

One in Eight and the Exchanges Project

Census data shows that almost 9.5 million people (18.2 per cent) say they have a long-term illness, health problem or disability which limits their daily activities or the work they could do. Of these, 4.3 million are of working age (16-64 for men; 16-59 for women), more than 1 in 8 of the age group. www.statistics.gov.uk/census2001

"One in Eight" is part of High Peak Community Arts' Exchanges Project.

Exchanges is a three year project, run in partnership with Leonard Cheshire Western Derbyshire, and funded by the Arts Council of England and Derbyshire County Council. It creates participatory arts projects with disabled adults across the High Peak. This includes two public art projects, three editions of the magazine One in Eight, and a Performance in Schools project.

All projects are free of cost, open to disabled adults in the High Peak, and are led by experienced community artists. Transport is arranged as required, and Leonard Cheshire provides a support worker, who can assist in personal care as well as support the participants in general.

For One in Eight, there were a series of workshops in creative writing and illustration, digital photography, and editing and desktop publishing. Participants chose which of these sessions to attend, and also came along to three whole group meetings to plan work at different stages. They'll meet again to evaluate this first edition, so all feedback is very welcome. Future editions may be online, if so, look for us at www.highpeakarts.org.

The first public art project started in May 2004, and the resulting artwork, entitled "Once Upon a Time" was installed in Buxton Library, and unveiled by the Mayor of the High Peak on May 24th 2005. The participants worked with artists Caroline Chouler and Cheryl Lewis. Turn to page 12 for colour photos of this beautiful ceramic collage.

Plans for the second public art project are underway – which we hope to be metalwork sculptures for Bamford Recreation Ground in 2006, working with artist Gillian Brent.

Meanwhile, the next project in Sept/Dec 2005 will involve creating drama and music involving year 5 and 6 children at Buxworth Primary School, led by Pam Sandiford and Claire Mooney.

Arts Exchange

This is a scheme funded by Derbyshire Social Services, in which individual disabled people design their own arts projects – getting ten sessions with an artist to learn / develop skills in an art form of their choice – be it dance, video, mosaic, batik, photography, computer art, music, painting...etc. Materials, equipment, venues, transport, and personal assistance are all provided free of charge.

If you are disabled and would like to join in any of these projects, please contact Alison at High Peak Community Arts on 01663 744516 or mail@highpeakarts.org or at High Lee Hall, St. Mary's Road, New Mills, High Peak SK22 3BW.

weI come

 to the first edition of One in Eight.

This magazine is the result of twenty five people's collaboration. It's been brilliant to put everyone's heads together to produce this kaleidoscope of imagination and information. Along the way we've learnt many new skills, from writing and drawing to mouse control. We hope you enjoy reading One in Eight as much as we have loved creating it.



Back row left to right; Albert Wardle, Anthony Pownall, Lisa Ridley, Reg Cokayne, Fiona Smith, David Canetti, Robert Barton, Graham Aizlewood, Chris Webb, Debbie McCart, Sybil McKiernan.

Front row left to right; Alison Bowry, Pat Mitchell, Susan Doyle, David Cuthbert.

Also participating but not in photo; Wendy Arrandale, Gillian Ayre, Keith Ball, Connie Brodie, Pam Garside, John Jennings, Vaughan Parker, Andrew Robinson, Warwick & Nancy Royle.



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ANSWERS TO WHO'S WHO? DON'T LOOK NOW! DO THE QUIZ

ANSWERS:	D	Albert
	A	Allison
	P	Andrew
	L	Anthony
	E	Chris
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	Q	Keith
	R	Lisa
	N	Fiona
	B	Graham
	Reg	John
	M	Susan
	F	Robert
	C	Vaughan
	H	
	I	
	J	
	K	
	O	

A Bit of This & That!

WHO ARE THESE FAMOUS POLITICIANS?

1. Toll Urchins Winch?
2. Wish On Dollar?
3. Can A Hag Sell Jam?
4. The Death?
5. Jam Horn Jo?
6. Meet Cattle Len?
7. To Heed Nanny?
8. Greater That Charm?
9. Odd Handy Paws?
10. Trilby Nora?
11. A Normal Child Mal?
12. Huge Mail Wail?
13. Has Mule Caged Lou?

Answers at the bottom of the page.

A Baker's Dozen!

On average right handed people live nine years longer than those who are left handed. (What if you are ambidextrous!)

Polar Bears are left handed. (They should change to right handed and live longer!)

Elephants are the only animal that can't jump.

On the other hand Penguins can jump up to a height of six feet. (Makes you think, doesn't it?)

An Ostrich's eye is bigger than its brain. (I know some people like that!)

Dolphins sleep with one eye open. (I know some people like that as well!)

The strongest muscle in the body is the tongue!

It is impossible to lick your elbow. (Even with that muscular tongue!)

You cannot sneeze with your eyes open. (Try it!)

In the U.S.A. there are more plastic flamingo's than there are real ones!

The Mojave word 'Kemo Sabe', when translated means 'soggy shrub'. (I'll bet the 'Lone Ranger' didn't know that!)

There are no words in the English dictionary that rhymes with 'silver'. (Try and find one!)

All the continents start and end with the same letter. (Co-incidence or what?)

WANT TO WIN A STARLOGIC MULTI-REGION 2.1 D.V.D. PLAYER?



1. What is Margaret Thatcher's maiden name?
2. How was Norma Jean Baker better known?
3. Who was Liza Minnelli's famous mother?
4. What nationality was Catherine the Great?
5. In Romeo & Juliet to which family does Juliet belong?
6. Name the largest island in the Med?
7. Which is the world's largest desert?
8. Of which country is Transylvania a part?
9. Which is the world's longest river?
10. Where is the Sargasso Sea?
11. What is a 'Davenport'?
12. What type of creature is an 'Ale-wife'?
13. What is known as the Fourth Estate?
14. Which animal lives in a citadel?
15. How would you make use of a 'Samovar'?
16. In which sport would you use 'stones' and a 'house'?
17. In golf who was called the 'Golden Bear'?
18. In which event did Mary Peters win an Olympic Gold Medal?
19. Where in London is Lord's Cricket ground?
20. Who was the first footballer to be knighted?

