

Crosspool ™

Clarion

Having a voice Making a difference

Over 2500 copies delivered quarterly

Editor Ian Hague

Community Computing

Mindful of the need for the residents of Crosspool to become part of the digital age, the Crosspool Forum in conjunction with Sheffield Council started what is proving to be a very popular course in computing at St Columba's. The over subscribed first class, promoted the introduction of a separate class for the more advanced to run in tandem with that of the beginners.



The students read, follow the text and the tutor prompts and corrects as necessary. **It's a regular date and everyone enjoys doing it. Nothing strange about that, other than these students (all be it with some trepidation) have just taken their first steps on their fascinating journey into the world of computing.**

Many first users of computers are people in their senior years, having preconceived beliefs **that computers can only be understood by the young and 'you can't teach an old dog new tricks'. Not true. It's not difficult to master the basic skills that you need to email, word process, produce a spread sheet, make Internet telephone calls or enjoy reading or watching web sites, computer pages, pictures and movies and shopping.**

Spurred on, a number of students have bought their own computers with the intention of paying a small monthly payment to connect to the Internet, allowing them to connect to any computer in the world, seeing and hearing others via a webcam.

Now they are able to communicate from the comfort of their own home with friends and relations anywhere in the world for as long as they like at no extra cost. **The world will be their oyster, and they'll become one of millions of people who have found that using a computer and the Internet helps them to do the things that they want to do to enjoy life.**

Crosspool Forum

Open Meeting 29th July 2010 7.00 pm

St Columba's Church Hall Manchester Road Crosspool

Local councillors, the police & council officials will be on hand to **listen to "your" concerns on local issues.**

A talk by a solicitor on "Wills and lasting Powers of Attorney".



www.Crosspool.info | Tele 0114 3351674

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Precinct Whine

I always read the Clarion with interest as I'm keen to hear about developments in Crosspool. Recently I heard a rumour about the closure of the Wine Rack store in Crosspool and wondered whether you had heard any more details about this?

Just before closure one of the people that worked in the store told me that the chain "Rhythm and Booze" had been in to measure up and were actively looking to purchase the site - with the intention of keeping the store open - However the "Spar" store stepped in at the last minute with a higher offer to "block" the competition.

Obviously if this were true it would be bad news for Crosspool and highly unfair. I wonder whether you know if there is any truth to this rumour.

ED Thank you for your e-mail.

You didn't leave your name or email address so were unable to contact you personally.

The Crosspool Forum is aware of the rumour, of Rhythm and Booze's thwarted attempt to lease premises at Crosspool. We can assure



Letter Box

you that we are keen that the shopping precinct remains vibrant and have expressed our concerns at shops' demise to councillors and council officials

Cultivate Consideration

"After a long, cold winter, we are now approaching [hopefully] Spring then Summer, and once again will be wanting to begin work in our gardens. However, I would like to make one small request. Whilst I appreciate that many people work during the week, and therefore have only evenings and the weekends 'free', may I ask that they give some consideration to the type of work done on Sunday. This is a day when some of us like to potter, sit and read, or just listen to the birds, but are constantly having our ears bombarded with electrical noises e.g. lawnmowers, hedge-cutters, and worst of all...strimmers. No sooner does one finish than another begins. Perhaps motorised implements could be used on Saturday, leaving old fashioned garden noises for Sunday. Believe me....it is possible. We get so few

Crosspool Clarion warm, sunny Sundays during our year, so please may I ask my fellow residents to consider those of us who like to enjoy the garden for what it is. Somewhere to relax before another working week".

Crosspool Harvest Consultation Questionnaire Survey Results Summary

We held a positive consultation event on 27 March 2010 at St Columba's church with roughly 26 people coming along. After a presentation of the project, we gave out a short questionnaire and had some group discussions. Thirteen people completed a questionnaire.

The key points that came from this were:

It would be great to have something that Crosspool could, as a community, feel proud of;

People attached the greatest value to having local food that is not grown intensively with lots of chemicals, growing food with other people, rearing animals, poultry, bees, etc. and creating a focus for the local community; People wanted us to pay greatest attention to the risks of traffic or vehicles being parked in a way that

(Continued on page 3)

