

THE UPPER WENSLEYDALE NEWSLETTER

Issue 279

September 2021

Donation please:
50p suggested



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

Guest Editorial

Creatures

Covid has been and is being a difficult event leading us humans to behave differently. This does not necessarily mean that all is not good. In Wensleydale we are fortunate. We can set out from home and enjoy the countryside: walking, sitting, and looking.

We have many animals in this world including those that have feathers. In Wensleydale we are blessed with many species. One tiny creature can always cheer us up. Wrens often have made our stone walls their home as we walk past them. They are usually the first creature to greet you as they jump on the wall, having a good look at you and then disappearing only to jump out at you a metre ahead. After further scrutiny of this human, the wren gives a final look at you and then disappears. When we are at home and have left out some bird food many species come, and they visit you. The lovely upside-down nuthatch, the robin, the blue tit and their friends, chaffinches, and others. The beautiful woodpecker arrives for its upside meal. In winter I was delighted to have a blackbird coming outside my window for food. The male always came on his own and at the same time. Then he would go and bring the female to eat. Along our streets the screams of the swifts and the swallows can be heard as they assemble in August to go on their long flight south.

Some larger birds come by, but some are not welcome such as the pigeons and crows who are bullies and try to push the smaller birds away. Kestrels and buzzards hover searching for food. Barn owls generally hunt for food at dusk. Recently, one flew through my garden, I think he was going to the field nearby to look for his meal. Later, he/she had landed on a barn and then flew off. Seconds later a smaller owl appeared, and the other bird returned and fed the youngster. A few years ago, it was getting dark, and I was looking out of my window when suddenly seven little owls appeared on my wall. Two of them landed beautifully but the 5 others were smaller and tried to land on the wall as they slipped all over. However, after a few minutes the youngsters got the hang of it. It was a great sight. During the night, bats, mainly pipistrelles, come whizzing around the houses in the summer and before they take off to go to caves in the west. During summer some of the 'teenage' bats come into my bedroom, after

rushing around me they usually find an open window and leave. Recently, one decided to hang upside down on my curtain rail all night. It eventually left.

Our ground creatures give us joy. We have some deer around particularly in the small forests. We have the hare but these days they are not easy to see, partly because of the rabbits taking most of the ground. But we have many other little creatures such as the dormouse. Recently, for the first time, one ran across the lane in front of me. When walking along roads etc, it is not unusual for a stoat to run across a road as he gives a look at you. As the sun goes down along come the hedgehogs to check for food. We are also fortunate to have red squirrels around. For those who walk along our River Ure some have occasionally seen otters. How lovely.

What a feast for us to watch these creatures and, hopefully, lift our spirits through these difficult times.

Christine Hallas

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Heritage Exhibition at Bainbridge

The heritage exhibition at Bainbridge Meeting House from **September 17th to 19th** will show the mark Quakers have made on Wensleydale and Swaledale over 350 years.

This doesn't just include the Meeting Houses at Bainbridge and Countersett, but also the bridge at Semerwater, and the 17th and 18th century houses which still provide rented accommodation for local people.

The Wensleydale and Swaledale Quaker Trust, as a registered charity, has the responsibility of caring for the rented houses and several acres of fields with part of the income being used to maintain three Meeting Houses.

It all began in the late 17th century when wealthier Quakers wanted to provide for their poorer brothers and sisters especially after the sufferings all had been through when they were harshly fined for their desire to worship in their own peaceful and quiet way. By 1792 five trusts had come into being due to bequests in wills. From these there are now five houses at Bainbridge, two at Aysgarth and two at Carperby.

More details about those bequests – and the other distinctive buildings left by Quakers such as Countersett Hall – will form part of the exhibition which will be open from **10.00am to 4.00pm** daily during the last three days of the annual National Heritage Week.

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 SEPTEMBER 21st
(Unless we are full earlier)**

PUBLISHED ON SEPTEMBER 30th



Eunice the Ewe

Last month I was hiding with the children from Hawes School in the first photo on page 27 and the lucky winner of the £10 prize is Daryl Clarkson's young daughter of Wakefield.

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

Thanks

We would like to thank the people in Thornton Rust who have helped and encouraged us after Steve's illness.

If it had not been for their kindness and ready assistance his road to recovery would have been much more difficult. They have been wonderful and we can't thank enough. I am pleased to say he is improving every day.

Sue and Steve Duffield

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September Competition

What's the connection?

All the answers to questions 1 to 11 have a connection. The connection is the answer to question 12.

1. The Lone Ranger's horse?
2. 1964 Bond film villain?
3. A 5 cent coin?
4. Term for a policeman?
5. Cartoon character whose companion was Snowy the dog?
6. Roles include Charles Ryder in Brideshead Revisited, Alfred in Batman films and as a presenter on Play Away?
7. Musician born Frederick Bulsara?
8. Superman's weakness?
9. Meaning of BCC on an email?
10. Famous theatre on Argyll Street, London?
11. _____ and Old Lace - film starring Cary Grant?
12. What is the connection between all the previous answers?

Send your answers to arrive no later than **Tuesday, September 21st** for a chance to win the £40 rollover prize which will be sent to your nominated charity.

Thorlby and District WI

Everyone is welcome to the following events in Thorlby Village Hall.

High Tea (ham salad and homemade puddings). **Friday, September 3rd at 6.00pm.** Ticket £8.00 from **Jean Styles 01969 663875.**

Soup and Sweet Lunches (Homemade). Starting again on **Thursday, September 9th** (then every 2nd Thursday in the month - **October 14th, November 11th, December 9th**). **Noon to 1.30pm.** Just turn up.

CLEANER WANTED

Private house in Carperby,
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August Competition Answers

Trees

1. Elder
2. Ash
3. Poplar
4. Silver Birch
5. Bay
6. Weeping Willow
7. Aspen
8. Mulberry
9. Juniper
10. Hawthorn
11. Walnut
12. Chestnut
13. Sycamore
14. Baobab
15. Scots Pine
16. Pecan
17. Nutmeg
18. Plane
19. Mahogany
20. Cherry

Number 16 proved to be the stumbling block so that there were no fully correct entries this month. The prize will roll over to next month.

Drop-off points and contacts

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

Hawes:	Community Office	667400
Gayle:	Sarah Champion 23, Little Ings	667006
Bainbridge:	Sylvia Crookes, 3, Bainside	650525
Askrigg:	Sykes Shop,	650535
Carperby:	New contact needed	
West Burton:	Nadine Bell, Margarets Cottage	663559
Aysgarth:	Hamilton's Tearoom	663423
Redmire:	Kevin Davis Westholme	624165
Thorlby:	Sandra Foley, Shop	663205
West Witton	Christine Barker, Chestnut Garth	624934

UWNL Children's Story Writing Competition 2021

Calling For All Entries

This year our story theme is “**What it is like to live in the time of a pandemic**”. With the help of BAWB and Hawes primary schools we hope to receive a record number of entries to make up for the competition being cancelled last year. Ann Pilling is our judge again this year and has this advice to help inspire your creative writing.

“We have all lived through many months of this covid pandemic. How has it felt for YOU? How has your life been made different? Has anything happened to you or your friends and family that would make a good story? Do you know anything about anyone who has been a doctor, a nurse, an ambulance driver? If a person gets covid, how do they FEEL? What do you think about the way the government has handled this pandemic? This is not the first pandemic in history. There was The Black Death in the 1300s which killed millions of people all over the known world. In 1665-1666 The Plague wiped out thousands of people in London, and in the rest of England too. So your story could be about living in the time of THIS pandemic OR about living in the time of the Black Death, or of The Plague. BUT, REMEMBER...I want you to write a STORY, with a BEGINNING, A MIDDLE and AN END. The opening sentence should 'grab' us, and make us want to read on. Good luck. I am really looking forward to your stories”.

Your story must be between 300 and 500 words and be emailed to uwnlinput@gmail.com by **Friday, October 22nd**. There are two age categories; 7 - 9 and 10 -11 year olds.

You could win £50 and a trophy and also a prize for your Primary School. You could become a published writer as winning stories will appear in the February edition of this newsletter which is read by over 1,500 people! We will also be inviting our winners to be young newsletter correspondents for a year. Primary schools will be encouraging children to enter and can help with advice and access to computers etc.

Prizes

- The winner in each age group will receive a £50 book voucher and a trophy to keep.
- The runners up in each age group will receive a £25 book voucher and a certificate.

- The winning stories will be published in the February edition of the UWNL.
- The winning children will be invited to be correspondents for the newsletter for a year.
- The winning children's Primary School in each age group will hold the Alan Watkinson Memorial Shield (for 7-9 or 10-11 year olds) for 1 year and receive a book voucher for £100.

How To Enter

- Write your story – it must be type written and between 300 and 500 words long (your school can help you with access to computers and email).
- Email your entry to uwnlinput@gmail.com.
- Ensure your name, age, name of your school, email and postal addresses are included on your work (otherwise we can't enter your work into the competition).
- Completed entries must reach us by **Friday, October 22nd**.

Rules

- Only one entry per person. The story must be your own original work and you must have your parent/guardian's permission to enter.
- Entrants must be 7-11 years old at the time of entering, attending a Primary School and resident in the UWNL area (see front cover for our circulation area).
- Stories must be between 300 and 500 words with a title of “What it is like to live in the time of a pandemic” and reach us by **Friday, October 22nd**.
- The judge's decision is final and no correspondence will be entered into.
- The winners and runners-up will be notified by email by **November 26th 2021**. Prizes will be awarded in schools in **January 2022**.
- The UWNL reserves the right to publish any story entered into the competition.

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Prunings

After the earlier dry spells when there were serious questions over watering, we seem to be getting rain overnight, just as required. The trouble is it keeps coming during the day as well. - As a result, I have been thrilled with the performance of the begonias which I put in the wooden tubs, they just keep on giving and getting bigger. Much less impressive are the geraniums which don't like the rain and constantly look scruffy. The sweet peas which had such a chequered start because they arrived too early, have really made up for it and are coming thick and fast, and of course the more you cut, the more they produce.

