

BRIDGE March 2021

Newsletter of the parish of Middleham with Coverdale, East Witton & Thornton Steward

Bridge over River Cover by DS Pugh / River Cover / CC BY-SA 2.0

Please cascade 'Bridge' to others.

Please email jervaulxliz@gmail.com if you would like to be added to the mailing list.

For those you know without access to technology/ a printer who have requested hard copies, please let them know we hope they will be available in April or May, depending on how things develop with Covid restrictions.

If you have any photos of bridges in the parish, please send them to jervaulxliz@gmail.com



Letter from the rectory

Have you given up anything for Lent? One of my most successful Lents was when I gave up biting my fingernails and I have never looked back! I had an almost successful Lent of giving up chocolate — and then on a glorious Easter Saturday, in the sunshine in a park with my young nieces, my sister asked me if I fancied a 99. 'Yes, please,' says I, and

promptly scoffs it without a thought. And then the realisation set in.....

I've not quite got around to giving up anything specific this year, or taking anything up for that matter. Maybe it's because some of us feel we've been living a bit of a year long Lent —and we've given up quite enough, thank you very much, during this time of Covid and lockdowns.

It's certainly been a time for self-denial and self-reflection, traditionally important themes of Lent. But maybe surprisingly, much of what I've heard from people as they've reflected on this past year has been positive – like how many of us have rediscovered the joy that can be found in what we used to call 'small' things, like nature and the created world, and the desire simply to be with friends and family. I don't know what you're looking forward to most – for me it's the thought of seeing my mum and having a nice cup of tea with a friend. Could it be true that the best things in life are free??

Though the disciplines of the season of Lent can be difficult, their aim is ultimately to achieve something positive. It helps to put us back on the right track – for people of faith it is a time to rediscover and renew our faith in God, and help us back on the path of following Jesus, which it is so easy to wander away from. Even if you are not a person of faith, you may have spent time reflecting on what is most important to you during this year long 'Lent'. And this season of reflection, like the reflection that has taken place in this last year, puts things back in perspective.

Lent in the church calendar lasts for 40 days – the time Jesus spent in the desert. That can't have been easy for him – 40 days of fasting and temptation does not sound like fun. But it didn't last forever. Our current

situation isn't fun, but neither will that last forever. And as we've said, something positive can come out of it if we let it.

In the Christian faith we are always reminded that to get to Easter, you have to go through the cross. It is sadly not possible to skip that bit. The days of suffering and self-denial are not over. We are still in the season of Lent, and we can't skip to Easter. But Easter is coming....

Verse of the month: 'Weeping may last for the night, but joy comes in the morning. Psalm 30 v 5





Emergency food supplies available:

Please contact 07796 988302 (text/phone. Confidential. Discreet collection/ delivery can be arranged)

NEW HELPLINE: Citizens Advice Money and Benefits Advice Service, North Yorkshire



If you need support with:

- benefit entitlement, claims and appeals
- accessing other income such as charitable and statutory grants
- managing your money and making it go further
- help with debts etc

Call 0300 3031 598 Monday to Friday 9.00 to 4.00 Please tell us if you need us to call you

back (if you have low credit). (Or you can leave a voicemail outside these times).

Email advice can be requested via the contact form on website cany.org.uk

Citizens Advice Mid-North Yorkshire

Hambleton Office: 277 High Street, Northallerton, DL7 8DW. Tel: 01609 776551 Richmondshire Office: 23 Newbiggin, Richmond, DL10 4DX. Tel: 01748 823862

www.citizensadvicehrs.org.uk



FOODBANK SUPPORT

If you would like to contribute to the local food bank in Richmondshire – please place items (as stated on the can, left) – in the boxes which are located in the following parts of the parish:

The Grange, East Witton
Top of drive to Coverham Abbey
Applegarth House, Leyburn Road, Middleham

Thanks to Jo Harrison-Topham and Harriet Corner for organising these collections which will go to the Store House which is based in Richmond at Influence Church.

And thanks to everyone who contributes so that hungry families have something to eat.

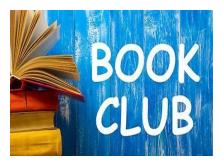


Hear To Help Just B

Part of the community response to Covid-19.