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inconveniences local residents, and vandals damaging or stealing things, crops or livestock – could we get young people participating in the project so that they take pride in it – also we need to do our best to ensure the plot has an attractive appearance; In terms of the choice of plots for the project, we need to bear in mind that livestock close to residential areas would meet opposition while we need to balance this with being sufficiently close to Crosspool centre for access by local residents and school groups – easy access will be vital. Other points raised around the choice of land were that we should seek to avoid removing woodland and explore the possibility of doing some-

thing in partnership with a local farmer; Most people were interested in opportunities to volunteer on the project from time to time, while a minority were interested in helping with the overall management, being on the core team, or helping with building/maintaining the infrastructure on the land (sheds, fences, etc.); In terms of how it should work, there was a lot of interest in a system where all growers get tokens in proportion to time put in that can be exchanged for free crops (or volunteers are able to purchase items from the yield from a project "shop" at a discounted rate); In terms of how residents could contribute to the costs of the project, most people were interested in

attending social fund-raising events or through the purchasing of produce but some offered to help with funding applications for grants, contributing financially as parents of children visiting the project with their school, or to buy into a share scheme.

We will take stock of this valuable feedback and determine the best way to proceed. We expect to have further consultation events during the summer, so watch this space!

To keep in touch with the project visit www.crosspoolharvest.org.uk and to get onto our mailing list or express interest in joining, email us at info@crosspoolharvest.org.uk.

Nick and Eleanor Rousseau

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Gardens Open Day

This popular Charity Fund-raising Event will kick off the Festival Week on Saturday 3rd July. Lots of different gardens will be open for you to explore or simply enjoy a relaxing cuppa in idyllic surroundings. Each venue supports its own chosen Charity, last year totalling almost £2000 between all the gardens involved. Cairn Home will once again be joining the scheme and the Crosspool artists will put on a display. Lots of advice will be available and one or two plant sales also. £4 ticket gets you into all the gardens on the day and they will be available from the participating gardens or Stephen Hill Church on the morning. If you would like to join in with your own garden supporting your Charity ring 2306194

Sheffield in Bloom

In the expectation of winning one of the **Lord Mayor's 2010 prestigious awards**. The Crosspool Forum has entered this years "Sheffield in Bloom"



Bins on Footpaths

Residents who wish to complain about bins left out on the footpath between collections should contact the Veolia call centre on 0114 2734567 choose option 1.

They will send out informal letters to residents at the properties identified, informing them to remove their bins from the highway. The letter also informs them that if they continue to leave their bins out they could receive a fixed penalty notice or face court action and a fine of up to £1000. It also offers residents help and assistance if they are having genuine problems siting their bins off the highway.

Where there is no improvement in the situation and a complaint is made regarding the same residents within a 6 month period the matter is referred to environmental enforcement for action.

The environmental enforcement officers will call at the property or properties and make efforts to identify the occupiers, and make such investigations as are necessary so as to establish whether an offence has been committed.

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Treasure your photos

Do you have photographs of Crosspool? Maybe they are only of your back garden, but to someone in the future they will be interesting.

Some years ago, I wrote a book on Crosspool- consisting of old photographs. At the time, many people referred to people long since gone who had had interesting photos of Crosspool. These of course had disappeared for ever. I am soon to have a new book on Crosspool published. It may even now be in the shops! It has been even harder this time trying to find 'new' old photos and some of the originals from my previous book have already disappeared. On the other hand, quite out of the blue some gems have come to light.

This time I am taking no chances. I have scanned them into my computer and I am also letting the Local Studies Library have copies.

If you have photos, make sure they are labelled with where, when and who, as much as possible. Your grandchildren won't know who they are! If you do not know what will happen to them when you are gone, why not let the Local Studies Library borrow them and take copies. You may think they are of little interest to anyone else but they are a record of our social history- houses, transport, costume etc. In years to come,

someone will be glad that these records have been kept.

In the meantime, look out for my new book – **“Crosspool Through Time”**. My first book is still on sale at GT in Crosspool and also at bookshops in Broomhill and the city centre. Also log on to www.picturesheffield.co.uk and browse the pictures kept by the local studies library.

Judith Hanson



It may be that by the time this is goes to **print Judith's new book will be in print.** **If you have any old photos, and don't want to take them to the library yourself,** Please contact the Forum to arrange for their collection.

Chairman (Ian Hague)

welcomed over 40 residents and fellow committee members, making special mention of Ian Jenkinson, thanking him for taking the minutes in the absence of Gillian.

Computer Course

Funded through the South West Area Community Assembly, fifteen people turned up for the Forum's recently started Friday morning adult learning computer course held at St Columba's church hall. Originally planned for ten students the session had to be split into two classes, one for beginners and another for those more advanced. This has allowed for one or two more on the both courses. Anyone interested in these, (or who have ideas for other courses) should contact Ian. Tentative arrangements have been made for a course in Spanish.