The box hedge is now suitably neat and tidy, but for reasons I can't fathom, on one side of the path it is much wider than the other. A gardener friend has told me that if I want to take it back to make them even I should attack the problem early next year and cut back into the wood, but do it before the start of the growing season so it has many months to re-clothe itself. It sounds like a feasible strategy.

One of the terracotta pots cracked badly when the bay tree blew over. I re-homed the bay tree into a more stable straight ceramic pot. My other half put Gorilla tape round the top of the old pot to hold it together and I re-potted one of last year's diascias into it. - Perfect solution: the diascia has burgeoned and is now spilling down the sides of its new home and hiding the repair.

Phuopsis stylosa (a sort of pink goose grass) has turned into a monster. I didn't cut it back in the spring as I should have done and now it is everywhere - spilling over the wall and down the steps. It has self-seeded along the edge of the tarmac. If I can, I shall save those plants and pot them up for the people who've said they would like one. For all its health and vigour, I don't

think it likes root disturbance as I have found it difficult to establish new plants.

I was fascinated by a blackberry illustrated in "Garden News". It is called "Tiny Black" and is described as a compact, spineless, dwarf blackberry. Growing to around 2ft by 2ft it sounded an ideal candidate for a tub. I rang Marshalls and they said it should be fine for a year or two and being spineless won't be too difficult to move later on. I have ordered it. I dread to think what my other half will say having spent years battling wild brambles which can make measurable growth in a day!

Another interesting article was about Agapanthus. Having had little success with them in the past I am thrilled that a trio I bought in the Autumn are just coming into flower. I learned of a firm called "Pennard Plants" who sell a fertilizer specifically for Agapanthus with a very high Potash ratio. (10-10-30). Might be a bit late for it, but it will be there for next year.

Have you seen the heather? It's wonderful. Whatever you grow, take time to enjoy it!

Rose Rambler

Muker Show is Off but the Community Singing is On!

Although the Muker Show has had to be cancelled, there have been so many requests for the traditional community hymn singing to take place as usual, at least this part of the show will go on!

Muker Silver Band will play on **Wednesday, September 1st at 5.00pm** in Muker village. And maybe there will be a march or two. Hymn sheets will be provided and all are very welcome.

Sylvia Crookes



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Local Occupancy and Barns: Have Your Say

A public consultation has opened on two of the most high profile aspects of local planning policy in the Yorkshire Dales National Park.

People and organisations are being asked for their views on local occupancy restrictions, which can be placed on new dwellings to prevent them becoming second homes, as well as on the policies which guide the conversion to other uses of traditional stone barns, known as lathes or cow houses.

The National Park Authority, as the local planning authority for the National Park, began the process of forming a new Local Plan in December 2019. Once completed, the plan will contain a set of planning policies to cover the period 2023 - 2040.

The latest public consultation, called 'Exploring our options: Local Occupancy and Barns', is the fourth such consultation to take place as part of the process to create the new Local Plan. It will remain open until **Monday, September 20th**.

Member Champion for Sustainable Development at the Yorkshire Dales National Park Authority, Carl Lis, said: "Planning policies on local occupancy restrictions and barn conversions have been the subject of hot debate for many years now, as they link to issues around second homes, community sustainability and the conservation of the farmed landscape. In fact, they have come up so frequently in the first

three Local Plan public consultations, we have decided to carry out a consultation specifically on these important issues. The consultation is an opportunity for local people and all those with an interest in the National Park to bring forward their considered opinions. The consultation responses will influence the planning policies that will shape development in the National Park for up to the next 20 years. I know people care deeply, as I do, about the future of the National Park and the communities that live and work here, so I hope for a good level of response."

Churches Together Harvest Celebration

Everyone is welcome at **6.30pm on Sunday, September 12th** at Hawes Market House for our annual Harvest Celebration, this year led by Rev. Julia Reid with the Hawes Silver Band. Come along and be part of this great community event.

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Best Foot Forward: A Lake District Round

We all agree, I'm sure, that the Yorkshire Dales offer some stunning landscapes and some excellent walks. Many would argue that they are the finest place in the world. Nevertheless, from time to time, it is good to explore other walking destinations and Best Foot Forward has never fought shy of doing just that. On this occasion the walk described is in the Lake District, which has some of the finest scenery in Britain.

Recent reports have shown that the Lake District is busier than ever in this year of "Staycation Britain". Borrowdale and Cat Bells in particular appear regularly on Look North television, usually highlighting the gridlocked traffic or the lack of parking, and it is probably the same in Langdale or Windermere, but there are quiet places if you know where to look. Most of the eastern Lakes, which are accessible as a day trip from the Dales, are very busy, but look further westwards and you will see fewer people and quieter villages. The extra distance encourages overnight accommodation so on this occasion my wife and I booked a cottage for a week in Lorton Vale, west of Whinlatter Pass. It's an ideal area in that it is backed by high mountains but has lower land to the west, suitable for easier walks or cycling. It is only eight miles from Keswick but it is not a tourist honeypot.

It has to be said that the whole week was blessed with glorious weather – not too common in the Lakes. One day we chose to do a round of the Buttermere fells, which were not too far away. Most of the main valleys have their own horseshoe circuit, some of them well known such as Ennerdale, Langdale and Wasdale, all of which are longer and harder than the 13-mile Buttermere horseshoe. Nonetheless, Lake

District miles are generally tougher and slower than those in the Dales.

Our arrangement was that while I was following the ridges over the tops, my wife would walk around the shore of Buttermere itself (probably a much more sensible option). After wandering through Buttermere village, with its pubs and cafes and quite a few morning strollers, we parted company at the western tip of the lake. My route went diagonally uphill through the forest on a path constructed of massive stone blocks, so it was a bit like climbing a giant staircase. As is often the case in the Lakes (and sometimes in the Dales, notably on Ingleborough) the green dashes marking the public right of way have been drawn by someone in an office and do not correspond to the actual path on the ground, so it is better to look for the tiny, feint black dashes on the map when navigating. The path was easy to follow and once out of the woodland it was uplifting to see the splendid views as the climb progressed. Crummock Water and the Grasmoor Fells looked magnificent. By the time I reached Bleaberry Tarn the crags of High Stile were beginning to dominate and a short steep climb landed me on Red Pike, the first summit of the day. At 755 metres (2477 feet) it is just a bit higher than our Whenside. Apart from two guys who had camped at the tarn, I had met no-one on the ascent. Despite it being 10 o'clock in the morning there was no-one at the summit either and it was great to just soak up the mountain atmosphere, the towering crags, the extensive views and the prospect of an exciting ridge ahead. That's perhaps a bit melodramatic, for the ridge is actually quite easy.

Not long after leaving the top I had an interesting encounter with a chap who had camped near Green Gable and we chatted for a while but the next two people I met were both on mobile phones and completely ignored me (...and no, they weren't youngsters either). The next section of the route is a delight. There isn't much loss of height between Red Pike and High Stile and an easy path allows the eye to appreciate Chapel Crags to the left. High Stile is the day's highest peak at 807 metres (2,647 feet) but it's not a particularly inspiring summit area. However, the view over Comb Crags down into Burtness Comb is impressive and some of the steep gullies through the crags look really intimidating. A slightly longer section, again with very little loss of height leads to the third



peak, High Crag. Along all of this ridge the best views lie to the north over the steep edge down to Buttermere. The slopes southwards down into Ennerdale lack any drama, although the hulking masses of Pillar and Great Gable lie in that direction. Beyond them is the Scafell range, on this day lurking in the clouds, half hidden.

To be honest this ridge was the best part of the day's walk and I now faced a less obvious trek across to Honister Pass. The first obstacle was a rather steep descent over Gamlin End down to Scarth Gap 1,000 feet below. Here the national park authority had created a well-made path to avoid much of the scree. The sun was now out and it was getting hotter so I came across a number of people finding the climb up the slope a real struggle as I came down.

From Scarth Gap it was a toss-up whether to go over or round Haystacks. I decided to go over the top. It is a rocky little peak and is reputed to be Alfred Wainwright's favourite. It certainly is a scramble to the top and it was really quite busy up there. Perhaps for this reason

Haystacks has become a kind of pilgrimage for many Wainwright followers. Both my wife and I met several people that day asking "Where is Haystacks?" as though they were visiting Mecca. Of course, bagging the Wainwrights (all 214 of them) has become a popular pastime and the bookshops are full of Wainwright maps and charts as well as his famous guide books. We have nothing like that here in the Dales, although Jonathan Smith produced a book called *The Dales 30* in 2017, giving routes up the thirty peaks over 2000 feet in the Dales. It's a good read, not just for peak baggers, and is well illustrated; as far as I know, it is the only book of its kind.

Leaving Haystacks the route became less obvious with footpaths going all over the place.

I passed Blackbeck Tarn alright but then dropped lower than needed to cross Warnscale Beck. The ground is very knobbly hereabouts and it is easy to lose your bearings, even in fine weather. It would be very tricky in mist. Soon I found myself on the old tramway which served the slate quarries and I was able to follow this to Honister. It was a while since I had been there and I was a bit shocked to see and hear all the touristy razzamatazz – loads of cars, ice cream stalls, burger bars, drinks bars, motorbikes, loud music (Hawes had nothing on this) but everyone was enjoying themselves, so why not? The sun doesn't shine there all that often so they were making the most of it.

A ten-minute break for a second lunch and then it was off up Dale Head. Tiredness was beginning to creep in now so the pace slowed. Then on to Hindscarth and Robinson, fairly straightforward peaks but they involved yet more climbing. The descent from Robinson was not straightforward with a rather indistinct path. A 2,000-foot descent at the end of a long day is always a challenge and this was no exception. Nearly an hour behind my anticipated schedule I arrived back at Buttermere. It had been a splendid day out but with 5,500 feet of ascent and descent it certainly hadn't been easy. It is a route well worth doing but choose good weather and expect a long day.