* * * * *

Answers to address on page 2 by 26th Sept 05
Highest Score wins. A draw will be made in the event of a tie.

1. Winston Churchill. 2. Harold Wilson. 3. James Callaghan. 4. Ted Heath. 5. John Major. 6. Clement Attlee. 7. Anthony Eden. 8. Margaret Thatcher. 9. Paddy Ashdown. 10. Tony Blair. 11. Harold Macmillan. 12. William Hague. 13. Alec Douglas Hume.

AMERICA BECKONS

by Gillian Ayre

I'm at the airport, about to board. My wheelchair seems quite a lonely place, my voice not quite loud enough to be heard above the noise buzzing over my head. This aeroplane I am about to board holds some fears for me. I have no idea what a wonderful experience is coming my way. My family have bought me this trip to America, chosen because of its excellent reputation in helping people with disabilities. Some countries don't do so well. Tourist destinations in China, like the Great Wall and the Terracotta Army, are not accessible. In Japan, the famous bullet trains don't wait. America beckons.

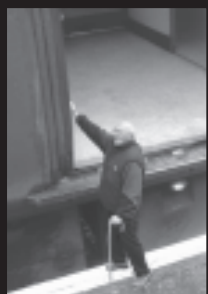


We travelled with Saga Holidays. They were very helpful, with advice about what help we could access, what was needed in the way of special insurance, etc. All their drivers, couriers and carers are very experienced, transfers are handled with ease, all hotels fully accessible. It took six hours to fly to New York. At home, it takes me at least five hours to get from Glossop to my sister's house in Nottingham, and that's only if the connections are on time, and the station assistance I've carefully arranged actually turns up. It can take much longer. Once in America, I found that people with disabilities are treated with respect, and there is always someone ready and willing to offer help. My wheelchair posed very few problems. In fact, it had occasional advantages, since I would be pushed to the front of long queues a gift if you're dying for the loo! In America, disability is no bar to joining in the wonderful experiences the country has to offer. Safely transferred to the ship "Maid of the Mist," you can join everyone else in their bright blue waterproofs and be drenched as the boat rocks and pitches at the edge of the Niagara Falls.



Or else your Saga driver will transfer you into a helicopter with your wheelchair, and you can fly under the Golden Gate Bridge. There's a good chance the pilot will make a swooping "emergency manoeuvre" to add to the fun and excitement. Or you can go by helicopter, with your wheelchair, through the Grand Canyon. You're issued with headphones, and as the copter lifts, the music grows louder, till as you gain height, the Grand Canyon drops below you to the sound of the stirring theme music to "2001 A Space Odyssey." I laughed, cried, screamed - it was the best experience of my life, something I never thought could be possible. It was made possible because the people involved in Saga holidays are fully aware of disability issues, and are determined that everyone should get so much out of their visit. To access these wonderful experiences, I received a great deal of help from caring people who genuinely wanted me to achieve these things. It was a holiday I will never forget. With the right help, we can all achieve things we never thought possible.





Some notes on Accessibility and User-Friendliness

by Keith Ball

MIND THE GAP

TRAINS

Imagine you live in Chapel, and you want to go to Manchester by train. You have balance problems, use a stick or are in a wheelchair. Chapel station is unmanned, so you have to get to Buxton station by road, in order to get help to get on the train. At Buxton station, the platform is low, and it's a long step up to get on the train. You have to ask for help, or ask for a ramp for your wheelchair.

BUSES

Imagine you have to use a walking stick. And in the other hand you're carrying a shopping bag.

Your balance isn't too good. You're waiting for a bus. When the bus comes, it's one of the ones with a high platform. You have no free hand to grab the rail to haul yourself on board. How do you manage?

So well done to Trent Barton Buses, which all have a moveable platform that comes right down to pavement level, so that anyone with balance problems, or using a wheelchair, is able to board easily. How long till all buses have a moving platform?

It used to be very difficult to change platforms at Manchester Piccadilly, if your train came in on platform 13. If the lift wasn't working, you were stuck. On one occasion, they couldn't get me off platform 13 and on to the main concourse, so they put me on a train to Stockport, then took me by taxi back to Manchester, by which time I had missed my hospital appointment.

Manchester Piccadilly is greatly improved since it was redesigned. The moving pavement takes you down easily from platform 13 to the main concourse, and help is easily available.

eight



COFFEESHOPS

Full marks to Starbucks Coffee Shops, where they have mugs in a variety of sizes with handles that are easy to grasp. And they serve at your table – a boon if you have balance problems, tremor, or poor vision.



SUPERMARKETS

I only had to explain once in Sainsbury's cafe that I needed a large mug with a graspable handle. They immediately went and got one for me, which they keep for my use. So I don't have to go through the whole rigmarole every time I go.

nine

Then and Now - 50 years

Photos taken using old technology
 Camera details - Zeiss Ikon manufactured in the 1920's



21st century PC and digital camera taken with Zeiss Ikon

Before I retired I worked in the computer industry for almost 40 years. When I started the computer room was the size of an aircraft hanger, with restricted access for boffins only. We fed the beasts with punched cards and paper tape and it took all week to process the payroll. Next came the discs the size of car wheels.

Today we have computers on every desk and in our homes, the world at our fingertips on the Internet and amazing processing power in a machine that sits on your lap or fits in the palm of your hand.

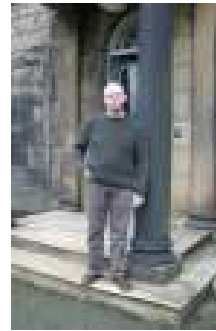


Graham on steps taken with Zeiss Ikon

of cameras and computers.