Just B is offering emotional wellbeing support to people in the Harrogate District, Hambleton and Richmondshire, with our new Hear to Help phoneline, available to anyone who may be dealing with anxiety/low mood/ isolation at this time – children, young people, and adults. The line is staffed by trained staff and volunteers and is available seven days a week, 8am-8pm. Please see our safeguarding and information policy: Click here for our safeguarding and information policy

Call (01423) 856 799.* Calls are charged at local rates and may vary dependent on time of day and or even be included within your call package. Please visit Ofcom for further details https://bit.ly/localcallcharges.

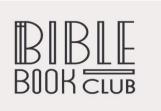


Coverdale Book Club

Our next meeting is on Tuesday 9th March at 11am when we will be discussing Where the Crawdads Sing by Delia Owens.

On Tuesday April 13th we will be discussing **The Journal of Edwin Carp** by Richard Haydn.

All meetings are currently being held on Zoom for a lively discussion of the book. If you'd like to join us please email martindstott@gmail.com



Bible Book Club

Saturday March 27th at 11.30am – 12.pm. We'll be looking at the **Gospel of John.**

Email Liz for the link jervaulxliz@gmail.com if you'd like to join us

The 'Bridge' Magazine

The Editorial Team would like to express our thanks to all those who have faithfully delivered the copies of the 'Bridge' magazine, through the letter boxes of the United Parish, for all the years since its inception in 1994.

Also, a note of gratitude to those who have transported the magazine to central locations within the various areas that make up the Parish.

A new era came into being with the creation of the on-line version of 'Bridge' in 2020 and this will continue. Realising this was excluding those with limited access to on-line facilities, a letter was sent out in the Autumn of 2020 to enable a "hard" copy to be ordered. As soon as is logistically possible, the delivery of these will come into force in 2021.



Thelma Howden 1920 - 2021

As many of you know, our dear mother Thelma Howden slipped away very gently on the 22nd February in Weardale Community Hospital, Stanhope. We feel very blessed that Thelma was able to live independently in the home she loved until almost the end of her life, and that her spirit and mind remained so strong right to the end. She had a very happy marriage to Ted for over 50 years, and was a deeply loving Mum, Mother-in-Law, Granny and Great Granny. She also loved living in Middleham, and the many friendships she developed in the local community. It was truly wonderful to celebrate her 100th birthday in Middleham last year, and both she and we have been so appreciative of the friendship and support she has received through over 50 years living here. Mum was also very thankful for all the kind messages of love she received during her time in hospital.

Of course, in these unusual times, we will not be able to invite as many people as we would wish to her funeral service, which will be held at St Alkelda's later this month. But we hope to have a further opportunity to give thanks for her life later in the year.

Martin, Andrew and the whole Howden family

Community Garden, Middleham



Spring is round the corner and the plants are beginning to wake up after the winter slumber, including in the community garden in Middleham.

Volunteers are always welcome, even if you only have an hour or two to spare. It would be great to have more people from the community joining in, and also using the garden – there are tables and benches, and a petanque/ boules court is currently under consideration.



Photos taken by Amanda Hopper last year.

Please get in touch with Nigel Hopper or Amanda Hopper on 07594814524 or hoppern@gmail.com for more information





Coverdale WI

Friday 26th March - A delivered cheery Easter afternoon tea

An afternoon tea delivered to your home, with sandwiches, quiches and Easter treats at approx 3pm - £5 per person.

Please register if you would like to partake, contact either Kimberley 01969 640487 or Sara - 01969 640550

Save The Date

The following Coverdale WI events are scheduled to be held at Coverdale Memorial Hall, details will be shared nearer the event. Please save the date:

Saturday 17th July - Outdoor bingo with food 6-9pm

Sunday 1st August - Yorkshire Day

Friday 15th October - Domino drive (rescheduled from February)

Thursday 2nd December - Coverdale over 65's Christmas supper

Pinker's Pond Tree Planting



On Saturday 20th February, 10 volunteers braved the wind and the rain to plant 200 trees around Pinker's Pond and surrounding section of Lower Moor, Middleham. The project, set up by newly formed Lower Wensleydale Biodiversity Action Group, aims to diversify tree species and increase biodiversity of the area; adding colour year-round to this popular walking site.

"It was fabulous to get out and do something positive during what has been a very challenging time for many of us,", said Elise Barron one of the organisers. "There is currently a lot of ash trees surrounding Pinker's Pond but unfortunately they are showing signs of ash-die back. The alder & willow we planted will help to replace these and provide colour and interest around the periphery of the pond for years to come".

