

THE UPPER WENSLEYDALE NEWSLETTER

Issue 308

May 2024

**Donation please:
50p suggested**



Covering Upper Wensleydale from Wensley to Garsdale Head plus Walden
and Bishopdale,
Swaledale from Keld to Gunnerside plus Cowgill in Upper Dentdale.

Guest Editorial

I was reading the dosage instructions on a box of tablets and it said, "For children over twelve years, adults and the elderly." This got me thinking, how do you know when you're elderly and if you are elderly are you no longer an adult? The Nanny State seems to think so, but I'll get to that later. Fortunately the dosage for all three categories was the same or, I could have been in a dilemma. The only thing I was sure about, was that I was certainly over twelve years old.

It's easy when you're young. When you're a child you know you're a child until you reach thirteen and you take on the status of being a teenager. Five years later, at eighteen you are recognised by the law, if not by your parents, as being an adult. Then you have those halcyon, carefree days of being young, even if you don't appreciate it at the time. It was Oscar Wilde who said, "Youth is wasted on the young." Then you hit thirty. Panic sets in. Thirty, that's positively middle aged! It's now perceived to be all downhill to teeth in a glass, surgical stockings and walking frames. Forty is alright, life begins at forty, or so they told me, but fifty, that's another thing altogether. Fifty is when you say, "Whoa, hold on a minute, I'm passed half way now." You realise that you are slowing down a bit and certain things are heading south and you start to be discreet about your age. Not like when you were a child and you liked to add on a bit. "I'll be eight years old in another eleven months." It's the same at the other end of the scale, not "I'm ninety-five", but "I'm in my ninety sixth year." (Not me personally.) Fifty can be a time for reflection and discretion.

Which brings me back to my original question, "How do you know when you're elderly?" It used to be when you qualified for your state pension, sixty for a woman, sixty-five for a man, but the goalposts have moved on that and now you have to remain middle aged for a few more years before you're pensionable. There is a transitional period to help you from your working life to retirement. At sixty you can become a concession. You join the ranks of the under eighteens, students and other classes of society and you're admitted to various venues at a slightly reduced rate.

How do you define being elderly? Is it a physical or mental state? Your body ages, there's no getting away from that and no amount

of expensive wonder drugs, cosmetic surgery or buckets of anti ageing cream will reverse the process. Is it a mental state? This is harder to define as some people are old in their ways at thirty and some never grow up. It cannot be when you can't remember why you've gone upstairs, or where you've left your glasses because I've been like that all my life. No, I think you get an inkling that you're probably getting on a bit when you realise that you are being patronised by government and other well meaning bodies.

It only takes a minor crisis in the country, for instance, the forecast of a two day heatwave last year which brought the press and media out in great consternation as to what can be done about the elderly. "Yes we know they lived though 1976, but that's so long ago the poor old dears will have forgotten what to do by now." "Well," says an expert who evidently works in a care home, "you have to keep them inside, make sure they're wearing loose clothing and give them plenty of cold drinks." Which is good sound advice for anyone in a care home, but most of us are not and most of us could have worked that out for ourselves without someone who wasn't even an embryo in 1976 coming on our screens and telling us how to look after ourselves in forty eight hours of hot weather. Why is it assumed that once you are in receipt of state pension you automatically lose your common sense, marbles and the ability to think for yourself? There is a thirty year difference between someone who is sixty and someone who is ninety and yet we are all grouped together as the elderly. Would a thirty year old like to be compared with a sixty year old? I think not, so when the words "budget, triple lock and pension" are mentioned in the media, why are they accompanied by pictures of the elderly in care homes, wearing carpet slippers, shuffling across the room using a walking frame, or doing jigsaws with pieces so large they are evidently designed for a three year old? There was one shot of a group playing Scrabble but it's hardly a balanced picture. Where were the images of pensioners wearing trendy trainers out walking their dogs, or elderly farmers on the night shift in lambing sheds wearing muddy wellies, or line dancers in their cowboy boots, walkers in their hiking boots? I could go on. Images of quieter moments of those exercising their brains by playing Bridge, or solving Sudoku and crosswords?

Is it just stereotyping or lazy journalism? Contrary to what the media may think, most of us do have footwear other than fluffy slippers.

We pensioners, senior citizens, call us what you will, may no longer catch the 7.56am to work any more. Our pace may have slowed and there may be a bit of bone creaking going on, but in spite of some official thinking, we still have functioning brains, (and for most of us, our own teeth), so we can still play a valuable part in society. Some of us are carers of people even older than ourselves, some take part in the upbringing of grandchildren. We are often the backbone of groups and societies and we volunteer for charities and other organisations. Some of us run, walk, swim, cycle, ski, climb hills and take part in various sports. We are probably the lucky ones who have been able to keep body and mind active, which takes not only luck, but also determination on our part.

We do know that there are well meaning people out there who are concerned about our welfare and we appreciate that. When we were younger we were often told that we didn't know what was good for us, but during the course of our life time we've picked up enough skills and knowledge to know how to look after ourselves, so we don't need to be spoken to like children.

I have no objection to Public Health England advising the younger members of society to go round to their elderly neighbours and check if they are in need of anything. My younger neighbour makes a lovely lemon drizzle cake and I'm always in need of that.

Definition of being elderly, I've no idea. It's always ten years away from where I am now.

Sylvia Turner

Submission of articles

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NEXT ISSUE IS**

TUESDAY MAY 21st

PUBLISHED ON MAY 30th



Eunice the Ewe

Last month I was hiding in the QR code of the Parlour advert on page 29 and the lucky winner of the £10 prize is Mary Elphick of Burterset.

Where am I this month? To enter for the £10 prize, please include your postal address if replying by email.

Open Mills Event

On **Sunday, May 12th** at Gayle Mill, Mill Lane, DL8 3RZ, S.P.A.B (Society for the Protection of Ancient Buildings) is holding an Open Mills Weekend Event.

As part of this event Gayle Mill will be open between **10.00am and 4.00pm**. Tours on the hour with the last tour at **3.00pm**. Suggested donation £5 per adult, free entry for under 15s. All cash donations go towards the upkeep of the Mill.

New volunteers always welcome!

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May Competition

Possibly easier than last month's competition? How many dog breeds can you identify from the clues below?

1. Spotted at the Croatian coast
2. Shows the way
3. The dog is fun old and new
4. Communist quiz compiler
5. Mum's petty quarrel
6. Sounds like it could be found at the greengrocers
7. Dads hunch sorted out
8. Mexican state
9. Has a bad smell and isn't very bright by the sound of it
10. Foreigner looking after ovine well-being but originally in Alsace
11. Is it after spaghetti?
12. Car model
13. Mechanically lift Crowe
14. 50 years brings it all back
15. Revived beer with a foot-pump perhaps
16. Province named after Portuguese explorer 1498
17. $16 + 9 = ?$
18. Is it dry enough?
19. In a ring
20. Find a mixed shoal asap

Please send in your answers (as many as you can solve) to arrive by **Tuesday, May 21st**. Don't forget to include details of your nominated charity which will receive the £50 prize should you win.

St. Margaret's Church Top Graveyard

Spring is on its way and soon it will be time for our small group of volunteers to start their great job of looking after the top graveyard at St Margaret's Church in Hawes.

If anyone could spare a couple of hours every two or three weeks (or when convenient) to help with mowing or strimming, it would be greatly appreciated.

If interested in helping OR donating, please contact **Geraldine Sumner** on **07927 385453**.

April Competition Answers

1. Harlech Castle (Snowdonia)
2. Ystradfellte (Brecon Beacons)
3. Mynydd Preseli (Pembrokeshire Coast)
4. Arundel Castle (South Downs)
5. Bucklers Hard (New Forest)
6. Barton Broad (The Broads)
7. Arbor Low Henge (Peak District)
8. Wheeldale Moor Roman Road (North York Moors)
9. Keilder Water (Northumberland)
10. Gordale Scar (Yorkshire Dales)
11. Blencathra (Lake District)
12. Dunkery Beacon (Exmoor)
13. Two Bridges (Dartmoor)

A few people managed this tricky quiz this month and the winning entry was sent in by Jennifer Johnson whose chosen charity is Alzheimer's Research.

Lambert, Richard

Isabel, Sandra, Gwen and family would like to thank relatives, friends and neighbours for their kindness shown after the sad loss of Richard. For the many cards, letters and flowers received. Also for the generous donations for Sir Robert Ogden Macmillan Centre, Northallerton.

Many thanks to you all.

Drop-off points and contacts

For news, articles, reports, letters, What's On dates, competition entries, suggestions and comments:- All 01969 numbers.

Hawes:	Community Office	667400
Bainbridge:	Sylvia Crookes, 3, Bainside	650525
Askrigg:	Sykes Shop,	650535
Carperby:	Anthony Abraham Hall Garth	663243
West Burton:	Nadine Bell, Margarets Cottage	663559
Aysgarth:	Hamilton's Tearoom	663423
Redmire:	Kevin Davis Westholme	624165
Thoralby:	Neil Piper	663747
West Witton	Christine Barker, Chestnut Garth	624934

Heavens Above

The nights get noticeably shorter now that May is here and by the end of the month we won't get proper darkness until well after **10.00pm**. There's still lots to see in the night sky, however, if you're prepared to tear yourself away from the telly. The view south is filled with the springtime constellations lead by Leo the Lion, Bootes the Herdsman, and Virgo - the Goddess of the Harvest in the old legends. Arcturus, Bootes' main star, the 4th brightest in the sky, is particularly prominent. It's the nearest giant star to the Solar System with a distinct orange tinge that shows up well in binoculars. A little way to its east lies a compact semi-circle of stars called the Corona Borealis, the Northern Crown. It's not all that bright but still fairly easy to pick out.

