

THE UPPER WENSLEYDALE NEWSLETTER

Issue 317

March 2025

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

Guest Editorial

Since the covid lockdown there has been a great deal of media attention given to something called 'work-life balance'. Lots of articles are being written offering advice on this - how to determine if your work-life balance is right, recognising when it starts to be unhealthy, what to do if your life feels unbalanced and you find yourself stressed and anxious. I don't remember this being something that anybody I know used to talk about, but today, with so many people choosing to work from home it is a question that deserves attention.

For although some people can make that choice, there are many jobs that cannot be undertaken at home. Here in the Dales working from home is simply impossible if you are a farmer; I can set my watch every morning by the sound of a neighbouring farmer going past my house just before seven o'clock on his way to feed the sheep. There is no working from home if you are looking after animals, nor if you are emptying dustbins, caring for patients, performing operations, delivering supplies, repairing machinery, cleaning, driving trains and buses or any of the tens of thousands of physical jobs that keep the world around us from grinding to a halt.

I am one of the privileged few who have benefitted from being able to work from home. As a writer, all I need is a desk and something to write with, as a university professor, albeit semi-retired, I can communicate with doctoral students and colleagues via zoom, and during covid and a subsequent long illness this was a lifeline. But it is hardly an ideal way to operate. For example, part of an academic's role is to give lectures and over many years I have met countless interesting people at conferences, where after the formal parts are over, informal conversations happen over coffee or a drink and these often lead on to research collaborations as ideas are shared and people get to know one another. None of that happens in a zoom meeting where you sign in and then leave as soon as the time expires.

Whatever kind of work you are engaged in, the crucial factor is relating to other people. Working from home means that you are not interacting with people in the way you would in a place of work, so there is no opportunity to learn from others who may have had more years of experience to share. There is also the risk, if you work from home, that other family

members will keep intruding on your space, maybe nicely, offering cups of tea or more likely, asking you to do things because you just happen to be around the house.

The big advantage of working from home, so people say, is that you can manage your own time, taking a break when you feel like it, doing more hours one day and fewer hours on another, so long as all the hours add up by the end of the working week. This matters, because one of the issues that keeps arising in the advice given regarding work-life balance is the pressure caused by the need to accomplish tasks within a given time frame. Apparently there are many people who feel oppressed by such pressures and time is a big factor in upsetting what ought to be a healthy work-life balance.

Some years ago I read a fascinating book about how attitudes towards time changed in the fifteenth and sixteenth centuries. Of course time had been measured long before that, and we can still see examples of sundials, water clocks and lunar calendars with ancient mechanisms, like the oldest mechanical clock in the world in Salisbury cathedral, said to date from around 1386. We can visit the great clocks in Prague or in Lund cathedral in Sweden which record phases of the moon and the movement of planets. These old clocks were made in an age when it was believed that the sun as well as the moon revolved around the earth, rather than the other way round which we know today. Incredibly, though these clocks were made in the 1400s, there are still experts around today who can renovate them and ensure that they still operate.

The invention of clocks as we know them, affordable clocks that could be used in homes and in places of work revolutionised ideas about time. Where once people got up in daylight and went to bed in the dark, the use of clocks changed all that. Workers could be given a time to start work and a time to end it, as could pupils in schools and being late meant that they could be punished. Time began to be used as a means of control and later, with the invention of the railway and then the motor car, timetables were introduced, so that people not only had to think about getting children to school on time, but ensuring that they caught a train or a bus on time so as to arrive at work on time. The success of the industrial revolution was in part due to the organisation of workers' time, in factories, mines and across society more generally.

I have a copy of a notice from just before the First World War started which specifies the hours of work for 'young persons under 18' according to the Shops Act of 1912. This states that such a young person must not be employed for more than 74 hours, including meal times in any week. It goes on to be quite specific:

"The total number of hours permitted by the Factory and Workshop Act for a young person is 12 hours, including 1 and a half hours for meals on an ordinary day, and 8 hours, including half an hour for a meal, on the weekly short day"

Today, this seems incredibly harsh. In 2024, the average number of hours worked per week in Britain was 36.6, almost half the hours specified a hundred years ago for persons under 18, which meant that over-18s must have worked far longer than that. We can look back at those days in dismay, seeing how hard life was for so many millions of people, who had no work-life balance at all. Perhaps we should fret less about our work-life balance and reflect on how fortunate we are to be alive in today's more tolerant world.

Susan Bassnett



Eunice the Ewe

In February I was hiding in the Cinema & Events advert on page 40 in 'Tea With Mussolini' and the lucky winner of the £10 prize is David Sharpe of Cockermouth.

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



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A Date for Your Diary

Wednesday, March 26th at 4.00pm

SYCAMORE HALL, BAINBRIDGE
ANNUAL GENERAL MEETING OF
THE NEWSLETTER

All readers are welcome to attend.

Submission of articles

Please note that all submissions should comply with current copyright legislation. If submitted articles are not the original work of the person submitting them, then all relevant permission should be sought and granted for reproduction.

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NEXT ISSUE IS**

**TUESDAY MARCH 25th
PUBLISHED ON APRIL 2nd**

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March Competition

For the March edition, here are clues to words which contain 'MAR' somewhere within them.

1. First (7)
2. Tent (7)
3. Language rules (7)
4. Jointed puppet with strings (10)
5. Cooking pot (7)
6. Town 14 miles NE of Cambridge (9)
7. Between a duke and an earl (8)
8. Belladonna lily (9)
9. Squirrel-sized new world monkey (7)
10. Excessively ingratiating or insincerely earnest (6)
11. Spongey sweet (11)
12. Just ordinary (12)
13. Small boat home (6)
14. Single percussion instrument (6)
15. Gin and Vermouth (7)
16. Hitchcock's 1964 psychological thriller (6)
17. Volcano vent (8)
18. Greenish-blue colour (10)
19. Picture or pattern formed from different woods (9)
20. Mrs Simpson (5)

Please send in your answers to arrive by **Tuesday March 25th**. Don't forget to include details of your nominated charity which will receive the £50 prize should you win.



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February Competition Answers

1. Beggarmans Road
2. Cam High Road
3. Cragside Road
4. Mire Bank Lane
5. Heads Bank
6. Thoresby Lane
7. Morpeth Gate
8. Langthwaite Lane
9. Oxclose Road
10. Mossy Lane
11. Whiterow Road
12. Carpley Green Road.

There were very few entries this month and the winning entry was from Kelvin and Mary Young of Skeeby whose nominated charity to receive the £50 prize is Yorkshire Air Ambulance.

Marsett Sing-a-Long

Bainbridge Village Hall
on **Sunday, March 16th at 2.30pm.**

Retiring collection for the Air Ambulance. The collection from the Christmas sing-a-long for Herriot Hospice Homecare was £254.70. Thank you to all who supported us.

Drop-off points and contacts

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

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
Thoraby:	Neil Piper	663747
West Witton	Christine Barker, Chestnut Garth	624934
Preston and Castle Bolton	Alastair McLachlan	07817 709167

Brighter Later

We get more than our fair share of short, murky days this far up dale, so let's set about banishing the gloom with a bit of 'glow in the dark' planting, using dependable specimens which won't shut up shop, even as that elusive sun goes down.

Large leaved sieboldiana hostas spring to mind; I'm like a stuck record with this one, yet that luminous blue through to October is irresistible. 'Elegans' ambitiously attempts to rival rhubarb for size, so if you're a bit on the delicate side and find such extravagant growth too much, you poor thing, then temper it with profuse clumps of winter/spring flowering hellebores. There are loads to choose from although I particularly like the dazzlingly white 'Potter's Wheel', guaranteed to illuminate any dark as a dungeon border. Unless you're going all Goth, avoid the melancholic 'Pluto' types as they're far too dark, especially in the depths of a never ending, raw spring. Personally, I tidy up hellebores after flowering, cutting out the straggly, blackened leaves and encouraging new growth.

Best of all for evening brilliance are the long flowering shrub/ perennial hypericums, in bloom from late June through to October and, if carefully chosen, rewarding you with clumps of decorative red/orange/black berries into autumn – versatile or what?

It's best not to rush in, as some St. John's wort are invasive; I stay well clear of that delightfully named rascal, the Rose of Sharon 'calycinum' as it can spread like wildfire and swamp your innocently quaking rockery. Digging it out involves major Rio Tinto style relandscaping – short of employing a JCB or resorting to dynamite it will sneak back, so, apologies for being opinionated. Avoid. 'Cerastioides' or 'Polyphyllum', both at just over 1 foot aren't as aggressive, but will need better drainage and more sun on their backs.

So, back to bringing in the light and I'm using two of my favourite hypericums, either 'Hidcote' or inodorum 'Elstead' (this one seeds and suckers around a bit so, no alternative, bend that back and boss it). Both have no problem piercing the summer/autumn twilight with their vivid yellows and can be pruned back after berrying in winter, as they both flower on new wood in spring.

A couple of articles back, I was raving about single planting schemes, exclusively using ferns to create effect. It worked a treat (I very occasionally have my moments) so I repeated the trick with 'Elstead', filling a 20 foot border with nothing else. Illuminating the garden for months, it also hummed with bees, deafening it was, and then gifted those berries.... what a crazy love affair I have with this workhorse, yet with that level of interest and evening gleam over such a long period, it's well - earned.

At 4 foot by 5 foot', 'Hidcote' is the favoured giant, a dense, semi-evergreen with large, golden cup-shaped flowers persisting into autumn. That popularity's down to it being so easy to grow; the aforementioned annual pruning, its shade tolerance and an ability to thrive in the poorest of soils are huge plus points and make it almost compulsory planting.

Don't get me started on the variegated stuff. White margined fatsias, cream edged myrtle etc. all recoil from the first breath of a cool north easterly and demand the cotton wool treatment. There's a hypericum member of this awkward squad so beware - 'tricolor' has the same petty demands and will, if they are not met, burn and wither, so it's not one I'd use.

Reading back, maybe I have been a tad unkind re calycinum, so, Rose of Sharon, please forgive me, as your ability to clothe dry banks, scree slopes, urban wasteland, well, to flourish just about anywhere, and your durability as you tough it out in countless neglected concrete planters in cheerless motorway service stations demands respect. You're not coming anywhere near my garden though.