The trees were provided by Yorkshire Dales Millennium Trust for free and are a mix of UK broadleaf species, such as willow, alder, oak, birch, rowan, hazel, cherry, field maple and aspen.

If you would be interested in helping maintain the site or get involved in future projects please email lwbagroup@gmail.com



Chef Bella

They say you are never too old... but Bella Fairhurst is proving that you're never too young! She has started cooking with her dad, Guy (from Middleham and who runs Fairhursts Home (fairhursts.co.uk), and has her own Facebook page and youtube channel – and helps dad to cook up some real treats. Check out the rhubarb cheesecake and pulled pork, to name just a couple.

And you can listen to proud dad, Guy being interviewed on Radio Tees by clicking here: CHEF BELLA INT (getcloudapp.com)

Bella's facebook page: Chef.Bella - Home | Facebook

Chef Bella makes Baked Rhubarb Cheesecake on youtube: https://youtu.be/Ci2N4tpwr1c?t=12



Home Library Service

Books and more delivered to your door



A FREE service for people of all ages who are unable to get to the library or carry books themselves



LEYBURN LIBRARY in LOCKDOWN THREE

We are available for Select and Collect Service and Public Computers - phone us on 01609 535971

Book Collection and book returns:

Mondays 1pm-3pm, Tuesdays 10-12noon & 2.30-4.30pm Fridays 11am-3pm, Saturdays 10-12 midday Tell us on 01609 535971 what books you would like from Leyburn shelves or for us to reserve for you, or you can reserve books online via your library account. We will telephone you when the books are available to arrange a collection time.

An answerphone is available out of hours.

Public Computer times:

(Please phone to check if this service is available:) Tuesday and Friday, 45 minute sessions at 12.30 and 13.30 must be pre-booked by telephoning us on 01609 535971. Socially-distanced tech advice will be available on Tuesdays.



LEYBURN ARTS & COMMUNITY CENTRE leyburnartscentre.com

As restrictions are lifted we will return with our wide variety of entertainment, activities and other community services:

~ CINEMA ~ MUSIC ~ THEATRE ~ WORKSHOPS ~ ART ~ CAFÉ BAR ~ ROOM HIRE ~ GROUPS & CLUBS ~

Meanwhile, as the district's COVID-19 Community Support Hub, we are supporting local people and businesses in need of help.

To do all of this we rely on a merry band of volunteers. If you usually have some time to spare, and it doesn't need to be a lot, please consider joining us. There are many ways to help, please contact us for a chat and more information: Tel: 01969 624510 email: admin@leyburnartscentre.com



BIG Celebrations

We thought it would be nice to celebrate important life events in Bridge.

So if you would like to wish someone a Happy Birthday or Happy Anniversary, when they hit the milestones – including big birthdays like 18, 21, and anything with a '0' on the end – or the milestone anniversaries – let us know, preferably with a photo of the person/ couple. Email <u>jervaulxliz@gmail.com</u>



The Parish of Middleham with Coverdale, East Witton and Thornton Steward 'Jervaulx Churches'

Our worshipping life continues to be by email, though if all goes well, we will begin to worship together (outdoors) from Easter Day.

We continue to pray for the parish, and to send out email services for Wednesdays and Sundays (see below).

In addition, our churches continue to be open for private prayer on Wednesdays, 9am – 5pm (unless there is a funeral).

Parish e-services:

Sundays - a weekly email service of worship

Wednesdays - a weekly email reflection following 'We make the road by walking' by Brian McLaren – pursuing 'aliveness'

Please email jervaulxliz@gmail.com – to be added (BCC) to our email services group.

Easter Day, Sunday 4th April. Outdoor services will take place in the churchyards of our churches at the following times:

10am St Oswald's, Thornton Steward

10am St Alkelda's, Middleham11am St Botolph's, Horsehouse

11am St John the Evangelist, East Witton

Meanwhile, the snowdrops are out in profusion in St Alkelda's churchyard in Middleham, as are the celandine and crocuses, and our churchyards are very peaceful places to pray/ reflect/ meditate/ enjoy the beauty of God's world.