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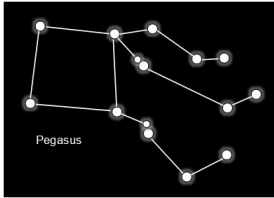
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Heavens Above

Autumn's nearly here! After the equinox on **September 23rd** the nights get longer than the days and soon we'll have proper darkness as early as 9.00pm. There's a seasonal change in the night sky too, with many of the summer star patterns beginning to slip from easy view. Arcturus, the brightest star in the springtime sky, has disappeared into the western twilight and the familiar shape of The Plough, high overhead in early summer, is now at its lowest in the north. The 3 bright stars of the Summer Triangle, however, are still prominent high in the south-west and, belying their name, stay with us for a good while yet.

By the middle of September, Autumn's main constellation, Pegasus the Flying Horse, is well up in the south by late evening. Its four principal stars make up a famous asterism or star pattern called The Great Square. Star charts tend to make the Square look brighter and smaller than it actually is, but you can't really miss it as it lies in a relatively barren part of the sky.



Below the Square a large section of the southern sky is filled by a whole slew of constellations with watery associations – Capricornus the Sea-Goat, Aquarius the Water Bearer, two lots of fishes – Pisces and Piscis Austrinus – and the Sea Monster, Cetus, lumbering across the horizon. They're all on the dim side so it's nice to know that this rather dull part of the sky is livened up this year by the presence of the two largest planets, Jupiter and Saturn. Jupiter, at magnitude minus 2.8, is a brilliant object much brighter than any star. It stands low in the south by the middle of the evening in the constellation of Capricornus. A good pair of steadily held binoculars (10x50 are ideal) will easily show you its four largest moons, but you'll need a moderate sized telescope to see much detail in the turbulent belts of clouds covering its noticeably flattened disc. Saturn, the ringed planet, lies lower down to Jupiter's right. At magnitude +0.4 it's a good deal dimmer than Jupiter and not very well placed for viewing. Neptune, the Solar System's most distant planet (now that Pluto's been demoted), is also on

display this month. It lies to the left of Jupiter in the constellation of Aquarius. It's closest to the Earth (if you can call 4326 million kilometres close!) at opposition on **September 14th** when the Sun, Earth and Neptune are in a dead straight line. Unfortunately, you'll need a telescope to make it out as it's too faint to be seen with the naked-eye!

Finally this month, keep an eye out for the Full Moon on **September 21st**. It's the closest Full Moon to the Autumn Equinox making it this year's Harvest Moon. You'll find its golden-orange globe low on the eastern horizon straight after sunset. A lovely sight in the deepening twilight. Have clear skies!

Al Birio

Student Grants

The Trustees of Yorebridge Education Foundation are now inviting grant applications from students under the age of 25, who live in Upper Wensleydale, that are moving into or that are already within higher education for the academic year 2021/22.

The grants are awarded to provide students with financial assistance in meeting educational costs, and applicants must provide details of their age, the educational establishment that they are to attend, their chosen course, how they would use the grant if awarded one, and any additional information that they consider relevant.

All applications should be made in letter form and sent to Martin Fleming, either electronically or in the post using the following details: martin@yorkshiredalesaccountancy.co.uk or

The Trustees, Yorebridge Education Foundation, c/o Martin Fleming, 2, Chapel Street, Hawes, DL8 3QG.



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

Sunday, September 5th.

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

Sunday, September 12th.

- 10.30am** Holy Communion Penhill Together, St. Mary's, Redmire. Speaker: Simon Eastwood, Centre Director from the Jonas Centre, Redmire.

Sunday, September 19th.

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

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Sunday, September 26th.

- 9.30am** Holy Communion, St. Bartholomew's, West Witton.
- 11.00am** Holy Communion, St. Andrew's, Aysgarth.
- 6.00pm** **Harvest Service**, Thornton Rust Mission Room.

September Mid-Week Services.

Thursday 2nd, 16th and 30th at 9.30am. Holy Communion, at St. Bartholomew's, West Witton.

Bolton cum Redmire Coffee Morning: 10.30am to noon on Wednesday, September 1st at Redmire Village Hall.

Afternoon Tea: 2.00pm to 4.00pm, Wednesday, September 15th at Redmire Village Hall.

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Bluebox Productions

September activities begin... As Summer comes to an end, we are excited to share a reminder of what we have

happening as we return (hopefully) to face-to-face delivery and live events.

Activities

Two new activity sessions, starting **Monday, September 13th**, launch in partnership with Leyburn Arts and Community Centre.

Leyburn Youth Drama Club – budding actors and backstage crew are invited to join our brand-new youth drama club. Weekly sessions will run after school during term-time and cover an exciting range of themed activities to learn new skills and techniques in all aspects of running events and professional theatre productions both on and off stage. Sessions will be led by actor and educator Jennifer Sagers. Group 1: **4.00pm - 4.45pm** for 6 to 10-years-old (£4.50 per session). Group 2: **5.00pm - 6.30pm** for 11 to 19-years-old (£7.50 per session). Fees payable termly in advance.

Musical Cultures – Discovering our creative roots. We are inviting young people 11 to 25 years old on a journey around the world exploring different cultures and their musical heritage. Together, they will choose the countries they visit (online) and research the traditional and popular music styles of their chosen destinations. This might be Samba drumming in Brazil, Folk music in Hungary or Raga Music in India. Participants will work with specialist guest musicians to experience and make-music in a range of different styles and discover how they have influenced their own musical interests and creativity when they return home from their travels. Regular departures **7.00pm - 8.30pm**.

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Play>Record>Perform – Our regular sessions start again on **Friday, September 3rd** and are perfect for musicians looking to gain experience playing in a group and/or developing their solo performance. Music styles covered are varied from jazz to rock to musical theatre. Our focus for the Autumn is preparing for our performance opportunities at Leyburn Jazz Festival and as part of our 30th Anniversary Dinner Dance in November. To begin with, sessions will run **6.30pm - 9.30pm** and be a combination of in person and online delivery using JamKazam.

Competition – Could you design our mascot?

As part of our 30th anniversary celebrations we are looking for talented young creatives aged between 11 and 25 years old to help us design a mascot so we are hosting a competition to do it! Your character should be original and all your own work. It should represent what we offer – this could be anything from playing an instrument, singing, dancing or acting to directing a play, being a sound and lighting technician or organising an event. Your design should appeal to 6 to 19-years-old.

If you feel you have the skills needed to create a new mascot for us, your entry must reach us before the closing date of **September 30th 2021** for the chance to win up to £100 of gift cards. 1st, 2nd and 3rd place will all win prizes. For full details and how to enter visit www.blueboxt.co.uk/mascot.

Events

Live Theatre performance. Holmes and Watson: The Farewell Tour by Stuart Forthey. This hilarious live theatre experience by Pyramus and Thisbe Productions will be performed at Leyburn Arts Centre on **Thursday, September 23rd at 7.30pm** and West Burton Village Hall on **Friday, September 24th at 7.30pm**.



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Tickets are £12 available from Leyburn Arts and Community Centre reception, **01969 624510** or online at www.leyburnartscentre.com or www.blueboxt.co.uk/boxoffice.

Tickets are now on sale for the first Leyburn Jazz Festival which takes place over three days from **Friday, October 22nd to Sunday October 24th**. Full details of the artists performing can be found at www.leyburnjazz.co.uk. The Colin Bailey Band will be present an afternoon of standards, songbook favourites and rarer gems in the comfort of Tennant's Garden Room Café on Friday afternoon from **2.30pm** and host a showcase event with local performers on Saturday from **11.00am**. Simon Chorley, Jack Pearce and Paul Edis will be performing as part of the Festival. Paul will also be leading a music workshop on Sunday morning for 11-19-year-olds.

Tickets are on sale for our 30th Anniversary Dinner Dance which will be held on **Saturday, November 27th** at The Falls Café and Giftshop, Aysgarth. Tickets cost £30 which includes welcome drink, and three course meal with tea and coffee. Tables will seat up to 8 people. Entertainment will be provided by the Colin

Bailey Band with special guests and members of the Play>Record>Perform project. Proceeds will support our performing arts activities for young people in Wensleydale and Swaledale.

To book tickets or places or find out more information, please contact Colin Bailey on **07711 211169** or email info@blueboxt.co.uk.

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Partnership Aims to Spark Lifelong Passion for Nature in Children

A new partnership between Leeds Building Society and Yorkshire Dales Millennium Trust (YDMT) aims to dedicate 1,000 new broadleaf trees in the Yorkshire Dales to young people.

Leeds Building Society will dedicate a newly planted tree for every child's savings account opened in one of its branches. The promotion runs until November with the young trees planted at Bargh Wood near Stainforth. This beautiful native broadleaf woodland on the Ribble Way has views towards Pen-y-Ghent in one direction, and Pendle Hill in the other.

The trees will grow to form an important habitat for wildlife in this exposed area as well as helping to create a resilient woodland that can help mitigate the impacts of climate change. Youngsters who have a tree dedicated to them will be able to visit the woodland and see it grow alongside their savings.

The collaboration also hopes to inspire more families to connect with nature and help them understand the importance of planting trees to reduce our impact on the environment, as well as enjoying these natural spaces for health and wellbeing.

Michael Devlin, Deputy Chief Executive at YDMT, said: "We are thrilled to be working

with Leeds Building Society on this special campaign. To be able to inspire families about the vital need to create new woodlands in Yorkshire by opening a children's savings account is a fantastic opportunity, not only helping to plant much-needed trees but also sparking a lifelong connection and passion for the environment in young people."

Matt Bartle, Director of Products at Leeds Building Society, added: "We know how we do business is as important to our members as it is to us and we're proud to be making progress against the challenging targets we've set ourselves to reduce the Society's carbon footprint.