If you face north and look high in the sky you'll spot one of the best known of all the constellations - Ursa Major, the Great Bear. Its seven brightest stars make up the familiar shape of the Plough or Big Dipper as it's called in America. In the old days over here it was sometimes known as King Charles' Wain or the Wagon and Horses. Nowadays we'd probably liken it more to a saucepan without its lid. During Spring the Plough makes an excellent guide to help find some other constellations for those not particularly familiar with the night sky. If you follow the three stars forming the Saucepan's handle round in a curve for instance, you'll come to Arcturus which sits at the sharp bottom corner of kite-shaped Bootes. Keep going and you'll come to Virgo. Its brightest star is Spica which is meant to represent an ear of corn. The two stars at the right-hand side of the Plough are often called the Pointers as they show the way to Polaris, the Pole Star and the large 'W' of Cassiopeia, the Lady in the Chair, on its opposite side. Following them in the other direction takes you to The Sickle, a distinct pattern of stars shaped like a large backward facing '?' forming Leo's head and shoulders. Leo's brightest star, marking the end of the Sickle's Handle is Regulus, the King's Star.

Later in the evening Hercules, the son of Zeus the king of the Gods in the old Greek myths climbs into view from the east. He's not a particularly heroic figure in these legends, you certainly wouldn't like to meet him if he'd got out of the wrong side of the bed. (Can you remember Steve Reeves, the American muscleman, who played Hercules in those

cheesy Italian pictures back in the 1950's? You can catch them all again on YouTube but they're pretty dire!)

There's still a lack of planets in the evening sky this month with Mercury, Venus, Jupiter, Uranus and Neptune all out of view. If you're prepared to jump out of bed in the very early hours, however, you might be able to catch sight of Saturn and Mars low in the east in the pre-dawn sky. If we manage to get rid of those endless grey clouds. Have clear skies - hopefully!

Al Birio

A New Reign at the Crown

After a lengthy period of closure, it was great to see The Crown in Hawes finally re-opening its doors on April 17th.

This popular hostelry has been purchased by the DND Group, along with its neighbour - The Board. The Group have appointed Rob McLuckie and Toni Martin-Chambers to manage The Crown, and they are excited by this new challenge.

Rob and Toni both have extensive experience in the trade and have most recently been working at The Rose & Crown in Bainbridge. They are very familiar with the local trade and have secured a good team of local staff to support this new venture.

Rob and Toni want to thank the customers from Bainbridge for their support and hope that they will call into The Crown when they get the chance.

Initially, The Crown will only be serving drinks but once settled in, the plan is to offer a daily selection of good home-cooked food. There are also plans for future events including Karaoke Evenings, Quiz Nights and Live Music events. Options for entertainment in Hawes are about to increase!

Prior to opening, a lot of work has been undertaken to clean, tidy and re-decorate The Crown, making it a welcoming place to enjoy catching up with friends and enjoying a drink and some food. It is a difficult time for the hospitality trade but we are fortunate to have some excellent places in the area and hope that this will once again become one of them. Rob, Toni and their staff team are all looking forward to offering a very warm welcome to locals and visitors alike. Why not call in to see them?

The Little White Car

A year ago, the Board of the Upper Dales Community Partnership allocated some funds to enable a trial of a car taking residents from the Upper Dales to health and social care appointments where public transport or lifts from friends and family were not options.

This trial was called the Little White Car and in the 12 months since, over 200 passengers have been taken from all over Upper Wensleydale to appointments in Richmond, Northallerton, Middlesbrough, Harrogate, Leyburn, and Redcar.

It is safe to say the trial was a success and there is most definitely a need for this service to our community.

Some of the stories that have come from this trial are truly inspirational.

Each week the car takes a lovely lady from Bainbridge to visit her husband, who resides in a care home in Richmond, and they now have lunch and enjoy precious time together. Without Little White Car, the contact between this couple would be severely restricted, or even not possible at all.

We would like to thank everyone who has used the service, including those passengers who have been kind enough to make donations to support us in the last year.

We are delighted to announce that a grant has been received from North Yorkshire Council which will allow UDCP to purchase a new vehicle, enabling us to run Little White Car for the next 2 years. We are also grateful for the support we have received from Enterprise and their community grant.

We will now continue to take passengers to appointments from all locations on both sides of the river between Garsdale Station and West Burton until 2026.

If you are a local business and would like to be associated with this valuable service, then please get in touch so that we can discuss what options there are for you to support us.

Similarly, if you would like to make a donation to support us, then please get in touch and we will explain how best you can do that.

For further details and to contact Little White Car, call **01969 667400** and select option 5, or email sean@udcp.co.uk.

Exhibition of the Talents

There is going to be 'An Exhibition of the Talents', in the Quaker Meeting House in Bainbridge on the weekend of **June 15th and 16th**, which includes Father's Day and The Beamish Car Rally.

You are invited to exhibit anything that you have made, in any medium. Do you sculpt, whittle, draw, sew, knit, pot, write, paint, take photos, colour in, upcycle, quilt, tat, lace, weld or create in any way?

We are so looking forward to receiving your exhibit on the **afternoon of Thursday, June 13th or Friday morning, June 14th**.

If you would like any further information, please phone **Gwen Clark on 01969 667411**.

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Penhill Benefice

Church Services: In case of bad weather, please check our website at penhillbenefice.co.uk/services for updates.

There will be a Telephone Service each **Sunday at 9.30am**. Dial **0333 0110 946** and enter room number 61337190# and PIN 7450#.

Sunday, May 5th:

- 9.30am** Morning Prayer,
St. Mary's, Redmire.
- 9.30am** Holy Communion,
St. Margaret's, Preston under Scar.
- 11.00am** Holy Communion,
St. Andrew's, Aysgarth.
- 11.00am** Harvest Holy Communion,
St. Bartholomew's, West Witton.

Thursday, May 9th: Ascension Day

- 7.00pm** Holy Communion Service. - The Rt Rev'd Anna Eltringham, Bishop of Ripon will preach and preside at Jervaulx Abbey (East Witton Church if wet weather). With Bedale Band. Please bring your own seat. The collection from this service will go to Christian Aid. Please park across the road at the Tea Room Car Park.

Sunday, May 12th:

- 10.30am** Holy Communion Penhill Together Service. - St. Margaret's, Preston under Scar.

Sunday, May 19th:

- 9.30am** Holy Communion,
St. Mary's, Redmire.
- 9.30am** Holy Communion,
St. Margaret's, Preston under Scar.
- 11.00am** Holy Communion,
St. Andrew's, Aysgarth.
- 11.00am** Morning Prayer,
St. Bartholomew's, West Witton.

Sunday, May 26th: Trinity Sunday

- Note there is a service at Holy Trinity Church, Wensley today.
- 9.30am** Holy Communion,
St. Bartholomew's, West Witton.
- 11.00am** Morning prayer, St. Andrew's,
Aysgarth.
- 11.00am** Holy Communion,
Holy Trinity, Wensley.
- 4.00pm** Evening prayer,
Thornton Rust Mission Room.

May Mid-Week Services:

Thursday 9th and 23rd at 9.30am.
Holy Communion, at St. Bartholomew's,
West Witton.

Church Coffee Morning: **Wednesday, May 1st, 10.30am to noon** at Redmire Village Hall.

Church Afternoon Tea: **Wednesday, May 15th from 2.00pm to 4.00pm** at Redmire Village Hall.



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Swaledale Festival Begins on May 25th

It's that time of year again.

The meadows will burst into flower and Swaledale Festival is ready to spring into action. With 55 events taking place across Swaledale, Wensleydale and Arkengarthdale, there is plenty to anticipate, with top-notch artists coming from Yorkshire, the UK and around the world. Make the most of this two-week window to experience outstanding professional music and arts in the northern Yorkshire Dales! If you're under 25, tickets for Swaledale Festival events cost just £3. Read on for some highlights and visit www.swalefest.org for tickets and further information.

Festival Patron Kadiatu Kanneh-Mason says: "It is with great excitement that I look towards Swaledale Festival this year. I was delighted to become a Patron of the Festival because of its commitment to celebrating the arts in every sense and for everyone. The Festival's emphasis on international music, literature, and the performing and creative arts lives alongside its nurturing of rural life and the local environment. Swaledale Festival represents the heart of the community while saluting what is excellent, new, traditional or inspirational, welcoming artists from all over the UK and around the world. I am thrilled to be part of this inclusive, energetic and creative Festival and 2024 will be another wonderful year."

Comedy and music in one hit: The award-winning Montana native Rich Hall is renowned for his expertly crafted tirades, quick-fire banter with audiences and characterful musical sequences. Rich, who has won the Perrier Award (Edinburgh Comedy Festival) and featured in BBC One's *QI*, *Live at the Apollo* and *Have I Got News for You*, will perform his one-man show *Shot from Cannons* on **May 30th** at Tennants in Leyburn. Unmissable!



Graffiti Classics have just one aim: to make classical music wickedly funny and fantastically exhilarating. On **June 8th** they'll bring their 16

strings, 8 dancing feet and 4 voices to Grinton with a musical comedy cabaret show. Perfect for audience members of all ages.

Classical: Emma Johnson, Britain's famous clarinettist and former BBC young musician of the year, will perform a musical response to the climate emergency with the thirteen-strong Orchestra for the Environment on **June 6th** in Richmond - a group of hand-picked virtuoso players who share concerns about the planet, endeavour to travel in the greenest way and make a point of performing music that celebrates the natural world.

The fine string quartet Revolutionary Drawing Room will play a programme of Mozart, Mendelssohn, Puccini and Rachel Stott on **May 28th** in Richmond.

Julian Lloyd Webber will narrate the fascinating story behind Bach's iconic Cello Suites on **June 7th** in Grinton, with performances of the Suites by his wife and fellow cellist, Jiaxin.



The celebrated cellist Raphael Wallfisch will lead an all-star performance of Olivier Messiaen's haunting Quartet for the End of Time on **June 5th** in Aysgarth.

The superb Villiers Quartet will take the stage in Grinton to perform Beethoven, Haydn and Goehr **May 31st**.

Jazz, World and Folk Music: Martin Taylor MBE, the Grammy-nominated jazz guitarist, composer and musical innovator widely considered to be the world's foremost exponent of solo jazz guitar playing, will dazzle the audience in Grinton on **June 2nd**.

British-Ugandan singers The Ganda Boys will be joined by the London-based Echo Vocal Ensemble on **May 27th** in Grinton to share a vocal sound both joyful and compelling. The Ganda Boys have worked with many artists since collaborating on the 2009 BBC TV series 'Moses Jones' and Stevie Wonder is a fan, appearing in public with them in 2019 to support their charitable work.