Photos taken using new technology
 Camera details - Canon EOS 10D manufactured in 2004

Look at the way digital technology has revolutionised photography in just a few years.



I was amazed at the quality of photographs taken with an 80-year-old camera; maybe there is still room for the old alongside the new.

I hope I'm doing as well as the camera when I'm 80 - it might be easier to touch up a digital photo to remove the wrinkles

Graham on steps taken with Canon EOS 10D



Zeiss & enlarger taken with Canon EOS 10D

eLeven

ten

From my window by Wendy Arrandale

Squirrels outside my window
 Doing aerobics in the trees.
 Birdsong heralding the dawn;
 A lapwing on the breeze.

Sea winds blowing from the west,
 The golden sunset skies.
 The all-seeing owl, quiet amongst the branches,
 Silent and yet so wise.



Peak National Park

Do you, who live in the Peak National Park,
 know what happens around you after dark?
 A fox, a deer or badger can be seen
 by those whose eyes are quite keen.
 The fox may go right by your house,
 quieter than the little dormouse,
 while badger wanders round the field
 to see what food it might yield.
 The wise old owl flies silently by,
 looking for food with sharpest of eye.
 Insects, beetles, mice do hurry,
 looking for food to and fro they scurry.
 That's what happens in the Peak National Park
 when we have all gone to sleep after dark.

Robert Barton



Moon behind twenty trees

by David Cuthbert

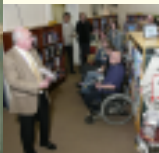


ONCE UPON A TIME

"Once Upon a Time", was a ceramics public art project, the first part of the three year arts programme called Exchanges. It took a year from the first session to the official Unveiling by the Mayor of the High Peak. The group worked with artists Caroline Chouler and Cheryl Lewis in workshops from May to July, and September to November 2004. The group chose Buxton Library as the home for the artwork, and the archway opposite the reception as the exact site for its installation.

As there was already a clock above the arch - a plain office looking one - the ambitious idea soon developed to include a working clock in the design. Other ideas soon blossomed and "Once Upon a Time" began to take shape.

The clay was cut into pieces that fit together like a giant jigsaw, with participants drawing images into the clay, adding oxides, paint, and glazes. The clay had to dry out very slowly over the winter, then Caroline and Cheryl fired each piece, stuck them onto board, grouted and framed the main picture to create the wonderful collage and two beautiful panels you can see today in the library.



A BOB'S WORTH

Local and dialect verse by The Park Poet



BUGSWORTHMY VILLAGE

*In our village accord-
ing to me dad
Things were better
when I were a lad
We'd a station where
trains weren't late*

*But they closed it down in fifty eight
We'd a few shops where you could buy owt
Now there all gone and you can't get nowt
We've a school where you can learn to write
A club and pub where you can drink at night
And talk about how things used to be
When we'd shops, a station and local chippie
Now we've a by pass for Whaley and Chapel
Thats cut us in half like some giant apple
Yes I think I do agree with me dad
Things were better when I wer a lad*

WORKING ON'TH RAILWAY

*Me father used work on railway wi his mate's
One whose name were owd Tommy Bates
He went in th' tunnel one day to releave I'm sel
When he got back ye god's wot a smell
Some bloke said eh up wot's yon smell about
Owd Tommy thought fer a mo then gid a shout
In yon tunnel it's so cold damp an black
I've done it in me overalls an pulled it up me back*

SHOULD AV BEEN A POET

*I said to wife I should hav bin a poet
Tha should a bin sommat an don't I know it
About poetry tha doesn't know nowt
I said given time I could sort it all owt
Her said do yer not know it all as t'rhyme
I thought if it dunner it wunner be a crime
Like I said tha know's now't about verse
Would her sa that if it puts money in th' purse*

LITTER BUGS

*Do you have to throw your
litter down
Littering our countryside
and town
For you'll find it's not a
sin
To hold it till you find a
litter bin*

THA'S FUN THEE SEN A LASS

*Eh up lad is it rite tha's fun thee sen a lass
Were it thee or her ad made first pass
If tha holds er hand dos't feel a bump in th' heart
An do er kisses taste like thee mums apple tart
If all this is rite tha's fun rite one me son
So from now on there's things al have be done
First off an engagement ring thy must find
It munner be cheap so spend wisely mind
When thy exe's her dad fer her hand in marriage
Dunner exe fer white hoss'es wi a carriage
Speaking to mother tha's to wetch every word
Cos they never forget owt as they've heard
If tha's love's lass thy'll hav't honner an obey er
Beleave me son I know I married the mother*

SOMEWHERE WARM TO HIDE

*This morning it's frosty and cold outside
I'm looking for somewhere warm to hide
How long have I got before I have to go
I really must leave before the first snow
For it's too cold in winter for a little mouse
And people don't like me in their own house
So I really must find a warm place to hide
For it's far too cold for little me to be outside*



FACTFILE.....



Factfile Interview with David Canetti

Did you know that

David was an artist at 7, working in the cellar at home. He remembers making a sculpture of Hitler! As a teenager he made plaster of paris figures to sell to friends.

At 14 he was working at Sheffield's Fish Market, earning £3 per week.

In 1989 he bought his own mini-market. Highly successful, it served the local bus terminus and school. When the school closed in 1994, his business closed too.

He followed his dream of becoming an artist. After getting 'O' and 'A' levels, he did a course at Chesterfield College of Art, then obtained a first class honours degree in Fine Art and Sculpture at Sheffield University.

Since 'Art' would not pay the bills, David became a community artist and tutor. He's worked on community projects in the Peak District, including 'Lighting The Peak' in Buxton. This sculpture is now in Ashwood Park.

When Derbyshire cut their arts programme, for a while David was a truck driver.

On being diagnosed with cancer, he left driving work and became a support worker with the Brain Injury Support Agency, using art as therapy.

He then became a Senior Community Support Worker with Leonard Cheshire.

He is currently setting up arts programmes for disabled people in the High Peak.



Factfile Interview with Alison Bowry

Did you know that...