"Our new partnership with YDMT is our first initiative to demonstrate this green commitment through linking our products with positive environmental action and helping to grow this beautiful native woodland will be a wonderful legacy for our young savers."



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White Rose Candles

White Rose Candles in Wensley has survived flooding and lockdown to celebrate its 50th birthday as a business.

These days it is run by Jane Hammond and Sandra Hewitt who are partners in the business with the founders, Jennie and Mick White. The Whites started candle-making in a cellar in their home in Pudsey in 1971 even though they had never made candles or run a business before. A lot depended upon Mick having a scientific background and being an inventor.

"He's amazing. He invents and makes things, anything from scrap," said Jennie, and Jane and Sandra have found him just as helpful. They described him as brilliant and said he had saved the company a lot of money thanks to his ability to create the equipment required. "Mick will always come if we ask him to help with something," Jane added.

Jane, who lives in Wensley, said she and Sandra work really well together, each having their own areas of expertise. Mick taught Jane how to make candles and Sandra decorates them. "Sandra is incredibly creative," Jane explained. They share ideas for new candles and Jane commented: "I like being able to see something from the very beginning to the very end rather than being just part of a production line. Sometimes you see it right from the original concept through to it going on the shelf and somebody buying something that you thought of - it's really satisfying."

The last few years have been tough. First the business was flooded in 2019 and they lost about 80 per cent of their stock. Then there was the lockdown due to Covid-19 last year. A major problem during lockdown was that Jane and Sandra could not work physically close to each other, and once they could open the doors to customers they had to ensure there were never too many inside the shop at once. This means both have to be on duty on the four days the shop is open (Wednesday to Saturdays each week) as monitoring the situation and selling would be too much for one person.

They are very grateful to Jane's daughter, Emily, who built a website for them at a reasonable price so that they could advertise their candles throughout the country during lockdown. Sandra, who lives in Leyburn, added: "It was surprising. We didn't really advertise it. We had it on Facebook, Twitter and Instagram. We tried to keep up with that sort of thing. That's how people find you now."



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Gayle Mill Reopens

Cultura Trust has re-opened the doors of Gayle Mill to the public. The Mill will be open throughout the summer holidays. Special events are planned for Heritage Open Days on **September 10th to 19th**.

Gayle Mill which dates from 1784, has reopened to the public after three years of essential restoration and maintenance work, including almost eighteen months of lockdown caused by the pandemic, during which staff and volunteers were unable to fully support the mill because of shielding or travel restrictions, and the public were unable to visit.



The Mill is open **Thursdays, Fridays, Saturdays and Sunday from 10.00am until 4.00pm**. Guided Tours take place every hour on the hour. Visitors can turn up at the mill without prebooking but under COVID-safe restrictions, numbers are limited so to be assured of places, visitors are asked to call **01969 629348** or email crafts@gaylemill.org in advance.

Councillor Jill McMullon, Chair of the local Parish Council, welcomed the news on a recent visit: "It is wonderful to have this amazing community asset open once again. It will add greatly to the diversity of the visitor attractions in Hawes."

Stuart Parsons, Gayle Mill, said: "We have opened informally over the last month or so to test our procedures and make sure we can offer a safe and memorable experience. Supported by a new guidebook produced by volunteers steeped in the history of the mill, and souvenir photographs that capture its atmosphere, we have something very special to offer."



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Penhill Ladies

Penhill Ladies are getting ready to start our new Autumn programme. If you are an existing member or fancy coming along to join our ladies group a warm welcome awaits you in Carperby Village Institute. We will of course always adhere to current COVID measures.

Our first meeting is planned for **Wednesday, September 15th at 7.30pm**. For further detail please contact Joan on **01969 663557**.



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Swale Singers Start Again in September

At long last, after months of no-singing lockdown, the rafters will ring to the sound of the Swale Singers raising their voices in joyful chorus. It has been a long time and many of us are concerned that our voices have seized up - or at least got a bit rusty from lack of use. Will we reach those top As or bottom Cs?

There's only one way to find out - come along and try on **Sunday, September 5th**, from **3.00pm to 5.00pm** at St Mary's Church, Arkengarthdale.

Under the expert guidance of our musical director, Peter Stallworthy, and encouraged by the no doubt equally croaky first attempts of our fellow singers, we'll rise to full-throated splendour in no time. Or at least manage more than a squeak or two.

Singing safely - Initially, we'll be having our practices in St Mary's church, Arkengarthdale, which will allow us to spread out more and also afford better ventilation. We'll see how this goes and then consider moving back to our usual home of Reeth Memorial Hall when we feel comfortable to do so.

We'll also have in place guidelines about how everyone should behave during the practice, for their own and everyone else's safety. These will include wearing face coverings when moving around the church, sanitising hands regularly and avoiding common touch points.

Choir buddy - If you haven't been part of a choir for some time - or indeed if you never have - we're starting a choir 'buddy' system. Your buddy will be someone who will meet and greet you on your first visit, sort out your music for you, sit with you (not too close!) during your first few practices, introduce you to other choir

members and generally make you feel welcome and at home. Ring me (number below) if you'd like to have a buddy and I'll arrange to have someone ready for your first visit.

Music - So what will we be singing?

In the run up to Christmas, we'll be practising Faure's Requiem, Cantique de Jean Racine and John Rutter's Feel the Spirit, a cycle of seven spirituals. A concert date of **December 4th** is planned.

After Christmas, we'll start work on Handel's Messiah, in preparation for the Swale Singers with Richmondshire Choral Society opening the 2022 Swaledale Festival. It is the Festival's 50th anniversary so all sorts of wonderful events are being arranged and the choirs are thrilled to have the opportunity of being the opening act.

I look forward to seeing lots of old friends and all being well some new faces in early September.

Jackie Pope 07885 498676

Music, Melodies and Memories

A very big thank you to Alison Wade and Sheila Guy for organising the Music, Melodies and Memories event on Saturday, August 21st. Everyone had a great time and the Market House was beautifully decorated with music memorabilia from the past. The money raised will go to Yorkshire Air Ambulance.

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Leyburn and District u3a

The u3a meeting is on **Friday, September 17th** at Leyburn Arts and Community Centre, from **10.00am**. The speaker for the September meeting is David Mason from the Woodland Trust who be talking about Hackfall Woods at **10.30am**. All the interest groups are now resuming their activities. Come and find out more. Non-members are also welcome.

Youth Activities at Leyburn Arts and Community Centre

A new youth drama club is beginning on Mondays. Delivered by Blueboxt the weekly sessions will run after school during term time. An exciting range of themed activities will help young people learn new skills and techniques in all aspects of running events and professional theatre productions both on and off stage. Led by actor and educator Jennifer Sagers who has a wealth of experience leading workshops and theatre in education projects.

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Sessions run from **4.00pm** for 6-10 year olds (£4.50 per session), Group 2 from **5.00pm - 6.30pm** for 11 to 19 years (£7.50 per session). For more information please visit www.blueboxt.co.uk. From **7.00pm - 8.30pm** for 11 to 25 year olds, Musical Cultures, discovering our creative roots, will be held.

Tuesday Club

The Tuesday Club now has space for more members. Held on the **2nd and 4th Tuesday** of the month from **1.00pm to 4.00pm** at Leyburn Arts and Community Centre. For people who wish to socialise and get out of the house for a while. With a snack lunch provided on arrival and tea and home-made cake before leaving. Usually some sort of activity or speaker and opportunity to chat with the volunteers and other members. Cost £5. To book a place phone **01969 624510**.

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September

- 1 Dales Discovery Talk. St Margaret's Church, Hawes. 8.00pm.
- 1 Muker Siver Band and hymn singing. Muker. 5.00pm. See p. 6.
- 3 Thorlby WI High Tea. Thorlby Village Hall. 6.00pm. See p. 4.
- 5 Soup and sweet lunch. Thorlby Village Hall. Noon.
- 5 Swale Singers. St Mary's Church, Arkengarthdale. 3.00pm. See p. 18.
- 6 Concert - Robin Michael. St Andrew's Church, Aysgarth. 7.30pm. See p. 29.
- 8 Bainbridge WI Soup and sweet lunch. Noon. See p. 26.
- 9 Thorlby WI Soup and sweet lunch. Thorlby Village Hall. Noon.
- 12 Churches Together Harvest Festival. Hawes Market House. 6.30pm. See p. 7.
- 14 Guided walk, Lower Swaledale. 11.00am. See p. 35.
- 14 Bainbridge WI Garden Club visit. See p. 26.
- 14 Concert - Aurora. St Mary's, Richmond. 4.00pm and 7.30pm. See p. 35.
- 15 Penhill Ladies meeting. Carperby Village Institute. 7.30pm.
- 15 Afternoon Tea. Redmire Village Hall. 2.00pm
- 16 Bainbridge WI meeting. Bainbridge Village Hall. 7.30pm. See p. 26.
- 17 Concert - Rant. Reeth Memorial Hall. 8.00pm. See p. 25.
- 17 u3a Meeting. LA and CC. 10.00am. See p. 19.
- 17 - 19 Heritage Exhibition. Bainbridge Meeting House. 10.00am. See p. 3.
- 18 Redmire Feast Day.
- 18 - 26 Richmond Walking and Book Festival. See p. 32.
- 19 Dalesplay table top sale. Hawes Market House. 10.00am. See p. 32.
- 20 Closing date for public consultation on Local occupancy and barns. See p. 7.
- 22 Concert - Alicja Fiderkiewicz. St Andrew's Church, Aysgarth. 7.30pm. See p. 29.
- 23 'Holmes and Watson: The farewell Tour' Leyburn Arts and Community Centre. 7.30pm. See p. 12 and 27.

- 24 'Holmes and Watson: The farewell Tour' West Burton Village Hall. 7.30pm. See p. 12.
- 25 Concert - Kiki Dee and Carmelo Lugerri. Reeth Memorial Hall. 9.00pm. See p. 25.
- 29 Concert - Apollo5. Influence Church, Richmond. See p. 32.
- 30 - Oct 3 Northern Antiques Fair. Garden Rooms, Leyburn. 11.00am. See p. 25.