Police Report

PC Louise Atha reported of youths riding stolen motorbikes without helmets. Two bikes have been seized and one person arrested and is currently on bail pending enquiries.

Allotment holders had informed the police of people messing around and taking things. Anything suspicious (no matter how trivial) should be reported. High visibility and plain clothes patrols are to be given consideration.

Some new graffiti appeared around the Spar and on the city-bound precinct bus shelter. CCTV is being checked and local youths will be asked for information.

Some test purchases of age restricted products have been made from local shops by an under age person. Fixed penalty notices are issued for first offences and a summons for repeat offenders. Of the 16 premises regularly tested in the area six failed (one having its application revoked). Further infringements could lead to future applications being refused.

Police were called to a private party. One youth was taken home for their own safety due to intoxication.

Number plates continue to be stolen and used in petrol thefts. One of the PCSO's advised that motorist should fit the devices available to prevent their easy removal.

An operation is to take place at Redmires and Wyming Brook relating to illegal off road motor cycling.

Attention was drawn to a web site <http://www.immobilise.com> which lets you register property and can assist in identifying it should it be stolen and later recovered by the police.

Domestic fire alarms will be fitted free of charge by the central fire station.

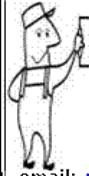
Parking problems on Carsick Hill Road and on Tapton Hill Road are being monitored.

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Residents positioning Stones on grass verges to prevent parking are liable to be prosecuted.

South West Area Panel has agreed the budgets to carryout the following up-grades.

Hand rail Installation on Dransfield Road £2180, a further £446 for one on Stephen Hill/Stephen Drive. Waiting restrictions on Lydgate Lane £900, up to four planters to prevent parking are to be strategically placed on Tapton Crescent Road £1000. Bollards on part of Sandygate Road to prevent verge being used as road, £900

(More money is becoming available though the Community Pot and Carbon Reduction Pot).

In reply to a question on the progress of a skateboard ramp for Crosspool. Cll. Sylvia Anginotti said that four sites were being considered.

A member of the audience asked about the progress of proposed shelter at the Vernon Terrace bus stop. Apparently negotiations are underway to purchase some land for the purpose of widening the footpath.

Other questions were asked about the state of the footpath at the bottom of Lydgate Lane and for the provision of extra dog waste bins.

Lyndsey Beagles (Forum school liaison exec) reported that she had started a youth club for 14-18 year olds on Fridays, 7:00-9:00 pm in **St. Columba's Church Hall**.

Volunteers are required to help with the Crosspool Festival and Summer Fayre.

If you anyone can help with either event please TELE . 0114 3351674

AOB Ian Hague and Faye Buxton had attended a Stagecoach bus surgery at Crystal Peaks, where they suggested a replacement route for the withdrawn service 2 (later 12) to run from the City Centre to Crosspool via the Hallamshire Hospital and Lydgate Lane. No further response.

A member of the audience expressed disappointment about the frequency of service 51 in the evening. Ian Jenkinson (Forum transport exec) gave a brief overview of how bus services are run in terms of commercial and tendered services. IH commented that in West Yorkshire they are attempting to take back control of some bus services. JJ explained this is under powers given in the Local Transport Act 2008.

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Over the past 23 years, St Vincent's Furniture Store has refurbished nearly 50,000 new-found homes helping desperate and needy people in coming out of homelessness.

Many of our clients have contacted us to say thank you for stabilising their lives, giving them another chance to fit back into society.

We are the only service provider of this kind in Sheffield who still gives away donated furniture and household goods to families and individuals referred to us by over 200 Social Agencies in the city. This is another opportunity to say thank you to the readers of the Crosspool Clarion for your generous donations of furniture, voluntary time and money.

Last year we helped 2000 clients (a client can be an individual or a large family) get their lives back on track. We estimate, since we started in 1987, we have given a new start to over 70,000 individuals. Addressing the needs of those we help is only made possible by the dedication of our staff and volunteers, we run three vans with driving teams, collecting and delivering from willing donors. Last year St Vincent's Furniture won the Sheffield Telegraph re-cycling award and were runners up in the Sheffield Chamber of Commerce business awards re-cycling category.

We are now in the process of moving to larger two-storey premises further along Queen's Road. To refit this out, internally to suit our purpose we have to find £80,000 in grant funding and donations to help us achieve our aim.

