed kitchen on the housing market and will in most cases increase the value of your home, location also plays a major factor which determines the value of your property. However during recent years many have taken the option of investing in their current property with home improvements rather than moving elsewhere.

Making major improvements can be something of an upheaval. Builders, architects, planning, drains, not to mention the organising, and the mess. For some this can be a struggle. Many of us would choose to move property instead, however better the devil you know. Selling a house can be a monumental task. Solicitors, surveyors, new neighbours, new schools, location for work, logistics of the move, not to mention the potential for huge costs along with the daunting property chain you can be tied to. Even after all of this you may want to make some home improvements yourself after moving in.

If you wish to add value to your property then it could be worth considering some investment for renovations to make some impact.

## Loft Conversion

Creating that extra room through a loft conversion it is estimated could increase the value of your property up by 20% typically, maybe more with an en-suite.



## Off Street Parking

In smaller cities or commuter towns parking can be quite challenging. This makes off street parking attractive to potential buyers, increasing the appeal and value, a parking space can add to the value of a property.



The list of improvements you can make to a property can be endless, from a new bathroom, to extending your house into your garden creating a much larger house, to turning your garage into an extra room, or even just knocking a wall through (although be aware of load bearing walls and the potential of increasing your heating). The evidence speaks for itself that it is possible to increase the value of a property with such improvements. It is also worth noting that home improvements are not always made just to increase the value but to make your living space more suited to you and your family needs but one day at some point in the future if the time comes and you wish to move you know the investment was worth it.





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Whether you are looking for a new boiler, home or garden maintenance, a professional cleaning service, decorating and home design and so much more over these pages you will find some exceptional businesses. These trade professionals and independents definitely excel in their field and go the extra mile.



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## PEAK ELECTRICAL SUPPLIES LTD

Peak Electrical Supplies Ltd are your local electrical wholesaler based in Tansley, Matlock. We pride ourselves on our friendly service, stocking a wide range of products at our branch in Tansley, Matlock.

### We are open to trade and general public for all your electrical needs

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• [www.peakelectricalsupplies.co.uk](http://www.peakelectricalsupplies.co.uk) • E: [info@peakelectricalsupplies.co.uk](mailto:info@peakelectricalsupplies.co.uk) • Tel: 01629 760056

Unit 9-10, Brookfield Industrial Estate, Old Coach Rd, Tansley, Matlock DE4 5ND



# MOTORING

## BEST SELLING SMALL CARS

### RENAULT 5

The iconic hatchback is one of Renault's most successful models. Known for its compactness, it was introduced during 70s and has been hailed for its design, affordability and practicality. It's a super mini that offers 4m of reliable Renault motor with a sizable boot.

### RENAULT CLIO

The Clio has won numerous awards and was even crowned European Car of the Year twice. With hybrid options that undercut even the affordable Dacia Jogger Hybrid in price, the Clio is a great performer at a reasonable cost. The design updated combined with the pure-petrol TCe 90 guise, ensure that it continues to be one of Renault's most enduring models.

### VOLKSWAGEN POLO

A smaller version of the Golf, the Polo has always been a favourite. It is one of the bestselling super minis in Europe. As with most VWs, this car holds its price well and with the chassis' sleek design; it paints itself as an upmarket rival to the Renault Clio and Ford Fiesta.

### MINI COOPER E AND SE

On paper this is smaller than the Renault 5, with fewer doors, however the Mini Cooper E and SE are certainly not lacking in performance. The updated electric model of the well-known BMW hatchback continues to hold its charm of the Mini we all know and love.

### TOYOTA YARIS

Proven to be a Toyota favourite the Yaris offers a simple yet effective drive with a 1.5-litre hybrid powertrain. Introduced in back 1999 the Toyota Yaris' popularity speaks for itself by the number of redesigns and updates to keep it in tune with customer demands. Small, stylish, reliable, practical with low running costs.

### CITROEN E-C3

Coming in as an electric version of the well-known original Citroen C3, the e-C3 also has lots to offer. With an airy, modern feel and generous front seats this car is compact yet still comfortable. The 4m long motor provides a 310-litre boot making it one to look out for amongst the small electric models.

### SUZUKI SWIFT

The Suzuki Swift is a light car weighing in less than a tonne performing with nimble road handling. The Japanese super mini is known for its sporty-look and reliable performance, proving itself a popular choice. With a safety kit, all mod-cons, and a reasonably priced, the Swift will continue to be a great small car.