October

- 1 Guided walk, Aysgarth Falls. 10.15am. See p. 35.
- 1 Concert - Maharaj and Degavino. St Andrews, Aysgarth. 4.00pm and 7.30pm. See p. 35.
- 2 Concert - Marie Little. St Oswald's, Askrigg. 7.00pm. See p. 28.

Hawes Indoor Bowling Club

During the autumn and winter months the Hawes Indoor Bowling Club meets every **Tuesday at 7.30pm** in the Market House for a friendly game of indoor bowls.

New members (male and female) are always welcome. No previous experience necessary, so why not come along and have a go, you might have a hidden talent or just enjoy the company and the light exercise. Ring **Barry on 01969 667458** if you have any queries.



Gayle Mill Trust, Woodcraft Studio is now open, look out for our roadside signs or to book an appointment to shop with us call: 01969 667320.

DCM What's On

All events and exhibitions are included in the museum admission unless stated. To book events please call **01969 666210** or email hawes@yorkshiredales.org.uk.

Exhibition

Run the Dales, until **September 26th**.

With over 200 years of history behind it, fell running is one of the Yorkshire Dales' original sports, no doubt inspired by its awesome fells. A 'race up and down a nearby hillside' has been a pursuit passed down through the centuries. This exhibition explores the history of fell running and the contemporary running scene. Its stars, pioneers and iconic races feature through brand new imagery by award-winning photographer, Stephen Garnett.

Events

Wednesday, September 1st. 1.00pm to 4.00pm. Textile Techniques Afternoons.

Demonstrations of different textile techniques in the vibrant textile gallery.

Thursday, September 2nd. 1.00pm to 4.00pm. In the Kitchen – Preserving.

See Mrs H in our traditional Dales Farmhouse Kitchen and discover the history and different ways of preserving foods, such as pickling and salting.

Sunday, September 5th. 11.00am to 4.00pm. Traditional Rugmaking Demonstration.

A demonstration of traditional rug making including both proddy and hooked techniques.

Thursday, September 9th. 1.00pm to 4.00pm. In the Kitchen – Sausages.

See Mrs H in our traditional Dales farmhouse kitchen and discover the history of sausages since Roman times.

Saturday, September 11th. 12.30pm to 4.30pm. Wet Felting for Beginners.

Learn to wet felt using alpaca and British sheep wool tops in a variety of vibrant or natural colours. A bit of elbow grease will be required! You will produce a range of samples and create an 'alpaca' themed panel. We will discover the science behind the technique of wet felting and learn the processes of bonding wool fibres

together or even work in other exotic fibres to form a new and unique fabric. Booking essential. £45. All materials included.

Sunday, September 12th. 10.00am to 3.00pm. A Woolly Wander Experience.

Visit a local alpaca farm on Raydaleside, meet the animals and take them for a gentle stroll through the spectacular landscape of the Yorkshire Dales, with stunning views of Semerwater. Explore the Museum's textile gallery and learn the techniques and processes to create your own felted picture using wool from the alpacas you have met! Lunch is included, provided by the Firebox Cafe. Booking essential. £50.

Saturday, September 18th. 12.30pm to 4.30pm. Wet and Needle Felting.

Suitable for beginners and for those with some experience of felting. Wet and dry needle felt using alpaca and wool tops in a variety of vibrant or natural colours, and produce a range of samples to create a Yorkshire Dales themed panel. Explore techniques such as applique and free motion machine embroidery that you might want to try at home. Booking essential - £45. All materials included.

Saturday, September 25th. 12.30pm to 4.30pm. Felt and Stitch.

Using alpaca and wool fleece, fibres and threads in a variety of natural and vibrant colours, you will design and plan your own unique felted fabric. Exploring the basics of free motion embroidery and how stabilisers, bondaweb and water-soluble fabrics can aid and enhance your work. Stitch and embellish to add textures and layers to your felt. Booking essential. £45 - all materials included.

The Polar Express Train Ride at the Wensleydale Railway

Join us again in November and December for The Polar Express Yorkshire for a magical Christmas Experience.

The Wensleydale Railway is the only licensed Polar Express in Yorkshire. This Christmas experience is unlike any other. Brought to you by the organisers of the number 1 voted Polar Express in the World. Tickets are selling fast. For more details and to book see <https://yorkshiredalesthepolarexpressride.com/>.

Coast to Coast National Trail Proposal To Be Developed

The Yorkshire Dales National Park Authority is looking forward to working with Natural England and local partners to designate the Coast to Coast long distance footpath as a National Trail. The feasibility work will be taking place during the current year with a view to Natural England presenting a formal proposal to Government early in Spring 2022.

Nick Cotton, Yorkshire Dales National Park Authority Member Champion for Recreation Management said: "The designation of the Coast to Coast as a National Trail is a key objective within our National Park Management Plan 2019 - 2024 and we're delighted that this is now a big step forward to making it a reality."

Rishi Sunak welcomed the start of work on

making the world-famous walk a National Trail, with work now underway on preparing a proposal for National Trail designation to maintain and upgrade the long-distance path which brings thousands of walkers to the Yorkshire Dales every year.



The 182 mile Coast to Coast path runs from St Bees in the west passing through Orton, Kirkby Stephen, Ravenseat, Keld, Reeth and Marske in the Yorkshire Dales National Park before continuing to Robin Hood's Bay in the east.



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Dales Quoits League

Our decision to run the Dales Quoits League for the 2021 season was a successful move. Played on a friendly basis in case we had to cancel mid-season and with final league positions having no effect on the final positions of the 2019 season, we managed to complete all 14 games between May and August without interruption.

The final matches were played on August 9th on a very pleasant warm and sunny evening. The final league table concluded with:

Division 1 - Top position - Middleham Quoits Club with 86 points followed in Second place by Kirkby Malzard "A" Team with 74 points.

Division 2 - Top position - White Rose Askrigg with 94 points with Second place going to Fox & Hounds West Witton "A" Team with 85 points.

Running the league during 2021 after missing the 2020 season was certainly a positive move as with players leaving teams and two teams not being able to reform for this season, it may have been questionable if the Dales Quoits League would have survived. After over 25 years in existence this would have been a great loss. However, the season saw new members joining teams and, with being under little pressure, learning the game and all becoming proficient enough to easily feel confident playing next year.

We now look forward to holding our AGM in March where the new 2022 season will be discussed and arranged. There may even be a

proposal put forward to change the league format for one year to "mix" things up a little and re-vitalise the divisions. Hopefully, now the restrictions we have all endured are behind us, the Dales Quoits League can look forward to another successful 25 years.

Finally, many thanks to all the team captains, players and pubs who helped to make this season very enjoyable.

Anybody interested in forming a new team or joining an existing one please contact **Stephen Mason, League Chairman on 01969 662743** for further details.

Stephen Mason

Wheels 2 Work Scheme

Do you know someone who might benefit from the Wheels 2 Work scheme?

Wheels 2 Work is a not-for-profit moped loan scheme that helps young people (and others!) to get to work, apprenticeships, education or training when no other form of transport is available,

Applicants should live in Richmondshire, Hambleton or Harrogate, be 16+ and have a clean (Provisional) driving licence. Mopeds are on loan for 6-12 months (training is provided) and 1000 people have already benefitted from the scheme.

For more information, please email wheels2work@hambletoncommunityaction.org or see www.hambletoncommunityaction.org or phone **07764 151081** - or drop in to 159/160 Northallerton High Street (entrance from Romanby Road, opposite the Durham Ox car park.

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Upper Wensleydale Benefice Services in September

	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
September 5th	Holy Communion	Holy Communion	Morning Prayer	
September 12th	Morning Prayer	Morning Prayer 6.30pm: Harvest United service, Market House, Hawes	Holy Communion	Holy Communion
September 19th	Holy Communion	Holy Communion	Morning Prayer (2.00pm BCP)	
September 26th	Morning Prayer	Holy Communion	8.30am Holy Communion 10.30am Family service -Praise in the Pen*	Evening Prayer

*To book your pen please email office@upperwenben.org.

Evening Prayer is on **Sundays at 4.00pm** via our telephone conferencing service -for details go to www.upperwensleydalechurch.org/services .

Thoughts From the Vicarage

I hope that you've had an enjoyable August and perhaps had time, as suggested last month, to 'linger' and 'loiter' a little. I did experience some unexpected lingering (if not loitering) at the Vicarage, as the result of a self-imposed precautionary isolation in response to being in the vicinity of some positive 'testers' after a family wedding. How the apprehension rises before each lateral flow test and oh the relief when the negative result is displayed once again! We are all seeing and appreciating life in new ways.

It's been a busy summer if a rather different one. The influx of 'staycation' visitors as the nation enjoyed the opportunity to move about more freely have been welcomed by our local businesses but in many ways it's all felt a bit ... well ... 'dreamy'. We've been trying to get on with life whilst still living it in a very different way. A good example of this has been our celebration of the success of our athletes in the spectator-less Olympics in Tokyo. The games took place but they were... well... different. The famous quote of Dr Spock in the Star Trek series

springs to mind; "It's life Jim, but not as we know it".

Members of the early church in the bustling seaport city of Thessalonica were trying to live their lives amidst rising persecution from the Roman Empire. Life was becoming increasingly difficult as the familiar freedoms they had been used to changed about them and life was having to be lived on a day-to-day basis. Despite this, St Paul encourages them to 'Give thanks in all circumstances'.

I'm sure that we will still have much to contend with in the months that lie ahead but that very reality is helping us to value the life that we do have in a new way. It only takes a few moments of listening to the latest news from around the world to realise how fortunate we are; so, as the seasons move on and life follows on, let's continue to be thankful for all the good things that we do have.

It would be lovely to celebrate that with you at any of our services across the month. With God's blessing.