Ed Gardener



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UWNL Children's Story Writing Competition 2023

And the runners-up are.....

As promised in last month's newsletter here are two of the runners-up in the annual story-writing competition.

Years 5 - 6 Category Otis Middleton from the BAWB Federation of Primary Schools and Patrick Keiley of Hawes School.

Otis Middleton's Story



The noise was louder now. The shrieks of souls being crushed through my ear. I could hardly breathe. This dimension is cursed, don't come through the portal, GO AWAY.

My name is Sid.

For a living I'm a metal detector. I'm pretty good at it.

My usual routine for the day is to wake up, do metal detecting, go home, and go to bed. But on

one particular occasion my routine was disrupted.

One day I woke up expecting an ordinary morning, but I was wrong.

I was metal detecting, walking along the beach, waiting for it to start beeping, waiting, walking and then, beep beep beep. I got out my shovel, expecting a rusty bottle cap, a needle, but no, this was a book entombed in metal. Its shiny appearance was puzzling, no picture on the cover just metal.

I brought it home, wondering why it was covered in metal. When I opened it, I was shocked. It was talking about a way to get through a mirror. You had to perform some sort of ritual to a mirror in order to get to this dimension called 'The Mirror Realm'. My heart was out of my chest. "What is this?" I wondered.

I went to bed traumatised.

I had a dream, I went through the mirror and there was everything you would want, a private butler, a mansion, your dream car, everything!

I woke up the next day.

Extremely curious. I did the ritual. A few hand waves and the mirror started glowing. Gobsmacked, I entered the mirror with the book at my side. At first, I thought it was some kind of wonder city. I was wrong.

All the colours were inverted. grass was red and the sky was orange.

I was confused. "This is not like my dream" I looked outside and saw something, in fact it wasn't one it was loads. About 10ft creatures long and extremely skinny. Speechless, I scrambled to my book for answers.

Apparently, they were Nighthawkers, the humans of their world, and were extremely hostile to beings that aren't their kind. I tried to get back through the mirror, but they were behind me.

I ran as fast as I could to the mirror, but they caught me. I froze, they had a million eyes, and their breath stank.

They licked me.

"AAAhHhHHhH" I screamed as loud as I could.

Every sharp pointy tooth they had in their mouth looked as if they could slice a rock in half.

They touched me with their finger and my heart stopped. All the pain I experienced happened to me at once.

I trembled, I am not going to die.

I kicked it in its head, spat in its eyes and ran.

I sprinted for the mirror and sprinted past the nighthawkers.

I jumped into the mirror, but didn't go through.

They picked me up and blew in my ear, the shrieks of the souls were coming from inside me....

Otis Middleton, Year 6

Judge's comments: Otis is a natural storyteller, writing with flair and imagination. He sustains his storyline throughout a well-shaped tale. Always ambitious in his vocabulary choices with some excellent details.

Patrick Keiley's Story



The noise was louder now. He listened intently as a deafening, unsettled roar scattered over the land. Tom was frightened, injured and soaked through to the bone. He was stranded on an island off the coast of mainland Scotland. His plane had crashed, but luckily, he survived.

There it was again. The noise. But it was much louder now like a megaphone on full stretch. Tom was much more worried now. He stood up then shouted, "ANYBODY THERE?". His voice was anxious and cold like an iceberg.

He started walking towards the sound, pushing through a thorny, poisoned bramble bush... There it was - an enormous, vicious Tyrannosaurus Rex!

Tom ran for his life then sheltered under a thick, muddy log where it couldn't track his sent. Although the dinosaur couldn't smell him, he was right in middle of a tarpit. He tried to move, but he couldn't then, he noticed something even worse, the dinosaur was trying to flip over the log!

At that moment, he had an idea. Pulling out his pocketknife, he stabbed the ground then started to pull. He managed to get out of the sticky, disgusting tar and gave a relieved sigh, until he looked behind him to where the rex stared straight at him with it's yellow, terrifying eyes.

He knew he had to run for his life or die. He only had one chance, and he took it. With fear rushing through his heart, he raced through the jungle to a rough, deep river filled with stones. But then, a slight movement stopped him from crossing it like the Loch Ness monster was lurking.

He said to himself. "It is now or never". So, hearing that, he dived in and the beast powered behind. He swam for his life until he saw something even bigger than the rex.

In one bite, the massive Mosasaur gripped neck of the Rex and dragged it down to the depths.

Suddenly, he heard a much louder noise. Once again, he pulled out his knife to fight whatever

it was, but with a sigh of relief, he realised it was a helicopter! The helicopter lightly landed and a man said to him, "You are going home Mr Murdoc".

By Patrick Keiley, Year 5

Judge's comments: By beginning and ending in reality, Patrick makes his adventure more believable - a clever idea. He builds up tension, using the writer's tools of adjectives, strong verbs and similes effectively. Well done!



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Upper Wensleydale Benefice Services in March

	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
March 2nd	The Gathering – Benefice Family Communion, St Oswald's Church 10.30am			
March 7th	Sycamore Hall - Communion in the TV Lounge. 10.00am			
March 8th	Coffee Morning Askrigg Village Hall. 10.00am - Noon			
March 9th	Morning Prayer	Holy Communion	Café Style	Soup followed by Communion 12.30pm
March 16th	Holy Communion	Family Service	Morning Prayer	
March 23rd	Morning Prayer	Holy Communion	Holy Communion	Afternoon Prayer and Pathfinders
Evening Prayer by telephone is held at 4.00pm every Sunday. For details see the website www.upperwensleydalechurch.org/services				

Leaning Into Lent

'National Hug Day' escaped my notice this year (a pity as I like a hug). The idea is to draw attention to the importance of expressing love and care towards others. A hug shows affection but it's also been proven to be beneficial in reducing stress (I guess the last quality depends on who is hugging you!).

March 5th sees the start of the Christian season of Lent. Like Advent, it's traditionally a time of contemplation and reflection marking the 40 days Jesus spent in the wilderness before his ministry began, but it's also a time of abstinence. Going without something can help us appreciate the things we often take for granted and for Christians it's an opportunity to refocus attention on the wonder of the love of God that is there for us all to receive if only we would stop and notice. I like to encourage folk to adopt a dual approach to Lent – abstain from one thing to take on something else. This year the church family in the upper Dale are being encouraged to take part in a global initiative called '40 Acts' – spreading the Love of God through 40 acts of intentional generosity. Search

online for details. Perhaps you might like to join in? The world could certainly do with some more kindness right now and not contained to one particular day.

I will also be holding a 'Question Time' session in a café in Hawes on a **Tuesday morning: 10.30 to noon** – venue to be displayed outside St Margaret's. Why not join me for a drink and a chat to ask those questions about faith and the Church that we all have at some time? It would be lovely to spend some time with you.

Looking ahead into April, we will be holding our popular 'Easter Daybreak Service' on the shore of Semerwater with a BBQ breakfast, but this year we will also be celebrating two baptisms by immersion! More on this next month, but if anyone can offer the shelter of a motorhome or campervan for the two ladies to change in after the event I would be extremely grateful if you could get in touch and let me know.

May this Lent be a time of blessing for us all.

Per'ave.

News From Sycamore Hall

We have had a quiet start to the year which is very typical as the weather is usually so inclement and we are all exhausted after the festive period!

We have welcomed Lisa and Andy to our restaurant - now re-named 'Dobson's at Sycamore Hall'. We are all getting used to each other and are enjoying some new dishes. The restaurant is open **noon to 2.00pm** every day except Saturday and Monday. Visitors are welcome so do come along and join us! Sunday lunch has proved very popular so far and it is best to book if you can. There is also a 'takeaway' option on Fridays - details on Facebook.

We had a visit from some of the young children from the BAWB Federation who came to one of our Coffee Mornings. They had done some lovely pictures which they handed out to everyone there and which are no doubt now adorning the walls of many of our flats. It was lovely to see them and we hope they will return again soon.

Meanwhile, we have welcomed some new residents who we hope will settle quickly and enjoy their new homes.

We have had a meeting with our new gardener who will be starting work on the garden in the spring. We have put forward our ideas and requests to improve the grounds and we can't wait to see what he can do for us.

We are back into the routine of our regular weekly activities and we would like to invite you to join us for any of these:-

Mondays at 2.00pm - 'Knit and Natter' and Dominoes;

Tuesdays at 10.30am - Bingo or Quiz;

Thursdays at 10.30am - Coffee Morning;

Fridays at 11.00am - Gentle Seated Exercise with Janet Seymour.

Monthly services take place with Revd Dave Clark and the local Methodist Preachers. Please check for dates each month.

Numbers are increasing for our dominoes sessions which take place on **Mondays at 2.00pm** (and occasionally on other afternoons at the same time). It seems to be taken quite seriously but is certainly enjoyed by our keen players! We are delighted to welcome members

of our local communities to come along and join us for these sessions.

We are now planning the launch of our community cinema which will be open to everyone. As numbers per showing will be limited, we would like to create a mailing list to ensure that all those interested in coming to see our films get good notice of showing and can book their seats. If you would like to be on our mailing list, please send your contact details to sycamorecountrystore1@outlook.com or call in to see Karen or Sonja.

Our independent businesses are open, as usual. Sycamore Country Store is open **Monday to Friday, 9.00am to 1.00pm** for your everyday shopping needs with regular deliveries of fresh milk, eggs, bread, pasties and cakes etc. along with a twice-weekly sandwich delivery. Come and visit us to see our range!

Mabel and Maisy's Mini Emporium is open at Sonja's Hair Salon (generally **Thursday, Friday and Saturday**). Call in to see the range of toiletries, jewellery and other gifts available. You could also make an appointment to have your hair done while you are there!

The Post Office is with us on **Mondays and Wednesdays between 9.0 am and 11.00am** and the library is open every day.

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Heavens Above

We've two impressive eclipses this month – a total eclipse of the Moon on **March 14th** and a partial one of the Sun at the end of March. You'll have to be up pretty early to catch the Lunar eclipse as it starts at **5.10am**. Unfortunately when the Moon is fully immersed in the Earth's shadow (around **6.26am**), it's just about to set, so you'll have to find a really clear north-eastern horizon to get a proper view of it.