Alison ran a youth theatre in Hackney till 1990. Before doing Drama and English at Hull University, she looked after 2-year-old twins in Canada. Their double trouble made her happy to postpone having children.

Her first paid theatre job was Wardrobe Assistant at the Dominion Theatre, washing socks and shirts for Cannon and Ball - a smelly job, and their jokes were even unfunnier twice a night for eight weeks. The first set she painted was for a play about racism in the army in Northern Ireland. Shops were reluctant to display the posters. The National Front smokebombed the stage, having locked the director in the office!

With friends, she set up an unemployed theatre group in Croydon, turning the attic of an indoor market into a community arts centre. It was so cold, it was nicknamed Arctic Arts. Over 20 years later, Alison is still in touch with the women's group they started.

The group's first show, in the early 1980s, was an anti-war play in the shopping precinct. Again they attracted the attention of the National Front - a second performance was abandoned as the group remembered the first rule of 'agitprop' theatre - a fast pair of legs!

Interviews and Illustrations of High Peak personalities.... by Vaughan Parker



Factfile Interview with Jerry Holgate

Did you know that...

Jerry set up Holly Coaches 11 years ago. Holly (short for Holgate) was his schoolboy nickname, hence the name and green livery.

He joined the British Merchant Navy at 16 on leaving Kings School, Macclesfield, and was a Navigation Officer for 18 years.

For the last six of those years, he was Senior Navigation Officer for the sister ships Burma Endeavour and Burma Enterprise, the Fleet's biggest ships, half a mile in length and weighing half a million tons.

For his 50th birthday he revisited places he'd seen as a naval officer - Vietnam, Japan, China, Hong Kong, Singapore, Shanghai. China seems the most changed; it's become more westernised, and Jerry felt that the people were happier.

Jerry's household includes 2 beagles, 2 cats, 2 rabbits, and a tropical fish tank.

His hobbies include gardening, walking, model railways, and Dartmoor Letterboxing.

Hidden on Dartmoor, in the Lake District, the High Peak and other remote areas, are tens of thousands of private letterboxes. Walkers follow clues and map references to find them. Each letterbox contains a visitor's notebook to sign and date, and a stamp to mark your own card to show that you were there. A good walk made even better.



Factfile Interview with Vaughan Parker

Did you know that...

the young Vaughan had a bad stutter. Also hard of hearing and severely dyslexic, he was put at the back of the classroom, where he passed the time drawing. His skill at drawing horses made him popular with the girls!

He gained a place on a Foundation Art Course, but couldn't proceed without qualifications, so became a heavy goods vehicle driver, painting in his spare time.

His marriage over, Vaughan moved to Spain in 1981, supporting himself by selling paintings. Commissioned to paint a large mural, he visited Glossop before starting work, and met his current partner. He stayed, and got a driving job. He began to sell in local galleries, and to get commissions.

His portrait of his stepdaughter Julie won the BBC 'Look North West' art competition in 1984. Another portrait was hung in the Royal Academy Summer Exhibition.

In 1995 his painting arm was damaged in an accident at work. Never one to give up, he taught himself to paint with the other hand. His style changed, the images becoming brighter and more powerful.

Vaughan is currently working on a commission for Derbyshire County Council, a large Remembrance Day painting which will hang in Glossop Town Hall.

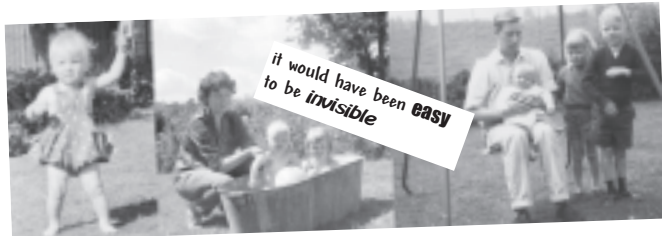
ONCE A PUNK

by Susan Doyle

The story of a middle child determined to be different

It was the birth of my baby sister that began it... my need to be different, to never, ever follow the herd.

I had an older brother, Donald, and then when I was three wee Manda came along. She was a tiny 'bag of sugar' baby, so small she wasn't expected to live. As she grew up she remained the baby, the one who got away with murder. Donald as the oldest was the pioneer, the one who knew everything. What was my role? It would be easy to be invisible but I was never going to let that happen!



it would have been easy to be invisible

sixteen

I got good results in my Highers and in 1976 went to study dentistry at Edinburgh University where at the Students' Union I saw my first gig; Ian Dury and the Blockheads, soon to be followed by Elvis Costello, The Stranglers and Reckless Eric, and I was hooked on PUNK. Clouds was Edinburgh's venue for punk bands and although none of my University friends were interested I was happy to go along with my short blonde fur like hair, a left ear full of studs, and bright red monkey boots with yellow laces. There I saw the Buzzcocks and fell for their lead singer Pete Shelley only to be devastated when I found out he was gay!



I may have been hooked on punk but I wasn't hooked on dentistry. After a year I dropped out of Edinburgh, bored by the other students' lack of imagination. After working in a health food shop I applied to the College of Ripon and York, St John to study English Language, Film and Television. While there I saw the Gang of Four in Leeds and the Clash in London, both amazing gigs. I loved being involved in the punk scene; it was a grass roots rebellion against what was going on in the UK and the Thatcher government. There was a lot of anger, a lot of political activism.

Being different was a hobby of mine. I took after my Dad; the worst insult he could think of was to be called 'average'. That's why I fought to beat 1000 applicants to become the second ever woman cameraman at Granada T.V.



the worst insult was

to be called average

Whilst at Granada I worked on a programme called Alfresco with Emma Thompson, Steven Fry, Ben Elton and Hugh Laurie. Robbie Coltraine became a particular friend due to our shared Scottish roots. When Dustin Hoffman was interviewed about the film Tootsie he came over to talk to me because it was so unusual to see a woman behind the camera. One of the best things about working in Manchester was being able to go to the Hacienda during its heyday... many more marvellous gigs.