Rev Dave

Events in Reeth Memorial Hall

We are delighted to be able to resume our exciting programme of live music (subject to current Government guidelines). Ventilation will be provided through open doors and windows. The current seating arrangements mean that we will be unable to provide significant social distancing. Please bring your own drinks as we will not be serving refreshments for our first concerts.

Friday, September 17th – Rant – Four of Scotland’s finest fiddle players, two from the Black Isle, one from Arran and one from Shetland return to Reeth following their 2018 sell-out concert. Tickets £15 (£17 door).



Saturday, September 25th – Kiki Dee and Carmelo Luggeri return to Reeth. Don’t go breaking my heart by missing this one! Tickets £20 (£22 door).

Friday, October 8th – Leveret – three of England’s finest multi award-winning folk musicians combine fiddle, concertina and melodeon for an unforgettable evening. Tickets £15 (£17 door).

Thursday, October 28th – Himmerland – folk meets jazz meets world music with this 5-piece Scandinavian band combining vocals, sax, fiddle, guitar, percussion and bouzouki. Tickets £14 (£16 door).



Thursday, November 25th – Gigspanner – Steeleye Span’s former fiddler, Peter Knight is joined by percussionist Sacha Trochet and guitarist Roger Flack. Tickets £16 (£18 door).

Tickets are available from Reeth PO or phone **John Little (01748 884759)** or visit www.reethmemorialhall.co.uk.

Tickets are half price for under 16s. All concerts start at **8.00pm**.

Northern Antiques Fair Moves to Wensleydale

Dating back to 1951 the Northern Antiques Fair was held in Harrogate for many years until COVID-19 restrictions forced its cancellation in 2020. This year, the Fair is relocating to The Garden Rooms at Tennants, and will take place from **Thursday, September 30th to Sunday, October 3rd**. The Fair opens at **11.00am** and closes at **6.00pm** except Sunday when it closes at **5.00pm**.

The event brings together over 40 of the UK’s top dealers for the four days showcasing the very best in art, antiques and design. The fair encompasses a dynamic and eclectic range of items available for sale including formal and country furniture, traditional and contemporary paintings and sculpture, early to modern glass, silver and jewellery, oriental rugs and carpets, ceramics and lighting, clocks and watches, maps and prints, Art Nouveau and Art Deco design objects and much more.

The fair is vetted by specialist committees enabling the visitor to buy with complete confidence. Prices range from £100 to five figure sums. Tickets cost £7.50 including catalogue. For more information see <https://northernfair.com/>.

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Keeping Up the Pace

The ladies of Bainbridge WI are keeping busy with a full programme of events and activities lined up for the next few weeks.

Having enjoyed a delicious lunch at Middlemoor Farm Cafe in glorious sunshine in July, the 'ladies who lunch' are now getting back into the swing of their monthly lunches and have just enjoyed an outing to Sedbergh Golf Club. Members of our Book Club are still busy reading away and meet up via Zoom to discuss their latest read - hopefully soon to meet in person and chat over a cuppa and cake. Garden Club members are looking forward to a visit to Diamond Hill Farm near Patrick Brompton on **September 14th** and naturally they will follow that visit with afternoon tea at Tennants - just to keep their stamina up! The 'crafty ladies' are really pleased that they are able to resume the Craft Club with a workshop by Gill Savage of Huckleberry Crafts on **September 11th** where Gill will show us how to decorate our own plant pots.

We are really hoping that our first Soup and Sweet Lunch will be able to go ahead on **Wednesday, September 8th at Noon**, at the Thornton Rust Institute. Everyone is welcome to attend for a delicious home-cooked lunch but please book your place with Susan Freer (details below).



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We are pleased to have been asked to host a round of the North Yorkshire West Federation Quiz which will be held at Spennithorne and Harmby Village Hall on **September 23rd** and followed by supper. We are not overly confident that our team will be successful but we do know that we will serve up a delicious supper to compensate!

Of course, these are all the extra activities planned for our members, but we are delighted that our monthly meetings are now finally able to return to Bainbridge Village Hall on the third Thursday of the month, starting at **7.30 pm**. Our September meeting will take place on **Thursday, September 16th** when Melanie Reed, the local Methodist Minister will be talking to us about her life, career and music.

As you can see, we are a really busy, friendly bunch, and if you fancy joining us, please contact our President, **Susan Freer**, on **01969 663980**. We would be thrilled to welcome you along!



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Events at Leyburn Arts and Community Centre

For more information and to book tickets for all events, please visit our website www.leyburnartscentre.com or phone 01969 624510.

Live Cinema

All Live Cinema tickets are £12.

Tuesday, September 7th at 7.00pm.

Mick Fleetwood and Friends.

A stellar cast of musicians assembled to celebrate the music that established Fleetwood Mac as one of the biggest bands in the world – the music of Peter Green. Filmed live Feb 2020 at The London Palladium.

Tuesday, September 21st at 7.00pm.

La Traviata.

Verdi's hugely popular opera, recorded live at Sydney Harbour in 2021. Timeless romantic arias, lively choreography, beautiful costumes and spectacular fireworks.

Tuesday, September 28th at 7.00pm.

Romeo and Juliet.

Shakespeare's classic romantic tragedy, starring Jessie Buckley and Josh O'Connor. Recorded live at London's National Theatre earlier this year.

Live Music

Saturday, September 11th at 7.30pm.

Country and Western.

Paul 'Rodeo' Sowden, Mini Quiz and Raffle. Yeehaw! Mosey on down and join the fun. Book early to avoid disappointment. Tickets £10 (includes light supper).

Live Theatre

Thursday, September 23rd at 7.30pm.

Holmes and Watson: The Farewell Tour.



Together with BlueBoxt we are delighted to be hosting live theatre again. Julian Finnegan and Dominic Goodwin are helping audiences "laugh their way out of COVID" with The Case of the Prime Minister, the Floozie and the Lummock Rock Lighthouse! Tickets are £12 (U18s £8).

Mystery Picture

Last month's Mystery Picture was of the newly installed stained-glass memorial to those who died in the pandemic, which is located above the old telephone box in Redmire.

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An Evening With Marie Little

As part of the ongoing fundraising efforts to save St. Oswald's church tower, the acclaimed and well-known North-East folk artist Marie Little, will be sharing her talents with us on the evening of **Saturday, October 2nd at 7.30pm** (doors open at **7.00pm**), at St Oswald's Church, Askrigg (postponed from April 25th 2020).

Marie plays guitar and sings songs that can be sad and thought provoking one minute, then have you howling with laughter the next. Her material ranges from industrial and contemporary songs of social significance, through music hall and country, all of which she performs with her own unique style.



To make the evening even more special, Elizabeth Fawcett of Humble Pie Cookery Kitchen will be providing and kindly sponsoring, a Picnic Supper Box (plus Tea,

Coffee or soft drink). There will also be a raffle with great prizes donated by local suppliers.

Tickets are priced at £12 and are available from Sykes Shop in Askrigg and Three Peaks Shop in Hawes (or by emailing caseymal@live.co.uk). The Raffle tickets are also available from Sykes Shop and Three Peaks shop, and the raffle will be drawn during the interval.

So put the date in the diary, get your tickets early and come along and enjoy some great entertainment, wonderful food and help us raise funds for the vital repairs necessary to St. Oswald's Church Tower.

For more information on Marie and her music, visit her website <http://www.marielittle.co.uk>.

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Wensleydale Concert Series

Typing this at the beginning of August it has been wonderful to have live music again in July with really appreciative audiences and a sold out concert. Tickets are selling very well this year, so if you would like to come along, please don't leave buying tickets to the last minute.

In September we have our final two concerts of the year at St. Andrew's Church, Asygarth at **7.30pm**. Tickets are £15 (or £1 for anyone in full time education).

On **Monday, September 6th** we have cellist Robin Michael visiting for the second time. He



wowed the audience in Carperby Village Institute with a solo recital in 2019, our last concert before lockdown, and this time he is returning with pianist Daniel Tong. They will include some popular and well known works and dances by Brahms and Dvorak as well as

music by Janacek and Martinu - a thoroughly tuneful evening with a Bohemian flavour.

The second concert is on **Wednesday, September 22nd**, when we welcome back an old friend of the series, Polish pianist Alicja Fiderkiewicz. Alicja was one of the artists who generously supported us when we started the series and we haven't seen her for a while. As always, she is bringing some wonderful Chopin, but also music by Schumann and works by, perhaps, lesser known composers with a Polish tour de force by Grazyna Bacewicz and some Hebridean Dances by Scottish composer John McLeod.



For further details of the concerts and tickets (online, by phone or by post), as well as the Covid precautions please visit our website www.wensleydaleconcertseries.co.uk. If you aren't online, tickets can be purchased by phone on **0333 666 3366** (state the date and Wensleydale Concert Series).

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A level and GCSE Success at the Wensleydale School and Sixth Form

It's been a week of celebration as our four fantastic A Level students came in to pick up their results. It was a huge success, with a 100% pass rate and each of them meeting or exceeding their aspirational target grade.

Perhaps even more importantly though, we're so happy that our vocational and business-based courses have led all four students into their desired field after Sixth Form. Jack Chappelow and Caitlin Tyralla will be working locally, with Jack entering the food business, and Caitlin entering the hospitality industry. Mia Smith will be continuing onto Higher Education to study Film and Television Production at the University of Greenwich, and Jordan Cullen is at the final stage of the RAF recruitment process.

Headteacher Julia Polley says "After such a disruptive year due to Covid-19, I am so proud of our Year 13 students for their resilience, hard work and good humour. The internal awarding of grades went smoothly and this is due to the professionalism of our staff and students. I am delighted to say these four fantastic students have gained the grades they need to move to their next step."

Success also came for Year 11 GCSE

students. This year has seen 73% of students achieve Grade 4 or above in English and Maths and 43% get Grade 5 and above in English and Maths. 39.7% of students achieved at least one Grade 7 - way above the national average of 26.2% - and 93% achieved at least one grade 4 compared to the national average of 76.3%.