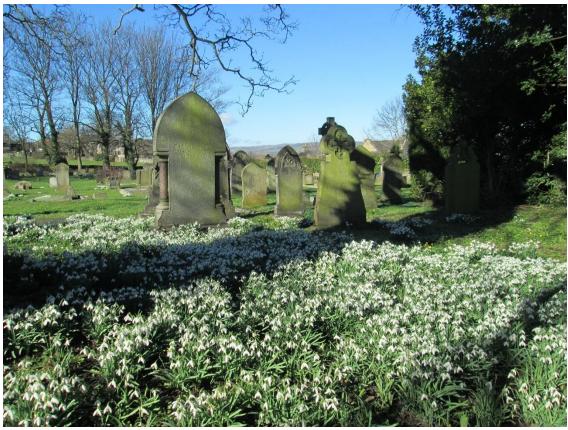


If anyone has any photos you have of any of our churchyards, including the wildlife, flora and fauna, please send them to

<u>jervaulxliz@gmail.com</u> and we'll include them next time.







Weddings and **Funerals Update:** (subject change) Weddings From 29 March onwards, up to 6 people can attend a wedding in any circumstances. From no earlier than **12 April**, up to 15 people will be allowed to attend a wedding, potentially rising to up to 30 from 17 May. From 21 June at the earliest, the government aims

to remove all limits on social contact, including lifting wedding restrictions.

However, the guidance may be that masks will remain compulsory, and congregational singing may still not be allowed. We await further announcements.

Funerals are limited up to a maximum of 30 throughout this period, though this could be less depending on the capacity to safely social distance in each particular church building or crematorium. Up to 15 people are allowed at the interment of ashes.

Funerals directors have current information on government guidelines, and parish policies, which vary.

APPS to help you pray:



Not 'religious'? Don't go to church?

It doesn't mean you don't pray. Download the free app from www.trypraying.org

Or watch the 1 minute introductory video on the same link.



A free app from the Church of England for each day of Lent. Download from Googleplay for free.

Rhythm of Life

Lent Course – Monday nights by Zoom 7.30-9pm

Via Zoom – contact jervaulxjeff@gmail.com for Zoom details

Celebrating, creating, encouraging, praying, sharing, reflecting and resting – integrating these into our rhythm of life.

What is the contribution of the Church of England?

Given the amount of fundraising that churches do it's easy to think of the Church of England as an organisation which is constantly taking from people. However, a study was published last Autumn that revealed that this is very much a two-way street.

The study was commissioned by the National Churches Trust and produced by State of Life, an organisation which measures social value. They report that, prior to the pandemic, from its 16,000 church buildings the Church of England runs or supports through hosting 35,000 social projects around the country.

These include:

- 2,400 night-shelters
- 2,700 community cafes
- 5,000 lunch clubs

These all serve food. To put this into context this dwarfs the number of McDonalds restaurants of which there are approximately 1,300 in the country.

In addition, there are non-food projects:

- 8,000 food banks
- 4,000 parent-toddler groups
- 2,300 holiday clubs for children



Other types of projects include drug and alcohol support groups, mental health and counselling services, youth clubs, after school care and credit unions.

According to the study, the cash value of these projects, if local authorities replicated them, State of Life calculate to be £2.4 billion pounds. The cash value of the health, happiness, confidence and trust (which are priceless) which the projects generate they put at £10 billion, which means that the Church of England contributes a massive £12.4 billion per year to society.

It's a shame that this sort of good news story doesn't make the news unlike the stories forecasting that the pandemic will be the end of the Church of England due to the shift to online worship. If that did happen it looks like there would need to be a substantial tax hike to compensate!

Revd. Jeff Payne

A Local Foodbank in Leyburn?

A group including town councillors, clergy, volunteers from community and church and a Co-op rep – have been meeting to discuss whether there is a need for a more local foodbank here in mid-Wensleydale. The nearest foodbank is Richmond & there is an 'Open Pantry' updale which helps people in Hawes/Askrigg.

As a church parish we tried the 'Open Pantry' model, whereby people can help themselves to food supplies which were left at the back of St Alkelda's (pre-Covid). We saw little uptake. We don't know if this is because in this parish there is little need, or there were other factors that inhibited use. We still have emergency supplies available should anyone need them. Please get in touch if you do. (Text 07796988302)

After our recent discussions, it was decided that more needed to be done to identify need. If you (or anyone you know) find yourself in this situation, please contact the clergy – Liz/ Jeff (confidentially: text 07796988302 or phone 01969 326069) & help will be organised. Or PM Middleham town councillor Lorna Skelton via Facebook. Anyone can find themselves in difficulties at any time. As we've learned from the past year, there are no guarantees as to how life will go for anyone. Rev'ds Liz and Jeff



St Alkelda's church clock, Middleham has its own ideas!