The solar eclipse on **March 29th** begins at **10.00am** and lasts about two hours finishing about **noon**. Maximum eclipse occurs between **10.55am** and **11.05am**, when just over 30% of the Sun's disc will be obscured by the Moon. A few words of warning – if you plan on watching an eclipse of the Sun NEVER look directly at it with binoculars or a telescope as you will seriously damage your eyesight. Unless you've got access to specialist equipment the only way to view the Sun is by projecting its image onto a shaded sheet of white card via one of the eye-pieces of your binoculars.

Now that March is here it's your last chance to get a decent view of Orion and the rest of the winter stars before they fade away into the twilight. They're still well up in the south-west early in the evening but by the end of March they've been elbowed aside by the main springtime constellations of Virgo, Leo, and Bootes the Herdsman coming in from the east.

Spring itself officially begins at the Vernal Equinox on **March 20th** when the Sun crosses the celestial equator from south to north again. Don't confuse this with the start of British Summer Time on **March 30th** when you need to put your clocks forward an hour.

We also say goodbye to Venus this month. Earth's nearest planetary neighbour has been a brilliant object right through the winter months. It's still very prominent until the middle of March but soon after that it swings behind the Sun and disappears from view for a short time before returning as a lovely Morning Star right at the end of the month low in the east before dawn. Jupiter and Mars are still on show though, reasonably high in the south-west until late on in the evening along with tiny Mercury, low down in the west-south-west during the first couple of weeks of March.

Have clear skies!

Al Bireo

Badminton at Thornton Rust

Are you looking for a fun and engaging way to stay fit and meet new people?

Then look no further! Our Badminton Club is the perfect place for you to enjoy this exciting sport, whether you are a beginner or an experienced player.

Joining Thornton Rust Badminton Club means becoming part of a friendly and supportive community. You will have the opportunity to meet like-minded individuals and experience the joy of this wonderful sport. We look forward to welcoming you to our community, so don't wait any longer.

If you have any questions or need more information, feel free to get in touch with us. Contact **Martyn Donno** - email martyn@donno.co.uk; Tel: **01969 662649**. Address - Brackengarth, Thornton Rust, Leyburn, DL8 3AN.

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Dates For Your Diary

Mother's Day Tea Train – **Sunday, March 30th** at **2.30pm** - Your Mum deserves something different this Mother's Day. Treat her to afternoon tea on a train! Enjoy a scenic journey through the Yorkshire Dales whilst being served a glass of prosecco and then a selection of sandwiches, pies, scones and traybakes on delicate vintage china with unlimited tea and coffee. Price £49 per head including lunch and travel. For more details see <https://wensleydale-railway.co.uk/mothers-day-tea-train/>.

Easter Sunday Tea Train – **Sunday, April 20th** at **2.30pm** - Make your Easter 'eggstra' special onboard our Easter Sunday afternoon tea train! Enjoy a scenic journey whilst being served a glass of prosecco and then a selection of sandwiches, corned beef and potato bake, leek and feta tart, scones and cakes on delicate vintage china with unlimited tea and coffee.

Price £49 per head including lunch and travel. For more details see <https://wensleydale-railway.co.uk/easter-tea-train/>.

Fish and Chip Trains - All aboard the 'Wensleydale Fryer' - our Saturday lunchtime Fish and Chips dining trains. - They will run on **April 12th, May 24th, June 7th, July 12th, August 9th, September 13th and October 11th**. Last year these trains sold out very quickly, so early booking is essential. For more details see https://wensleydale-railway.co.uk/wensleydale_fryer/.

The Gin Train Experience - All aboard The Gin Train Experience! We are pleased to announce that we will once again be hosting the Taplin and Mageean Gin Train. Enjoy a full range of their award-winning Gin and Tonics from the comfort of a private carriage on our Railway! They will run on **April 26th, June 21st, July 19th, August 2nd and October 4th**. For more details see - <https://wensleydale-railway.co.uk/gintrainexperience/>.

Polar Express 2025 – Tickets out now to join THE POLAR EXPRESS TM Train Ride this Christmas 2025! Don't miss out on this magical experience and book your tickets today!: Just like last year the events company have one great golden ticket that grants you access to THE POLAR EXPRESS Train Ride. Booking is easier too. You don't need to select your seats like last year, they have reverted to manually allocating each of you. Make your booking and their team will ensure you are sat together. <https://yorkshiredalesthepolarexpressride.com/>.

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Bainbridge Archaeological Dig 2024.

On a miserable evening in September, I headed to Sycamore Hall to learn about the ongoing archaeological dig that has been taking place in Bainbridge over the past five years. Around fifteen people from the village and Sycamore Hall came along to hear a presentation given by David, Andy and Sean from Mercian Archaeological Services.

We heard how this project began back in 2018 and, since then, there have been a couple of weeks each year when members of the team, along with keen volunteers, came to Bainbridge to carry out further excavation and investigation. Volunteers have come from all over the world to join this project, including the USA and Australia. Each funds their own involvement but the project itself has to find funding every year to continue its work.

We already know that the Romans had been in the area and the late Bronze Age hill fort is well-known and listed as a Scheduled Ancient Monument. The fort and Roman road were investigated in the 1990s but it is believed there is more yet to find.

It is also well-known that Fors Abbey was situated near Breconbar, It was built in 1145 for the Savigniac Order who lived and worked there. However, the monks found the area inhospitable and unproductive and the abbey finally closed in 1156 when they re-located to Jervaulx where, as we know, a large abbey was established for the Cistercian monks.

The current project has been investigating areas of the village as we know it today and has focussed specifically on an area to the rear of Sycamore Hall. Over the course of the project so far, earthworks and remains of walls have been found suggesting that there was a significant property here in Medieval times. This could be the home of a significant local landowner, or a shooting lodge, used by the wealthy higher status residents of Middleham.

Over the years, there have been finds ranging in age from prehistoric times to pre and post medieval times, as well as more recent eras. There have been some really interesting finds, including clay pipes (one from 1656), medieval window glass and pottery, along with remnants of flint from the making of tools etc. Some of the most exciting finds have been pieces of

pottery - some originating from China and Germany, and one identified as part of a Tees Valley jug from the 13th -14th centuries. All of these finds indicate the high status of this property which, at the height of its use, would have been a significant feature in the Forest of Wensleydale.

There is no documented mention of Bainbridge until the 12th Century, some time between 1146 and 1170. It is believed that Bainbridge was the administrative centre of the Forest of Wensleydale, which stretched the length of the Dale. It would have fallen under the Lordship of Richmond but this estate was subsequently split with Bainbridge passing to the Lords of Middleham. Foresters were based in Bainbridge and their role was to 'police' the area. It is believed that they lived in properties along what is now Back Syke. Investigations in this area have identified twelve properties here, running west from the current road.

The presentation was fascinating and it is clear that there is much more work to be done in future years, subject to funding of course. We look forward to welcoming the team back next year, along with their volunteers. When the project eventually ends, all the information that has been found will be documented and available to all. More information can be found on the website www.mercian-as.co.uk.

K.P.

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2025 Wensleydale Tournament Dates

Our programme of events for March have now been finalised:

Adult speech competitions: **Monday 17th, Tuesday 18th and Wednesday, March 19th** from **6.00pm** at Leyburn Methodist Hall.

Junior speech competitions: **Tuesday, March 18th** from **9.20am** at Leyburn Methodist Hall.

Junior music competitions: **Thursday, March 27th** from **12.15pm** at Leyburn Methodist Hall.

Tickets cost £2 for junior events and £4 for adult events. Children 50p, under 5s free. Why

not pop in for an entertaining session of poetry and prose!

Our Choir Day at Tennant's Garden Rooms takes place on **Friday, March 28th**.

Junior competitions are from **10.00am**, and adult competitions from **5.45pm**.

Tickets cost £4 for the daytime event and £8 for the evening event. Children £1, under 5s free. Friends of the Tournament pay £1 for the day and £2 for the evening.

Please come along and support our many choirs and soloists from around the Dales. The Programme will be available in advance for £3.50 at Hewsons of Leyburn, or on the door.



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West Burton Shop

This newsletter has a long tradition of reporting new ventures in the Dales. Whilst it may be sad to say goodbye to those departing, it is always encouraging to see new people taking over, whether it be shops, pubs, cafes or indeed any business.

A recent change has occurred at West Burton shop. Village shops are closing at a rapid rate, so it was a relief to see that someone new had acquired the West Burton shop. The newcomers are Shridhar (usually known as Shri) and Neha. They took over on October 18th last year, which gives them plenty of quiet time to get used to running the shop before the busy summer season later this year. Shri was managing a large convenience store in Alfreton (Derbyshire) but had always wanted to develop his own business. He is a keen walker with much trekking experience in his native India, so when he saw the advert for West Burton shop, set in the wonderful Yorkshire Dales, he was immediately interested. Now he is exploring the hills around Walden, although his free time is very limited.

With an MBA degree from Sheffield Hallam University and his background in management, he is already expanding the business, partly as a result of asking customers what they would like to see in stock and, of course, he is introducing a range of Indian products. The shop opening hours are very committing: **9.00am to 6.00pm** every day; no days off or half days. This will

mean a lot of slack time in the winter but there is absolutely no doubt that having a shop which is reliably open is key to generating trade. If people are unsure whether the shop is open or not, they will go elsewhere. So far, West Burton folk (and others) have been very supportive.


The adjacent tearoom never quite reached its potential in recent years but Shri and Neha are determined to put that right. Neha is a qualified architect so she has reconfigured the layout and refreshed the décor, including a few of her strikingly colourful paintings. The new tearoom was opened on Saturday, February 8th and, like the shop, is open every day from **9.00am to 6.00pm**. Not surprisingly, as well as tea and cakes, there are also some home-made Indian meals and snacks to savour. Sounds good.

Clearly, moving to North Yorkshire has been a big change of lifestyle but Shri and Neha are very positive about the challenge. The Newsletter hopes that they make a success of the venture and enjoy their time here in the Dales.

N.P.

