

STUDENT INDUCTION HANDBOOK

OCCUPATIONAL THERAPY



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Welcome

We're excited to welcome you to our team and we will be doing everything we can to help you settle in during your placement.

Your placement is an amazing opportunity to gain confidence, develop your clinical skills and learn how our beliefs of "Proud to Care" are put into practice to provide our patients with the best possible care.



We encourage you to make the most of your placement at Chesterfield Royal Hospital – you will meet patients with a variety of conditions and injuries and professionals with years of experience in different areas. By engaging with your educators and the team around you, you meet your objectives whilst having an amazing experience.

In order to get the most out of your placement, you will need to be pro-active – prepare before your placement and when meeting with your educators on placement, ensure that think about your objectives and how you can achieve them.



If you have any worries or questions, please make sure you speak to someone straight away so that help and put things right. Any of the team will be happy to help and remember – it's always best to ask if you're not sure!

We look forward to meeting you!

PLACEMENT INFORMATION

DAY 1 - MEETING YOUR EDUCATOR

You should have contacted your educator at least 2 weeks in advance to arrange a pre-placement visit.

On your first day, you should report to the Occupational Therapy Department at 8:30am and ask for your educator.



Your educator will introduce you to the rest of the team and will provide you with an induction.

Please bring with you:

- University ID
- Learning objectives for current placement
- Learning objectives from previous placement (unless this is first placement)
- CV with up to date experience

You will have time with your educator to go through expectations, explain your objectives and experiences you've had so far.



Please use this time to **raise any concerns** or speak with your educator if you have a **support plan** with your university – please remember that we can only support you if you disclose anything that may affect your placement.

We will treat anything disclosed in confidence, but it allows your educator to support your learning and make reasonable adjustments where necessary.

If you become aware of anything of concern during your placement, please speak to your educator as soon as possible – don't wait until the end to mention something that we could have helped with earlier!

You will have the opportunity to take part in **inter-professional learning** whilst on placement. Please check for inter professional forum and teaching dates at:
<https://www.chesterfieldroyal-ahpstudents.com/student-information>

FEEDBACK

We really value your feedback and ask if you would complete a **short [feedback questionnaire](#)** at the end of your placement.

This will help us identify areas we do well in or could improve and will shape our future student placements.



DEPARTMENT CONTACTS

Name of educator	Email
Angela Greensill	angelagreensill@nhs.net
Anitra Love	anitra.love@nhs.net
Ann Barthorpe	anngodfrey@nhs.net
Carly Melis	carlymelis@nhs.net
Christine Ingley	christine.ingley@nhs.net
Fiona Barnett	fbarnett1@nhs.net
Janet Seagrave	janetseagrave@nhs.net
Joanna Hartley	joanne.hartley4@nhs.net
Karen Tracey	karen.tracey1@nhs.net
Katie Finney	katie.finney@nhs.net
Kimberly Sadler	kimberly.sadler@nhs.net
Lisa Turner	lisa.turner15@nhs.net
Louise Stafford	louisestafford@nhs.net
Marianne Topliss	marianne.topliss@nhs.net
Mary Ann Willmott	Mary.Willmot@chesterfieldroyal.nhs.uk
Rachel Nicholson	rachel.nicholson1@nhs.net
Rebecca Sheldon	rebeccasheldon@nhs.net
Sarah Barnard	sarahbarnard1@nhs.net
Sehrish Baig	sehrishbaig@nhs.net
Sheila Dowker	sheiladowker@nhs.net
Zena Wilcockson	zena.wilcockson@nhs.net

Department telephone number: 01246 512173

You can also contact your Practice Learning Facilitator at any point before, during or after your placement to discuss anything confidential or practical that you need help with : 01246 513184 / megan.smith5@nhs.net

OUR EXPECTATIONS

As a student, you will be part of our team and representing our hospital. We therefore expect you to:

- ✓ Be on time – if you start work at 8:30am, this means you must be here beforehand in order to be ready to actually start at 8:30am.
- ✓ To have a caring and professional attitude, especially when dealing with patients. Be aware of what can be heard and seen by the public at all times. Remember at all times that the majority of people we deal with are ill.
- ✓ Treat colleagues and educators with courtesy and respect.
- ✓ Maintain confidentiality at all times – in particular, information gained in connection with the treatment of patients is strictly confidential and must not be discussed with anyone unless it is a recognised part of your duties to do so.
- ✓ Maintain a professional image and to wear allocated uniform, including to all mandatory training. You should not wear your uniform in a public place outside working time; whenever possible you should change into and out of uniform at work.
- ✓ Raise any issues in a timely and constructive manner.
- ✓ Take control of your learning – come prepared to supervision and wherever possible ensure you are familiar with things that you will come across on placement.

YOUR EXPECTATIONS

As a placement provider, you can expect us to:

- ✓ Treat you with courtesy and respect.
- ✓ Support throughout your placement to achieve your objectives and learning.
- ✓ Provide regular, constructive feedback sessions.
- ✓ Provide a safe working environment.
- ✓ Provide information relating to, and support in the process of, raising and escalating concerns whilst on placement.
- ✓ Provide the opportunity for you to evaluate the placement and appropriate action being taken in response to the feedback.
- ✓ Provide you with access to learning resources.
- ✓ Implement reasonable adjustments/considerations in line with disclosure of a disability/long term health condition.

REPORTING SICKNESS

You are expected to report sickness in the same way as all other staff working at the Hospital.