It was on a cycling holiday in Southern Ireland that I met Graham who was also cycling the West Coast. He had an odd accent and I thought he was Australian. It was love at first sight and we were married in 1985.



IT WAS love AT first sight

honeymoon by tandem

The wedding was in Scotland and my dad had a Ross kilt made specially. Graham and his best man also hired kilts but they bottled out at the last moment, though they did wear them for the reception. After a honeymoon by tandem we went to live in Salford and Graham finished his degree in architecture. Soon we had two children, Hannah and Angus, and I retired from Granada to run a Mother and Toddler club. I enjoyed working with children so much that I trained to become a primary teacher and taught at a primary school for two years, six weeks and one day....

It was then that the Multiple Sclerosis got me, and I was unable to carry on.

I now live in a nursing home, sometimes it feels like Colditz but I don't and won't fit in!

I'll always be different. One day I'll have a flat of my own and live as independently as I can.



i don't and won't fit in...



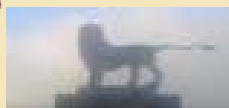
Once a punk, always a punk.

seventeen

HISTORY ON YOUR DOORSTEP

AN ARCHITECTURAL TRAIL AROUND GLOSSOP BY ANTHONY POWNALL

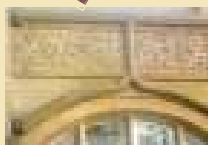
I love to combine my hobbies of history and travel. I've visited St. Peter's and the Coliseum in Rome, the Palace of Versailles near Paris, and many cathedrals and stately homes in Britain. You don't have to go that far, though. These buildings and statues have so many stories to tell. You can start your new look at Glossop by following this trail.



The Howard Lion: unmissable on the skyline over the railway buildings. In 1606, the powerful Howard family, Dukes of Norfolk, acquired the manor of Glossop. The 13th Duke built the Glossop to Dinting Railway and even had his own private platform, now buried beneath the present Co-op.

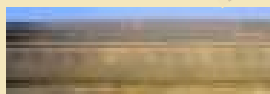
Old Glossop Parish Church: built in the 1850s on the site of a mediæval church. Part of the ancient spire remains, inside the stonework of the present eight-sided spire.

Conservative Club: built 1909 on the site of an old public house. Here is the Corinthian column and latticed parapet of the balcony.



War Memorial, Norfolk Square: Dedicated in 1922 to the battlefield dead of WW1. Two more plaques were added after WW2. The Angel's twin is in Hadfield.

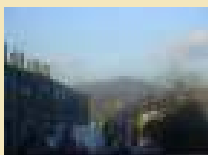
Stonework foliage on the Natwest Bank, Norfolk Square. Look up and you'll see gryphons, dragons and mythical beasts.



Some of the Town Hall's lovely stonework against the skyline. The 12th Duke of Norfolk built the Town Hall in 1838.



Through much of the 20th Century, Woods Mill, in Bulldog Yard, Victoria Street produced textiles for Marks and Spencer. The water tower here was the last part to be built, in 1910. It's built like a mini Norman castle.



St. Mary's Road: the view from outside my house. In the 1860s there was a cotton famine because of the American Civil War. This was one of the roads built by out-of-work cotton workers. The Duke commissioned roads and amenities to keep the workers in employment.

eighteen

The day the lorry overturned.

by Wendy Arrandale

I was standing at the cooker, with a big preserving pan on the go, making damson jam. Kathy came to see if I fancied a ride out to Glossop. I had curlers in, and my slippers on – no tights. I was covered in jam.

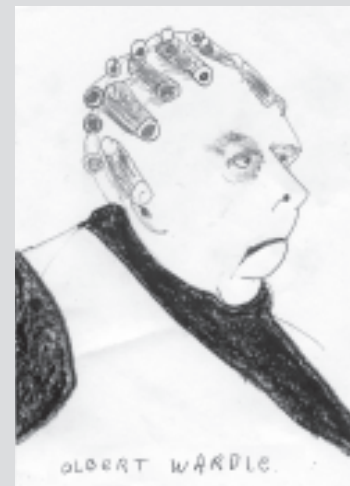
"You can stay in the car," she said. "We'll be back in half an hour."
So off we went. Coming back, we were stopped by the police.

"Sorry, Hayfield's closed. A lorry overturned and spilled chemicals. The village has been evacuated."

We tried a roundabout route, thinking we could get home via New Mills, but they stopped us again. We stayed at New Mills School overnight with other evacuees. We were issued with a little camp bed each. I'd dragged my curlers out but I still looked like the Wreck of the Hesperus.

By ten o'clock, we were famished, and got some curry and chips from New Mills chippy. All I could think about was my cat, all alone.

Early next morning we got the all-clear and went home. Kathy's husband was already there. He'd sneaked in behind a wall the night before, right under the policemen's noses. He said he'd rather die in his own bed. I only went out for half an hour. Good job I turned the gas off under the jam!



nineteen

Going for a Chinese by Wendy Arrandale

I didn't like the pink top I'd bought at the charity shop, so I decided I'd return it.

We hadn't been married long, and on Valentine's Day Stuart said "Get ready, we're going out for a Chinese meal."

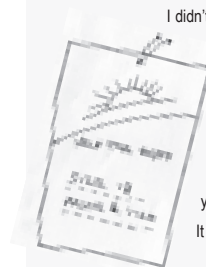
He'd booked a table at the Imperial Palace in Furness Vale. I tried on the pink top and decided I did like it after all. Away we went for our romantic Valentine's Day meal.

The waiter took my coat, and seated us at a window table. With my back to the room, I enjoyed watching people passing by.

It was a lovely evening. When we got home, Stuart took my coat. "What's this on your back?" he said.

It was a big plastic tag. It said

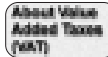
Help The Aged
Size 18
£1.40



Instant Relief

V.A.T. Exemption for Disabled people

By John Jennings



Value Added Tax (currently 17.5 %) is added to the cost of most everyday items. However, VAT is not always payable on items which form part of an adaptation for a disabled person. The exemptions are not well publicised, and many disabled people pay the VAT without knowing they don't have to.