## MATLOCK'S FINEST

**Matlock is home to some exceptional garages, with a wealth of knowledge and experience, from mechanics in the workshop to the local car dealer championing the quality of work undertaken and the second hand cars sold on the garage forecourt - the service you will receive will be second to none.**



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**M2025**



**5 STAR REVIEWS**

## WIRKSWORTHCARS.COM

Wirksworthcars.com is a well established, family-owned business in Wirksworth Derbyshire.

We are dedicated to customer satisfaction with our excellent aftersales customer care. We have 2 full time mechanics and 2 full time top technicians and our in house warranty ensures we are here for you if needed. Please check out our Google reviews. We also buy cars depending on what you have so if you have something to sell give us a try.



**www.wirksworthcars.com**

**Tel: 01629 822228 | 07979 225347**

**Harrison Drive, Wirksworth, Matlock, Derbyshire DE4 4FG**



### CONNECTION SPACE COMMUNITY INTEREST COMPANY CREATING THERAPEUTIC CONNECTIONS

A small non profit Community Interest Company based in Matlock, aiming to provide therapeutic, active and creative projects in support of mental health and wellbeing across all ages including people living with dementia. Many community based projects provide supported, valuable and meaningful volunteering roles and carer support. Current projects include supported nature based volunteering at Meadow View Care Centre Garden Space, supported farm based volunteering at Matlock Farm Park and a Craft & Create session at the Whistestop Hub, Matlock Bath. All sessions are facilitated by an Occupational Therapist, Counsellor and Activity Coordinators. For more information please contact The Connection Space Community Interest Company, Bentley Bridge House, Chesterfield Rd, Matlock, DE4 5LE Tel: 07450195051 Also on social media platforms - Twitter and Facebook. [www.connectionspacecic.org](http://www.connectionspacecic.org)

### DAISY, DAISY GRIEF CARE

Daisy, Daisy, Grief Cafe is a Matlock-based support group, for anyone grieving, meeting every 2nd and 4th Tuesday, for a drink, a biscuit and a chat. It's a chance to find comfort, reassurance and friendship, on what can be a very lonely journey. (Please contact: [yvonne@daisyvision.co.uk](mailto:yvonne@daisyvision.co.uk))

### DARLEY DALE CROQUET CLUB

Interested in learning to play croquet? Come to see us on Whitworth Park on Friday, Saturday or Sunday afternoons during the Spring and Summer period. All equipment is supplied, you simply need to be wearing flat shoes.

You can progress to playing in League or Friendly matches and we also have regular social events. More information available on [www.darleydalecroquetclub.org.uk](http://www.darleydalecroquetclub.org.uk)

### DERBYSHIRE DALES CVS

DDCVS provides information, advice, training and support to local groups and carries out community development work that aims to build social capital and improve the life chances of people through training, activities and community participation. We manage a small grants scheme for Derbyshire Dales community and voluntary organisations to apply for funding towards running their activities or improving their village hall or sports facilities.

We also run a social prescribing service - New Connections. In the Derbyshire Dales, GPs, nurses and other primary health professionals can refer someone to New Connections, who will start by having a conversation with the person about what matters to them. From there, the person will be introduced to activities, groups or services that enable them to get the most out of life. You can contact DDCVs by telephone or 01629 812154 or Email us at [enquiries@ddcvs.org.uk](mailto:enquiries@ddcvs.org.uk) There is also a website [www.ddcvs.org.uk](http://www.ddcvs.org.uk) and you can follow Derbyshire Dales CVS Facebook.

### DERBYSHIRE SINGERS

The Derbyshire Singers is a choir of about 60 singers with members mainly from North Derbyshire. We have a reputation for giving concerts of high quality presented with professional soloists, groups and orchestral players. We perform a wide range of choral music from the 16th century to the 21st century. The choir usually performs 4 concerts each year. Rehearsals take place at The Presentation Convent, Chesterfield Road, Matlock, on Tuesday evenings. Further details about performances, joining or contacting the choir can be found on the choir website. [www.derbyshiresingers.org](http://www.derbyshiresingers.org) We welcome interest from new members, so do get in touch if you would like to sing with us. Concert tickets can also be bought on our website. [www.derbyshiresingers.org](http://www.derbyshiresingers.org)

### FRIENDS OF HURST FARM

A local charity based in the heart of Hurst Farm Since 2014, Friends of Hurst Farm have worked with parents such as The Farmer's View, DDDC, Derbyshire CVS, Platform Housing and the Hurst Farm Regeneration, to improve and build a healthier community. Home to The Farmer's Larder, an affordable food pantry situated at the Farmer's View along with a great cafe, The Milk Churn.