If you are ill on a day when you are meant to be on placement, you **MUST** contact the department **as soon as possible before** your shift starts, to inform them that you will not be at work. You must also contact your university tutor.

You will need to ring the Suite 5 reception:



01246 512173

You will need to speak to your supervisor directly. If they are unavailable, you will need to leave your details so that your supervisor can call you back directly when they are available.



ADVERSE WEATHER

You will be expected to attend placement if it is reasonable and safe for you to attend. Please monitor local travel advice on the intranet, television or Radio, for the situation on the roads and with public transport (e.g. South Yorkshire Travel). It may be appropriate for you to use public transport rather than drive. You must contact the department if you think you cannot attend your placement.



ORGANISATION POLICIES

Please make yourself familiar with the [policies](#) below before you arrive by clicking on the links. You can also access them through the intranet during your placement.



- [Audio and Visual recordings of Patients](#)
- [Confidentiality Policy](#)
- [Equality and Diversity](#)
- [Fire Safety Policy](#)
- [Hand Hygiene Policy](#)
- [Health and Safety Policy](#)
- [Incident Management Policy](#)
- [Infection Control Policy](#)
- [Information Security Policy](#)
- [Security Policy](#)
- [Smoke Free Policy](#)
- [Social Media Policy](#)
- [Staff Appearance Policy](#)
- [Staff Identification Policy](#)
- [Substance Misuse Policy](#)
- [Voicing Your Concerns](#)

As a student, you will be expected to abide by the organisation's policies, as well as the [HCPC Guidance on Code and Ethics for Students](#).

RAISING A CONCERN

If you have any concerns about your Educator or placement, you should first raise it with the Educator or Student Co-ordinator in your department.



If you do not feel comfortable doing this, you can contact Centre for Practice Learning in Education on 01246 513184 and speak to a Practice Learning Facilitator. You can also contact your university link tutor and we will work with them to help resolve.

Please raise any concerns as soon as possible, as we can only address them once we are aware.

If you have concerns about the delivery of care or function of the trust, the process to be followed is set out in [‘Voicing Your Concerns’ Policy](#). Please ask your educator for a copy or you can find it on the trust intranet.

You can seek independent advice from the national **Whistleblowing Helpline**. This service offers free, confidential advice to all staff within the NHS and Social Care.

- Telephone: 08000724725 (Mon-Fri 8am-6pm, out of hours answerphone)
- Email: equiries@wbhelpline.org.uk
- Website: <http://wbhelpline.org.uk/>



If you are concerned about something happening in our hospital that may be affecting the quality of our patient care, the *You Talk – We Listen* service is a **free and confidential hotline** that allows any of our people to report concerns quickly and without fear of recrimination.

You can remain anonymous or provide your details – it’s up to you.

- **Telephone: 0800 389 9973**
- **Prefer to e-mail? Send your concerns to crhft.YouTalkWeListen@nhs.net** - if you do not want your name to be revealed just say so in the e-mail.

You can also download the [HEEM procedure for dealing with bullying, harassment and undermining in the workplace](#).

WELCOME TO CHESTERFIELD ROYAL HOSPITAL

PROUD TO CARE

At Chesterfield Royal our **Proud to CARE** ethos is at the heart of how we run the hospital – looking after our patients and taking care of our staff:



Compassion

- Compassionate care delivered with professionalism and a positive, friendly attitude
- Care that preserves dignity and respects the person; putting patients at the heart of all we do
- Respecting the unique and individual contribution that each of our staff members make – fair, positive and inclusive, recognising diversity and using it to enrich our organisation

Achievement

- Excellent care, safe services and a positive experience every time
- Exceeding expectations by delivering first-class performance, bettering national standards through innovation and ingenuity

Relationships

- An open and honest relationship with our patients, staff, partners and our communities
Working in partnership in the interests of our patients
- Acting in a socially responsible way and meeting our commitments to the local community.

Environment

- Providing a hospital environment that is modern, clean and safe – conducive to care and recovery; and a good place to work.

For more information click [here](#).

OUR VISION

What sort of hospital do we want to be?

A first-class district general hospital (DGH) – the model for what a DGH can be in the service of its community – delivering sustainable high quality clinical care, offering an exceptional experience for our patients; and creating a great place for our staff to work.

How will we do this?

We have six objectives to achieve our aim:

For our **patients and our community** we will:

1. Provide high-quality, safe and person-centred care
2. Deliver sustainable, appropriate and high-performing services
3. Build on existing partnerships and create new ones to deliver better care.

For our **hospital and our staff** (inc. trainees and medical students) we will:

4. Provide support and development through high quality training and learning opportunities
5. Manage our money wisely, foster innovation and become more efficient to improve quality of care
6. Provide an infrastructure to support delivery.