As many people will be aware, the cost of adaptations to your home when disability occurs is very high. Add to this the fact that income levels can drop, and the emotional stress is also high. So it's worth knowing that the government allows VAT exemption on many items and services. They are outlined in a publication called Notice 701. To make the savings when you buy materials or services for adaptations, you simply complete a form and hand it in AT THE POINT OF SALE OR PAYMENT. This is important, since you cannot claim the money back if you submit the form later.

Some companies find it all too easy to say that the exemption does not apply to certain items, or that it only refers to items that are specifically made for disabled people. This is incorrect, and is often due to poor staff training. Although it can feel embarrassing when this occurs, it's worth persevering - you can save up to £17.50 for every £100 you pay. For someone on a low income every little helps.

I have recently managed to bring major awareness of the exemptions to B&Q in Stockport. As one of the UK's largest DIY companies, B and Q must hear enquiries about this matter at their stores every day. Not all staff members at the Stockport store were aware of the Notice, and VAT was being charged incorrectly. I brought it to the attention of their Social Responsibilities Manager, Sue O'Neil. Sue has now made all the staff at their Stockport store (and hopefully all their other stores) aware of the Notice. So now, if you take your purchases to the service desk with your form, the VAT will be deducted there. Sue O'Neil is now working to ensure that disabled people are aware of their entitlement, and will assist where necessary.

Notice 701 can apply on a wide variety of items. Perhaps you need a door widening, or perhaps an adaptation is completed but you need materials for making good. Whatever the project, it is well worth taking a look at the Notice to see where savings might be made. To qualify, the invoice for goods or services must be made out to a disabled person. The work must be carried out at that person's private residence, and must be necessary because of his or her disability. The exemption is free. You can obtain a copy of the form from the Inland Revenue, or download it from the website, www.hmrc.gov.uk.

Please make your savings now. You may, I hope, be pleasantly surprised.

TALKING TECHNOLOGY

a software review by Connie Brodie

I wouldn't be without my Supernova



Software for the visually impaired
by Dolphin Computer Access of Worcester

If the computer is a part of your life, and you are visually impaired, it's worth considering Supernova.

It's a text-to-speech programme with screen magnification. Short-cut keystrokes replace the use of a mouse, and your work is read back to you, making it simple to check for accuracy.

I started using speech software in the 1980s. The synthetic voice was strange at first, but learning to use the computer was important for my work, so the voice was just a means to an end and I soon got used to it.

Supernova is very flexible in use. You can adjust the speed of speech to suit your own working speed. The magnification is a real asset, enlarging everything on-screen from x2 right up to x32 magnification.

Supernova will support email through Outlook Express. I never expected to use email as much as I do, and I'm amazed at how my address book has built up. I wouldn't be without it now; it enables me to do so many things, such as keep up with correspondence, fill in a cheque template, and type up minutes of meetings.

I have even designed my own greetings card using Microsoft Publisher. I have a database of all my friends' and family's details stored on Microsoft Access, from which I can easily print off address labels.

Supernova is not perfect for every software application. When I'm using Microsoft Word, and I want to insert bullet points, Supernova does not verbally describe the different bullets available. This is a disadvantage I hope they will put right, as it really is important.

There is a new update every year with enhanced features, and Dolphin's after-sales service is second to none. I have always had prompt support either by telephone or email with step-by-step instructions to solve any problem.

Many doors that might have closed for me, have stayed open thanks to Supernova.

www.dolphinuk.co.uk



Hello

I am

the

voice

of

your

talking

computer

you

may

begin

LARKING ABOUT

I first started my 'respite' breaks in 1998, after politely declining the offer for a year because of what came down to the sheer fright of the unknown. 'Respite' to me at the time gave the mental image of sitting around in a nursing home environment and bed at 5.30 pm. How wrong could I have been!!

November 2004 was my third visit to Skylarks Holiday centre in Nottingham this year. Skylarks is part of Vitalise-Essential breaks (Formerly the Winged Fellowship trust) who provide holidays for disabled people and their carers at four venues throughout the UK.

The journey from Chapel-en-le-Frith takes approximately 1.5 hours, taking you through some of the most beautiful countryside the UK has to offer. During that journey, deep down inside there is still a little fear of the unknown because the guests vary from week to week.

Upon arrival at the centre I see Lolly, one of the assistant managers, whom I have met before many times. She always makes me feel so welcome, and is always smiling. The offer of assistance with my wheelchair and case is very forthcoming, and all my fears subside.

In the reception area Jen checks everyone in, and I repeatedly scan the area for familiar friends that I have met before who may be staying the same week. I see many staff members whom I know and a quick kiss on the cheek from one of them makes me feel that bit more welcome. I know its going to be another great week.

I go to the lounge area after being allocated my favourite room - room 31, right next to the heated swimming pool, so I know it will be nice and cosy. In the lounge I meet Beryl, a newly arrived guest but a veteran of Skylarks. She has been there 15 times she says, 10 of which were with her late husband and five times 'on her todd' as she says. Beryl was with Avril who was her nominated volunteer for the week, Avril herself a guest at one time and now a volunteer. This turned out to be the start of something like a family relationship, without the disagreements. Beryl is 71; this goes to show that abilities as well as age difference need have no boundaries in forming new friendships. Also at the centre were Doris and Henry a married couple whose company I thoroughly enjoyed. New friends for life, as I like to think.

Skylarks breaks really are what they say they are: a holiday. The fact that you may not know anyone does not matter, the atmosphere is such that everyone just seems to 'click' and get along. Not in a have-to manner though; it all seems to just come naturally. It's as if you save these emotions from normal daily life, and here you can let them out and be you, in an environment without judgement or limitations. This is of course purely up to the individual guest: if you wish a break away, to just spend time by yourself in your own company, that too is respected, but help is on hand if you need it.