IF YOU ARE ABLE TO HELP US IN ANY WAY THROUGH VOLUNTEERING, DONATING FURNITURE OR MONEY TO HELP US CONTINUE OPERATING THIS VITAL SERVICE IN OUR CITY, PLEASE EMAIL svpfss@btconnect.com or telephone 0114 274 8764 – 0114 258 4075.

SUN PRECAUTIONS

It's that time of year when people travel to enjoy summer breaks, either in this country or abroad. Here are a few suggestions for staying healthy during those trips, or even if you are staying at home.

We all know that a little sun relaxes us and makes us feel healthy, but too much leads to a greater risk of skin cancer. Even if your sunburn heals, the deeper layers may have permanent damage. So — **avoid the strength of the midday sun, use clothing as the best sunscreen and don't forget a good hat and protective sunglasses (British Standard BS2724:1987). Use factor 15 and above, taking care to pay attention to ears, nose and areas that don't usually get exposed!** The nose and ears are the most common sites for skin cancer.

It isn't only sunbathers at risk as gardeners, outside workers, people who play outdoor sports all need to take care. You can also get burnt on a cloudy day! Overexposure to the sun may also cause sunstroke — drink plenty of non-alcoholic liquid to replenish the loss of body fluid through perspiring.

Excessive use of sun-beds can also lead to skin cancer, and are not recommended by skin specialists for developing a tan.

Silver Surfers' Day

This annual campaign is designed to give older people an opportunity to find out what using the Internet could do for them. All sorts of places, libraries, schools, community centres, housing schemes and offices make their computers available and arrange for people to be on hand to explain what to do, and give people the chance to try them.

The Office of National Statistics estimates that nearly two thirds of people over 65 have never used the internet- **that's over six million people. Why is this?** a new computer can now be bought for £300, and second-hand ones are cheaper, or even available free. The internet connection cost as little as £9 per month, or maybe free as part of a package with a telephone or television service. One of the main things that stops older people using computers and the Internet **is that they don't see how it would play a worthwhile part in their lives.**

In 2010, Silver Surfers' Day is on Friday 21 May, and there will be events during the weeks before and after. Find out about events near you by telephoning the National Learning Advice Line number 0800 100 900 (freephone). Or you can ask someone who has a computer to look at the website <http://silversurfers.digitalunite.com>

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How Do You Want Sheffield to Develop?

The Sheffield Development Framework or **'SDF' is the Plan that says how the city should develop in the future.**

The Council is gearing up to ask people their views on parts of the draft SDF during the summer. You know your streets and the places you spend your time in better than anyone. This is your chance to share your views on the future of the city.

The plan covers the whole of Sheffield. It is made up of a family of documents and a map. The consultation over the summer will be on the **'City Policies and Sites' document and the 'Proposals Map'**. The **'City Policies and Sites' document will help us make planning decisions.** It also identifies sites and areas for new development. The **'Proposals Map' shows how these proposals will affect different areas.**

To find out more visit www.sheffield.gov.uk/sdfconsult - you will find information on where to see the document and map, how to share your views and details of SDF events. You can also email sdf@sheffield.gov.uk or call the SDF hotline (0114) 2053075.

Incontinence - the hidden problem

Incontinence can mean different things to different people; for some, it is a subtle inconvenience that happens only at certain times and which they are able to contain, whilst for others it is a major obstacle to living a normal daily life. The reason for this wide variation is because different people may be incontinent for different reasons.

Stress incontinence

As the name suggests, this type of incontinence happens mainly when the bladder is under stress — this can be when we sneeze, laugh or cough, because the pressure builds up inside the body and presses on the bladder. Normally, the base of the bladder is well supported by a network of muscles called the pelvic floor muscles, which help stop urine leaving the bladder unless we ask it to. However, in some people these muscles can become weak and so some urine can leak when the bladder is put under pressure. This can happen, for example, after childbirth when the muscles can be damaged, or after the menopause when hormone changes can weaken the muscles. Men can also be affected by weakening pelvic floor muscles, but the most common cause of stress incontinence for males is after an operation to remove the prostate; the prostate is located at the base of the bladder and its removal can disrupt the stability of the bladder base.

Urge incontinence

Normally, the decision to pass urine is a conscious one. In urge incontinence, however, **the bladder may be 'overactive' and contract of its own accord** when the patient is not prepared for it. He or she will, all of a sudden, feel an uncontrollable urge to pass urine. This can happen for lots of different reasons. For example, the bladder may be irritated by stones or by infection, or following a prostate operation. It is also more common in people with dementia or following a stroke. Often, however, it is unexplainable.