Northeast folk trio The Young'uns, renowned for their heart-on-the-sleeve storytelling, beautiful lyrics, warm harmonies and infectious repartee, will take the audience on a roller-coaster ride on **Saturday, June 8th** in Leyburn.

Young Artists: Swaledale Festival's Young Artists' Platform showcases young people early in their careers, some of whom go on to become major stars.



The Whoop Group, a sensational young classical saxophone quartet from Poland, will play Vivaldi, Mozart, Tchaikovsky and Gershwin on **May 25th** in Grinton.

Echo Vocal Ensemble, an exceptional group of young professional vocalists directed by Sarah Latto, will perform an a cappella performance of some of Britain's most hauntingly beautiful music by William Byrd, Henry Purcell, Roxanna Panufnik and James McMillan on **May 26th** in Aysgarth.

Xiaowen Shang, a prodigiously gifted young pianist, will perform a delicious programme of solo French music by Couperin, Messiaen and Ravel on **May 28th** in Aysgarth.

Talks and Workshops: Adam Green will give an illustrated talk about the ground-breaking singing workshops he conducts in prisons around the UK on **May 25th** in Reeth.

Those who fondly remember The Old Grey Whistle Test will enjoy this year's Reeth Lecture - an illustrated talk on the music of The Beatles by 'Whispering' Bob Harris and author Colin Hall on **June 1st**, also in Reeth.

There will be plenty of opportunities to participate this year, including singing workshops with The Ganda Boys on **May 27th** in Reeth, and with The Young'uns on **Saturday, June 8th** in Leyburn. Poet Mary-Jane Holmes will be back to lead her inspiring creative-writing walk on **Wednesday May 29th** in beautiful Keld.

Local talent: Locally-based performers this year include Swale Singers on **May 31st** in Arkengarthdale; Leyburn Brass Band on **May 28th** in Aysgarth, Reeth Brass Band on **June 4th** in Arkengarthdale and Muker Silver Band on **June 7th** in Muker Public Hall. There are also exhibitions by talented local artists including the painters Rachel Antill, Michael Bilton, Garry Brannigan and Katharine Holmes, and a photography exhibition in Keld, 'Farming through the Seasons', brought to us by Tees-Swale: Naturally Connected.

Swaledale Festival is supported by Arts

Council England and runs from **Saturday, May 25th to Saturday, June 8th**. The Festival is a charity and includes an extensive community and education programme which takes top musicians into care homes, schools and for the first time this year, a prison.

For tickets and information please visit www.swalefest.org.

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From the Norah Worth Collection at the DCM

The Hawes Mineral Waters Company



In the past, water supplies in towns were not always safe to drink, and water borne illnesses such as cholera and typhoid were common in England. As a result, people looked to natural springs for uncontaminated water.

Mineral water from natural springs frequently contains calcium carbonate, magnesium sulphate, potassium and sodium sulphate. These minerals were believed to have healing and therapeutic properties, and in the 19th century, thermal spa resorts became fashionable for the wealthy to bathe in and drink, to cure ailments.

Water has been bottled since the 17th century and one of the earliest known sites was the Holy Well in the Malvern Hills in 1621. During the 19th and early 20th century, water from Malvern was bottled and sold locally, but the first commercial plant was opened at Holy Well in 1850 by Schweppes, who called it Malvern Soda.

The Yorkshire Dales has numerous natural springs and at various times people have tried to bottle and sell it, including the sulphur well at Redmire. Here, in the early 1900s there was even a bath provided, edged with large stones where people were dipped into the water to cure their ailments. It was a popular social gathering place on a Sunday, with even a band playing sometimes.

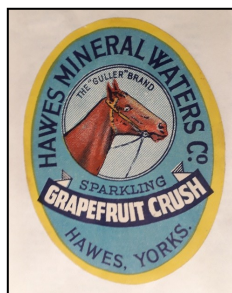
The date when the Hawes Mineral Waters Company was established is uncertain, but it was owned by a Mr John Routh of Town Foot. He was a cobbler and writer of guide books. Around 1912 it was sold to Mr J Blenkinsop of the Board Hotel but changed hands again in 1919 when Mr H.A.Crallan of Stone House purchased the business which he retained until his death in

1930. He took out the licence for the sale of alcohol just after he bought the place.

Until 1920, deliveries were made by horse and flat cart which was kept in the stable behind the old Post Office. Later, a motor waggon was used which was shared with the Fire Brigade.



Mr Crallan owned a race horse called The Guller, which won the Chester Cup in 1913. Thereafter, the soft drinks were sold under the 'Guller' brand name.



After the death of Mr Cullen, the Mineral Waters Company was managed and taken over by Mr Oswald Routh until his death in 1943, and subsequently carried on by his two sons Oswald and Brian until the business closed down in 1952. The property became derelict until it was restored by Mr Jack Lunn as part of the Duerley Beck Development.



The new term has started off well after a busy Easter holiday. We have welcomed in new children to the Ducklings and Sunshine's room over the last few weeks and all have settled in well.

We have been making perfume using our cutting skills to cut up flowers and mix them with water, using our senses to have a smell to see what we think. Also threading vegetables and baking flower shaped pizzas and yummy lemon tarts.

We have shared our new story called 'Bud', teaching us exactly how we need to care for our flowers to help them grow. We planted sunflower seeds to take home, so hopefully there will be some lovely flowers appearing in our gardens.

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We are still taking bookings for September for funded places that the government has made available to working parents. Please contact Dalesplay (dalesplay1@btconnect.com) ASAP as places are limited and we are experiencing a high demand for them.

Wensleydale Railway Model Railway Show

Model Railway Show – We will be again holding our annual model railway show at Leeming Bar on **May 4th to 6th**.

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Pharmacy First

From January 31st, people across Upper Wensleydale can pop down to their local pharmacy for help with seven minor conditions which would previously have required a GP appointment.

Earlier this year 75% of people said they wanted to see pharmacies offering more healthcare services such as treating urinary tract infections or sore throats, and now they can. Almost all pharmacies will offer the new service, giving advice and, if needed, NHS medicines, to treat seven common health conditions – and all without needing to get a GP appointment.

As experts in medicines and managing minor illnesses, pharmacists have been backed by Government and the NHS to provide a new NHS 'Pharmacy First' service. Central Dales Pharmacy in Hawes has signed up to support people in certain age groups seeking help for sore throats, earache in children, sinusitis, infected insect bites, impetigo, shingles, and urinary tract infections in women.

If you have symptoms that suggest you may have one of these conditions, you can now walk into the pharmacy and be offered a consultation with the pharmacist. Under the new service pharmacists can provide advice and, if clinically necessary, will offer an NHS medicine to treat it (NHS prescription charge apply if you normally pay for medicines supplied on prescription). Should the pharmacy team be unable to help,

you will be directed to your GP surgery or A&E as appropriate.

By thinking 'Pharmacy First', people will find it easier and quicker to get the help they need and bypass the 8.00am rush to book an appointment with their GP. The new service is part of a wider expansion of healthcare services that will empower pharmacists to use more of their skills and give people more choice about their healthcare. It is also hoped that the service will be expanded to include more conditions in the future.

Travel Vaccination Service:

If you, like many, are looking forward to escaping the good old British weather this summer, don't forget to check out any vaccination requirements for any country you are visiting.

At Central Dales Pharmacy we can advise you on any vaccinations you may need, and arrange for these to be prescribed and administered in plenty time for you jetting off, leaving you one less thing to worry about. Speak to one of our team about our Travel Vaccination Service and to arrange a consultation appointment.

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Calling Local Organisations

Do you run a local group? Do you have a project coming up that you need a bit of financial help with?

Did you know that the Newsletter is able to consider applications for funding for local projects? Well, read on

Over the years, the Newsletter has benefitted from wonderful support from the local community and indeed subscribers from further afield and this has resulted in a 'pot of money' now being available to support and assist local projects and initiatives.

So, if you run a local group (within the

Newsletter area) and would like to seek financial assistance to enable you to complete your project, please write to the Newsletter editorial team.

You will need to provide details of your group; who is involved; who/what you support; how many are likely to benefit from your project; details of your current project together with the costs involved.

The Editorial Team will discuss all applications as they come in and decide on whether they should benefit from an element of funding from the Newsletter.

So, don't delay ... get in touch with us today!

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Highest Number of Nesting Attempts by Hen Harriers Achieved in 2023

The latest Bird of Prey evidence report detailing bird of prey populations in the Yorkshire Dales National Park and Nidderdale National Landscape reveals there were 15 hen harrier nesting attempts in 2023, the highest number of nesting attempts recorded in the area.

In 2022 there were 10 hen harrier nesting attempts with six of those proving successful. In addition, at least two pairs of Marsh Harriers were observed nest building in Nidderdale in 2022 with at least one brood of young fledged. This represents the first successful breeding in the area for this species.

However, there were six confirmed persecution incidents recorded in the Yorkshire Dales National Park in 2022, compared to 10 within both protected landscapes in 2020 and seven in 2021 (Persecution indicators are lower but there is a difference in testing rates, due to avian flu, that need to be taken into account). Data for 2023 will be released later this year. Additionally, Natural England report 11 tagged hen harriers as 'missing fate unknown' across the area in 2022 and 2023.

Killing birds of prey is illegal. Anyone with concerns about a possible wildlife crime should call 101, and anyone witnessing a suspected wildlife crime should call 999 and ask for the Police.

Tuesday Hawes Fish Market

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The Saving of the Settle-Carlisle Line, Spring 1989

April 11th each year marks the anniversary of the reprieve of the Settle-Carlisle railway from a long-running closure proposal in the 1980s. This year marked the 35th anniversary of the S&C reprieve - and also the reprieve of the associated line between Blackburn and Hellifield.

Northern's Saturday Explorer, Summer 2024 - There is some good news from Northern about a new weekly Saturday Explorer train service, from Rochdale (and other Lancashire stations), through to Hellifield and Ribbleshead.

There will be two return journeys each Saturday, enabling passengers to have days out or week-long visits in either direction. The new service is expected to start on **Saturday, June 8th**.