We want you to feel well-led, supported, valued and cared for during your training



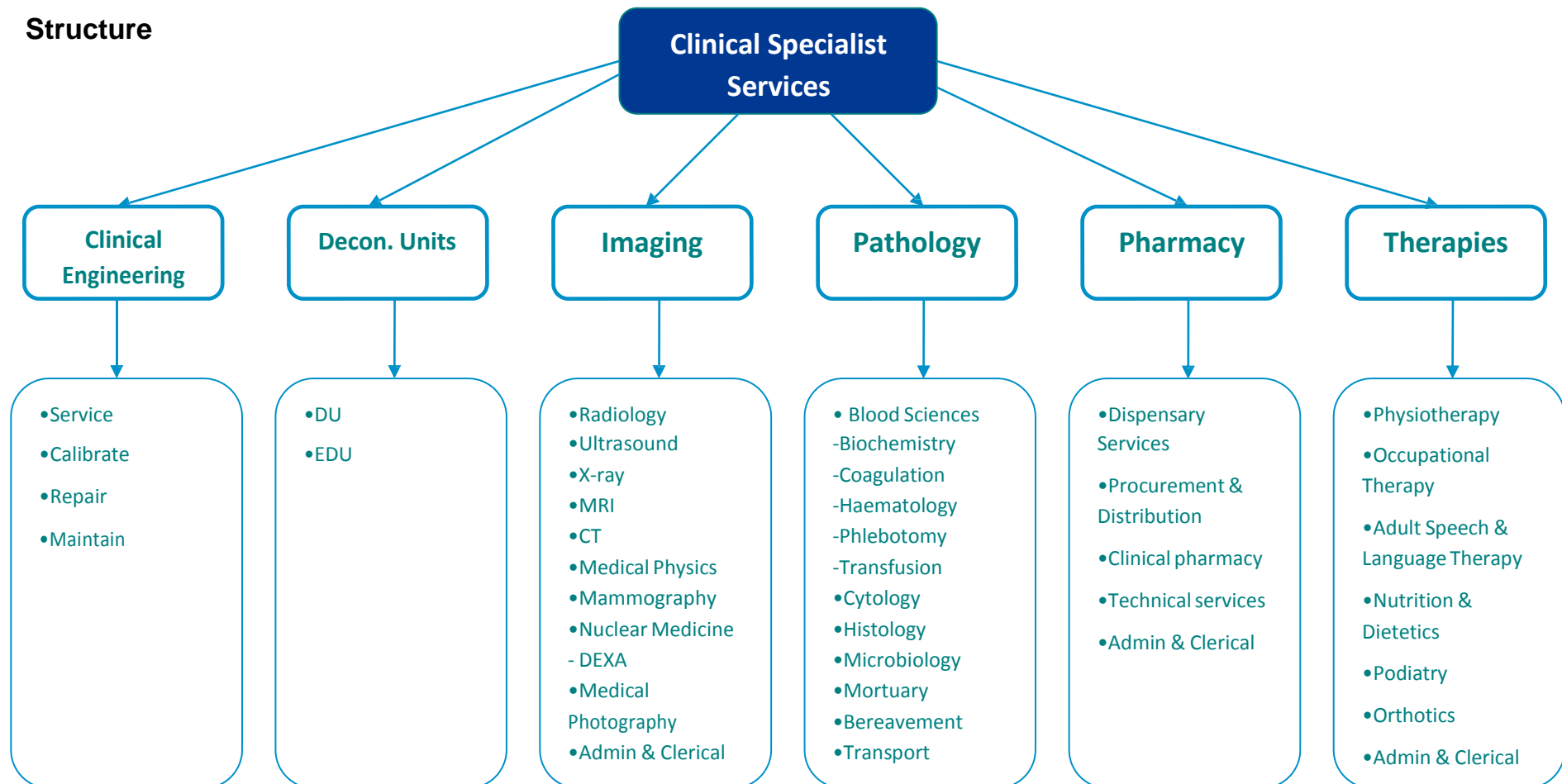
CLINICAL SPECIALIST SERVICES DIVISION

Our Aim

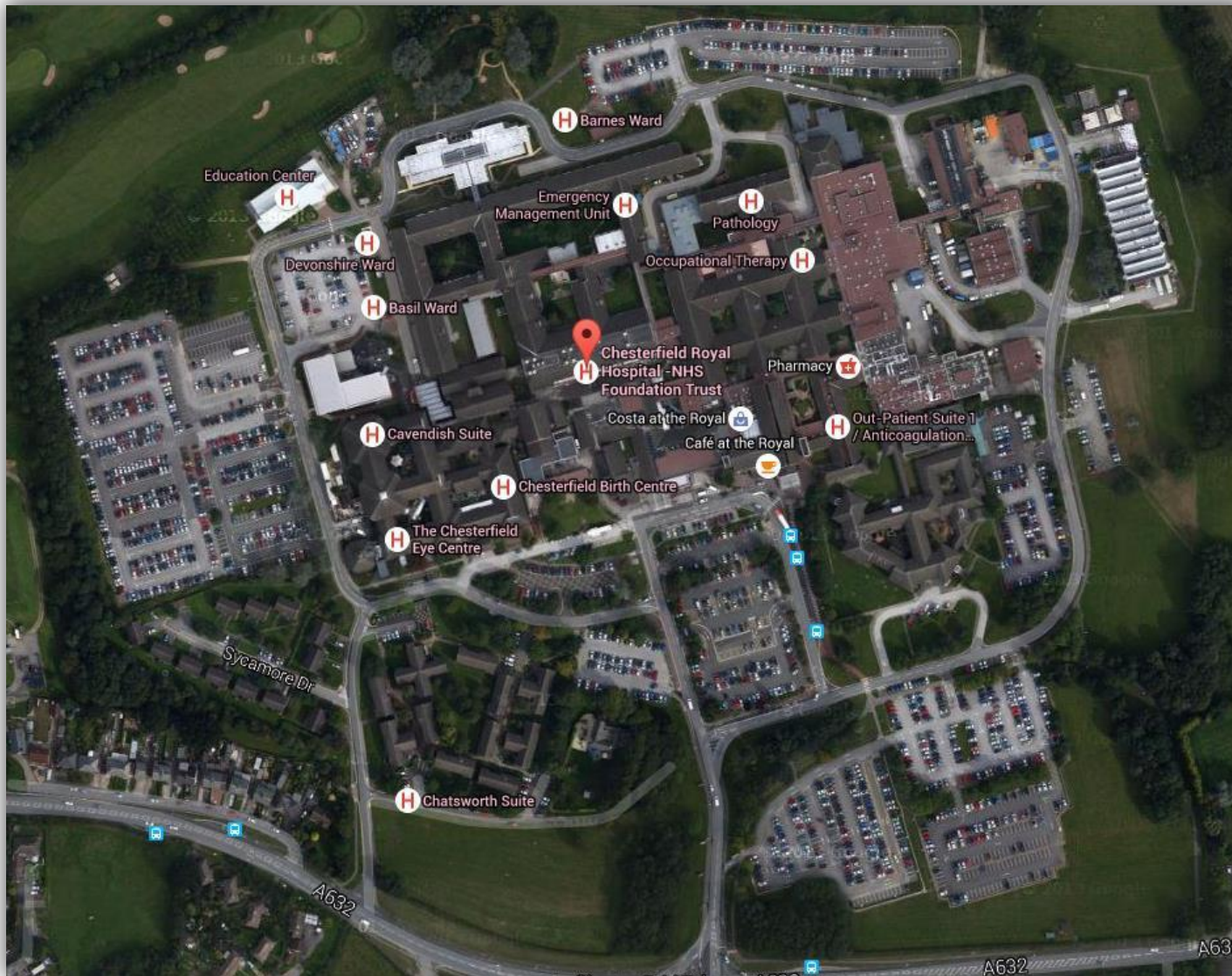
“Our aim is to provide high quality, patient centred specialist services delivered by a motivated, well trained, multi-skilled team, working within the given resources to ensure a sustainable, cost effective service making us the first choice for patients.”