Tuesday Hawes Fish Market
Also door to door delivery every **Friday**. Pre-order or just turn up on a **Friday** at
Askrigg Stone Cross. **9.30am to 10.45am**
Bainbridge playground. **11.00am to 11.30am**
West Burton **12noon to 12.30pm**
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The role play area in our Sunshine room transformed into a restaurant this month. They



have been serving up Chinese dishes whilst we learnt all about the Chinese New Year. We danced to traditional music, read stories about how they celebrate with the dragon dances,

fireworks and wear the colour red to symbolise good luck. We made Chinese lanterns and had a go at writing some Chinese words.

We have been making healthy smoothies in the play area, chopping up different fruits and vegetables to put in them. This led to us

learning about healthy foods to help our bodies grow. Our ducklings room have been busy constructing using the tools and building blocks. We have all been sharing our love as we celebrated Valentines Day and made some delicious heart shaped biscuits.

We would like to thank Gary Riley who has set up a local walking group called Hawes Hounds and Hares. They have their own Facebook page and plan guided walks for all to join in. The cost is £2 per walk and the money raised will go towards purchasing resources for the children to use in Dalesplay. Keep a look out on our Facebook page and we will share the planned walks so you can get in touch and take part.

We are also now taking bookings for funded places to start after the Easter half term, please get in touch now to secure your place, dalesplay1@btconnect.com.

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“When in Doubt, Go to the Library”

(Harry Potter and the Chamber of Secrets)

Chapter 1.

Would J.K. Rowling still give Hermione Granger that line? Everything you need is on Google now, isn't it, even if it wasn't in 1998? And ChatGPT or some other annoyingly cheerful bot will even find it for you. Books are ridiculously easy to buy online and still relatively cheap, Leyburn and Richmond have small and precious bookshops, charity shops are bursting with books. And how many people you know actually use their local library?

Or, despite such scepticism, are there still good reasons for retaining and nurturing the Public Library service? This Chapter one of two begins to explore the issue, which concerns your library, if you know where it is, or when it's open, or what you'll find when you get there.

The concept of a library is such a wonderful one: a treasure house, a secure storage system for the knowledge in books which the library wishes to preserve for posterity and offer for study and pleasure. Alexander the Great created the first great library in the world in Alexandria in 334 BCE. It was to contain 'writings of all men as far as they are worth serious consideration'. At its height it contained over 500,000 books. For an age in which producing a book was such a laborious process, it was an extraordinary number. Inevitably the notorious bookworm Julius Caesar destroyed it in 48 BCE.

Magnificent libraries have been created and destroyed ever since, belonging to individuals, institutions, or more recently central and/or local government. Gradually the idea of the public library developed: Oxford's Bodleian (1602), Norwich (1608), Ipswich (1612) and Bristol (1613) were the first. In 1800 40% of males and 60% of females in England and Wales were illiterate. By 1900 that had dropped to 3% of both genders. The Victorians had worked wonders. The Public Libraries Act of 1850 allowed municipal boroughs to establish public libraries: Harrogate Library opened in 1867, York 60 years later. Private philanthropy enabled the construction of a vast number of small and medium sized libraries: by 1914, 62% of England's population lived within a library authority area. There was no central library system in North Yorkshire until 1927. Village Literary Institutes and Reading Rooms tried to fill the gap, without the resources to offer a wide range of books.

Things have changed since 334 BCE. Libraries no longer contain 'the writings of all men' but of women too. The criterion is no longer being 'worth serious consideration': if it's published, the British Library will have it. Liz Truss's 'Ten Years to Save the West' will be on the shelves until at least 2035. Libraries are larger and more inclusive: the world's largest, the US Library of Congress, houses over 32 million books; next comes the British Library with 13 million. But the total holdings of the British Library amount to 170 million items.

Comparing Dales libraries to this seems ridiculous, but consider: inside the enormous red brick building in Euston Road you don't see 13,000,000 books: you can't browse, and you certainly can't take them home. You order them and wait, for anything from 70 minutes to 2 days. Once your book emerges from an underground bunker there are pleasant reading rooms to enjoy, though nothing compared with the old British Museum one, where thousands of writers have researched and written. And at the end of the day the book goes back in the bunker. So what can a humble branch of a county library offer? Its shelves are tiny and so, it appears when you walk in, is the choice of books. Next month's Chapter 2 will explore these questions and look at the figures - not on Google, but from the horse's mouth.

A.M.



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Penhill Ladies

Our next meeting is titled 'From Beards to Tutus'. Hopefully, Helen from Swaledale Mountain Rescue Team will reveal the secret of the title when she joins us for the evening of **Wednesday, March 19th at 7.30pm** at Carperby Village Hall.

Her talk will highlight the fantastic work which the Swaledale Mountain Rescue Team do together with enlightening us more about why Beards to Tutus is an apt description of their team.

Due to the interest range of this talk the meeting will be open to visitors for £5.00, which includes light refreshments during the evening.

You can be assured of a warm welcome and who knows, you may decide to join us at a cost of just £25.00 for ten meetings.

Looking forward to seeing you there.

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It's All Change at the Butchers!

Okay, so maybe it is a bit late in telling you this, but in case you have missed it, Hammonds Butchers has moved on with the younger generation taking control!

Hammonds Butchers has been a feature of Bainbridge for a good many years now, located just by the bridge over the River Bain.

For the past two generations, it has been run by Harold and then Nigel Hammond but, in May 2023, the business moved on to the next generation. It is now run by Tom and Jack Hammond and Matt Dinsdale, all of whom have been working there for some years.

Matt (whose own father was a butcher) took a job at Hammonds after a successful period of work experience when he was at school. Tom joined in 2012 after finishing school and Jack did likewise in 2017 so they all have a good few years' experience before taking control themselves. Matt and Tom do most of the butchery and Jack does the deliveries and keeps on top of the paperwork. Needless to say, Nigel is on hand to help out at busy times (or maybe just to check what is going on!).

The shop is open **7.30am to 4.00pm on Mondays, Tuesdays, Thursdays and Fridays** and **7.30am to noon on Wednesdays and Saturdays**. Customers are welcome to call in but many place regular orders which are delivered direct to their home. Jack spends many an hour on the roads of Wensleydale, Bishopdale, Swaledale and Wharfedale delivering to numerous customers, both private and businesses. Great on a lovely sunny day, but a bit more challenging when the weather is not so good!

As far as possible, the business sources their meat from local farmers with Alan Blades of Hawes being one of their main suppliers. The closure of McIntyre's Abattoir at Bainbridge has naturally caused some issues as that had allowed animals to be killed and butchered without travelling far. Since the closure of this abattoir, Hammonds has used an abattoir near Leeds who deliver to Bainbridge on a weekly basis.

Hammonds is a traditional butchers and is a great facility in Bainbridge, especially for local customers and businesses although they often see visitors coming to try out the local offering. The boys tell me that, since Nigel retired, they have ventured into the modern world by getting a card machine so that they are not limited to

cash payments only! Good luck to them, I say! Technology is great, but in my experience, these machines are very temperamental! Still, there are now options of how to pay and that is always helpful.

After Covid, the business quietened a bit but things are starting to return to pre-Covid levels and it is hoped that trade will continue to improve, ensuring that the business continues for future generations. Certainly, there is a lot to be said these days for knowing where our meat comes from and being able to trace its journey to our plates and know that, along the way, it has been treated with respect.

Apparently, the bacon and sausages (secret recipe!) are best-sellers and receive many compliments and return customers. I can certainly vouch for the sausages!

So, get yourself down to Hammonds in Bainbridge and enjoy some delicious local meats. The boys are always pleased to see customers - both regulars and new ones! Give them a call to place an order on **01969 650631**.

K.P.

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Dales Charity Bingo Report


Since our last report we have enjoyed two entertaining evenings of bingo. Firstly, at Bainbridge on January 24th. Despite the very cold weather on the day, we welcomed nearly a full hall of players, young and old, in support the Bainbridge Christmas Lights fundraising. We were delighted to see some of the youngest players win prizes and we would like to thank everyone who came out on such a cold evening, and to Dillion for the brilliant job he did calling the raffle numbers. The evening raised over £300.

Our February bingo night was on Wednesday 12th in Hawes, where we again enjoyed a good night of bingo. Our charity for the night was Stop Ure Pollution (SUP). Pip Pointon gave us an interesting update on what the committee achieved, their testing results and future plans. The night raised £290 to help with SUP's ongoing water testing.

Our next Bingo night will be in Hawes on **Wednesday, March 12th** for the St. Margaret's Church Organ Restoration Fund – please see our advert on page 25.

As always, if your group would like to receive the profits from a future Bingo night, please email us at dalescharitybingo@gmail.com.

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***MARCH WHAT'S ON LISTING;
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March

- 5 Bellerby Study Group meeting. Bellerby Memorial Hall. 7.30pm. See p.34.
- 7 Dominoes. Carperby Institute. 7.30pm.
- 8 Jumble Sale. Market House, Hawes 9.30am. In aid of chimney repair.
- 10 Swaledale Festival booking opens. See p.22.
- 12 Bellerby Study Group meeting. Bellerby Memorial Hall. 7.30pm. See p.34.
- 12 Charity Bingo. Hawes Market Hall. 7.00pm. See p.19.
- 12-13 Nursery Taster Afternoon. Bainbridge Primary School. 1.30pm. See p.37.
- 13 Charity Coffee Morning. Gayle Institute. 10.00am.
- 14 Pie and Pea Supper and Concert. Stalling Busk School Room. 6.30pm. See p.17.
- 15 Concert. Reeth Memorial Hall. 8.00pm. See p.31.
- 16 Sing-a-long. Bainbridge Village Hall. 2.30pm. See p.4.
- 17-28 Wensleydale Tournament. See p.13.
- 19 Local History Group talk. Harmby Village Hall. 2.00pm. See p.25.
- 19 Penhill Ladies Meeting. Carperby Village Hall. 7.30pm. See p.17.
- 21 u3a Meeting. LA&CC. 10.00am. See p.35.
- 21 Concert. Reeth Memorial Hall. 6.30pm. See p.28.
- 23 Concert. Reeth Memorial Hall. 8.00pm. See p.31.
- 26 Newsletter AGM. Sycamore Hall. 4.00pm. See p.3.
- 26 Upper Wensleydale Luncheon Club. Street Head Inn. 12.30pm.
- 29 Bainbridge WI Meeting. Bainbridge Village Hall. 7.30pm. See p.26.
- 30 Mother's Day Tea Train. Wensleydale Railway. 2.30pm. See p.11.