Usually every guest is allocated a volunteer, who may come from anywhere in the world. I have made friends there with people from Germany, Poland and Thailand as well as many other places. It's a fantastic thing that you can meet so many new people all under one roof and from so many different cultures, who are only too happy to share their experiences with you should you only ask. As well as the volunteers there are trained staff on call 24 hours a day, along with medical staff. So no matter how much assistance you need or how independent you are everyone is looked upon as the same, and knowing someone is there should you need them is a great comfort.



The centre boasts a heated swimming pool, with lots of aids to help you to enjoy the experience, from hoists to floats. One of my good friends had never swam for 50 years. He was afraid of the water, but he was able to enjoy the pool last year and the look on his face made me feel so happy. The only down side is getting out of the pool; there is always a temptation to stay in the nice warm water.

There are three meals a day. For breakfast you can choose a full cooked breakfast, cereal, toast or fruit. Your nominated volunteer usually sits with you to provide any assistance you may need as well as a friendly chat and a laugh.

Lunch is buffet style, with the exception of Friday when it's fish and chips, and Sunday, when it's traditional Sunday roast. Vegetarian options are always available and should you not like the menu, they will cook something else for you, no problem.

The evening meal is multiple choice. The lamb hotpot was so welcome after a long day out shopping in Coventry. The trips out are Monday to Thursday and always in specialist transport. It's all included in the price, with the exception of some trips in which the entrance fees have to be paid.

My week there was a themed week. It was the first week of Christmas shopping fortnight, so we visited many shopping towns and cities. I was grateful for the chance to do an activity not normally enjoyed at home, and with my volunteer on hand it was great to have an extra pair of hands to help. I am somewhat of a shopaholic and all my Christmas gifts were bought at great prices.



I still keep in contact with Doris, Henry, Beryl and many volunteers and I look forward to my visit to the centre and meeting my new friends again in 2005/2006!

Thanks! 



Don't forget to enter the win a DVD Player Competition on page 5

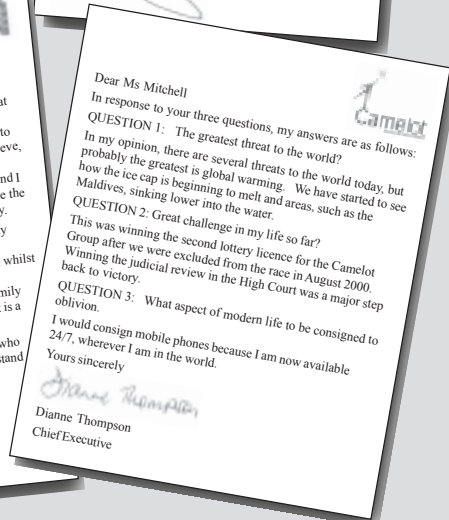
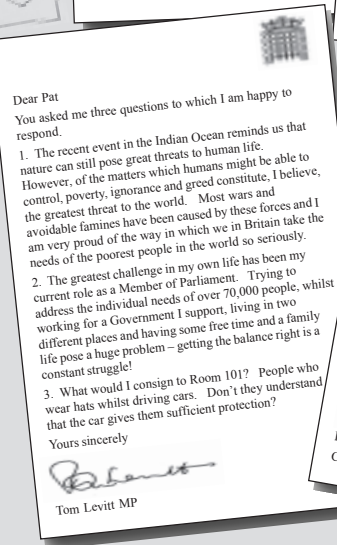
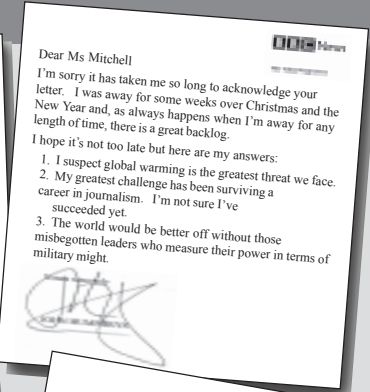
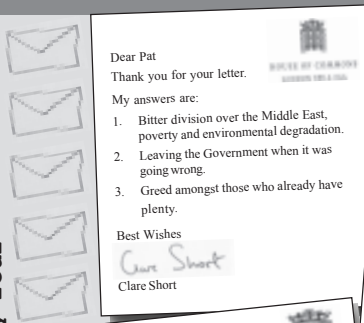
letters

celebrities give a lively start to our letters page

To kickstart our letters page, we wrote to 60 famous people, asking these questions:
 "What do you consider the greatest threat to the world today?"
 "What has been the greatest challenge in your life so far, and how have you dealt with it?"
 "What would you put in Room 101?"

Here are some replies

twenty four



Have your say in the next edition of One in Eight. Tell us your news and views, what you think about the magazine, and any ideas for the next one. Write to address on inside cover.

From the sublime to the ridiculous, From the daft to the dangerous, What would YOU dump in Room 101?

These are some of the things the editorial team would like to see the back of:

People who don't care where they leave their chewing gum - it makes the pavements a mess. (And it's horrible to find a blob stuck under the table!)

People who pick their nose in public places - just yuk!

People who step off an escalator, then stand still, causing a domino-effect collision behind them.

Train timetables - they bear no relation to reality.

TV sofa adverts - their sale always "must end this weekend".

Speed bumps - for some of us they're painful to travel over.

Canon & Ball comebacks - they weren't even funny the first time.

Third World Debt - let's just scrap it.





































Tony Blair's teeth - gleaming white railings, everlastingly grinning at me.

Anne Robinson - "off-the-cuff" wit that's obviously scripted.

Room 101

twenty five

Who's Who?

			Albert			
Albert	Alison	Andrew		A	B	C
			Anthony			
Anthony	Chris	David John		D	E	F
			David			
David	Debbie	Fiona		G	H	I
			Graham			
Graham	John	Keith		J	K	L
			Lisa			
Lisa	Pat	Reg		M	N	O
			Robert			
Robert	Susan	Vaughan		P	Q	R

Answers upside down on bottom of contents page.