For more information please contact us via our facebook page, Friends of Hurst Farm

### MATLOCK ANTIQUES AND COLLECTABLES SOCIETY

The Society meets in the Derwent Hall, Imperial Rooms, Imperial Road, Matlock, DE4 3NL on the second Friday monthly, 2.30 – 4.30 pm, January -May / September - December. Talks are on a wide range of topics for those interested in antiques/collectables or for the collector. An annual outing and autumn lunch are organised. Contact: 07566225126 / 01629 584716



### MATLOCK ATHLETIC CLUB RUNNING CLUB

Established for over 45 years, Matlock Athletic Club attracts a wide range of ages and abilities. We are a friendly club **providing opportunities to train and compete in team events**, or just to run and socialise with others who enjoy running. Further information is available on our website [www.matlockac.org.uk](http://www.matlockac.org.uk), our Facebook page [facebook.com/MatlockAC](https://www.facebook.com/MatlockAC), or by emailing [matlockathletic@gmail.com](mailto:matlockathletic@gmail.com).

### MATLOCK & DISTRICT HARD OF HEARING CLUB

Meet at the Imperial Rooms Matlock  
2 pm - 4pm on the first Monday of the month except bank holidays.  
Loop system available and speech to text if needed  
Don't struggle along with your hearing loss, come and meet other hard of hearing people for an enjoyable few hours once a month.  
We have a variety of speakers, outings and special events, and advice on appliances to help you. Loop system fitted.  
Support and information where deafness or hearing loss do not limit or determine opportunity.  
New members are always welcome and we look forward to meeting you - open to hearing people too.  
Contact Val Alcock 01629 55093 or Marie Davey on 07812 664861  
The club has been running for nearly 50 years so come along and enjoy an afternoon with us.  
All Welcome.

### MATLOCK CIVIC ASSOCIATION

We are a voluntary organisation dedicated to improving Matlock.  
The Association comments upon proposals affecting our town like planning applications. Involvement in campaigns for improvements, like the re-design of Crown Square and other improvements to the Town Centre.  
Carrying out our own schemes often working with other organisations. In 2024 we organised the locomotive artwork at Matlock Station Footbridge  
To find out more about our projects and how you can help to improve your community, please see our website, [matlockcivicassociation.org.uk](http://matlockcivicassociation.org.uk) or contact our secretary, Ken Parker, secretary@matlockcivicassociation.org.uk

### MATLOCK DERWENT VALLEY LIONS CLUB

A charitable organisation raising funds in a variety of ways and providing assistance both locally and nationally to good causes. We welcome ladies and gentlemen and meet for a Business meeting on 2nd Monday of each month. We also have social events. Interested in joining us? Go to [www.matlocklions.org.uk](http://www.matlocklions.org.uk) or phone 03458339583

### MATLOCK NEEDLECRAFT GROUP

The group is based in the Derwent Hall, Imperial Rooms, Imperial Road, Matlock, DE4 3NL, on a Wednesday morning between 10 – 12 am. Fee £2.50 Our members enjoy all sorts of stitching and knitting whether you are highly skilled or a beginner, everyone welcome. We try to encourage learning from each other, new and different crafts. For more information please contact Sue on 07843933233

### MATLOCK PHILATELIC SOCIETY

The society meets at The Imperial Rooms, Matlock on the second Wednesday of each month, 7.15pm for a 7.30pm start. New members are very welcome. Further details contact Les Pearcy 01629 582595 [pearcy@btinternet.com](mailto:pearcy@btinternet.com)

### MATLOCK RAILWAY CLUB

The Club meets every second and fourth Thursday in the month from late August to April in the upper room of the 'Duke William' in Church Street, Matlock. Meetings start at 7.30pm but this changes to 3.30pm in Winter.  
The Club was formed in 1969 and meetings have continued for over 50 years with a mixture of illustrated talks and films on all aspects of railways from BR steam to heritage lines, UK to worldwide, standard to narrow gauge, and everything in between.  
Club membership is £5 per annum and £3 per night. Non-members are welcome at £4 per night.  
For more information and programme details, contact 07900 244 913 or visit [Matlockrailwayclub.wordpress.com](http://Matlockrailwayclub.wordpress.com)



### MATLOCK ROTARY

Be part of a global network of volunteers, trying to make the world a better place. Visit [www.matlockrotary.org.uk](http://www.matlockrotary.org.uk) for information on helping your local community and enjoying the company of like-minded people within a world-wide organisation. Information on Matlock Rotary can also be found at [www.facebook.com/matlockrotaryclub](http://www.facebook.com/matlockrotaryclub) or by simply emailing president. [matlockrotary@gmail.com](mailto:matlockrotary@gmail.com) and being with us at one of our twice-monthly meetings.