Ruth Annison

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Hawes School News

Recycle4Charity - We would be very grateful if you would donate your used ink cartridges (not laser or toners) to school. We have a collection box in school. This helps the environment as well as raising funds for school. Recycle4Charity is a free and accessible used ink cartridge programme, that helps its thousands of members raise funds for charity and non-for-profit organisations.

Gardening/Forest Schools Club - Wednesdays - We are extremely excited to be able to offer this brand new extra-curricular opportunity for the summer term when it should be the perfect time and weather (we hope!) for lots of fun growing and exploring outdoors! We are very grateful to Mr Rhodes, for very kindly offering his time and expertise to run it for us. The club has been organised in response to requests from pupils and families.

Thank You - We are extremely grateful to Hawes Tolls Trustees and Hawes PTFA who

have both very kindly given £1,500 each, to greatly reduce the cost of the Residential for parents.

Children in Years 3, 4, 5 and 6 are going to York for 3 days in July as part of their History and Geography curriculum. They will be visiting Jorvik museum, DIG, Barley Hall and having a City cruise.

NewsWise - Budding journalists at Hawes Primary School have been the first school in the county working with The Guardian Newspaper on their Newswise Project as they expand it into North Yorkshire.

Class 3 have taken part in two fun and informative face to face days where they have taken on the roles of real news reporters - editors, sub editors and reporters - writing and presenting their own reports. They have also learnt to identify real and fake news and identify rumour or opinion. They are now going to write and publish their own news stories, so you may see them out and about gathering interviews! The children have really enjoyed the project so far saying, "it's great fun and I like learning real life writing skills," and so did the parents that kindly joined us in school too for the workshop. Thank you to the Newswise team!



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Wensleydale School News

Over Easter we had a number of overseas trips, below are the reports from the staff perspective.

Ski 2024 - The trip did not quite run to plan...

On the ferry to Calais I was alerted to a possible virus outbreak in our hotel. After contacting the Tour Operator it was confirmed that there were 40+ cases of Norovirus in the hotel. I later found that the Tour Operator had been aware of this for several days, but had decided not to let us know!

At this point I asked for alternative accommodation to be found and together with another school from London we refused to leave French motorway services until this had been arranged. We were given one night's accommodation in a nearby town after which we had to pack up again before skiing that day.

The Tour Operator then requested we move in to the original hotel for the rest of our trip as it had been cleaned. Again, I refused this offer.

Mrs Polley and North Yorkshire County Council Health and Safety and Public Health teams all agreed that we should refuse to move our ski party and that ongoing accommodation should be sourced and provided by the Tour Operator.

The Tour Operator reluctantly agreed to keep us where we were for a further two nights but we would have to go to our original hotel for our evening meal, overnight stay, breakfast and final evening meal before heading back to the UK. We stayed the extra two nights but again I refused to move for the final day.

At this point the Tour Operator took away all offers of accommodation and assistance.

With Mrs Polley's help, I was able to negotiate a final night's stay in our hotel and evening meals. I also had to source a coach to bring us back from skiing on the final day as this was also no longer provided by the Tour Operator.

The Wensleydale School has borne the cost of all of these extra expenses.

Throughout this whole trip the children were amazing. Sometimes they were not in rooms with the friends they had chosen, often they were unsure if the trip would continue, evening entertainments were unavailable, food had to be rearranged and due to our location, we had an

hour coach ride at the start and end of each day.

Not once did I hear a complaint. The children were patient, understanding and supportive of each other and the staff.

I sincerely hope that everyone enjoyed themselves and that the unexpected events did not dampen their experience. The children were all an absolute pleasure to be away with and are very welcome on future ventures.

Mr Berry - PE staff

Staff exchange to China

It's difficult to capture the true essence of my recent visit to China, in just a few paragraphs. Nevertheless, I was given the opportunity to immerse myself in the rich tapestry of Chinese culture, particularly through my visits to local schools in Hebei, Baoding, Cangzhou and Qinhuangdao. One of the most striking aspects of my experience was the dedication to education evident in the several schools I visited. With longer hours and larger class sizes, some high schools even extended their days until 10.00pm, accommodating up to 8,000 students, with 50 students per class, many of whom board at school due to the demanding schedule.

Beyond academics, I was captivated by the diverse cultural offerings presented by the schools. From traditional dances and music, to opera performances and martial arts demonstrations like kung fu and tai chi, every moment was a celebration of heritage and artistry. I marvelled at the intricate paper cutting, beautiful calligraphy, sipped on fragrant teas, and tried my hand at time-honoured tie-dyeing and fan decoration.

The culinary experiences were equally unforgettable, with delicacies such as starfish, cow tendons, and donkey burgers offering a unique taste of local flavours. The interactive

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dining experience, where we cooked our own food on grills or in communal pots of water, added an extra layer of authenticity to our gastronomic journey. As well as mastering my chopstick skills and enjoying the fresh and varied flavours of genuine Chinese cuisine.

The warmth and hospitality of the Chinese people left a lasting impression on me, as I was welcomed into every school with open arms and treated like royalty. The students' curiosity and excitement at encountering a white British visitor were palpable, with requests for autographs and countless photo opportunities creating cherished memories.

In conclusion, my visit to China was a transformative experience that deepened my appreciation for its culture, history, and people. From the bustling schools to the majestic landmarks and the lively streets, every moment was a testament to the beauty and diversity of this remarkable country. I look forward to building and continuing the friendships with the Chinese Schools and widening this exchange for our students and staff in 2025.

Mrs Brice- Support staff

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Blueboxt - May Update

Fundraising Events and Activities:

Wensleydale Community Arts Festival:

June sees the return of our annual celebration of all things community arts. It is only our second year and we are taking the whole month, simply to accommodate everything and everyone who has expressed an interest in taking part! It's not too late to let us know your planned activities taking place across Wensleydale and Swaledale. There will be workshops with local artists, talks and demonstrations, theatre, dance, concerts by community groups, established and emerging performers, competitions for all ages, a family fun day and more. Some events will be held around the Dales with the majority taking place at St. Matthew's Church, Leyburn Methodist Church Hall, Leyburn Arts and Community Centre, Leyburn Library and in the grounds of Thornborough Hall. Events will again be 'pay what you can afford' with suggested donations and some fixed fee to ensure we are able to meet costs. Booking is recommended to avoid disappointment. Full details are available at www.wensleydale.org or look out for the Festival brochure coming soon to community information points. Our box office and enquiry line is **01969 745810**.

Here is a flavour of what's in store...

Sunday, June 9th: Remembering D Day 80 years on. [Music and spoken word] - Join us for afternoon tea, a nostalgic mix of war time and sing-along favourites with guest vocalist Rebekah Austin, and words of remembrance from Donovan Leeman at Leyburn Methodist Church Hall, **2.30pm**. Tickets £15 per person.

Tuesday, June 11th: Holmes and Watson. [Theatre] - We are thrilled to be bringing live theatre back to the Dales. By popular request we announce a welcome return to Pyramus and Thisbe Productions. Dominic Goodwin and Julian Finnigan perform their hilarious Holmes and Watson - The Farewell Tour. This comedic tale written by Stuart Fortey recalls one of the detective duos most baffling cases - The case of the Prime Minister, the floozie and the Lummock Rock Lighthouse! The Performance

takes place at Leyburn Methodist Church Hall, **7.30pm**. Tickets £15 per person.

Friday, June 21st: Richmond School Music Department. [Music] - Ahead of their forthcoming tour to Germany, Richmond School's Choirs, Concert and Jazz bands and ensembles present an evening of music from their Summer programmes at St. Matthew's Church, **7.00pm**.

Saturday, June 22nd: Puppet workshop [Storytelling] - Fun for all the family with David Watterson's interactive puppet workshop and performance. Ideal for younger Children to explore and discover storytelling through creative play with puppets. St. Matthew's Church, **2.00pm**.

Dales Variety Show [Dance, Music and more] - Dales Dance, Wensleydale School Music Department and BlueBoxt's performers come together to present an evening of entertainment which showcases the variety of performance arts taking place across Wensleydale and Swaledale. St. Matthew's Church, **7.00pm** (If you know of a young person who would like to take part please get in touch).

Sunday, June 23rd: Family Fun Day with Leyburn Band [Crafts, Games and Music] - Fingers crossed for good weather as we transform the grounds of Thornborough Hall into a hub of activity for all ages. From Giant Garden Games and Circus Skills with Edwina and the team from North Yorkshire Youth to 'Printing with Nature' with Matt Magnus. There'll be fundraising stalls and activities

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including a book exchange, tombola, guess the name and refreshments. There will be performances throughout the day including Maypole dancing with Dales Dance, Storytelling with Rhoda Fraser, BlueBoxt Performers and Leyburn Band. From **11.00am to 4.30pm**.

Friday, June 28th: From Wensleydale to the West End [Talk, Drama and Spoken Word] - Enjoy an evening with Nobby Dimon as he recalls anecdotes and insights as a writer, director and actor touring the country from Richmond, North Yorkshire. Donovan Leeman entertains with a selection of his favourite poetry and prose and Jennifer Sagers shares news of our writers project. Tickets £15 per person including buffet supper. St. Matthew's Church, **7.00pm**.

Plus: Yoredale Strummers and Liffy (**Tuesday 25th**), Musicality (**Wednesday 26th**), Friends of Dave and Leyburn Jazz Collective (**Saturday 29th**), Light My Choir and the Dales Community Pop Choir (**Sunday 30th**). Workshops with Lynn Ward, Maxine Ahmed, Nora Yates, Jan Bell, Wensleydale Camera Club and much more...

Let's Get Creative Competition - open to all ages. Closing date: **July 31st**. - Open to all creative art forms with a choice of two themes. 1) A view from a window or 2) Rural Life - Wensleydale and Swaledale. Full details available in the next update.

Coffee Mornings - Our next coffee morning will be **Thursday, May 16th** at Richmond Town Hall.



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Wensleydale Tournament of Song - Congratulations to all our competitors who took part. Excellent feedback from the adjudicators and lots of celebrating personal achievements, certificates and trophies. Well done.

Volunteering - Do you have an hour or two to spare? We are interested in hearing from anyone who can help with poster and leaflet distribution and/or help out in the charity's office, with fund-raising or at our events.