Headteacher Julia Polley says: "I am delighted that the hard work has paid off for our Year 11s. They were an amazing year group and all have achieved the grades they need. They were my first full cohort from Year 7-11, so I'm extremely proud that they now have such a fantastic conclusion to a challenging year."

Wensleydale School is a central part of the Leyburn community but welcomes students from across North Yorkshire and has provided consistent support and schooling for everyone throughout the pandemic.

**Julia Polley, Headteacher
The Wensleydale School and Sixth Form**



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Fit for Life (zoom) - **Mondays 9.15am.**

Bootcamp (live) **Tuesdays and Thursdays 6.00am.**

Walking Circuit (zoom) - **Wednesdays 9.15am.**

Strong and Steady (live) - **Wednesdays 11.00am.**

Gentle Exercise (live) - **Fridays 10.00am.**

Costs for fitness classes are £6 per session or £30 in advance for six sessions.

Running sessions (live) **Fridays 6.30pm.**
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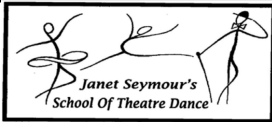
We are also restarting our Learning Curve

Conversational French (zoom) - **Tuesdays 1.30pm - 2.45pm.** Cost is £5 per session.

Booking is essential for all classes. New members are very welcome to all our classes. Get in touch for more information.

Don't forget we have a fully equipped gym with brand new equipment thanks to funding from Richmondshire District Council. There are a number of different gym membership packages available.

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We have had a fantastic summer at Dalesplay, our activities have been based around the theme of summer and seashores. Children have decorated plant pots, money boxes and Gnomes, they have played with water shooters, giant connect four, played rounders, cricket, football and so much more.

At Dalesplay we ensure we meet the interests and needs of each individual child to ensure they are having the best time in our care. We would like to welcome all our new starters that have joined us over the summer, they have all settled in really well and made lots of new friends.

On **Sunday, September 19th** from **10.00am** Dalesplay will be holding a table top sale in Hawes Market House. Come along and see some wonderful local crafted produce, homemade refreshments will be on sale and we will have a tombola to help raise funds for new resources for the children to use in Dalesplay.

Richmond Walking and Book Festival

September 18th - 26th

Amongst the speakers this year are Baroness Hale, BBC Scotland's Sally Magnusson, Radio 4's Claudia Hammond, and Horrible Histories' researcher Henri Ward. Walks from Richmond into the surrounding area are available.

Tickets are available from www.booksandboots.org; the Richmond Information Centre and, when hosting an event, the Georgian Theatre Royal. For more information, see www.booksandboots.org or contact **Barbara Gravenor on 01748 821738; 07543 776071** or barbaragravenor@gmail.com.



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Richmondshire Concerts

The Richmondshire Concerts society has announced its 2021-22 programme. Society's Chairman, Chris Shaw said: "After the disappointment of having to cancel our last full season, we wanted to welcome our audience back with a special line up. So we're offering not the usual 6 concerts, but 7 - all of the same top quality that our concert-goers expect."

The season opens on **September 29th** with the vocal quintet Apollo5, the sibling group of the equally famous Voces8. Three string quartets appear in the following 7 months: the well known Sacconi Quartet and Piatti Quartet, and the stellar young Consone Quartet - recently broadcast by the BBC from Wigmore Hall.

Pianists Alison Gill - another Wigmore veteran - and Yoshie Kawamura - recently at Sage Gateshead - will perform side by side on the Steinway in November: quite a sight for anyone new to four-handed piano. Keyboards will feature again when the New London Chamber Ensemble comes to Richmond in February, and again when Maggie Cole returns with her fortepiano and her Trio Goya colleague Kati Debrezteni, for a concert of late Classical and early Romantic works.

All concerts are at the Influence Church, Richmond. Tickets are £16 (or £1 for full-time students). A Season Ticket offers all seven concerts for £50; and an arrangement with Darlington Music Society means an astonishing 13 concerts can be enjoyed for just £80. Details and online tickets are at rsconcerts.org.



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Music Returns to Wensleydale

Following a two year break, we are very pleased to announce that The Wensleydale Tournament of Song will return to Leyburn in March 2022.

For over 100 years, the annual Tournament Festival of Music and Speech has sought to promote the study, performance and appreciation of music and prose, and has afforded competitors the opportunity of having their performance marked by professional adjudicators. For generations, it has brought together young and old in the community, and has given us all the chance to hear our local choirs and orchestras at their best, as well as numerous, wonderful, solo performers. Over 100 classes, ranging from prose and poetry readings, instrumental music, and songs, both solo and in groups, means that there is something for everyone, either as a competitor or supporter.

The 2022 syllabus and entry forms can be found at Hewson's in Leyburn, on our website at www.wensleydaletos.co.uk, or email the Secretary at: secretary.wts@outlook.com.

Throughout the pandemic, the community

spirit of the Dales has shone through, and we sincerely hope that this same spirit will help us to give you all a Festival to remember. New entrants can be assured of a warm and welcoming reception by the Wensleydale audience, as well as a sympathetic assessment and encouragement from our experienced adjudicators.

We look forward to meeting old friends, and making new ones; and to keeping this traditional, and much loved, event going for many more years to come.

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Re-elected Leaders Meet 'Generation Green'

Farmer Neil Heseltine and local government officer Julie Hutton met youth representatives at Semerwater in Raydaleside for their first joint engagement since being re-elected Chair and Deputy Chair of the Yorkshire Dales National Park Authority.

The leaders met Joe Hudson, 20, from Malham in Craven, and Laura Day, 25, from Orton in the Westmorland Dales at an event in Raydale to learn about the land management initiatives currently being run by the National Park Authority in partnership with local farmers and organisations.

Laura and Joe have become youth representatives on the steering group of the National Park Management Plan (NPMP), giving them a say on the work programme of dozens of organisations operating in the National Park. They have also become part of Generation Green, a programme offering volunteering opportunities to young people.



Neil Heseltine, who was re-elected Chair at the Authority's AGM in June, said: "The critical area for us as a National Park Authority is climate change and nature's recovery. It's great to have Joe and Laura as part of the NPMP steering group and the Generation Green programme, because what's important for me is that young people help to decide the direction that we are taking, because it's them that are going to be taking over in future."

Deputy Chair Julie Hutton said: "The economy is really important and that has got to link in with climate change. Generation Green is doing that by giving skills to local young people that will support a route to employment in the 'green economy'."

Laura Day, who is a postgraduate English Literature student currently living at her family's tenanted farm in Orton, said: "The opportunity to live at home again was something I didn't think I'd have, so being able to do something locally is important. I'm hefted here. This is where I'm from, so it's about understanding myself as well as understanding the landscape."

Joe Hudson, who is an Economics undergraduate as well as a record-breaking local fell runner, said: "A lot of young people tend to move away from the National Park, which is a shame, and it's important to show that you can still live and work in the National Park. The change in the way people are working, with more home working, is a great opportunity for the National Park."

Part-Time Vacancies in Gayle

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Swaledale Festival News

Events in September and October

Wednesday, September 1st – Guided Walk: River Swale and Gunnerside Ghyll. **10.30am to 2.45pm**. Meet at the lay-by at the B6270 Crackpot/Summer Lodge Junction.

A walk and talk with the Education Officer of the Yorkshire Dales Rivers Trust, looking at the wildlife associated with rivers. Dogs on a lead are permitted.

Adult £7, Under 25 £3.

Wednesday, September 1st - Philippa Mo (violin) & William Towers (counter-tenor).

Two performances – **4.00pm and 7.30pm** at St. Andrew's Church, Grinton.

Fine violinist meets top-drawer counter-tenor in a mouth-watering recital. Programme will include music by Hildegard von Bingen, Henry Purcell and Gustav Holst.

Adult £15, Under 25 £3.

Tuesday, September 14th - Guided Walk: Flora of Lower Swaledale. **11.00am to 3.00pm**. Meet at Yorke Square Car Park, Richmond Green.

Approximately 4 miles, with Robert Hall and members of Yoredale Natural History Society, taking in the 12th-century Easby Abbey, rich flower meadows and the old railway track-bed. Dogs on the lead are permitted.

Adult £7, Under 25 £3.

Tuesday, September 14th - Aurora Percussion Duo.

Two performances at **4.00pm and 7.30pm** at St. Mary's Church, Richmond.

Two extraordinary percussionists perform musical acrobatics on a myriad of instruments. Sublime and amazing!

Adult £15, Under 25 £3.

Friday, October 1st - Guided Walk: Falls, Freeholders and Flagstones. 10.15am to 3.15pm. Meet at Aysgarth Falls National Park Centre.

Join the experienced National Park volunteer guides for a 5-mile walk to find out about the old stone mines and the fascinating history of Carperby, where residents still have traditional rights over coppiced timber. We will see all the three Aysgarth Falls waterfalls en route.

Adult £7, Under 25 £3.

Friday, October 1st - Meera Maharaj (flute) & Dominic Degavino (piano).

Two performances at **4.00pm and 7.30pm** at St.

Andrew's Church, Aysgarth.

A second appearance at the Festival for the gifted young flautist, this time with the young pianist Dominic Degavino as her duo partner, performing Bizet's Carmen Fantasy, and music by Grace-Evangeline Mason and César Franck. Adult £12, Under 25 £3.

Wednesday, October 6th - Brighde Chaimbeul (Scottish small pipes) and Aidan O'Rourke (violin).

Two performances at **4.00pm and 7.30pm** at St. Andrew's Church, Grinton.

In this keenly anticipated concert, the ultra-talented young Scottish piper duets with the marvellous violinist from folk super-group Lau.

Adult £15, Under 25 £3.

Thursday, October 7th - Moray Welsh Trio (cello, violin & piano).