A TASTE OF INDIA

Recipes by Tricia Butterworth

CHICKEN FRY

INGREDIENTS

1 lb chicken
1 onion (sliced long)
1 tsp. ginger-garlic paste
2 green chillies (finely chopped)
3 tsp. dhania (coriander) powder
1 tsp. garam masala
1/2 tsp. turmeric powder
1 tsp. chilli powder
A pinch of nutmeg and pepper powder
Cilantro leaves (finely chopped)
Salt to taste

METHOD

Heat oil in a pan, add onions, green chillies, garam masala powder, ginger-garlic paste and fry until onions turn golden brown.

Add chicken pieces, turmeric, pepper and chilli powders and let it cook for 5-6 minutes. Add salt and dhania powder to taste and cook until it is done. Garnish with cilantro.

MASALA VADAI

INGREDIENTS

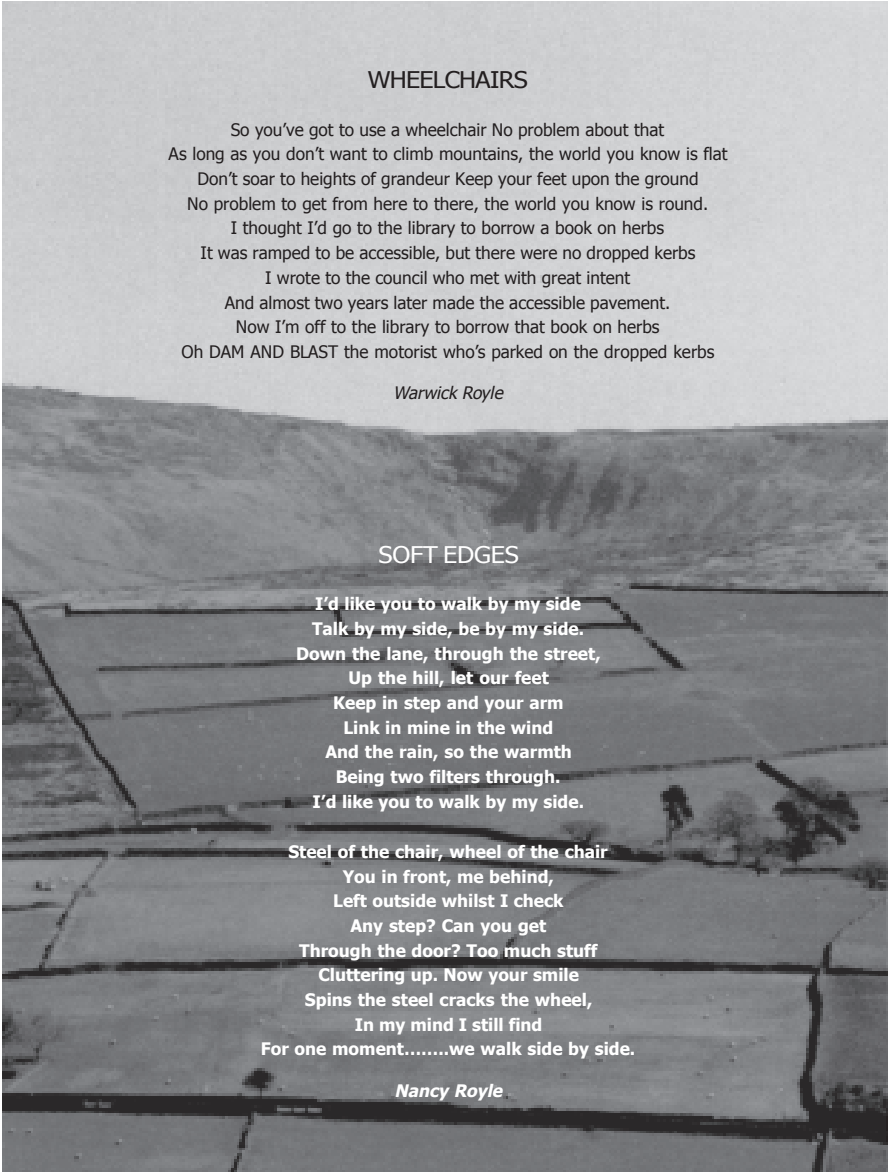
Channa dhal 1 cup
Thuvar dhal 1/2 cup
Green chillies 6
Red chillies 3
Ginger finely chopped
Onions 2 small finely chopped
Curry leaves a few
Cilantro a small bunch washed and finely chopped
Salt 3/4 tspoon
Cooking Oil for frying

METHOD

Soak the dhals for 1 hour in water.
Grind this mix coarsely with red chillies.
Add chopped onions, ginger, cilantro, green chillies and curry leaves.
Make small balls and deep fry in oil.

twenty seven

twenty six



WHEELCHAIRS

So you've got to use a wheelchair No problem about that
As long as you don't want to climb mountains, the world you know is flat
Don't soar to heights of grandeur Keep your feet upon the ground
No problem to get from here to there, the world you know is round.
I thought I'd go to the library to borrow a book on herbs
It was ramped to be accessible, but there were no dropped kerbs
I wrote to the council who met with great intent
And almost two years later made the accessible pavement.
Now I'm off to the library to borrow that book on herbs
Oh DAM AND BLAST the motorist who's parked on the dropped kerbs

Warwick Royle

SOFT EDGES

I'd like you to walk by my side
Talk by my side, be by my side.
Down the lane, through the street,
Up the hill, let our feet
Keep in step and your arm
Link in mine in the wind
And the rain, so the warmth
Being two filters through.
I'd like you to walk by my side.

Steel of the chair, wheel of the chair
You in front, me behind,
Left outside whilst I check
Any step? Can you get
Through the door? Too much stuff
Cluttering up. Now your smile
Spins the steel cracks the wheel,
In my mind I still find
For one moment.....we walk side by side.

Nancy Royle