To find out more or register your interest please contact **Colin Bailey** on **07711 21169** or email admin@blueboxt.org or visit www.blueboxt.org.



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***MAY WHATS ON LISTING;
please add these dates to your Diary***

May

- 1 Friends of the Dales Walk. See p.29.
- 2 Little White Bus Trip to Kendal. See p.36.
- 3 Dominoes 7.30pm. Carperby Institute.
- 4-6 Wensleydale Railway Model Railway Show. Leeming Bar.
- 7 Colin Alderson Talk. 2.00pm. Sycamore Village Hall. See p.26.
- 10/11 Plant Fayre. LA&CC. See p.26.
- 11 Morris Dancing. Redmire Village Pub. 11.45am.
- 11 Wensleydale Concert Series See p.28.
- 12 Open Mill Event. 10.00am. Gayle Mill. See p.3.
- 14 Little White Bus Trip to Teeside Park See p.36.
- 15 Local History Group Talk. 2.00pm. Harmby Village Hall. See p.29.
- 15 Penhill Ladies Annual Trip. See p.25.
- 16 Bainbridge WI Meeting. 7.30pm. Bainbridge Village Hall. See p.23.
- 17 Concert. Reeth Memorial Hall. See p.31.
- 20 Hawes Amateur Operatic Society AGM. 7.00pm. Fountain Pub, Hawes. See p.22.
- 21 Charity Bingo Night. 7.00pm. Hawes Market Hall. See p.29.
- 25 until June 8 Swaledale Festival begins. Various events and locations. See p.8.
- 26 Open Churchyard. 2.00pm. Hardraw. See p.25.

**Notice of Wensleydale
Tournament AGM**

All members of the public are cordially invited to the Annual General Meeting of the Wensleydale Tournament of Song. To be held at Leyburn Methodist Hall on **Monday, July 1st at 7.00pm.**

If you are interested in getting involved in this long-standing festival, or have any comments or suggestions that you would like to put to us, please come along.

**News from Dales
Countryside Museum**

Opening times: Daily **10.00am to 5.00pm** February to October, **10.00am to 4.00pm** November and December. Closed Christmas Eve to Boxing Day and January 6th to 31st. Last entry one hour before closing.

Contact: hawes@yorkshiredales.org.uk or call **01969 666210.**

Labour of Love Exhibition – running until September 8th.

We have just finished installing our next exhibition, Labour of Love - Land, lives and nature in England's Upland Commons. Over one third of England's moorland is 'common



land'. Shaped by hill farming and cherished by many, upland commons are at the heart of rural culture and are vital

for enriching nature. This exhibition shares photography, film, prose and poetry by Rob Fraser and Harriet Fraser and videos captured by farmers through the nationwide Our Upland Commons project, alongside artefacts and archaeological pieces from the Dales. The exhibition presents a point in time and looks ahead, with perspectives from people involved in farming, wildlife conservation, habitat restoration, land management and tourism here in the Yorkshire Dales, and in Cumbria's Lake District, the Shropshire Hills and Dartmoor.

Yorkshire Dales Young Archaeologists' Club:

In April we were finding out about metal detecting and having a go ourselves with the support of very experienced metal detectorists. We'll let you know what the members found next month! The club meets once a month on a **Saturday morning, 10.00am - noon.** Please call **01969 666210** if you'd like to join in or email dcn@yorkshiredales.org.uk. Young people age 8 – 17 years are welcome to come along to try a session from May onwards.

Scurry Club Pass:

If you'd like your child to be able to visit all year round, why not think about a Scurry Club Pass? Your child and an accompanying adult

carer can visit all year round and kids can start collecting their squirrel badge and first stamp as soon as they visit.

Going Places:

We're thrilled that DCM has been selected as one of 23 museums across Britain to take part in the development phase of Art Fund's Going Places programme. This is a new UK wide programme to engage under-represented audiences with museum collections through collaborative touring exhibition, with lead support from the National Heritage Lottery Fund. We will be working with Sunderland Culture, National Trust (Arlington Court) and the National Memorial Arboretum within the Green Spaces Shared Places network.

New staff: We're really pleased to welcome Jane Sammells to the DCM team and will keep you up to date with the different things that Jane will be getting involved with.

We're looking forward to seeing you in 2024 - here are our events coming up in May. Events are included in the Museum admission unless otherwise stated.

Woolly Wanders:

Sunday, May 5th, 10.00am – 3.00pm.

Visit the Alpacas at Semerwater and learn to make felt with their fibre at the museum. £55. Materials and light lunch included. Booking essential.

Barns, walls and bridges:

Tuesday, May 7th, 1.30pm – 4.00pm.

Come along on this 4 mile (6.4km) walk in Herriot country and enjoy panoramic views over Upper Wensleydale. Barns, walls and bridges are important features of Wensleydale and played a crucial part in the development of local industry and agriculture. The walk includes the woodland and waterfalls of Shaw Gill. Starts at the Dales Countryside Museum. £6. Booking Essential. No dogs allowed.

Friends of DCM lecture:

Friday, May 17th, 7.30pm – 9.00pm.

Geoff Phillips: Askrigg at the turn of the Millennium, a video presentation. Donations welcome.

Walling demos:

Tuesday, May 28th, 11.00am – 3.00pm.

Tetrapak printmaking with Hester Cox:

Tuesday 28 May 28th, 1.00pm – 3.30pm.

In this workshop for adults, printmaker Hester Cox will demonstrate how it is possible to make unique and exciting printed images using recycled materials. Taking the Yorkshire Dales landscape, farming and wildlife as your inspiration, Hester will teach participants simple drypoint skills that can be used on recycled juice and milk cartons to create detailed and professional original prints. This is a direct and quick method, enabling participants to explore ideas and develop their skills throughout the afternoon, building on what they learn with each print. This method can be used at home by simply adapting pasta makers and die-cut machines, avoiding the expense of a professional printing press. £25 - Booking essential.

Family printmaking day with Hester Cox:

Wednesday, May 29th, 10.00am – 4.00pm.

1 hour slots – please book your slot.

Family Activity Event - Make a curlew chick:

Thursday, 30 May 30th, 1.00pm – 4.00pm.

Hands on History - Willow Weaving:

Friday, May 31st, 1.00pm – 4.00pm.

Come and find out about the history of weaving plant materials and make a small woven willow decoration.

Archaeology talk - Overground/Underground:

Saturday, June 1st, 2.00pm – 4.00pm.

'Overground/Underground – a caving archaeology project in the Yorkshire Dales'. Join cave archaeologists from UCLAN and the YDNPA archaeological team to understand more about who might have inhabited the caves in and around Ingleborough as part of our Common Cause Project. You can see the exhibits on display in the Labour of Love exhibition.

Woolly Wanders:

Sunday, June 2nd, 10.00am – 3.00pm.

Walk with Alpacas at Semerwater, enjoy a light lunch at the museum and create your own felt picture using fibre from the Alpacas. £55 - Booking essential.

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Hawes Amateur Operatic Society AGM

Monday, May 20th at 7.00pm
at the Fountain Pub, Hawes

'Babes in the Wood 2025' - We welcome anyone who wants to come to our AGM. We are excited to announce plans are underway to put on a production of 'Babes in the Wood' script by Tony Lidington, on **January 29th to February 1st 2025** at the Market Hall, Hawes.

Any questions regarding the AGM or to express interest in becoming a member of our society, please email our secretary, Cath Eastham at cathbfc@hotmail.com.

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Bainbridge WI - A New Membership Year

We have now launched into the new year of membership and are delighted too have welcomed some new members to our merry gang. We hope they have great fun with us and find plenty of things to keep them busy.

We have just enjoyed a very entertaining April meeting when Tiv Wallington (who used to live in Carperby) came along to talk to us about her work with the CPS. It was a very interesting and amusing talk learning about how challenging it can be to try and pursue a conviction of a criminal. It was very depressing to hear how certain types of crime are increasing in our society but it was reassuring to know that, when faced with an obviously guilty criminal, Tiv 'turns into a rottweiler' to ensure a conviction! She clearly has a difficult but essential role!

As if one monthly meeting wasn't enough, we can tempt our members with numerous clubs to fill the other days of the month! The Garden Club really enjoyed their visit to 'Moss & Moor' near Ilkley and came home with cars full of plants and household goodies. I think that means another visit will be required next season!

The 'bookworms' continue to read when they get the chance and meet up monthly to discuss their thoughts on each book. The current read is 'The Boleyn Girl'.

The 'Ladies who Lunch' are about to venture to The Queens Head at Finghall to sample their offering. Meanwhile, members are planning a programme of their venues and dates so that everyone has plenty of notice of our gatherings and therefore less excuse to miss out!

April saw the first of our planned monthly Drop-in Craft Sessions. These will be held on the **second Saturday of every month** at Sycamore Hall, Bainbridge, between **10.30am and 1.00pm**. These will be a chance to bring along a craft project you may be working on, or try one of the projects we have on offer. It's a regular opportunity to enjoy crafting with others, taking advice and help when needed, whilst also enjoying plenty of chat and refreshment.

You will probably have noticed one club that is missing and that is our Walking Group. Given that it feels like we have had nothing but rain since October, they have wisely taken a break until the weather improves - they are still waiting!! Hopefully, there will be something

drier and warmer soon so that they can get out and walk off all that food we have been indulging in over the winter months!

Our May meeting will be held on **Thursday, May 16th at 7.30pm** in Bainbridge Village Hall when the focus is on 'Reduce, Reuse, Recycle'. Tim and Samantha O'Brien will be coming along to talk to us about sustainable eating. We will be having various 'stalls' at this meeting where we can swap books, seeds etc to avoid wastage, so please bring along what you do not need yourself.

Do come along and join us. If you are not sure if you want to join us yet, come along as a visitor to try it out first! If you would like more information about our busy and friendly WI or any of our events and activities, please contact our President, **Nicola Robinson** on **01969 650801**. We would be delighted to see you and can assure you of a very warm welcome, lots of fun and plenty of opportunities.

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Sycamore Hall News

Is There Such a Thing As a Quiet Life?

Well, not at Sycamore Hall, there isn't. We are working on the principle that every day is worth living to the full and that is what we are trying to do!