The [Clinical Specialist Services Division](#) is made up of six and within each of these departments there are a number of different services that you may sometimes hear referred to as “modalities”.

Structure



MAP OF CHESTERFIELD ROYAL HOSPITAL



Your educator or a member of your team will show you round the areas with which you need to be most familiar before you start work.

The hospital's layout is , colour-coded so that different areas of the hospital are painted in different colours, with the map displaying the corresponding colour (or "zone") for each area.

If you are not sure of your bearings, or if you get lost, please do ask any member of staff. We are all asked for directions on a daily basis by patients and visitors, so you will quickly become an expert too!

A corridor map is on display in the main concourse, and there is a copy on the next page.

For more information, click [here](#).

HOSPITAL FACILITIES/TRANSPORT



Parking

Car parking is available on-site but students can only use the car parks that are open to visitors and **cannot access staff-only car parks** (unless buying a 15 visit ticket – see below).

All pay and display car parks are “pay on exit” with barrier controls – collect a ticket from the barrier upon entry and then use one of the yellow pay stations beside the main entrance, visitors entrance or Scarsdale entrance before you go back to your car when you are ready to leave.



You can buy a 14 visit ticket from the shop@theRoyal in the main entrance. These tickets currently cost £15.00, there is no time limit on its usage and it works in the same way as a cash payment at the paystation – put your parking ticket into the

pay machine and then enter the 14 visit pass when you are prompted for payment. These can only be used in car parks open to visitors.

Alternatively, you can buy a 15 visit ticket for £16 from Patients Account in the main entrance which you can use in staff or staff/visitor car parks only (not visitor only car parks).

For more information on car parking at the hospital, click [here](#).

You can also contact Security on (01246) 513634.

The postcode for the hospital is S44 5BL. See below for a map of the parking facilities.

Transport

The following buses currently stop at Chesterfield Royal Hospital:

78 – Hartington – Staveley – Chesterfield/Royal Hospital
(Stops at Chesterfield Rail Station, but infrequent – approx.. every 2 hours)

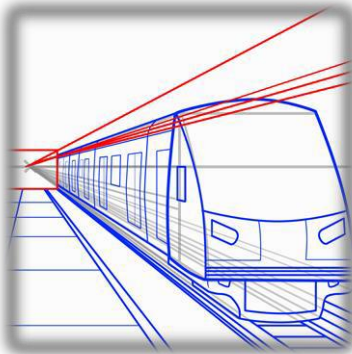
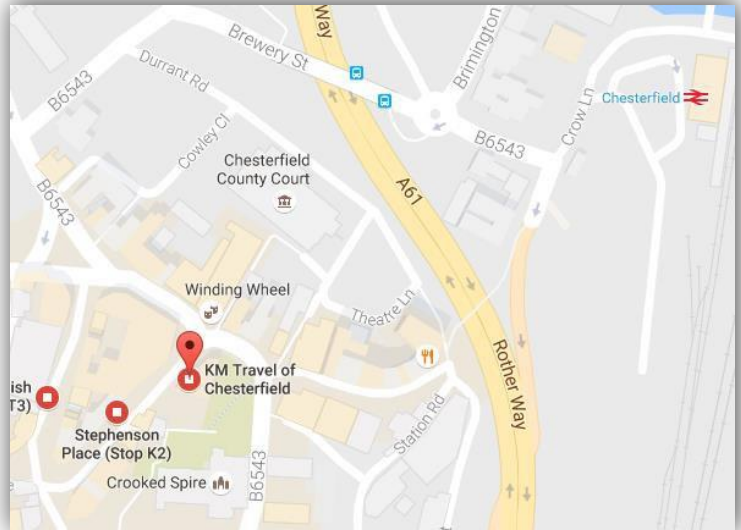
80/80A – Holymoorside – Chesterfield – Brimington
(Stops at New Beetwell Street in Chesterfield – approx.. every 30 mins)

82 – Chesterfield – Duckmanton – Bolsover – Hillstown – Langwith

83 – Chesterfield – New Bolsover – Bolsover – Hillstown
(Both stop at Stephenson Place in Chesterfield – approx. every 15-20 mins)

The above is meant as a guide only – please see [Bus timetables](#) for the most up to date travel information

If coming by train, the closest bus stop for Chesterfield Royal is at Stephenson Place (approx. 5 mins walk from the station) where you can pick up the 82 or 83.