Some of you will have noticed that our church clock seems to have its own idea of timekeeping. Sometimes it will keep near perfect time for days or weeks and then suddenly it will lose five minutes in a day. Despite their best efforts even the experts don't know why this should be so. Perhaps we should show a little sympathy for our grand old clock which has been doing its best for Middleham residents since its installation in 1884. Here is an article that appeared to mark the occasion.

" The new clock which has been

constructed by Messrs Potts of Leeds for the Middleham church tower at the expense of John Topham Esq. was declared finished and got going on Monday last, amidst public rejoicing. The church bells chimed merrily to welcome the arrival of their new neighbour and whilst a select party were being entertained at Middleham House, the general public were enjoying tankards of "Magfield malt brown ale" which was being dispensed gratis from the Market Cross. The clock is a very handsome with two faces and full chimes. It will be a great help to the inhabitants of Middleham and the neighbourhood."

We mortals need a bit more attention in our old age so perhaps after one hundred and thirty-seven years service we shouldn't be surprised that our clock is feeling its age too. We are trying to confound the experts by a process of elimination which started a couple of weeks ago with the disconnection of the dial over the porch which seemed to make no difference as it still played up. The remaining dial over the nave has now been disconnected and we will monitor the clock over further weeks.

The clock will still continue to work and so will still chime the quarters and strike the hours although how accurately remains to be seen. If and when we have any findings we will report these in Bridge.

Simon Burren



RABI Big Farming Survey

If you are involved in farming, please take 15 minutes to fill in the following survey: The Big Farming Survey | RABI

The online questionnaire covers five areas:

*About you and your farm

* Your wellbeing and quality of life

*Your relationships with others

* Your health

*Your farm business

What's it for? The data that's collected will enable us and our partners across the industry to develop effective tools and support strategies for farming people in future.

Who can take part: Farmers, farm workers, their spouses and adult-aged children

When: Now till 31st March 2021

From the Methodist Church:

Darlington District Dales Virtual Mission Weekend PLAN, 5-7 March, 2021

OBJECTIVE: What are we learning as a District about rural context? What are the rural churches teaching us?

What are the issues we need to be aware of?

THEME: Pilgrimage

From Rev Melanie Reed, Methodist Superintendent Minister, North Yorkshire Dales Circuit 01969 623818

Dear Friends and colleagues

I attach a plan for a virtual visit of the President of the Methodist Conference, Rev Richard Teal, on the weekend

5-7 March. This is focussed on rural ministry and therefore I would be hugely grateful if you would consider being a part of the weekend where and when you may be able. Also I am mindful that you will have many contacts with farmers across our area who may like to be involved in some of the conversations and would appreciate your help in getting the message out to them.

Anyone interested in being involved can either let me know and I will be able to forward them a link for registering in due course, or they can contact Mrs Helle Sewell | Darlington District Evangelism and Community Engagement Enabler 07905 606042 (Mobile) darlingtondistrict.enabler@gmail.com

Please feel free to pass this email on to anyone else that I may have overlooked.

Thank you in anticipation. God Bless. Melanie

	Morning	Afternoon	Evening
Friday		World Day of prayer 4PM - Swaledale virtual Forest Church Pilgrimage walk. Rev Teal to offer reflections on the film and images taken from the	Open Zoom for anyone in the District to come and meet the President. (7PM start) Helle
		walk. Kevin/Helle	
Saturday	10AM – Ecumenical Church Leaders in the Dale Zoom conversation. Topic: Restructuring in a rural context. Respective Supers to	2PM - UTASS – Upper Teesdale Agricultural Support Services conversation. NFU – national Farmers Union Bring together in conversation mixed with images from their context.	7PM - Q + A with Rev Teal. Opportunity for farmers to speak with the President. Topic: How can the church support farmers through their struggles and challenges.
	advertise in their region	Debbie	Melanie/Bruce/Kevin to gather interested folk
Sunday	10:30AM - Circuit Service at Stanhope Methodists YouTube channel. R Teal to do this live	North Yorkshire Dales Methodist Circuit Sunday reflection. Rev Teal to pre-record and send in a reflection.	