Save the Date

Following the unfortunate postponing of our concert in November 2024 due to flooding, we are delighted to announce The Arton family will be performing on **Saturday, May 24th** in St. Mary and St. John's Church, Hardraw. More details in the April Newsletter.

Dales Countryside Museum News

Opening times: Daily **10.00am to 5.00pm** February to October, Last entry one hour before closing. Contact: hawes@yorkshiredales.org.uk or call **01969 666210**.

For those of you who don't know the Museum, here are a few things it's good to know:

- You can pop into the Firebox Café on site.
- We're an accessible site with a Changing Places facility.
- Assistance dogs are welcome and we have a dog owners shared ticket.
- We're family friendly – pushchairs and breast feeding welcome.
- You can get a £1 discount on our admission fee for one person with a DCM car parking ticket.
- We have electric car charging points in the car park.
- We have free WiFi and can access Ancestry from our research room.
- We're a base for the Yorkshire Dales Young Archaeologists' Club.
- We're supported by a volunteering team and the Friends of the DCM.

A Trail of Inspiration – The Pennine Way at 60. February 1st to May 5th.

We're receiving lovely feedback on this, our latest exhibition. Visitors are really appreciating the multi-media nature of the exhibits which include artwork, music, poetry and film inspired by the Pennine Way. If you've memories of the Pennine Way, you can share these in the exhibition in various ways.

Yorkshire Dales Young Archaeologists' Club:

The club meets once a month on a Saturday morning, **10.00am - noon**. At our meeting in February, mark making was the key theme and the young people created illuminated letters and had a go at gilding!

Young people aged 8 – 17 years are welcome to come along for a free trial session and the next opportunity to do this will be our meeting on **March 15th**. Please call **01969 666210** or email dcm@yorkshiredales.org.uk if your child might be interested in joining us.

Education and community engagement:

Schools have been doing some wonderful work both with our loan boxes and in the led sessions with Jane. If you'd like your class to be able to explore real objects in the classroom and learn about topics in an alternative way, whilst still meeting your curriculum requirements, do get in touch. We're taking bookings for activities running from Easter to the end of the summer term and beyond.

This month, Jane has visited the Dementia Forward group in Richmond, making butter and using the dairy loan box for a reminiscence session. If you lead, or are in contact with, a community group that you think would enjoy a hands-on session like this, do get in touch.

Here are the DCM events coming up in March and early April.

Events are included in the Museum admission unless otherwise stated and bookings can be made via hawes@yorkshiredales.org.uk unless otherwise stated.

The Trail of Inspiration Exhibition, 60 Years of the Pennine Way - Meet the Artist:

Tuesday, March 11th, Wednesday, March 19th, Thursday, March 27th, and Friday, April 4th; 10.00am - 3.00pm.

Come and chat all things Pennine Way with Sally, one of the contributors to the exhibition, and find out how her artwork has been inspired by this iconic trail.

Recipes and Remedies from the museum archives:

Tuesday, March 11th and Tuesday April 8th; 10.00am – 4.00pm.

Join Jane for a pop-up session in the museum to talk about some weird and wonderful recipes from our archives. Recipes for tasty traditional favourites, writing ink or poisons and remedies for aches, pains, coughs and colds for humans and animals.

Guided landscape painting with Anji Timlin:

Sunday, March 16th, 10.00am - 12.30pm or 1.00pm - 3.30pm.

Come and join me for a workshop where I will guide you through a relaxing and fun step by step process with lovely, velvety gouache paint. You will be painting alongside me to create your very own small landscape to

take home with you! Tea and coffee provided.

£45 per session. Booking required with morning or afternoon sessions available.

Dances of the Dales - Dance workshop:

Wednesday, March 19th, 1.00pm - 3.00pm.

In this workshop you will dance some of the over 50 dances (a mixture of folk dances and old -time dances) collected in the 20th century in the Yorkshire Dales. These dances were danced in the villages throughout the Dales and were a regular point of social contact for those who lived in these remote villages. In 2020, local musician and researcher, Bob Ellis, published a wonderful book, 'There was None of this Lazy Dancing!' in which he set out the collected tunes, dances, and accounts from people. It is a fantastic resource in which you can note not only the similarities and differences between some of the various versions of the dances and tunes, but also the gaps in some of the accounts of the dances that were regularly danced.

For this workshop, you don't need any experience of these dances, nor a partner. Sensible footwear is advisable. The workshop will be led by folk dancer, musician, caller and researcher Peter Barnard with music by Mark Wallace of The No Lazy Dancing Dance Band which is a collective whose aim is to promote the music and dance of the Yorkshire Dales.

£5 Booking required.

FDCM talk:

Friday, March 21st, 7.30pm - 9.00pm.

Hannah Kay talks about the Pennine Way and our exhibition, A Trail of Inspiration: the Pennine Way at 60

Free to members or donation for non-members

Family Activity Event - Plant Heather:

Wednesday, April 2nd, 1.00pm - 4.00pm.

Find out all about the Pennine Way in our latest exhibition and then join us in planting your own heather to take home. Drop in event. Time slots allocated on arrival

Hands on History - Board games through time:

Thursday, April 3rd, 1.00pm - 4.00pm.

Come and find out about the history of boardgames and have a go playing games from over 2000 years ago! Drop in event. Time slots allocated on arrival.



Booking for Swaledale Festival 2025 opens on March 10th

Tickets for Swaledale Festival 2025 go on public sale on **Monday, March 10th**. This year's Festival runs from **Saturday, May 24th to Saturday, June 7th**, with 60+ music, arts and walking events to inspire, transport and exhilarate in the spectacular northern Yorkshire Dales.

We celebrate the genius of Maurice Ravel 150 years after his birth. His shimmering colours feature in performances by renowned North East chamber orchestra Royal Northern Sinfonia with superstar trumpet soloist Matilda Lloyd, legendary French pianist Pascal Rogé, and in chamber music by Carducci String Quartet.



Matilda Lloyd

World-class artists come to our Dales stages, including the giant of Indian classical music Amjad Ali Khan, celebrated Cuban guitarist Eduardo Martín, harpist Lise Vandersmissen, jazz violin virtuoso Emma Fisk, and extraordinary turntablist Shiva Feshareki.

English supergroup Granny's Attic and the silken-voiced Martha Tilston bring foot-tapping folk.

Radio 4 favourite Mark Steel presents his hilarious new comedy show 'The Leopard in my House'.

There's theatre, film, and puppetry – as well as the annual Reeth Lecture, this year given by Professor Sir John Lawton, the expert on nature recovery and President of the Yorkshire Wildlife Trust.

A record ten Young Artist Platform concerts will shine a light on rising stars, including accordionist Ryan Corbett, prize-winning cellist Joshua Lynch, pianist Xiaowen Shang and woodwind group Trio Volant. And in the Festival's first international exchange, Bammental School Symphony Orchestra from southern Germany will perform a joint concert

with Richmond School Orchestra, fostering international connections and sharing artistry. Tickets for all concerts are available to under 25s for just £3.

The 2025 Festival offers a wealth of opportunities to participate and create, from Swedish basketry and landscape photography to a community singing day on Fauré's popular Requiem and twelve expert guided walks exploring our special landscape.

Brochures are available to collect from Hudson House in Reeth, or please email enquiries@swalefest.org and we would be delighted to post one to you!

Thank you from the Swaledale Festival team.

Thoralby and District WI

We have had a very creative start to our New Year. In January Elli Sarri-Neate gave a talk about 'Blue Mouse Art' on how she creates felt painting and felt sculptures. It certainly was 'Art to make you happy'. She also sells art gifts, prints, and felting kits. It was amazing to see how her beautiful creations were all made of felt.

In February, Maxine Ahmed, a watercolour artist, gave us a wonderful talk. She spoke about how she always wanted to be an artist, influenced by her father who enjoyed drawing, and also that David Hockney was a neighbour of her grandparents. Maxine demonstrated different techniques with watercolours and how colours could work together creating amazing skies and landscapes. It was a fascinating talk and everyone enjoyed it.

In the next few weeks there is lunch at The Wheatsheaf in Carperby, a trip to see the tulip gardens at Constable Burton and a Dabble Day with flower arranging and Manx patchwork designs to look forward to. If you have any questions or would be interested in joining us at the Thoralby and District WI please contact **Sally Stone**, our President, on **01969 663373**.

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Ann Pannell

Lewis, Stewart and the family of the late Ann Pannell would like to thank all relatives, friends and neighbours for the kind expressions of sympathy and for the letters, cards and messages of condolence and support received following their recent sad loss.

Special thanks to Carlos Mendez, Christian Montes de Oca, and the British Embassy all in Ecuador.

Also to Rev. Dave for the Funeral Service itself as well as his thoughtfulness and compassion during its preparation.

To Richard Sanderson for making the funeral arrangements simple and seamless.

To Shannon at Feather & Fern especially for the two bespoke floral arrangements. To The Wensleydale Pantry for the after Service catering.

Finally, grateful thanks for the generous donations received in memory of Ann for Hawes Christmas Lights and St Margaret's Church Organ Repair Fund.

Christian Aid Leader Preaches in Aysgarth

On **Sunday, March 9th**, we are delighted to welcome the Chair of Trustees of Christian Aid to Aysgarth. The Right Revd. and Right Hon. Dame Sarah Mullally, the Bishop of London will join us in leading our worship and preaching at St Andrew's Church. The service begins at **10.30am** and everyone is welcome. Bishop Sarah took up her role with Christian Aid in 2024 and will highlight some of the vital work they are doing in some of the most vulnerable communities in the world.

The Penhill Churches are supporting Christian Aid throughout March with four "Lent Lunches" from **noon** on the four **Fridays, 7th, 14th, 21st and 28th** in the village halls of Redmire, Thoraby, West Witton and the Carperby pavilion respectively. Come and enjoy a simple lunch of homemade soup and cheese – no charge, but donations to Christian Aid are invited.