By Train

[From Sheffield by train:](#)

The average journey time between Sheffield and Chesterfield is 13 minutes. On an average weekday, the trains generally run approx. every 5-20 minutes.

[From Derby by train:](#)

The average journey time between Derby and Chesterfield is 19 minutes. On an average weekday, the trains generally run approx. every 20 minutes.

[From Nottingham by train:](#)

The average journey time between Nottingham and Chesterfield is 36 minutes. On an average weekday, the trains generally run approx. every 30 minutes.



CAR PARK MAP



Car Parks

- Car parks for patients and visitors
- Staff and visitors car parks
- Disabled permit holder parking (Free of Charge)
- Drop-off and collection zones
- Staff permit holders
- Staff security car parks
- Staff residential parking only
- Numbered car parks

Entrances

- A** Main Entrance, Help Desk and Main Outpatient Reception
- B** Accident & Emergency Entrance
- C** Scarsdale Wing Entrance and Help Desk
- D** Nightingale Emergency Entrance
- E** Visitor's Entrance / Newsagent and Store
- F** Hartington Unit Entrance (Derbyshire Mental Health Services NHS Trust)
- G** The Den Entrance
- H** Eye Centre Entrance

P Car Parking

Patients and visitors can use Car Parks ① ④ ⑤ ⑥ & ⑩. You must pay on exit at one of the yellow pay stations.

£ Financial Help

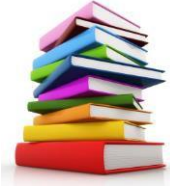
Patients receiving income support, income-based jobseeker's allowance and pension credit guarantee credits, as well as those with a valid NHS tax credit exemption certificate can claim free parking. You must get your appointment card signed, provide proof of claim to reception and Patient Accounts will refund your ticket.

♿ Disabled Parking

Disabled drivers can use Car Parks ② and ③ free of charge with a blue badge permit and marked roadway spaces around the hospital. You will be liable to pay a fee if you use any of the other car parks.

Library

The [Library](#) is situated on the ground floor of the Education Centre at the Hospital and is open to all students on clinical placements.



To become a member, you will need to bring your University ID card and complete a registration form – you will then be issued a Library Card.

Services include:

- **Literature searches** – (this cannot be used for undergraduate student coursework/assignments, but training is offered on effective literature searching).
- **Interlibrary services** – books and articles can often be ordered from other libraries.
- **Photocopying/printing** – charges are made for copying.
- **Relax @ the Library** – there are over 150 fiction and other interest titles to borrow.
- **16 PCs are available to use** with internet access within normal Trust regulations.
- **Free Wi-Fi** is available.

Opening hours:

Mon, Tues, Thur & Fri: 8:30– 5:00pm

Wed (late night): 8:30am – 6:30pm

CLOSED BANK HOLIDAYS & WEEKENDS

Out of hours access (limited, non-staffed service) is available 24 hours a day, 7 days for a week for staff or students who have a Trust swipe card.



For more information, visit the [Library website](#) or watch the [video](#).

Catering Facilities



For information on the shops and restaurants at Chesterfield Royal Hospital, click [here](#).

All NHS staff and affiliated members (including students) receive 20% discount at café@TheRoyal and 10% discount at Costa Coffee.

Post Office

There is a post office within the hospital at **shop@theroyal**.

Cashpoint

There is a cash machine available to use (free of charge) in the main entrance, near to Security.

Accommodation



Chesterfield Royal Hospital provides various types of housing in a safe, comfortable environment on site at the hospital, approx. 5 minutes' walk for all wards and departments. The accommodation is purposely built and has been refurbished over the last few years. Chesterfield town centre is a short walk from the hospital, or easily accessed by public transport.

A Graded Single Rooms:

- Contain a single bed, study desk, bedside cabinet, wardrobe easy chair, and wash-hand basin, with mirror over, waste bin. Bedside lamp and alarm clock.
- Four residents share a well equipped kitchen, toilet and bathroom.
- Domestic service is provided Monday-Friday to clean the kitchen, toilet and bathroom.
- Communal TV lounge is provided in each of these courts.
- Some rooms have telephone and internet facility.

C Graded Single Rooms:

- All rooms have a bedroom that is equipped as the "A" grade room but all have a telephone extension and broadband facility, along with a large three draw chest.
- Lounge/study area for their sole purpose. In the lounge area you have sofa, coffee table, TV and cabinet. The study desk and chair are placed into this room, along with large book case
- Shared kitchen, toilet and bathroom with one other person.
- Domestic service is provided Monday-Friday to clean the kitchen, toilet and bathroom.