Our summerhouse has now been refurbished and is ready and waiting for us to get into. All we need is some summer weather - is that too much to ask for? Our keen gardeners are getting excited and making the most of every nice bit of weather to get outside and start tinkering. New season plants are starting to arrive in the greenhouse along with compost, all ready to get going for the season. Somebody please just send us some sun and warmth!

We enjoyed an afternoon with Dr Hamer watching films of local events including the Queen's Diamond Jubilee in 2012 and the art installation on Semerwater in 2015. It was good to see familiar faces in these films and we are grateful to Dr Hamer for coming along with them.

We are about to hold a Coffee Morning in aid of the Yorkshire Air Ambulance, following which our local community fundraiser, Michelle Raine, is coming along to talk to us about the service and collect the money we have raised. This is a vital service, particularly in our deeply rural communities and I am sure we are all more than happy to support it.

As this Newsletter goes to print, we will be enjoying another Quiz and Supper evening - this time our meal is Italian-themed. We have great fun at these events and it is lovely to have members of our local community enjoy the facilities we can offer.

On **Tuesday, May 7th**, we will be welcoming Colin Alderson, a local man who found himself a fascinating job as chef to the Royal household, working at the many royal palaces. We are really looking forward to hearing tales of life in the Royal kitchens - and maybe a secret snippet or two! Everyone is welcome to this event, which starts at **2.00pm**, and will culminate with light refreshments. Tickets cost £10, available from Sycamore Country Store or Sycamore Hair Salon (**01969 650158**) but numbers are limited, so please book your tickets soon!

Meanwhile, our regular activities continue with 'Knit & Natter' at **2.00pm on Mondays**;

Ron's Quiz or Karen's Bingo at **10.30am on Tuesdays**; Coffee Morning at **10.30am on Thursdays** and Gentle Exercise at **11.00am on Fridays**. You are very welcome to join us for any of these activities.

Our small businesses are ready for the summer season and looking forward to welcoming you to see just what is on offer. Sonja's Hair Salon with 'Mabel & Maisy's Mini Emporium' has a lovely range of gifts including jewellery, toiletries, scarves and gloves, cushions, greetings cards etc. Sycamore Country Store has a vast range of groceries, toiletries, stationery, frozen food, fresh fruit and vegetables, dairy and household products. There are three deliveries a week from J W Cockett & Son in Hawes offering fresh bread, savouries and cakes. We have fresh sandwiches delivered from Proper Tasty twice a week and fresh milk and eggs delivered three times a week from Dales Dairies. Sycamore Restaurant is open daily for lunch and the Post Office visits every **Monday and Wednesday between 9.00am and 11.00am** for your banking and postal needs. Come along and see what we have to offer! Why make a long journey when all this is on your doorstep with easy parking?!

If you have any queries or would like to discuss the availability of apartments, please contact the Manager, **Nicky Cooper**, on **0370-192-4055**.

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In September 2022, we opened a Post Office at Aysgarth Garage which is integrated into the retail area and offers customers a wide range of Post Office services from posting letters and parcels to collecting and returning online items. It also offers banking services including cash withdrawal, deposits and bill payments.

Post Office hours are 09.00-Noon Monday, Wednesday and Friday. Tel 663900

Open Churchyard

At St Mary and St John Church, Hardraw

Sunday, May 26th 2.00pm - 5.00pm

Come and enjoy a peaceful afternoon exploring where your relatives or friends are buried in our churchyard - how names and dates can provide a missing piece of your personal history - find links between families which were unknown to you. Combine the visit with a look around our beautiful, simple church built between 1870 and 1875 by a local landowner, Lord Wharnclyffe.

The PCC are also taking this opportunity of Open Churchyard to enlist your support and generosity in making a donation towards a much needed new church noticeboard commissioning a skilled local craftsman to make for us, and as such a positive investment in the future of Hardraw Church.

All are most welcome. Light refreshments will be available, and hopefully the sun will shine!



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Penhill Ladies Annual Trip

On **Wednesday, May 15th** we are looking forward to a visit to Raby Castle and Deer Park: "One of England's finest medieval castles, set within 200 acres of lush parkland".

Refreshments are available in the Yurt Café. The cost is £25 which covers coach and entry; it will include pick-ups at Carperby, Redmire and Leyburn.

Everyone is welcome, please get in touch to book or for more information: **Tricia on 07769 662599 or Jill on 07393 893773.**

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Leyburn Arts & Community Centre

We know Spring is here, it is just the weather (as I write this, it is raining yet again!) is not improving much! But we have lots going on in May to cheer us up!

Lots of activities and events so book early if you can! Another 'Exhibition on Screen', John Singer Sargent: Fashion & Swagger.

The gardeners are busy planning for the Plant Fayre (**Friday and Saturday, May 10th and 11th**) and the live theatre event, Maybe Dick is selling well. There is live music from Chris Bannister and 42nd Street on the big screen.

The volunteers are busy working on the Community Shed. If you would like to receive the regular Shed newsletter please get in touch. We are also well into plans for our new Accessible Toilet block and cannot wait for the improvements to the building that will bring!

We had a repeat screening in April of Six Inches of Soil, such was the interest it generated in our rural agricultural community. We are always happy to support our local area by events and specific film screenings. Get in touch...

Best wishes, from the Directors and Management Team.

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Thoraby and District WI

On Tuesday April 16th Sarah Binks-Lambert gave us a talk about "Behind the Scenes at the Dales Countryside Museum" in Hawes. It was a fascinating talk which took our members on a historical journey describing the history of the museum from the founders Marie Hartley and Ella Pontefract to present day. The video clips from digitised interviews brought the history to life as the enthusiasm of the founders of the museum spilled over into our room.

Today there are thousands of objects which are catalogued, labelled, photographed and displayed for visitors to see and help them understand the history of the Dales. Every object tells a story. They organise exhibitions, family activities and special events and workshops.

Soup and Sweet finishes this month and our President Sally Stone thanked all the volunteers involved for their support and also everyone who came and supported us by coming along for the delicious food and the friendly chatter. We now have a break over the Summer but will start again in September.

If you have any questions or queries about Thoraby and District WI, please contact our President **Sally Stone** on **01969 663373**.

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Wensleydale Concert Series 2024 Season

On **Saturday, May 11th** we begin our 9th year of professional concerts in Wensleydale featuring numerous musicians with an international reputation.

The opening concert is very special, featuring the Jervaulx Singers. Founded by Charlie Gower-Smith and Jenny Bianco they are based in North Yorkshire and perform across the UK. The group comprises some of the country's finest professional voices, all passionate about giving expressive, beautiful performances.



The Jervaulx singers took part in the Swaledale Festival last year and were much appreciated.

They will be performing Brahms's masterpiece "A German Requiem" sung as eight voices with step-out soloists and accompanied by pianists Martin Pickard and Christopher Pulleyn, in Brahms' own arrangement of the score.

Tickets are £20 at the door (£1 for full time students), or £18 purchased in advance. Please see our website for details www.wensleydaleconcertseries.co.uk.

Tickets can be purchased online, by phone (0333 666 3366 - quote date and Jervaulx Singers), or by post (booking forms are available via our website or in the series brochure distributed locally).

Finally, until **May 11th** a season ticket for all eight concerts (May - September) is available for £97 (a saving of £63 on tickets purchased at the door).

If you have any questions, please feel free to contact **Carol Haynes** or **Elizabeth Sowter** on **01969 663026**.

Middleham and the Dales Local History Group

**Marrick Priory – past, present and future
by Sandy Carter**

Wednesday, May 15th, 2.00pm
at Harmby Village Hall

Marrick Priory began as a 12th Century Benedictine Nunnery which was dissolved by Henry VIII in 1540. In her talk Sandy will guide us in the 'footsteps of the nuns' from the Priory's creation in 1155 to the present day.

Marrick Priory is now an outdoor educational and residential centre hosting more than 3,000 young people each year from across the North of England. Whilst staying at the Priory youngsters learn new skills and develop their self-confidence through engaging in activities such as high ropes, canoeing, caving and archery.

Sandy Carter has been the Centre's Development Officer since 2011. As well as booking in youth and adult groups for a day, week or weekend of outdoor activities, she is also responsible for bringing the history of the Priory to life again. She does this by hosting tours for folk attending our successful Spring and Christmas Lunches, via heritage days throughout the year and speaking to local history groups.

Over the next few years, the Priory has ambitious plans to develop its services to a wider audience, thereby allowing more people to realise the magic of the Marrick Priory Experience!

Members, new members and visitors are always welcome, annual membership is £12 for nine meetings and visitors can attend for £3 per meeting. For more information please contact **Tony Keates 01969 640436**, dotandtonyk@btinternet.com.

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Summer Programme

Yorkshire Dales environmental campaigning charity, Friends of the Dales launches its summer programme on **May 1st** with a seven mile easy to moderate walk from Long Preston railway station to Settle station as part of the popular ride2stride Settle-Carlisle walking and music festival programme. With further guided walks offered throughout May to August in Wensleydale, Smardale, Grassington and the Howgills, there is something for everyone.

The charity is also hosting its first all-terrain wheelchair guided walk in collaboration with the charity, Access the Dales and walking company Where2Walk. Early bookers can also secure the use of an all-terrain Trampler or Terrain Hopper wheelchair for this event. For full details and booking links for all these free events visit: www.friendsofthedales.org.uk.

Why not sign up from Friends of the Dales free e-news on its homepage to receive news and events information direct to your inbox!



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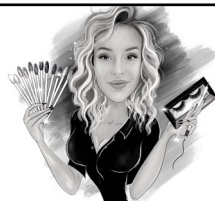
Charity Bingo

The first Dales Charity Bingo (DCB) event, held at Hawes Market Hall on Wednesday, April 3rd was well attended and a fun night enjoyed by all. Thank you to everyone who came out to support us. We raised £265 for Hawes In Bloom.

Prizes although modest in value were well received. Winners took home prizes such as a Chicken Dinner for 4, Cockett's Bakery box, Ladies' Night In box, Naughty Nibbles box, potted plants as well as useful household items.