A fun way to learn about Bell Ringing!



Join a free online introductory course to bell ringing organised by the Wensleydale bell ringers.

For over five hundred years the Church Bells of Wensleydale have been resounding across our countryside. The sound of bells ringing is deeply rooted in English culture. They provide the grand soundtrack to our historic moments, call out for our celebrations and toll sadly in empathy with our grief.



However, this year, for the first time since the second world war, the bells are silent. The Covid Lockdown has halted ringing in the church tower. However, our teams of enthusiastic ringers have not been silenced! Ringers are now getting together on-line to practise and learn, and this in turn has created an excellent opportunity for those new to ringing to find out all about it and why so many have got the ringing bug.

The Wensleydale ringers are offering a series of short interactive on-line presentations on the joy, techniques, and benefits of bell ringing. We invite everyone to join us in these sessions, from those who have simply wondered about how the bells are rung through to those interested in whether bell ringing is for them. Lockdown presents an excellent opportunity to investigate a new hobby from the armchair, with an open invitation to come and learn for real in your local bell tower once lockdown restrictions are eased. The sessions will also be an occasion to meet others in a friendly setting.

Bell ringing is a team activity that keeps your brain active and your body agile. Some do it for the community of friends, some do it to contribute to Church life, some to keep the glorious sound of bells alive, and some do it for the pure pleasure and feeling of well-being it

"when I'm ringing I forget all the tensions and frustrations of the day".

In Wensleydale we have over 60 active ringers of different ages, male and female. Some of us attend church but others do not: there is no requirement to be a church-goer. Whether your interest is theoretical, or whether you are

wondering if bell ringing could be for you, we invite you to join the first of our on-line evening sessions and take it from there. Use your lockdown to learn about a

new potential hobby!

Bell ringing does not require great strength and we have had children as young as 10 learning in Wensleydale. Many others learn in retirement.

The bell towers of the Wensleydale area are at the churches of Askrigg, Aysgarth, Bedale, East Witton, Kirkby Malzeard, Middleham and Masham, and those living within reach of those churches are particularly welcome to participate in our course.

The times and dates of sessions will be arranged in agreement with participants. We intend our first session to be in early March.

Learn about Bell Ringing during Lockdown!



Join a free online introductory course to bell ringing run by the Wensleydale bell ringers

The Wensleydale ringers are offering a series of short interactive on-line presentations on the joy, techniques, and benefits of bell ringing. We invite everyone to join us in these sessions, from those who have simply wondered about how the bells are rung through to those interested in whether bell ringing is for them. Use your lockdown to learn about a new potential hobby!

If you are interested in finding out more please email wensleydaleringers@gmail.com, or contact us via Facebook at Wensleydale Ringers, via twitter at #wensleydaleringers,

or give David Scrutton a ring on 07510 304747.

Bird notes from Richard Wells - March 2021



It is a sure sign that winter is on the wane when oystercatchers (left) start arriving in our parishes. During the worst of the snow and ice at the beginning of February Charlotte Roberts saw 20 at Thornton Steward. About the same time, I was counting 95 in a single group near Ulshaw Bridge.

These are the harbingers of spring and their numbers will continue to build until come the end of March they will pair up and disperse to all parts of the dale. I remember when the "Beast from the East" hit us in

2018 the ground was frozen for

more than a fortnight and many died from starvation. I feared the same would happen with the hard ground this time but I think they have got away with it.

The other great late winter favourite is the arrival of the first curlew (right). Many have been feeding in the fields near Thornton Steward church but these are likely to be foreign birds. "Ours" – those that will breed on local heather moorland – won't be far away.

We haven't done with winter yet. The weather will have plenty of

stings in its

tail. Yet it is amazing to think that the first of our summer – yes summer - visitors will have arrived by the end of March.

Listen out for chiffchaffs (left) in local woods. It's an easy one to identify with its onomatopoeic call "chiff..chaff...chiff..chaff".

Over the Ure and Cover sand martins (right) will be looking for insects. The Cover Bridge and Harkersbeck are good

places to see these relatives of the swallow and if you are lucky an early wheatear on an upland drystone wall might put in an appearance, its white rump easily seen as it flits in front of you as you walk. They will all have travelled from Africa to spend the next six months with us. Marvel at their exploits and enjoy them.