If you are using Chesterfield Royal Hospital's accommodation, please bear in mind that you are representing staff at the hospital and respect that other students and staff who may work different shifts will be sharing the accommodation with you, so keep noise to a minimum wherever possible. For further information please contact Angela Fletcher, Residencies Co-ordinator, at the accommodation office (open 7:30-12:30 Monday-Friday) on 01246 513805 or email angela.fletcher1@nhs.net

A CAREER WITH CHESTERFIELD ROYAL HOSPITAL



Debbie Kilmartin - Education Advisor

I trained at another hospital but this is the only hospital I've worked in and I love the fact that it's a smaller District General Hospital. You can walk down a corridor and always see a familiar, friendly face smiling back at you. I've been here for 14 years now, there's a real sense of community here and it's very easy to take for granted just how friendly it is. I know a lot of our mature students are drawn here for the locality as well. You've got easy access to big cities Derby, Sheffield and Nottingham but you're a stone's throw from the beautiful Peak District and Derbyshire Dales. It really is the best of both worlds and a great place to settle with the family.

We hope you really enjoyed your time with us as a student, and we hope you will consider a [career with Chesterfield Royal Hospital](#) for the future!



Benefits include:

- ✓ generous annual leave
- ✓ access to the NHS Pension Scheme
- ✓ [on-site nursery and holiday play scheme](#)
- ✓ excellent maternity and paternity benefits
- ✓ cycle to work scheme and public transport discounts
- ✓ subsidised on-site parking
- ✓ discounted gym memberships
- ✓ [childcare voucher scheme](#)
- ✓ free uniform (where worn)
- ✓ training and development opportunities



Chesterfield and the surrounding area has lots to offer – just scroll down to [“Guide to Chesterfield”](#) to see for yourself!

To view current vacancies, click [here](#).

GUIDE TO CHESTERFIELD

Chesterfield is a market town nestled in the heart of Derbyshire; it has a population of over 100,000 and is close to the cities of Sheffield, Derby and Nottingham. It has great road and rail networks and is within one hour of East Midlands airport.

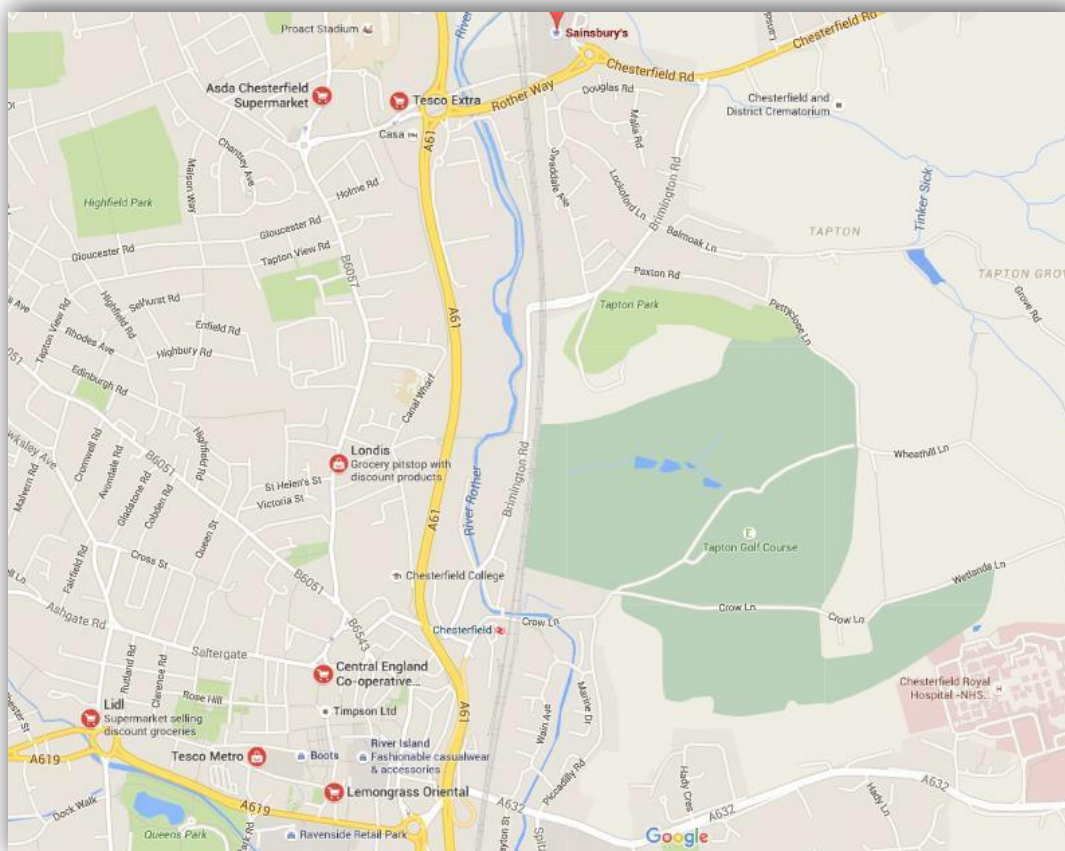
Chesterfield and the surrounding area have a lot to offer. Chesterfield is an historic town with modern high street stores and many places to eat and drink. The Peak District National Park is 10 minutes away, and Chatsworth House, Hardwick Hall, Bolsover Castle, and Haddon Hall are all close by. If you like walking, climbing or cycling you've come to the right place!