Our next two Bingo Nights are scheduled for Askrigg on **Tuesday, May 21st** (doors open **7.00pm** with 'eyes down' at **7.30pm**), with profits to BAWB PTA, and Hawes Bingo on **Wednesday, June 19th** with profits to Hawes PTA. Everyone is invited to come along and join in the fun.

Bingo nights throughout summer and autumn are now in the planning stage. If your group would like to partner with us for a bingo night and receive the night's profits, please call **Jan, 07736 017459**.



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Askrigg

& District Produce Show

Sunday, August 25th

Now in our 77th year, Askrigg and District Produce Show are very pleased to announce our show date for this year. We are a small, traditional produce show that has been held in Askrigg Village Hall every year (barring pandemics) since 1948. The show has grown from a basic produce show to now incorporate floral art, cookery, artwork, handicrafts, childrens' sections and many more.

It has been an exciting time for the committee this year. As you can see, we have a very striking new logo which goes along with an injection of new and enthusiastic talent on the committee. We always try to strike a balance between maintaining the nostalgic feel of the show and keeping it fresh for new generations but it is always a challenge to come up with suitable ideas. Having new and talented people agree to join us has made the task so much easier and it is always lovely to have fresh faces and thoughts, although we will miss contributions from Jill, Paula and Martin who stood down this year. Many thanks to them for all that they did for the show.

This year's schedule is already available online at askriggproduceshow.weebly.com and will be delivered locally towards the end of May. I really hope that everyone will find something that they would like to enter. Last

year's show went exceptionally well and we had very good displays of artwork, floral art, photography and horticulture particularly. I would love to see more vegetables and handicrafts this year and it would be wonderful to see Askrigg Village Hall bursting with entries on show day.

We very much enjoy welcoming new entrants, especially if they are trying something for the first time. There have been many people over the years who have started a new hobby after being inspired by the show so why not have a go this year? We also welcome back people who haven't entered for a while – there are so many talented people who live locally and it would be great to see more of your work.

We will also be looking for people to help out with setting up the hall, assisting the judges and baking cakes for the tea room so please get in contact if you would like to help in any way. Many thanks.

Mike Dechezeaux

Tel: **01969 650424**.

Instagram: [@askrigg-produce-show](https://www.instagram.com/askrigg-produce-show).

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Reeth Memorial Hall Concerts

Friday, May 17th – Rant - Four of Scotland's finest fiddle players who together weave a spellbinding tapestry of melodies, textures, layers and sounds, using just their instruments. Tickets £18 (£20 door).

Mystery Picture

Last month's Mystery Picture was of East Beck Bridge on the path between Castle Bolton and Redmire.

Where would you find this view?



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Burtersett Village Institute

The Institute makes a great start/ end/ mid-point for walks in Upper Wensleydale. Self-service teas and coffees are available along with toilet facilities and a display of local photographs of days gone by.

The Institute is open every day throughout the Spring, Summer and Autumn months. All proceeds go towards the upkeep of the Institute. ALL WELCOME.



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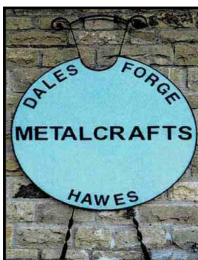
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Spring Forward with Leyburn and District u3a

Summertime has already started so make the most of our great outdoors with Leyburn and District u3a.

We can welcome you to a wide choice of outdoor activities including birding, croquet, cycling, gardens, litter-picking and walking. If your interests veer to the indoors then topics from Ancient Greece to Ukulele could be for you. Or you can start an interest group of your own.

Add to this a monthly series of talks on the third Friday of the month at Leyburn Arts and Community Centre.

This month's slot is taken over by our AGM and next month we will have an Open Day on **Friday, June 21st**, when you are invited to come along and find out all about us.

But you don't need to wait until then, check out our website u3asites.org.uk/leyburn, or contact **Sue Mellish** on **01748 850471**; email: susiemellish148@g.mail.com.

We look forward to meeting you.



Richmond Chamber Orchestra

Directed by Philippa Mo

Summer Concert in Grinton Church

Sunday June 30th at 2.30pm

Music spanning four centuries from Yorkshire's new orchestra, including some familiar masterpieces, others perhaps less well known. Something for everyone! Including Brandenburg Concerto #3, Elgar Serenade for Strings, Vivaldi *Summer* from The Four Seasons (solo violin Philippa Mo), Vaughan Williams Five Variants of *Dives & Lazarus* (Harp Sarah Patterson). There will be a collection for the Herriot Hospice

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BAWB School News

The summer term is such an exciting time in the school calendar. We are looking forward to participating in tennis, cricket, netball, hockey, orienteering and athletics with our cluster primary schools this term. These activities are always a highlight for our pupils and a lovely way for them to meet pupils from other schools.

We have had a great start to the term, welcoming our new Teaching Assistants and new nursery pupils to the BAWB family. They have settled in very well. We have also welcomed some frogspawn to our EYFS setting, which always causes much excitement! We will love observing what happens to the frogspawn over the coming weeks.



The dull and rainy weather has not stopped our bean plants from thriving; the rest of us would like to see some dry and sunny weather make an appearance!

Our Year 2 and Year 6 are busy gearing up ready for their SAT's at the end of May; they always impress us with their mature approach to these assessments.

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Telephone: 01969 678128

Website:

www.yorkshiredalesaccountancy.co.uk



Upper Wensleydale Benefice Services in May

	St Mary & St John's, Hardraw 9.00am	St Margaret's, Hawes 10.30am	St Oswald's, Askrigg 10.30am	St Matthew's, Stalling Busk 2.30pm
May 3rd	Communion at Sycamore Hall			
May 5th	The Gathering – St Oswald's Church 10.30 Family Communion			
May 12th	Morning Prayer	Holy Communion	Café Style	Soup Lunch from 12.30pm Followed by Afternoon Prayer
May 19th	Pentecost Benefice Communion - St Margaret's church, Hawes 10.30am			
May 26th	Morning Prayer	Morning Prayer	Holy Communion	Afternoon Prayer and Pathfinders
Evening Prayer by telephone is held at 4.00pm every Sunday. For details see our website www.upperwensleydalechurch.org/services				

Transformation

The character of Touchstone the clown in Shakespeare's comedy 'As You Like It' celebrates the new life he sees all around him as Spring establishes herself in the land and in the human spirit.

*'In springtime, the only pretty ring time, when
birds do sing, hey ding a ding, ding;
sweet lovers love the spring.'* Act 5sc.3

I'm loving the return of the lighter evenings. I know that for many the shock of the start of BST can take some time to recover from but for me, it has always been something to welcome, heralding as it does the start of new life and new possibilities. The hedgerows are in flower, the trees are in bud and despite what has seemed like a season of incessant rain, the grass is growing providing welcome relief to our farmers who continue to exercise their skill and hard work as lambing season continues. The land is in transition.

The Church calendar reflects a transitioning as well as we move from the Easter celebration of resurrection life into the season of Pentecost where we remember the outpouring of God's Holy Spirit, empowering the Church and Christians both then and now. Pentecost Sunday (this year on **May 19th**) is frequently referred to as the 'Birthday of the Church' as it was a day in which the lives of those early believers were radically transformed by the power of God. Ordinary men and women filled with His Spirit go on to change the course of human history. Lives were changed then and lives continue to be changed today.

It would be wonderful to welcome you to any of our services but you might particularly like to join us for an outdoor service on Ascension Day, **Thursday, May 9th at 7.00pm**, in the grounds of Jervaulx Abbey, with our new Bishop of Ripon, the Rt Revd Anna Eltringham and Bedale Band.

With every blessing

Rev'd Anne

Summer Sunday DalesBus Services in Upper Wensleydale

The full network of Summer Sunday DalesBus services will be running into and around Upper Wensleydale from **May 5th until October 20th** this year. Single fares are just £2 on all services. There's no need to book, so you simply turn up and go.

Services from Hawes **every Sunday** include:

Northern DalesBus 830 to Muker, Reeth and Richmond - departing from Hawes Board Inn at **11.05am**, returning from Richmond at **4.45pm**.

Northern DalesBus 832 to Ribbleshead, Ingleton and Kirkby Lonsdale - departing from Hawes Market Hall at **12.40pm**, returning from Kirkby Lonsdale Booths at **3.30pm**.

Wensleydale Flyer 856 to Aysgarth, Leyburn, Bedale and Northallerton - departing from Hawes Board Inn at **11.18am, 2.38pm and 5.28pm**, returning from Northallerton at **9.30am, 12.40pm and 4.00pm**.

Wensleydale Explorer Bus 857 to Garsdale Station, departing from Hawes Market Place at **10.10am, 12.25pm, 1.40pm, 4.05pm, 5.30pm and 6.10pm**, returning from Garsdale Station at **10.55am, 12.45pm, 2.10pm, 4.30pm, 5.55pm and 6.35pm**.

Wensleydale Explorer Bus 857 to Askrigg and Castle Bolton, departing from Hawes Board Inn at **11.10am and 2.25pm**, returning from Castle Bolton at **11.50am and 3.25pm**.

Northern DalesBus 830/858 to Ribbleshead Station at **10.05am and 6.10pm**, returning from Ribbleshead Station at **10.45am and 6.55pm**.

Northern DalesBus 858 to Bainbridge, Askrigg, Carperby, Redmire, Catterick, Richmond and Darlington at **7.15pm**.

Improved Garsdale Station Shuttle Bus Service

The Garsdale Station Shuttle Bus service operated by the Little White Bus has been significantly improved for Summer 2024.

On **Mondays to Saturdays** there are now two additional scheduled return trips between Gayle, Hawes, Hardraw, the Moorcock and Garsdale Station, both connecting with trains to both Leeds and Carlisle. The additional journeys run from Gayle at **11.40am and 2.15pm**, and return from

Garsdale Station at **12.25pm and 2.55pm**. There are now a total of six return journeys to/ from the station on **Mondays to Saturdays** all year, with no need to book in advance.

On Sundays the Wensleydale Explorer Bus returned for summer on April 21st, also providing six return journeys between Garsdale Station, the Moorcock and Hawes, with two journeys continuing to Bainbridge, Askrigg, Carperby, Redmire and Castle Bolton.