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Sunday, March 2nd:

9.30am Holy Communion,
St. Margaret's, Preston under Scar.

9.30am Morning Prayer, St. Mary's,
Redmire.

11.00am Holy Communion,
St. Andrew's, Aysgarth.

11.00am Holy Communion,
St. Bartholomew's, West Witton.

Wednesday, March 5th, Ash Wednesday:

7.00pm Holy Communion,
St. Margaret's, Preston under Scar.

Sunday, March 9th:

10.30am Holy Communion Penhill Together Service, St Andrew's, Aysgarth. The Rt Revd and Rt Hon Dame Sarah Mullally DBE, The Bishop of London, will speak firsthand about the work of Christian Aid.

Sunday, March 16th:

9.30am Holy Communion,
St. Margaret's, Preston under Scar.

9.30am Holy Communion,
St. Mary's, Redmire.

11.00am Holy Communion,
St. Andrew's, Aysgarth.

11.00am Morning Prayer,
St. Bartholomew's, West Witton.

Sunday, March 23rd:

9.30am Holy Communion,
St. Bartholomew's, West Witton..

11.00am Morning Prayer,
St. Andrew's, Aysgarth.

3.00pm Evening Prayer,
Thornton Rust Mission Room.

Sunday, March 30th, Mothering Sunday:

10.30am Holy Communion Benefice Service,
St. Bartholomew's, West Witton.

March Mid-Week Services:

Thursday, 13th and 27th at 9.30am.

Holy Communion, at St. Bartholomew's,
West Witton.

Church Coffee Morning: **Wednesday March 5th, 10.30am to noon** at Redmire Village Hall.

Church Afternoon Tea: **Wednesday, March 19th, from 2.00pm to 4.00pm** at Redmire Village Hall.

Benefice Food for Thought in Lent:

Two enjoyable evenings with a supper and inspirational speakers! Time: **6.30pm for 7.00pm** at West Burton Village Hall.

Tuesday, March 18th: Speaker - Bishop John Pritchard. "Who am I now? - Identity and role in the different chapters of life".

Tuesday, April 1st: Speakers – Revd Ian and Revd Dr Linda Robinson. "Where are we headed? Finding hope in a time of crisis".

Cost for each: £15 (to include main course, tea/coffee) Bring your own drinks. The menu for each evening is to be confirmed. Home-made desserts will be available on a donation basis, to be given to the charity chosen by the speaker. Book with **Anthony Day:** by email: days.gordonlodge@btinternet.com Tel: **01969 624171**. Cheques payable to Bolton-cum-Redmire PCC.

Lent Lunches for Christian Aid:

Soup and Cheese Lunch with Coffee and Tea. No fixed charge, donations to Christian Aid. **Noon until 1.30pm.**

Friday, March 7th: Redmire Village Hall.

Friday, March 14th: Thoraby Village Hall.

Friday, March 21st: West Witton Village Hall.

Friday, March 28th: Carperby Sports Pavilion.

Easter Lilies:

If you wish to buy a lily for £5 in memory of a loved one, please give your details to **Dayle Williams (01969 625094** West Witton) or **Liz Piper (01969 663747** Aysgarth) by **Thursday, April 10th**

The Churches will use the lilies to decorate their altars with masses of Easter Lilies, to commemorate the resurrection of Jesus Christ and the promise of life everlasting.

**Middleham and The Dales
Local History Group**

Wednesday, March 19th, 2.00pm
at Harmby Village Hall

**Women as capital lenders in Yorkshire -
from the Register of Deeds
by Dr Joan Heggie**

This presentation will focus on Dr Heggie's current project, funded by a British Academy grant, entitled 'Women as capital investors in nineteenth-century Yorkshire: Evidence from the Registers of Deeds'.

The research uses mortgage documentation to establish women's participation in the expansion of, and investment in, four different Yorkshire towns: Middlesbrough, Scarborough, Halifax and Hull.

With a background in history, gender and women's studies, her research combines traditional historical research with digital and genealogical methods.

Dr Joan Heggie is an independent historian, having retired from Teesside University, Middlesbrough in 2022 after twenty years as a Research Fellow. She is also a Visiting Research Fellow at King's College, London.

Members, new members and visitors are always welcome. Annual membership is £12 for 9 meetings and visitors can attend for £3 per meeting. For more information contact **Tony Keates 01969 640436**, or dotandtonyk@btinternet.com.

St Oswald's Church Tower

St Oswald's Church, Askrigg, invite you to join us to celebrate the completion of the Tower Project on **Saturday, April 12th, starting at 2.30pm.**

We have planned an afternoon to give thanks for the completion of the church tower and the support and dedication of everyone who has contributed to its completion. The afternoon will include an act of blessing, refreshments, and the ringing of the bells, together with a Q and A session, exhibition on the tower and a craft activity.

We would love you to come and be part of this special occasion.



Wednesday 12th March 2025

Hawes Market Hall

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Bainbridge Women's Institute

We are settling back into our busy events calendar already and there is certainly plenty to fill our time.

Members of our Garden Group have had a trip to Strikes Garden Centre where they enjoyed a look around the plants and gifts - oh, and also had a delicious afternoon tea, of course! There were plenty of purchases made!

The Theatre Group are planning a visit to the Georgian Theatre Royal to see 'The Inn at The Top' which tells the tale of the Tan Hill pub. Should be interesting!

Walking is still very weather dependent and plans are often changed at the last minute but our walkers have great intentions!

The Lunch Club enjoyed lunch at the Stone House Hotel at the end of January and the Middle House in Askrigg in February. What a great way to spend time - catching up with friends over delicious food!

Our crafters made a visit to Empress Mill near Colne, returning with quite a bit of fabric! By the time you read this, they should also have had a quilting workshop at Sycamore Hall to create a cushion cover - and possibly get help to finish last year's projects! Talking of unfinished

projects, the 'Craft and Chat' session, held at Sycamore Hall on the first Saturday of the month is an opportunity to get together with friends whilst crafting, and to seek their help with any tricky projects we have on the go.

As I write this, we have yet to hold our February meeting and our first Soup and Sweet lunch of the year but hopefully these will both be successful and enjoyable events.

Our March meeting takes place at Bainbridge Village Hall on **Thursday, March 29th at 7.30pm**. Our speaker will be Sarah Binks-Lambert from the Dales Countryside Museum in Hawes who will be enlightening us on the subject of knitting sticks and bringing along some articles from the museum to show us.

If you would like more information about our busy and friendly WI or any of our events and activities, please contact our President, **Sue Stokes** on **07816-955-723**. We would be delighted to welcome you to our number and can assure you of a warm welcome, lots of fun and plenty of opportunities.

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OUSEWEM

Hawes Primary School News

Mental Well-being Week.

The children across school have been involved in their mental well-being walks this week and



still stayed positive even when the weather wasn't too good! It was super to see parents and families in school on Thursday at our

library event after school.

We have been talking in assemblies and classrooms about our well-being this week and Mrs Brown has shared some super stories for

everyone to discuss and talk about their feelings.

As always, massive thanks go to Mrs Metcalfe for her continued work around the mental well-being of all across school.

Quotes on our walks from the well-being ambassadors:

"I did not like the rain but I did like the walk" Harrison.



"I loved our walk because I felt happy and calm and it was the best walk" Betsy.

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Blueboxt March Update

Community Consultation - Enterprise and Creative Hub Feasibility Study:

A huge thank you to everyone who took the time to respond to our community survey which forms part of our feasibility study, mapping cultural assets and community need across Wensleydale and Swaledale. We will be able to share the summary findings in our next update.

We are entering the final stages of evidence gathering and undertaking a series of interviews with community and business representatives connected to the creative industries. We would like to hear from anyone who would like to share their views and / or be part of our steering group. Please contact **Colin Bailey** on **01969 745810 / 07711 211169** or info@blueboxt.org.

Ryedale Creative have been commissioned to undertake the research which has been funded by the UK Strategic Prosperity Fund. The study aims to identify options for developing an enterprise and creative hub. This will include dedicated spaces to support creative and performing arts provision and career pathways for employment. Having an up-to-date evidence base will help us work collaboratively to advocate for better services and facilities and attract financial support for rural areas.

Activities and Workshops:

Get Musical - We still have spaces on the Get Musical sessions for 6 - 11 year olds being held throughout March. The FREE sessions will run from **4.30pm - 6.00pm** at Leyburn Methodist Church Hall. So far, 12 young people have explored counting, rhythm and dynamics while making music together using body percussion, boom whackers and bucket drumming.

Play>Record>Perform - We are welcoming new members to take part in our sessions for 11-19 years. **Sundays 2.00pm - 5.00pm** at Thoraby Village Hall, DL8 3SU. The group learn to play as a group and explore various styles of music.

Light My Choir! - Our Community Choir sessions run on **Monday evenings** from **7.00pm - 8.30pm**. We sing uplifting spiritual songs and popular music. Our friendly and

informal sessions are ideal for those looking to try singing or enjoy singing for pleasure.

Good luck to all our participants taking part in the Wensleydale Tournament of Song. Junior instrumental classes take place on **Thursday, March 27th** at Leyburn Methodist Church Hall and Choral Classes take place on **Friday, March 28th** at Tennants Garden Rooms.

Events:

The Colin Bailey Band play two events this month. **Friday, March 14th** at Stalling Busk School Room (contact **Jane Sowerby 01969 650765**) and **Friday, March 21st** at Reeth Memorial Hall hosted by the Friends of Marrick Priory (Tickets £12 from Reeth Post Office or **01748 886763**). Doors open from 6.30pm and include a pie and pea supper.

To find out more or register your interest, contact **Colin Bailey** on **01969 745810 / 07711 21169** or email: info@blueboxt.org.

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Natural flood management: Opportunities for Richmondshire Farmers

Flooding is a growing challenge across Richmondshire. Local farmers and landowners are part of the solution through natural flood management (NFM). Ousewem is working with landowners to deliver practical, fully funded solutions such as leaky dams, tree planting, and wetland creation to slow water flow, reduce flood risk, and improve biodiversity. This is a great opportunity to explore how NFM could benefit both your land and the wider community.

Spotlight on success: NFM project in Appersett.