1. Food

Supermarkets:

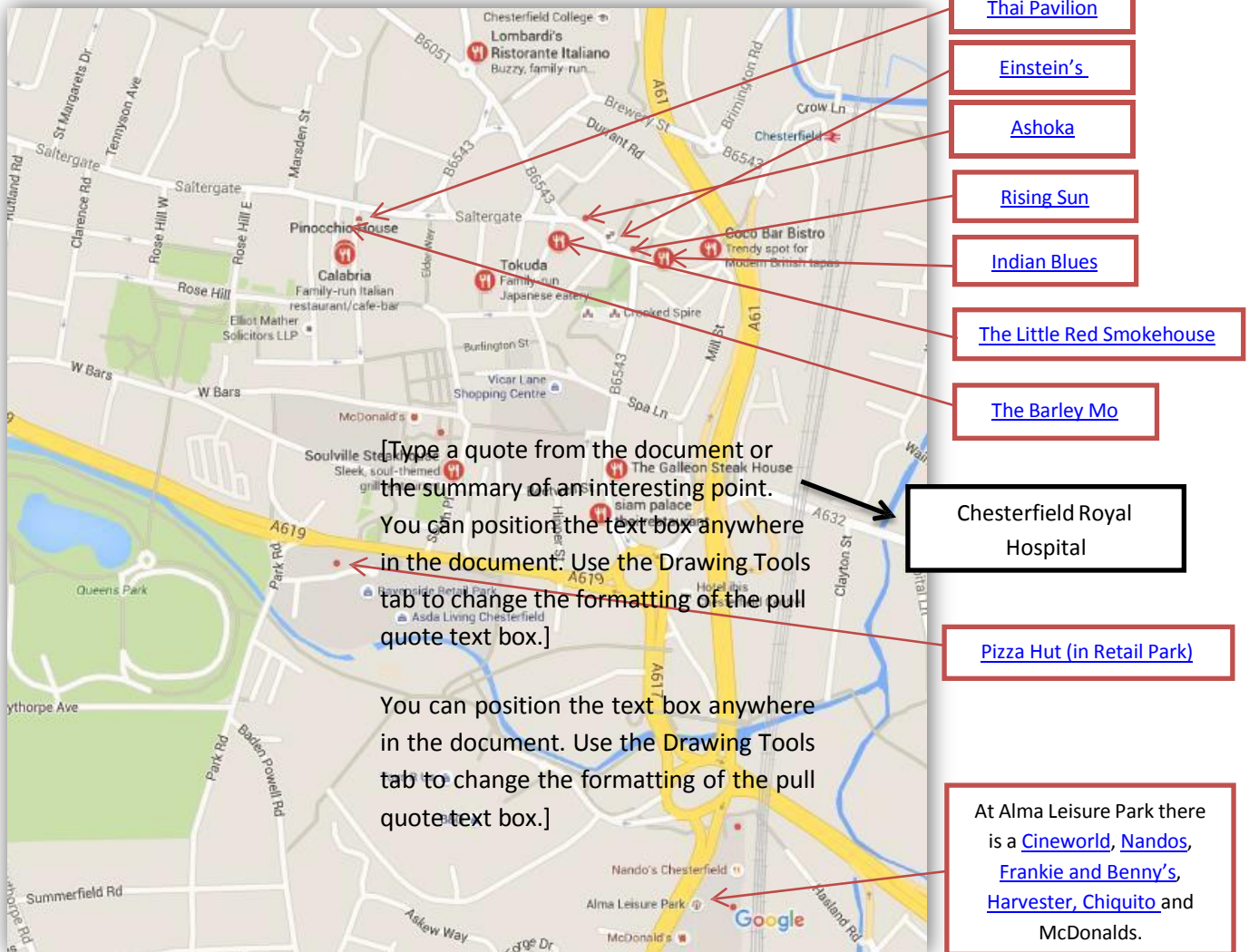
In the centre of town, there are several smaller supermarkets, including Marks & Spencer's, Tesco Metro and Co-Op.

A short drive away is Tesco Extra (24 hours), Sainsbury's or Asda. Just up the road from Asda, past the Proact Stadium is also a large Lidl.



Restaurants:

There are lots of restaurants a short bus ride or drive into the town centre.



There is also [The White Hart at Calow](#) which is out of the Hospital and turn left, follow the main road (A632) past East Wood Park and it on the right.

For more information, visit <http://www.visitchesterfield.info/eatingOut.aspx>

Cafes

There are cafes throughout Chesterfield town centre, including a Costa Coffee and Café Nero.

2. Local services

Doctors

[Calow Surgery](#) (01246 220166) is a 15 minute walk along the main road, turning left out of the hospital.

Dentist

[Hasland Dentist Practice](#) (01246 232039) is less than a 10 minute drive away or around 40 minutes' walk.

In the centre of town there are several dentists including [Glumangate Dental Practice](#) (01246 273089) or [Ferndale House Dental Practice](#) (01246 232634).

Taxis

There is a free phone to book certain taxis inside the main entrance, but taxi companies in Chesterfield include:



[Club Taxis](#) – 01246 222222

[A Line Taxis](#) – 07093302911

[Central Cars](#) - 01246 200500

3. Leisure Time

Bars/Pubs

There are bars and pubs throughout the town centre. You can see some of them here:

https://www.tripadvisor.co.uk/Restaurants-g209967-zfg11776-Chesterfield_Derbyshire_England.html

They include:

- [Nonnas](#)
- [Einstein's](#)
- [S41](#)

- [Spa Lane Vaults \(Wetherspoon\)](#)
- [The White Swan](#)
- [The Apartment](#)

There is also [The White Hart at Calow](#) which is out of the Hospital and turn left, follow the main road (A632) past East Wood Park and it on the right.