Everyone is welcome to join us in our Charity fund-raising events to help local & international good causes.

### MATLOCK STORYTELLING CAFE

Matlock Storytelling Cafe has a mission. We're bringing storytelling back to adult audiences. To this end once a month at the Imperial Rooms in Matlock we have a whole night of traditional stories including local and international tellers. The Imperial Rooms is transformed into a warm, welcoming, candlelit, café style setting, serving drinks and cake. You can bring your own alcohol, it is Friday night after all. First Friday of each month at The Imperial Rooms Matlock. 7.30pm start. Like us on FaceBook <https://www.facebook.com/share/SFDhREUy2PxDZnB9/> for details of upcoming events and to purchase tickets or email [matlockstc@gmail.com](mailto:matlockstc@gmail.com) for more information

### MATLOCK TUNELESS CHOIR

Singing like no one is listening every Tuesday during Derbyshire school term times at Matlock's Imperial Rooms DE4 3NL. Doors open at 7:15pm, with "singing" commencing at 7:45pm until 9:15pm with a break in the middle. Belt out songs from the '50s to present day in a safe, non-judgemental environment regardless of ability. Sing yourself happy! £12 registration and £9 per session from then on.

### MATLOCK AREA U3A

Matlock Area U3A is an organisation for retired or semi-retired people to meet and engage in activities that promote learning, keeping healthy and fit or just having good conversations and lots of fun. Numerous interest groups explore new ideas, skills and activities together. For information email

[membership@matlockareau3a.org.uk](mailto:membership@matlockareau3a.org.uk) or go to the Matlock Area U3A website <https://matlockareau3a.org.uk> where there is lots of information on our groups and events.

### MATLOCK WOMENS INSTITUTE

The Matlock WI are a group for women of all ages. Which offers companionship and support alongside monthly meetings with speakers, crafts, quizzes etc. Also, there are interest and activity groups, lunch clubs, outings and charitable fund-raising events throughout the year.

We meet at the Edgefold Club, Edgefold Road, Matlock, DE4 3NJ at 7.30pm on the first Wednesday of the month from February to December.

All are welcome. If you would like to find out more, please contact [MatlockWI@DFWI.co.uk](mailto:MatlockWI@DFWI.co.uk), or come along to one of our meetings

### SOLEMATES –A FREE COMMUNITY RUNNING AND FITNESS GROUP

A free community running/fitness group that meets on Tuesdays at 6.30pm in Whitworth Park. We believe in fitness for all, men and women, young or old, so come along even if you've never done anything like this before. A relaxed and friendly environment to meet and improve fitness, whether you walk, jog or run.

Further information is available on our Facebook page – [www.facebook.com/groups/solematesmatlock](http://www.facebook.com/groups/solematesmatlock)  
[www.matlockac.org.uk/about/sole-mates](http://www.matlockac.org.uk/about/sole-mates)

### TREFOIL GUILD

The guild is a non-uniform branch of Girlguiding offering personal and social fellowship for all women and men aged 18 and over. Whether you're involved in guiding or scouting or not, Trefoil Guild is a wonderful opportunity to meet like-minded people to share a programme of fun, friendship, opportunities and new challenges. Matlock Trefoil has over 20 members from across the district and meets once a month, usually in Darley Dale. For more information visit [www.trefoilguild.co.uk](http://www.trefoilguild.co.uk) or contact Ann on 07790 123429 or email [annhall2025@gmail.com](mailto:annhall2025@gmail.com)