In Appersett landowner Nick Prince has worked with Ousewem to implement NFM measures such as leaky dams, scrapes, and tree planting. These efforts are already reducing flood risk while improving biodiversity. Read more about this project at <https://www.ousewem.co.uk/news/article/26/appersett-success-farmers-invited-to-join-flood-resilience-efforts>.

Could your land benefit from NFM?

If you have wet or difficult-to-farm land in Appersett, Gayle or Hawes, Ousewem may be able to help. We offer funding for NFM projects and fencing, gates, and infrastructure to support NFM solutions. Get in touch: ousewemdelivery@ydr.co.uk.

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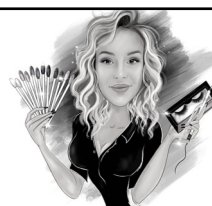
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New Folks at Caffé Curva

Following Gwen Lambert's departure, the lease on Caffé Curva in Hawes has been taken over by Sean and Katherine Gavin. Originally from the Durham and Consett areas, Sean and Katherine met at Headlam Hall near Darlington where Sean was a chef and Katherine worked in the Hotel Spa. Then about six years ago Sean got a job as chef at Simonstone Hall where he stayed for a year before moving to Yorebridge House where he has been sous chef for the last six years. Katherine also works at Yorebridge House as a receptionist and is currently on maternity leave.



The couple currently live in a cottage at Simonstone and have two young boys, Isaac (aged 3 ½) and Jacob (5 months). Their plans for Caffé Curva are to build on the excellent reputation the café had built up and they have retained two of the previous front of house staff, Gita and Beth. Pat Kirkbride works in the

kitchen with Sean. Katherine's involvement is currently juggled by child care demands but she plans to be involved in customer care as much as possible.

Sean has a huge passion for food, he has already invested in a second oven for the kitchen and would like to open a couple of evenings per week during the summer to offer evening meals. One of his favourite specialities is Homemade Sourdough Toast with Avocado, Poached Egg, Cherry Tomato and Bacon Jam, which is already proving popular.

The café is currently open from **9.00am to 4.00pm** every day except Friday. We wish Sean and Katherine all the best in their new venture.

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Reeth Memorial Hall Concerts

We have a varied programme of concerts up for 2025. There will be Blues, Roots, Folk, World Music and Tributes. The Abba Girls are a 4-piece tribute and are on **July 18th**. (The original Abba tribute band). Baldy Holly return on **July 5th** with a journey through 50s music, and on **May 31st** we have a Springsteen tribute with a full band show.

Saturday, March 15th – Eliza Carthy with support by Jennifer Reid

If there is one musician who embodies the dynamism and vitality of the current English folk revival, it's Eliza Carthy MBE. Describing herself simply as a modern English musician, she is one of the most impressive, engaging, and important performers of her generation.

Tickets £22 (£24 at door).

Saturday, March 23rd – Kathryn Roberts and Sean Lakeman

Dartmoor-based husband and wife duo who have long established themselves as one of the UK folk scene's most rewardingly enduring partnerships.

Tickets £22 (£24 at door).

Tickets for concerts are available from Reeth PO or phone **Glen Steward 01748 884989** or visit www.reethmemorialhall.co.uk. Tickets half price for under 16s.

All concerts 8.00pm unless otherwise stated.

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Come and Hear the Northern Lights!

with Richmond Chamber Orchestra
Sunday, April 6th at 3.00pm
in Richmond Theatre

Since their debut last year, Richmond Chamber Orchestra have been busy giving concerts in the Dales and further afield. On **Sunday, April 6th** they are back where they started, in the Georgian Theatre Richmond, playing a fascinating programme called Northern Lights: music from the North East. That's Norway, Finland, Denmark, Estonia and Ukraine, going from west to east! There are Nordic melodies by Grieg, Tchaikovsky's thrilling and romantic Serenade, a Romance by Sibelius written for his wife, a sparkling suite by Danish composer Carl Nielsen, and a dramatic piece for solo violin called Frates (brothers) by Arvo Pärt from Estonia.



Philippa Mo

The RCO is directed by Philippa Mo, who has recently completed a concert tour of Germany, having previously played all over the world and also in our own Swaledale Festival. She was recently on television on National Holocaust Day, in the Sky Arts programme The Lost Music of Auschwitz.

RCO concerts are a little different. They play standing up, and there are only 18 of them although there are a few extra for this concert. They are Yorkshire's pocket-sized orchestra. One audience member wrote that their concerts are 'rather like having an orchestra playing in your own front room... they're intimate, up close, really live music'. Another said 'A fabulous sound... delightfully contrasting programme'. Their programmes are unusual and appealing: all their concerts so far have been sold out. Their players, professional, semi-pro and very gifted amateur, come from all points of the compass: from Newcastle to Ripon, Redcar to Barnard Castle. The concert starts at **3.00pm**, so do come and see what some of the best players in North Yorkshire can produce. You'll be amazed. Find out more about them online at www.richmondchamberorchestra.co.uk and on Facebook. Tickets are available only from the Georgian Theatre. Online at www.georgiantheatreroyal.co.uk, by phone on **01748 825252**, or in person at the theatre box office in Victoria Road.

Leyburn Arts and Community Centre

Welcome to March! Spring is on its way even if we haven't seen the last of winter. We had some horrible grey foggy days in February, more like November! But now mornings are getting lighter earlier and afternoons staying lighter for longer, it is so much more cheerful than the grey days we have had.

Events coming up include, as part of the live musicals season, Jesus Christ Superstar on **Sunday, March 2nd at 2.00pm** and A Night with Janis Joplin on the **March 13th at 7.00pm**. The latest Exhibition on Screen is Dawn of Impressionism, Paris 1874, on **March 20th at 7.00pm**. Always popular, these are a wonderful opportunity to see great works of art without leaving Wensleydale. The live music evening for March is a return visit by request from Chris Bannister on **March 22nd at 7.30pm**. A National Theatre Live performance is Steve Coogan playing four roles in the comedy Dr Strangelove on **March 27th at 7.00pm**. All these can be booked on our website as well as other films and events, or by ringing **01969 624510**.



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Our free IT support sessions are continuing, please pass the word around to anyone you feel we might be able to help. These are for anyone to drop in and you don't need to book. As more and more things have to be done online it gets even more confusing and frustrating when you haven't been brought up with computers and haven't got family around to help.

The Community Support sessions are on the **first Thursday, March 6th** when Carers Plus will be in the Cafe with free tea/coffee and biscuits. On the **second Friday, March 14th**, Staying Healthy Independent and Connected advisors will be in the Centre. Book ahead if you wish or just drop in.

If you fancy a flutter each month, our 100 Club is beginning a new year. The first draw is at the end of this month. For only £12 you will get the opportunity to win £25; £15; or £10. Get in touch asap to renew or to join. Hurry or you may be too late.

The news from the Community Shed is that there are more members now so once people are trained up on all the equipment then it may be open more frequently. If you have any suggestions for a workshop which you would be interested in attending, then let us know.

The garden volunteers will be returning soon, so if you want fresh air and to mix with a friendly group doing some gardening, Tuesday is their regular day. If you are free on a Wednesday, then the walking group meet at **10.00am** to do a 3 - 5 mile walk and come back to the Centre for a Coffee.

So lots to do... join us if you can, best wishes from us all.

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Hardraw Organ Renovation

No longer a 'Pipe Dream?'

The Pipe Organ in St Mary and St John's Church in the village of Hardraw is in desperate need of major restoration and repair, as anyone who has attended a regular service, funeral or wedding with us over the last year can bear witness to!

This particular instrument is really rather special. It's a 2 manual / pedal board 'extension' style, 'Vincent' Electric Organ built in 1953. It was gifted to the church in Hardraw when West Witton Methodist Chapel closed in 2007. It replaced a single manual foot operated Harmonium organ and has, since then, been at the heart of the Upper Dales Community, being used regularly every week throughout the year.

The 73 year old wiring has been severely damaged by the ravages of the local climate, moths and mice and not wanting to be left out, woodworm have been enjoying a leisurely and sustained feast on the cabinet as well. Visitors will have witnessed our organists coaxing her into life by patching up failing pipework with old leaflets, newsletters and dusters, all fluttering in the wind from its wheezing bellows.

The essential work will take approximately 8 weeks to complete and is set to begin in May. It will be carried out by the reputable firm of Organ builders, Peter Wood and Son from Harrogate. This complete overhaul will ensure that the instrument will remain in excellent working order for the next 50 years.

Ensuring that such heritage is fit for purpose to serve future generations in the Dale is always costly (this work will cost over £20,000) and the church in the village has been active in its own giving and in raising funds to undertake this work for many years. In this respect, we are most grateful for the recent gift from the Hawes Market Hall Trustees. If we do not begin the work in May then we will have to wait until late next year for another opportunity and by this time the instrument may well have collapsed completely.

Currently we have enough funds to secure the start of the work but we still have a shortfall that needs to be secured to ensure its completion and so we are appealing to the generosity of our local community, those with family connections and those who have enjoyed the beauty of our wonderful building and organ as a visitor, to ask

if you might consider making a donation towards this work. We hope that this will not 'Bourdon' you (organists joke) as every gift no matter how small will help to 'Swell' (oops – another one!) the funds required. Details of how this may be done can be found below.

Online: Parochial Church Council of Hardraw Parish.

BACS 40-23-23. Account No: 70649023.

Ref: 'Surname' 'Initials' marked 'Organ'

Cheque to:

Parochial Church Council of Hardraw Parish.

Cheques may be posted:

c/o Mrs Susan Foster, Shepherd's Dwelling,
Hardraw, Hawes. DL8 3LZ.

With our grateful thanks in anticipation of any help that you might be able to give.



(On behalf of the church
family in Hardraw)

Bellerby Study Group

Winter/Spring 2025 Programme

Wednesday, March 5th

Harmesh Sansoa: Sailors to Silver Screen Stars.

Films made at the Old Royal Naval College, Greenwich. A timeless tapestry of film and history. The Old Naval College in Greenwich was a Royal setting for cinematic greatness, which turned sailors into silver screen stars.