Shopping



The main shopping area is within the town centre. There is also a Retail Park on the outskirts of Chesterfield which has a large Debenhams, Next, Asda Home, Hobbycraft, Home Bargains and PC world/Currys.

Chesterfield is close to Sheffield, Nottingham and Derby for shopping. There is also [Meadowhall](#) in Sheffield, which is a large indoor shopping centre around 35 minutes' drive away. Some trains from Chesterfield to Sheffield also stop there.

Cinema

There is a [Cineworld](#) in Alma Leisure Park, 5 minutes' drive from the Hospital. There are cinemas in the nearby cities, as well as in Meadowhall in Sheffield.

There is also a large [Cineworld](#) in [Valley Centertainment Leisure Park](#) around 35 minutes' drive away. The Leisure Park has lots of places to eat, including Five Guys, Bella Italia, Burger King, Chiquito, Coast to Coast, Frankie and Benny's, Handmade Burgers, Harvester, Nandos, Pizza Express, Prezzo and Subway. It also has a Hollywood Bowl, Lazer Quest and Miniature Golf.

Theatre

There are 2 theatres in Chesterfield:

[The Winding Wheel](#) – hosts drama, dance, music, comedy, film and family shows.

[The Pomegranate Theatre](#) – as well as theatre events, it also offers film and satellite broadcasts and include screenings from the Royal Opera, Royal Ballet, Royal Shakespeare Company, National Theatre, Globe on Screen and Exhibition on Screen.



Gym/Sports centre

There are 2 gyms very close by – [Nuffield Health](#) in Alma Leisure Park and [Lifestyle Fitness](#) just outside Alma Leisure Park.

The nearest sports centre is [Queen's Park Sports Centre](#). This is a fairly new build and includes a gym, 8 lane swimming pool, 8 court sports hall and 2 squash courts.

Library

You can use the Library facilities in the Education Centre, but there is also [Chesterfield Library](#) on New Beetwell Street, very close to the main bus station.

Local Attractions

The Tourist Information Centre can be found on Rykneld Square in Chesterfield. You can also visit the website:

<http://www.visitchesterfield.info/> or
<http://www.peakdistrictinformation.com/visits/index.php>

Walking

Being so close to the Peak District, Chesterfield has a wealth of walking opportunities close to the doorstep.

If you fancy a nice stroll within or close to chesterfield, these are all a great option:

- [Chesterfield Canal](#)
- [Peter Fidler Nature Reserve](#)
- [Poolsbrook Country Park](#)
- [Linacre reservoirs](#)

Within an hour's drive and you have some spectacular views:

- [Monsal Trail](#) / [Monsal Head](#)
- [Dovedale](#)
- [Stanage Edge](#)
- [Carsington Water](#)



Chesterfield Canal



Monsal Head



Dovedale



Stanage Edge



Carsington Water



Climbing

In Chesterfield, there is the indoor climbing wall at the [Healthy Living Centre](#).

In Sheffield, there are lots of indoor climbing centres including [Awesome Walls](#), [The Foundry Climbing Centre](#) and bouldering at [The Climbing Works](#).

If you're interested in outdoor climbing, we're on the doorstep of the Peak District which has some of the most challenging and popular rock climbing routes in Europe including the internationally important Stanage Edge, near Sheffield and the Roaches in the Staffordshire Moorlands. For more information, have a look at the websites below:

- [Peak Climbing Club](#)
- [UKClimbing.com](#)
- [Peak District Rock Climbing](#)
- [Rock Climbing Peak District](#)
- [Pure Outdoor](#)

Cycling

There are some stunning cycling routes nearby as well as hire centres. If you have a bike and want a local route, you can cycle along the beautiful canal from Chesterfield through to Rother Valley in Sheffield. For information on cycling in the area, visit

- <http://www.visitchesterfield.info/Cycling.aspx>,
- <http://www.peakdistrict.gov.uk/visiting/cycle>
- <http://www.pedalnorth.com/content/peak-district-mtb-routes>.

Local towns

There are some lovely rural towns to explore, by bus or car, including:



Bakewell

- [Matlock](#)
- [Matlock Bath](#) – including [Heights of Abraham](#)
- [Bakewell](#) – well known for its Bakewell Pudding!
- [Bolsover](#) – including [Bolsover Castle](#)
- [Ashover](#) – one of the prettiest towns in Chesterfield
- [Barlow](#) - a friendly village in beautiful walking country
- [Buxton](#) – England's leading spa town

Museums/Days out

Within Chesterfield, there is:

- [Chesterfield Museum and Art Gallery Museum](#)
- [Barrow Hill Roundhouse Railway Centre](#)
- [Revolution House](#)
- [John Varley Narrowboat at Chesterfield Canal](#)

A little further out of Chesterfield, there are lots of things to do:

- [Creswell Crags](#)
- [Chatsworth](#)
- [Hardwick Hall](#)
- [Heights of Abraham](#)
- [Bolsover Castle](#)
- [Renishaw Hall and Gardens](#)
- [Crich Tramway Museum](#)
- Hope Valley Caves – [Treak Cliff Cavern](#), [Peak Cavern \("The Devil's Arse"\)](#) and [Speedwell Cavern](#)
- [Poole's Cavern](#)
- [Yorkshire Wildlife Park](#)



Chatsworth



Crich Tramway Museum