The maximum single fare on all local buses, including the Garsdale Station Shuttle Bus and Wensleydale Explorer Bus is just £2, and elderly/disabled bus passes are valid for free travel on the Little White Bus from **8.30am to 6.00pm on Monday to Saturday and all day on Sundays**.

Full details of these services are available in timetable leaflets available from many local outlets, including the Upper Dales Community Office and Dales Countryside Museum in Hawes, and online at www.littlewhitebus.co.uk and www.dalesbus.org.

Re-launch of Leyburn Tennis Club

After a winter of significant renovation and maintenance Leyburn TC is ready for a Spring re-launch. Thanks are due to local Councilor Karin Sedgewick and the Wensleydale School Head – Julia Polley, for their support and assistance. Also to Saddler Maintenance Services for their work on the three Courts.

If you think you might have the next budding Andy Murray or Emma Raducanu under your nose – or you just want you or your kids to have a bit of fun, dust off those rackets and get in touch. New annual memberships are now being taken:

Juniors £15, Seniors £30, Families £40. (2 adults and 2 children in the same household).

Email Butterworth17@btinternet.com or ring **07818 048755** for further details.

LTA COACHING: Junior and Adult Coaching sessions will start this month on **Wednesday and Friday, 4.00pm - 8.00pm** with friendly, qualified LTA Coaches from beginner to expert level.

Book your free taster with Jonathan Saddler at jonathansaddler@me.com or sms/WhatsApp **07980 556463**. For further info visit: www.saddlertennis.com.

The Little White Bus Day Trips 2024

Day trips from Hawes, Richmond and surrounding villages.

Date	Departures from	Departure time	Destination	Return ticket price
2nd May 4th July 5th September 7th November 12th December	Hawes, Askrigg, Bainbridge	9.30am Askrigg 10.00am Hawes	Kendal	£16
14th May 9th July 8th October 17th December	Richmond, Scotton, Catterick, Tunstall, Scorton etc	10.00am Richmond 10.15am Tunstall 10.20am Catterick 10.25am Scorton	Teesside Park	£14
6th June	Hawes, Askrigg, Bainbridge	9.30am Askrigg 10.00am Hawes	Penrith	£20
11th June	Richmond, Scotton, Catterick, Tunstall, Scorton etc	10.00am Richmond 10.15am Tunstall 10.20am Catterick 10.25am Scorton	Whitby	£20
10th September 12th November	Richmond, Scotton, Catterick, Tunstall, Scorton etc	10.00am Richmond 10.15am Tunstall 10.20am Catterick 10.25am Scorton	Harrogate	£18
3rd October	Hawes, Askrigg, Bainbridge	9.30am Hawes 10.00am Askrigg	Harrogate	£20

The driver will confirm exact return times and locations on the day, but the bus will arrive back at the first departure point no later than **4.30pm**.

Where appropriate the bus will stop en route for bathroom breaks.

Trips should be booked at <https://www.littlewhitebus.co.uk/day-trips/>, by calling **01969 667400**, in person at the Hawes Community Office, or by e-mail to bookings@udcp.co.uk.

All bookings must be paid for in advance. Refunds can only be given if the place can be re-sold. Little White Bus reserves the right to cancel services that do not have enough passengers to make them viable. If this is the case, full refunds will be given.

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We offer classes in Yogafusion, combining dance, Yoga and mindfulness to encourage healthy habits and a more positive mind ,body and soul.

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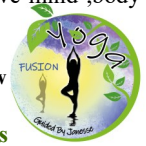
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Fridays 6pm

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Yorebridge Sport and Leisure Centre

The Wensleydale Centre, Askrigg.
Tel. 01969 650060

Anyone for Tennis ?

Yorebridge Tennis Club located in Askrigg has two excellent carpet Tennis Courts. The MUGA (multi use games area) was carpeted a couple of years ago and is also used for football, basketball and hockey.

For 2024, we have taken the plunge and registered the courts with the LTA (Lawn Tennis Association). The courts are available on a Pay and Play basis or there are several membership options available.

We are always pleased to welcome new members. We welcome all abilities, whether you are a junior or an adult, a beginner on the court or returning to tennis after a long break. If you don't have a Tennis racket or balls then we have spares which you can use free of charge.

After Easter, Social Tennis starts on a **Monday from 6.00pm to 8.00pm**. There is also coaching available from our LTA Level 4 coach, Mark Hamilton. Mark offers one to one as well as small group coaching sessions.

The courts can be booked here: <https://clubspark.lta.org.uk/YorebridgeTennisClub>.

To get more information you can email yorebridgetennis@gmail.com.

Yoga classes

Yoga classes with Michelle. Yoga (for those with some yoga experience) **Tuesdays 2.00pm – 3.00pm**.

Costs are £8.50 pay as you go. Michelle is an advanced yoga teacher, teacher trainer and yoga therapist. Please contact her directly for more details at: yogamichelle@ymail.com.

Gym facility and membership – now available through Clubbright gym management system.

We have a variety of gym memberships that allow you to use the gym and have a great workout to meet your needs. Come down to a well-equipped gym with a variety of kit to suit everyone's workout needs.

There are several different gym membership packages including 6-month memberships; monthly pay as you go; couples, student, and junior memberships as well as guest day passes.

See yorebridgesportandleisure.clubbright.co.uk/Account/Login.

Soft Play We now have a dedicated room which is available for hire - £5 per family for 2 hours or why not try our monthly subscription £15 unlimited use? For social, active play with your babies and pre-school child. Book and pay online.

Fitness classes - via zoom or live class as indicated: Booking is essential for all classes.

Booking and enquiries can be made via our management system [Yorebridgesportandleisure.clubbright.co.uk/Account/Login](https://yorebridgesportandleisure.clubbright.co.uk/Account/Login) or email admin@yorebridge-sport.co.uk or telephone **01969 650060**. Classes are: (£8 pay as you go or class membership option available).

Fit for Life - Mondays (zoom) 9.15am - 10.15am. Building and Maintaining Strength to live life your way.

Tennis – Mondays 6.00pm. Live social tennis weather permitting, get in touch to join this group.

Walking Circuit – Wednesdays (zoom) 9.15am - 10.15am. Exercises to keep active people, active.

Strong and Able – Fridays (live) 11.00am. Maintain your ability to get out and enjoy life, build muscle tone, stability around movement and keep flexible and mobile around joints. Standing and chair-based exercise.

With Millie; Move and Tone – Wednesday (live) Aerobics session to music followed by core strength exercises for toning. 7.00pm (£8).

Circuits – Sunday 4.00pm. High intensity workout. Live.

High Intensity Bootcamp with Kirsten, Tuesday and Thursday 6.00am -7.00am – get that morning metabolism boost.

We also offer Conversational French – **Tuesdays 9.30am -10.45am**. Cost is £6 per session.

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Upper Dales Health Watch

The Patient Participation Group for the
Central Dales Practice

Synopsis of the minutes of the meeting held
on March 24th

The Central Dales Practice newsletter will start
in April.

'Friends & Family' test – a text message was
sent randomly to 100 patients. 20 have so far
replied giving a 5-star rating which is a great
boost for staff.

A new phone system will start in May. This
system is used by other practices in the area
which will be of mutual benefit.

The Pharmacy First campaign is age-related
and covers sore throats, earache, shingles,
sinusitis, impetigo and insect bites. Triage is still
being worked out, as some of the current
guidelines are flawed.

A Well Woman Clinic which had been
attended by over 100 people and was thought to
have been a very good event. A Men's Health

Day will be held in June at the Hawes Auction
Mart which will include representatives from
mental health, Farming Community Network
(FCN), Hawes Community Network, Police etc.
It is hoped someone with Prostate Cancer
expertise will be able to attend. All comers are
welcome. It's not just for farmers and
gamekeepers. A Winter Health clinic will be
held in the autumn and a fourth event is planned
for next spring.

Redmire Parish Council did not feel there was
sufficient breadth, depth and choice of health-
related services in this rural area so are planning
a meeting with Integrated Care Board personnel
on **June 4th**.

Anyone having difficulty making a phone call
before **10.30am** for an appointment should
consider making a E consultation online giving
details of when they would be able to
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Jane Ritchie, Hon. Secretary

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CINEMA

(£6, or £5 for 60+ / U14. Unless otherwise stated)

THU 2 MAY	7pm	John Singer Sargent: Fashion & Swagger *£12
FRI 3 MAY	6pm	The Color Purple (12A) 2h 21
TUE 7 MAY	7pm	The Promised Land (15) 2h 7 (Exploring Film)
FRI 10 MAY	6pm	The Velvet Queen (12A) 1h 32
THU 16 MAY	7pm	42nd Street – The Musical (Live Event) *£12
FRI 17 MAY	6pm	The Holdovers (15) 2hs 13
FRI 24 MAY	6pm	Zone of Interest (12A) 1h 45
FRI 31 MAY	6pm	The End We Start From (15) 1h 42

OTHER EVENTS & NEWS (*Half price entry for our volunteers)

FRI & SAT 10 & 11 MAY Plant Fayre Free Entry

SAT 11 MAY 7:30pm Chris Bannister (Live Music) *£12

SAT 25 MAY 7:30pm Maybe Dick (Live Theatre) *£12

SAT 15 JUNE 7:30pm The Solid Gold 60's Show (Live Music) *£12

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Barry Cruickshanks

01969 667458

uwnlinput@gmail.com

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We appreciate being asked before any part of the Newsletter is reproduced.

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If you would like to receive the Newsletter by post every month the cost is £14 per annum. Please pay by BACS (Account **74237721**, sort code **51-61-33**) and send your full address details to uwnlinput@gmail.com. Or send a cheque for this amount (made out to the Upper Wensleydale Newsletter) plus your details to Karen Jones, Skellgill Cottage, Skellgill Lane, Askrigg, DL8 3JG.

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01969 667458

Email for submission of articles, what's ons, letters etc.: **uwnlinput@gmail.com**

Newsletters on line, simply search on "Upper Wensleydale Newsletter"
Archive hard copies back to 1995 are in the Dales Countryside Museum resources room.

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Kevin Davis,

Committee: Malcolm Carruthers,
Tony Hutchinson, Karen Jones (Treasurer),
Neil Piper, Karen Prudden,

**Founded in 1995
by the late Alan S. Watkinson**