**MATLOCK HAS LOTS TO OFFER,  
CLUBS AND SOCIETIES FOR ALL,  
WHY NOT GET INVOLVED TODAY?**



## USEFUL NUMBERS

**EMERGENCY  
FIRE, POLICE,  
AMBULANCE  
MOUNTAIN &  
CAVE RESCUE**

**999  
or  
112**

### NON EMERGENCY NUMBERS

|                                            |                          |
|--------------------------------------------|--------------------------|
| Call Derbyshire                            | 01629 533190             |
| Childline                                  | 0800 1111                |
| Citizens Advice Bureau                     | 0808 278 7954            |
| Crimestoppers                              | 0800 555111              |
| Drug/Alcohol Problems<br>(DCC Action Team) | 01629 580000<br>ext 7248 |
| Electricity – National Grid                | 0800 096 3080            |
| Environmental Agency                       | 0800 807060              |
| Fire & Rescue HQ                           | 01773 305305             |
| Gas Emergency Line                         | 0800 111999              |
| Library Steep Turnpike                     | 01629 533837             |
| National Domestic Violence                 | 0808 2000 247            |
| NHS Direct                                 | 111                      |
| Police                                     | 101                      |
| Power Cut                                  | 105                      |
| RSPCA Emergency                            | 0300 1234 999            |
| Samaritans – 24 Hour                       | 116 123                  |
| Water – Floodline                          | 0345 988 1188            |
| Water – Severn Trent                       | 0800 7834444             |

### CELEBRANT

|                        |              |
|------------------------|--------------|
| Sarah Barnes Celebrant | 07711 543312 |
|------------------------|--------------|

### CHEMISTS

|               |              |
|---------------|--------------|
| Boots         | 01629 582189 |
| Peak Pharmacy | 01629 57924  |
| Superdrug     | 01629 760732 |

### COUNCILS

|                                   |              |
|-----------------------------------|--------------|
| Derbyshire County Council         | 01629 533190 |
| Derbyshire Dales District Council | 01629 761100 |
| Matlock Town Council              | 01629 583042 |

### COURTS

|                       |              |
|-----------------------|--------------|
| Combined Courts Derby | 01332 622600 |
|-----------------------|--------------|

|                                                    |              |
|----------------------------------------------------|--------------|
| North East Derbyshire & Dales<br>Magistrates Court | 01246 224040 |
|----------------------------------------------------|--------------|

### DENTISTS

|                             |              |
|-----------------------------|--------------|
| Dale Road Dental Practice   | 01629 339080 |
| Holt House Dental Surgery   | 01629 339610 |
| Lime Grove Dental Practice  | 01629 55645  |
| Springmount Dental Practice | 01629 56558  |

### DOCTORS

|                           |              |
|---------------------------|--------------|
| Imperial Road Surgery     | 01629 583465 |
| Lime Grove Medical Centre | 01629 581586 |

### FUNERAL DIRECTORS

|                         |              |
|-------------------------|--------------|
| Co-op Funeralcare       | 01629 580076 |
| R & K Jepson            | 01629 822113 |
| Thomas Greatorex & Sons | 01629 582470 |

### EDUCATION

#### NURSERIES, DAY CARE & PRESCHOOLS

|                                  |              |
|----------------------------------|--------------|
| Busy Bees                        | 01629 581007 |
| Stancilffe Hill School Preschool | 01629 732310 |
| St Giles Cofe (aided) Preschool  | 01629 56813  |
| St Giles Playgroup               | 01629 56813  |

#### PRIMARY SCHOOLS

|                                |              |
|--------------------------------|--------------|
| All Saints CofE Primary School | 01629 583949 |
| Castle View Primary School     | 01629 582699 |
| Matlock Bath Holy Trinity Cofe | 01629 582862 |
| St Giles Primary school        | 01629 56813  |
| St Joseph's Catholic Primary   | 01629 583616 |

#### SECONDARY SCHOOLS

|                   |              |
|-------------------|--------------|
| Highfields School | 01629 581888 |
|-------------------|--------------|

### HOSPITALS

|                      |              |
|----------------------|--------------|
| Children's Hospital  | 01332 785654 |
| Derby Royal Hospital | 01332 340131 |
| NHS Direct           | 111          |
| Whitworth Hospital   | 01629 580211 |

### PLACES OF WORSHIP

|                                   |              |
|-----------------------------------|--------------|
| All Saints Church                 | 01629 581233 |
| Church in the Peak                | 01629 584783 |
| Methodist Church                  |              |
| Our Lady & St Joseph Church       | 01629 582804 |
| Steep Turnpike Evangelical Church | 07765 956150 |
| St Giles Church                   | 01629 356927 |
| The Lifework Hubs                 |              |

Every effort has been made to ensure that the information in the Matlock Town Guide is correct and neither Creative Media Magazines nor Matlock Town Council accept responsibility for any loss or inconvenience arising from any errors which may have occurred. Special thanks to Charlotte Joines and Ashley Franklin Photography for their photographic contribution.