Wednesday, March 12th

Dr Tony Nicholson: Secrets of the Attic

Back in 2002 Tony moved into an old house in Cleveland and found an astonishing collection of Victorian photographs and letters in his attic. They turned out to be a forgotten love story. He brings a few of the photos and letters along with him and tells the story that follows.

All are very welcome! Come and enjoy some interesting and friendly evenings with the Bellerby Study Group. All meetings start at **7.30pm** in Bellerby Memorial Hall DL8 5QL.

Membership for all eight talks £15, visitors £3 per talk. Free refreshments included. For further information contact **Judy Asher on 07968 596676**. Email: bellerbysg@btinternet.com
Website: bellerbystudygroup.wordpress.com.

1st Wensleydale Scout Group

We are very excited to be looking for trustees to join our incredibly successful Scout Group! Please let me know if you fancy a 'behind the scenes' flexible role to help keep our group running safely.

We also have vacancies for people who would like to volunteer in a face to face role, within our fabulous teams running the Sections. This could be weekly, on a rota or flexibly - there really is something to suit everyone!

There is no experience or qualifications needed for any of our volunteer roles, we provide free DBS checks and training (and an awesome team!)

We look forward to hearing from you soon,

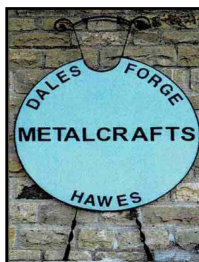
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Trains Go Both Ways

Community Rail Lancashire (CRL) and their partners Ribble Valley Rail (RVR) have worked hard (volunteers all!) to support a Northern Rail initiative: all year Saturday train services between Lancashire and the Yorkshire Dales.

With two return services every Saturday, it is possible to have a car-free day out in either direction, returning home the same day. However, by travelling outwards one Saturday and returning a week or fortnight later, it is feasible to book holiday accommodation or home-stay holidays with family and friends. Are there any hotels or B and Bs in Upper Wensleydale who are making a speciality of providing Ribbleshead station connections with the Saturdays (only) Yorkshire Dales Explorer from Lancashire for their own paying guests?

Ruth Annison



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Leyburn and District u3a

Boundary stones – discovering hidden history in the landscape by Hilary Jones is the subject of the Leyburn u3a talk on **Friday, March 21st**.

Hilary will explore why they were installed and what you can discover from them about your local area.

From parish boundaries to lighthouses and castles, marking the boundary was, and remains, part of our hidden history. This will be illustrated with many varied examples of boundary markers,

Hilary is vice-chair of the Milestone Society, a charity that seeks to conserve our wayside heritage of milestones plus boundary markers and traditional finger posts.

Doors open at **10.00am** for **10.30am** at Leyburn Arts and Community Centre, Richmond Road, Leyburn DL8 5DL. Visitors and new members are always welcome, for details contact Membership secretary via www.leyburn.u3asite.uk.

Mystery Picture

Last Month's Mystery Picture was of Appersett Bridge over Widdale Beck.

Where would you find this Lamp?





Yorebridge Sport and Leisure Centre

The Wensleydale Centre, Askrigg.
Tel. 01969 650060

Case Study – lifestyle changes:

Up until September 2023 I had an active job, even our meetings were often held 'on foot' rather than behind a desk. Since changing jobs, I have now found myself predominantly behind that desk. The change in my muscles didn't happen overnight, it crept up on me over the course of a year. Out mountain biking with my children one day in autumn 2024 I realised that I didn't have the same power in my legs that I had done the year before, I needed to do something before I got left behind! I am not going to lie, taking the plunge to have a 1 to 1 with Kirsten took a bit of thinking about! I have never used a gym before and wasn't sure I would fit in.

The 1 to 1 has given me a focus on achieving my aim of regaining my strength, the confidence to use the equipment, and the realisation that everyone fits in at this gym. Kirsten has written an exercise plan specifically designed to meet this aim and really get the most out of my time at the gym. Because it is open from **6.00am to 10.00pm**, I can plan my visits around family and work commitments – there are no excuses. Two months in and I recommend it to everyone, I wish I had done it sooner. - AG, Premier Member, 45 years old.

Introducing Yogafusion - A dance-inspired warm-up to energise your body and awaken your spirit, Yogaflow, to let go of any tension and stress, and a guided meditation to cultivate inner peace. Janesse will be running these classes from **March 6th, Thursdays 9.30am – 10.30am**. £6 a class but March has a special half price offer running. Please contact Janesse yogafusionbyj@gmail.com to book.

Can I come to the gym? YES! A gym is a safe place to exercise for anyone of any fitness level. All gym users must receive an induction, this will build your confidence and understanding of how to get the best out of the equipment and machines. If you are visiting the Dales and would like to keep your regular gym sessions going during your stay, we have a self-certification form for those who have undertaken an induction in their local gym and are confident and competent gym users. This is available on the sign-in desk. Please

don't hesitate to get in touch with any questions.

Gym membership – purchased through ClubRight gym management system <https://www.yorebridgesportandleisure.co.uk/>.

We have a variety of gym memberships including monthly, couples, student, and junior memberships, as well as pay as you go vouchers. These allow you to use the gym in a way that suits you and have a great workout to meet your needs.

Fitness classes - via zoom or live class as indicated: Booking is essential for all classes. Email admin@yorebridge-sport.co.uk or telephone **01969 650060**.

Classes: (£8 pay as you go or class membership option available)

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

Warm & Well – **Mondays** (live) **11.00am – noon**. Enjoy a social, active class building core strength. Standing and chair-based exercise.

Running Skills and Drills (£5) **Mondays** (live) **6.00pm - 7.00pm**. Half an hour of running skills and drills followed by half an hour of strengthening exercises specifically for runners.

Tennis - **Mondays** (live) **6.00pm – 7.00pm** social tennis weather permitting, get in touch to join this group. yorebridgetennis@gmail.com.

High Intensity Bootcamp - **Tuesday and Thursday** (live) **6.00am - 7.00am** – get that morning metabolism boost.

Conversational French – (£6) **Tuesdays** (live) **9.30am - 10.45am**.

Circuits – Wednesdays (live and on zoom) **9.15am - 10.15am**. Exercises to keep active people, active. Work at your level through a mix of cardio and strengthening exercises. Weights, resistance bands and equipment available to borrow in the gym.

Yogafusion – **Thursdays** (live) **9.30am – 10.30am** with Janesse (£3 in March, £6 following months). To book email yogafusionbyj@gmail.com.

Strong and Able – **Fridays** (live) **11.00am – noon**. 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.

Over 40's Walking Football - (£3) **Fridays** (live) **6.30pm – 7.30pm** with Glenn on the MUGA, yorebridgetennis@gmail.com.

Facebook - We are on Facebook, Yorebridge Sport and Leisure, give us a follow to keep up to date with the news from the centre.

Fundraising - We have an Easyfundraising account for The Yorebridge Sports Development Association Ltd, it is simple to join, doesn't cost you a penny and will help us to keep delivering. Simply scan the QR code and follow the steps, thank you so much for all your support!



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BAWB Schools News

How time flies, it seems like yesterday when we started back at school and now we're breaking up for half-term. We've had a great start to our Spring term and we're relishing the beginning of the lighter evenings!

This term has included many of our KS2 pupils taking part in cluster sporting events across the local area, with trips out to play dodgeball at Richmond School. Our Y3/4 class had a very interesting trip to the Dales Countryside Museum to learn all about Romans, looking at real-life artefacts from the Roman Fort Virosidium in Bainbridge. We've also been continuing our efforts in practising for the Wensleydale Tournament of Song, in the hope of maybe securing a trophy! The children sound fantastic already, and we are really proud of how much determination they have to succeed.

Finally, our Nursery Taster Afternoon has been scheduled for **March 12th and 13th** at Bainbridge Primary School at **1.30pm**, please let us know if you'd like to come along – we'd love to see you there!

With best wishes, The BAWB team.



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Ear Wax Removal Service

Ear wax is a very important substance. It cleans, lubricates and prevents infection in the ear canal. NEVER use cotton buds, matchsticks, hair grips etc to "clean" your ears.

As we get older ear wax gets drier, and the natural cleansing action breaks down causing it to block the ear at times. It is not necessary to remove wax unless it is causing a problem such as muffled hearing. Occasionally it can cause vertigo.

Central Dales Pharmacy in Hawes now offer an ear wax removal service utilising irrigation. The procedure involves gently squirting warm water into the ear canal via a nozzle. The water

dislodges the wax, which will then come out of the ear. Following the use of olive oil drops, or similar, for a minimum of seven days, our pharmacist will assess whether irrigation is still required. An initial consultation will cost £25, and any follow up appointments for irrigation will cost £20 per ear.

For further information, or to make an appointment, please contact Central Dales Pharmacy on **01969 667213**.

Quiz Night - Pie and Pea Supper

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Saturday, March 15th, 7.00pm

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LEYBURN ARTS AND
COMMUNITY CENTRE

Cinema & Events



Sunday 2nd March 2pm
Cinema Live: Jesus Christ
SuperStar (12A)



Tuesday 4 March 7pm (EF)
Touch (15)



Friday 7 March 6pm
Paddington in Peru (PG)



Thursday 13th March 7pm
Cinema Live: A Night With
Janis Joplin - The Musical (12A)



Friday 14 March 6pm
Kes (1969) (PG)



Friday 21 March 6pm
Bonhoeffer (12A)



Saturday 22nd March 7.30pm
Live Music Event: An Evening
with Chris Bannister



Thursday 27th March 7pm
National Theatre Live: Dr
Strangelove (15 TBC)

Please book tickets online where possible. You can book & pay online via our website.
Our licensed café/bar opens 30 minutes before all screenings.
Visit our website for a full list of March's screenings and events.

The Old School House, Richmond Road, Leyburn, DL8 5DL

www.leyburnartscentre.com



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Published by

The Upper Wensleydale Newsletter
Lilac House, The Holme, Hawes, DL8 3QR
01969 667458

Email for submission of articles, what's ons,
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Newsletters on line, simply search on
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Countryside Museum resources room.

Editors: Barry Cruickshanks,
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**Founded in 1995
by the late Alan S. Watkinson**

Printed by Wensleydale Press, Burtsett Road, Hawes DL8 3NS