Other causes

Although stress and urge incontinence are the main types, there are other causes of urine leakage. Sometimes the bladder may retain too much urine and, when it becomes full, may have no choice but to leak. This can happen, for example, with a urine infection or with an enlarged prostate which obstructs the exit of urine from the bladder. Another possible cause is immobility: the patient may be able to pass urine perfectly normally, but if it is difficult to get to the toilet in time then incontinence may result.

What will my doctor do?

Your doctor will ask you some detailed questions about your incontinence and when it happens. He or she may ask you **to keep a 'bladder diary' for a few days**, noting each time you pass urine and each time you have a drink. By identifying a pattern, your doctor will be able to decide which cause is most likely and therefore how to treat it. Regardless of the cause,

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though, there are certain things that may help all situations; firstly, any urine infection must be treated and, secondly, there are certain lifestyle changes that are important. It can be helpful to alter the timing or quantity of your fluid intake, and to eliminate tea, coffee and alcohol. Stopping smoking and losing weight (if you are overweight) can also be helpful.

For stress incontinence, the first line of treatment will then involve pelvic floor exercises to strengthen those muscles supporting the bladder. This approach can be very successful if continued for three months or more, and is most effective if you are instructed properly by a physiotherapist. Should this technique fail, then surgery may be an option. The most common operation involves the insertion of a tape into the pelvis to act as a sling. This operation, although it takes less than an hour to do, requires a general anaesthetic and so patients with lots of other medical problems may be advised against it.

For urge incontinence, the first plan of **action is 'bladder training', which involves** the patient resisting the urge, if possible, to pass urine for longer and longer periods. If this fails, the next treatment is a tablet called oxybutynin, which helps to relax the bladder and stop it contracting involuntarily.

This is often successful, but may have some side effects such as a dry mouth, blurred vision and constipation. Finally,

there are some surgical options available; an operation to stimulate one of the nerves that controls bladder function, and even injections of Botox into the bladder. Of course, in those situations where incontinence is due to a problem such as dementia, the above solutions would not be appropriate as they can never treat the underlying cause and would involve too much disruption to the patient. In this situation, it is important to ensure that the patient is kept as comfortable as possible, either with regular changes of incontinence pads and good hygiene or, if this is not possible, sometimes a permanent catheter can be fitted to continuously drain urine from the bladder into a bag which is then emptied regularly. It can, however, mean that urine infections can develop and so it is only used in certain situations.

Incontinence can cause a real problem to those wishing to lead a normal, active life. It is reassuring to realise, however, that it often has an identifiable cause which can be investigated and treated. Most of the above treatments can be organised by your GP, but the more advanced methods may require referral to a urologist or gynaecologist.

Dr Nicolle Green, MBChB BSc (Hons)

Although Dr Green cannot reply to personal requests for information, if there is any subject you would like to be covered in future articles, please contact the Clarion who will be pleased to pass on any correspondence.

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Crosspool Festival
3rd to 11th July – put it in your diary!!!

This year we are planning to put on a festival in celebration of all that Crosspool has to offer. This will build on established traditions and create some new ones.

We are currently hoping that there will be: The regular annual Crosspool Open Gardens A farmer's market with street entertainment Salsa night, ceilidh and poetry reading Walks around Crosspool and local farms putting on events Tipton school's community day A display of how Crosspool used to be Something involving the Crosspool shops and restaurants The ever popular Crosspool Summer Fayre So make sure you will be around during that week and look out for more details in the full programme to come out in June. The Festival committee will need members of the community who can help with the many small jobs that will be needed to make this a success. If you could spare a small amount of time to get involved, please contact the chair, Revd. Frances Eccleston on 2670006 or by email at franceseccleston@live.co.uk.

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Meet Old Friends & New
Enjoy the Tavern's Good
Feed & Drink,



Free entry

To reserve a £5 pitch
Email:- crosspoolforum@fsmail.net

Tipton Community
Open Day
Saturday July 3rd 2010
11am- 3pm

A Free of charge invitation to all the community to come and enjoy art, music, drama, a DJ, a mind reader, a BBQ, numerous stalls and sports activities in and outside the hall.

Tavern Service Station

Manchester Road
Crosspool Sheffield S10 5PN

- M.O.T. Centre
- Free Air
- Free Anti freeze Check
- Air Conditioning Service
- Established over 20years
- Servicing, Repairs, Welding
- Collection/Delivery Service
- Courtesy Car Available



Tel/Fax: 0114 2662408