# Shining a Light on Grief – You Don't Have to Cope Alone!

By Yvonne Ainsworth, Daisy Vision Counselling (Award-winning Counselling Company)

Grieving the loss of someone close can be one of life's most painful and lonely experiences. If you need someone to talk to, it may help to know that grief support is available right here in Matlock.

I started Daisy Vision Counselling just over three years ago to help people navigate grief and other emotional challenges. I work with individuals of all ages and backgrounds, offering support for bereavement, anxiety, low self-esteem, depression, relationship breakdowns, and life transitions. My specialist areas include the loss of a partner, parent or child, baby loss, miscarriages, and pet loss.

I offer one-to-one counselling both online and in person in Matlock. I also support residents at local care homes, helping them through emotional life changes and loss.

Clients often arrive feeling desperate to be heard. I provide a calm, non-judgemental space where they

can talk freely, begin to release their pain, and find ways to move forward.

It's a privilege to come alongside my clients, and as one of them shared

"It can be tough, sometimes, to talk, but it's so worthwhile."

For those unsure about starting therapy, I offer a free initial consultation to answer questions and ease concerns.

I also now run Grief Workshops and bespoke training for employers, helping organisations support bereaved staff with understanding and compassion.

Locally, I host the free "Daisy, Daisy Grief Café" community group, and you might spot my husband and myself at local events on our vintage "Daisy, Daisy Tandem" as we raise awareness, gently breaking the silence around grief.

**If you'd like to know more you can ring me on 07726 465229, email [Yvonne@daisyvision.co.uk](mailto:Yvonne@daisyvision.co.uk), see [www.daisyvision.co.uk](http://www.daisyvision.co.uk) and <https://www.facebook.com/DaisyVisionCounselling>.**

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**Daisy Vision COUNSELLING**

**For a brighter tomorrow full of promise!**

**No matter what your difficulties in life, I will come alongside you, listening with empathy, and support you as you progress from a place of pain to a place of value, hope and purpose.**



**Tel: 07726 465229**  
**e: [yvonne@daisyvision.co.uk](mailto:yvonne@daisyvision.co.uk)**  
**[daisyvision.co.uk](http://daisyvision.co.uk)**

## Coping with Bereavement



**ANNIE'S WINGS**  
TALKING THERAPY

Find support and healing through talking therapy for anxiety, grief and bereavement in Derbyshire.

Call: 07466 969304  
[www.annieswingstalkingtherapy.co.uk](http://www.annieswingstalkingtherapy.co.uk)

Saying goodbye is never easy and planting a tree or shrub in their memory of a person who has died can help, a place where you can come as a family to reflect, remember and celebrate their life, a physical presence to visit and nurture.

A lasting memorial which can be visited for years to come on anniversaries, birthdays and special days. Commemorating someone's death is painful, sad and celebrating their life on these days can help with the grieving process.

There are lots of ways to remember your loved ones, visiting special places, gathering with friends and family, visiting their final resting place or memorial, lighting a candle, supporting a charity in their memory, watching their favourite film or listening to their favourite music. There is no right or wrong what works for you is best.

Annie's Wings Talking Therapy, Alfreton specialises in Grief and Bereavement Therapy where you will be listened to but not judged. An experienced therapist who is dedicated to helping people with grief, offer a helping ear, a place to feel comfortable, whether it maybe the loss of a family member, pet or friend.

Through the power of effective communication, she aims to empower you with the tools and insights necessary allowing you to regain control of your well-being.

When you embark on a journey of talking therapy, you can expect a confidential and non-judgmental space where you can freely express your thoughts and emotions. As a therapist she is trained to listen to you with an empathetic ear and provide guidance without imposing solutions.

With a tailored approach to your unique needs, Annie's Talking Therapy will work collaboratively with you to develop strategies and coping mechanisms that will strengthen you by promoting positive change.

Annie's Wings Therapy can also set up a mutual meeting, like in a cafe or online via Zoom or Facebook.

**[www.annieswingstalkingtherapy.co.uk](http://www.annieswingstalkingtherapy.co.uk)**  
**Telephone 07466 969304**



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— Sarah Barnes —  
**Celebrant**



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[bluebirdcare.co.uk/derbyshire-dales-amber-valley](http://bluebirdcare.co.uk/derbyshire-dales-amber-valley)



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