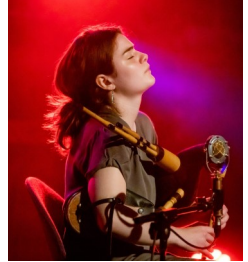
Two performances at **4.00pm and 7.30pm** at St. Andrew's Church, Aysgarth.

The world class trio of Moray Welsh (cello), Marcia Crayford (violin) & Caroline Clemmow (piano) play Mozart's Piano Trio in G major and Fauré's Elegy for Cello and Piano.

Adult £15, Under 25 £3.

For tickets and information, please visit:

www.swalefest.org.



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Trees Up Gayle

Two landowners in Sleddale, above Gayle, have spoken about their motivations for planting large areas of new native woodland. Farmer Andrew Davis from Nateby has planted trees across 287 acres (116 hectares) of land that used to be part of West Shaw Farm as run by the Chapman family until 2019.

Electrical engineer Chris Armstrong, originally from Middlesbrough, has planted trees immediately next door to Mr Davis' Sleddale Pasture, on 27 acres (11 hectares) of Swinesett Hill, close to Faw Head.

Mr Davis, who runs a sheep enterprise on his home farm near Kirkby Stephen, also planted up a large area of rough ground over the fell, by the Cam Road track, in 2019 and those trees have now emerged from their guards. His schemes have been funded by the Government body, Natural England. Under a Countryside Stewardship agreement, the cost of the young trees and associated fencing are met in full, while he will receive annual per hectare payments for the next ten years to carry out maintenance work to ensure the woodlands get established.

Mr Armstrong's woodland was also largely funded through Countryside Stewardship, in association with other support including local charity Yorkshire Dales Millennium Trust.

Andrew Davis said: "The thinking is that it is marginal farmland and that the direction of travel with British agricultural policy is that the government wants more trees on these sort of areas. All my life I've wanted to farm in a nice ringfence but you can't always do that, so the advantage with trees is that you can buy further from home and manage it. Is there money in trees? Yes and no. There is money in trees if it fits your farm and the land. There the land can produce more per hectare with trees than with livestock, otherwise I wouldn't have done it. At the end of the day, I've got to make a living. 30,000 trees have been planted with guards and another 30,000 without guards. The only downside is that long term it won't create a lot of work."

He was asked whether he had considered permitting public access across, through the woodland, as a path up through Sleddale Pasture would create a triangular walk out of Gayle, linking the track that runs along the bottom of

the new woodland with the Pennine Way which goes up to Ten End. Mr Davis said he hadn't considered access but that he would be open to it. "There may be payments to come on creating walks and access. That would be wise and logical," he said.

Chris Armstrong, who travels around the world with his job, said he had already been busy managing his new woodland next door at Swinesett Hill. Trees have been planted at a greater density here than on Sleddale Pasture. "13,000 native trees were planted over the 11 hectares and within 6 weeks, 30 had blown over, so I replaced them. It's going to need work to keep on top of it and get it all established. I've a passion for trees, for putting something back in the countryside. I want it to be a working wood that is coppiced and produces firewood and charcoal – it won't be just something nice to look at. It will be better for wildlife as well. We should be able to get some red squirrels back in there. It's a long term project. I won't see the trees coming out the guards this year. Long-lasting oak trees have gone in," he said.



Both men recognised that planting new woodland on farmland was controversial in some quarters. Chris Armstrong said: "If I was in farming, I would wonder about land being taken out of farming for trees, but apart from the first meadow the land was rough with a lot of stone in it. Towards the top of the planting it is shrub so there won't be a stark outline and it's all native trees, not banks of conifers. It was woodland originally, so all we're doing is taking it back".

Chris Armstrong was right about taking the land back to how it used to be. West Shaw means 'West Wood' in Old English, while Widdale is Old Norse for 'Wooded Valley'.

Andrew Fagg

The Upper Dales Health Watch

The Patient Participation Group for the Central Dales GP Practice

Synopsis of the meeting on 12th July 2021

From August 1st, Dr Mary Brown returns to the Practice 2 days a week and Dr Jonathan Pain reduces his hours to 2 days a week.

90% of the adult population in the Practice area have had their first Covid jab and 75% their second Covid jab. Most patients refusing jabs have genuine reasons for doing so. Patients visiting the surgeries on and after July 19th will still have to wear a face mask.

E consultations were increasing. 99% of these get a reply within one day – the commitment is a reply within 2 days.

Ear wax removal. Ear syringing is no longer paid for by the NHS. All GP Practices in Richmondshire and Hambleton have now stopped offering this service following national advice from the British Medical Association. Private providers charges vary from £30-40 to £85 if the latest equipment is used.

Any Central Dales patients with a minor injury need to telephone for a time to attend – so the number of patients in the surgery can be managed safely. Patients needing stitching have to go to the Urgent Treatment Centre (UTC) at the Friarage.

Follow up from Hospital. It can take at least 6 weeks before the Practice receives a discharge letter from a hospital. Patients with concerns following a stay in hospital should phone/email their surgery, unless the hospital has given them instructions to contact the hospital. Patients who have been given 7 days medication by the hospital should always contact their surgery as soon as they get home, in order that further supplies can be ordered in and be available for the patient at the end of their first week home. Patients should not expect automatic follow up for the above reason.

Blood Test results. Patients are told they will be contacted if there are any concerns about the results. Any patient needing reassurance should phone their surgery after a week, after **1.00pm**, and their blood test result will be checked.

Face to Face Appointments are taking place in both surgeries. However, anyone with a cough must take a Covid test first. Phone **119** to find out where the nearest test site is.

Patient Transport is a recurring concern. Patient transport for Richmondshire is arranged from a central office in Stokesley. Telephone: **0300 330 2000** or online, visit www.golocal-northyorks.community. Patients unable to get to a Covid test centre by private car need to phone **119** for a free home testing kit which will be sent by post.

The South Tees Hospitals NHS Trust still hasn't computerised patient's records due to the cost. In an emergency, records can be accessed without a patient's permission, but the reason for doing so has to be recorded.

There is a lot of information on the Central Dales website, including further information on the issues raised above. All patients can subscribe to the Practice's newsletters by registering through the website.

Jane Ritchie, Hon. Secretary



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Insect Bites and Stings

With many people about and wasps more likely to sting in Autumn, here is some useful advice.

Most insect bites and stings are not serious and will get better within a few hours or days. Occasionally they can become infected, cause a severe allergic reaction (anaphylaxis), or spread serious illnesses such as Lyme disease and malaria. Bugs that bite or sting include wasps, hornets, bees, horseflies, ticks, mosquitoes, fleas, bedbugs, spiders and midges.

Symptoms of insect bites and stings

Insect bites and stings will usually cause a red, swollen lump to develop on the skin. This may be painful and, in some cases, can be very itchy. The symptoms will normally improve within a few hours or days, although sometimes they can last a little longer.

Some people have a mild allergic reaction and a larger area of skin around the bite or sting becomes swollen, red and painful. This should pass within a week. Occasionally, a severe allergic reaction can occur, causing symptoms such as breathing difficulties, dizziness and a swollen face or mouth. This requires immediate medical treatment.

What to do if you've been bitten or stung

- Remove the sting or tick if it's still in the skin.
- Wash the affected area with soap and water.
- Apply a cold compress (such as a flannel or cloth cooled with cold water) or an ice pack to any swelling for at least 10 minutes.
- Raise or elevate the affected area if possible, as this can help reduce swelling.
- Avoid scratching the area, to reduce the risk of infection.
- Avoid traditional home remedies, such as vinegar and bicarbonate of soda, as they're unlikely to help.

The pain, swelling and itchiness can sometimes last a few days. Ask your pharmacist about over-the-counter treatments that can help, such as painkillers, creams for itching and antihistamines.

When to get medical advice

Contact your GP or NHS 111 for advice if:

- You're worried about a bite or sting;
- Your symptoms don't start to improve within a few days or are getting worse;

- You've been stung or bitten in your mouth or throat, or near your eyes;
- A large area (around 10cm or more) around the bite becomes red and swollen;
- You have symptoms of a wound infection, e.g. pus, increasing pain, swelling or redness;
- You have symptoms of a more widespread infection, such as a fever, swollen glands and other flu-like symptoms.

When to get emergency medical help

Dial 999 for an ambulance immediately if you or someone else has symptoms of a severe reaction, such as:

- wheezing or difficulty breathing;
- a swollen face, mouth or throat or difficulty swallowing;
- nausea or vomiting;
- a fast heart rate;
- Dizziness, feeling faint or loss of consciousness.

Emergency treatment in hospital is needed in these cases.

Prevent insect bites and stings

There are some simple precautions you can take to reduce your risk of being bitten or stung by insects. For example, you should:

- Remain calm and move away slowly if you encounter wasps, hornets or bees – don't wave your arms around or swat at them.
- Cover exposed skin by wearing long sleeves and trousers, and wear shoes when outdoors.
- Apply insect repellent to exposed skin – repellents that contain 50% DEET (diethyltoluamide) are most effective.
- Avoid using products with strong perfumes, such as soaps, shampoos and deodorants – these can attract insects.
- Be careful around flowering plants, rubbish, compost, stagnant water, and in outdoor areas where food is served.

You may need extra precautions if travelling to part of the world where there's a risk of serious illnesses, such as being advised to take antimalarial tablets to help prevent malaria.

Source – <https://www.nhs.uk/conditions/insect-bites-and-stings/>.

Sachin Tammewar - Pharmacist- Central Dales Pharmacy, Hawes



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FRI 10 SEPT 6pm **Judas and the Black Messiah (15)** 2hrs 6m
FRI 17 SEPT 6pm **Outside the City (PG)** 1hr 22m
FRI 24 SEPT 6pm **Papicha (15)** 1hr 48m

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11 SEPT 7:30pm **Live Country & Western** £10 (incl. light supper)
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Founded in 1995
by the late Alan S. Watkinson