Far left: Female wheatear Left: Male wheatear

Hospital Transport

Parish support groups may be able to provide transport to local medical and dental practices. Different parts of the local area have their own arrangements, so contact your parish council to see if they are supporting in this way.

In Middleham contact David Keep 07531580499 or office@middlehamtowncouncil.co.uk in the first instance



If you have an appointment at one of the hospitals for our district, and no family or friends are available to help, you will be asked to contact PTS (Patients Transport Service) which is provided by Yorkshire Air Ambulance (0300 3302000 between 8am – 6pm). They accept the most critically ill people within the following criteria: outpatients; admission or discharge from hospital; regular life-saving treatment e.g. dialysis, chemotherapy. PTS are reluctant to speak to anyone but the patient who must have appointment details when they phone. PTS is free of charge.

If none of the above is possible, contact the Leyburn Hub on 01969 624510 or <u>admin@leyburnartscentre.com</u> The Hub has arranged to provide transport via NYCC Transport Service run by volunteers, but is not free of charge. For journeys up to 44 miles, the charge is 45p a mile. For journeys more than 44 miles, the charge is capped at £20. Pay the driver by cash or cheque at the end of the journey.



northyorkshire community messaging



Another vaccination scam

The intention of the fraudsters is to obtain your personal and bank details. Please remember the Covid 19 vaccination is FREE and you will not be asked for payment. The NHS will never ask for your bank details.

If you receive such emails you can forward them to report@phishing.gov.uk and then delete from your inbox.

Please pass this message on to friends/family etc

Example of recent Scam email:

NHS is performing selections for coronavirus vaccination on the basis of family genetics and medical history.

You have been selected to receive a coronavirus vaccination

Use this service to confirm/reject your (COVID-19) Vaccination:

>> NHS - Accept invitation

>> NHS - Decline invitation

Please do not respond to these emails. Report them.



Help our nurses care for dying people at this unprecedented time of need. Donate now

The Wensleydale Marie Curie Fundraising Group are asking for your help as this year we are unable to hold our street collections for the Daffodil Appeal.

Instead we have set up a Wensleydale Marie Curie JustGiving page:

Margaret Knight is fundraising for Marie Curie (justgiving.com) and hope you will donate to that instead. Our little daffodils are available if you'd like one from any member of this group and in a limited number of outlets. Please give generously when you see one of our collection boxes - money raised in Wensleydale stays in Wensleydale. There are many ways of helping us to raise money, like Step-into-Spring, a challenge of walking 10,000 steps in one day, a 2 hour challenge to make knitted and crochet daffodils or just colouring in one of our daffodil cards. Please set yourself a small challenge and help us to keep funds coming in to support our wonderful Marie Curie nurses. More ideas at https://www.mariecurie.org.uk/daffodil West Witton Village Shop has some lovely handmade cards for sale. Thank you. Mary Sadler 01969 623813

Email: mary_sadler@yahoo,co,uk







Working in Partnership

School life continues, as we enter the 6th week of the current lockdown. Our students and staff have shown tremendous resilience in both the streaming of lessons and completing work. We have been superbly supported by the local community, but 3 organisations in particular have gone above and beyond during the crisis. Firstly, Leyburn Rotary Club have worked tirelessly to help us with laptops and devices. In addition the Jessica Bethell Foundation, a charity to raise awareness of Meningitis, has donated a significant amount of money which has allowed us to purchase yet more laptop devices and importantly fund some 1:1 mental health support for our students. During this pandemic most mental health services have switched to offering telephone or video contact. For our most vulnerable students, this is not ideal as our young people, at times of crisis, are less likely to engage through these formats. CAMHs has a very long waiting list, so we knew it was essential to find a different approach. With the funding from the Jessica Bethell Foundation, we've managed to source and arrange for face-to-face contact in school from Embrace4Support.



Our deepest gratitude to everyone involved and will ensure we use the resources wisely, to support those most in need.

Continuing on a supportive theme, the department for Education has made a grant to all schools, so we can purchase and distribute sanitary products to our girls in need. This week I have placed an order for over £280 of products, which we will deliver to students after half term. I am pleased that the government has allowed us to support our female students in this way.

Finally, 9 Feb was Internet safety day. As we seem to spend our whole lives online these days, it is a timely reminder that we do need to be sensible when online. 3

useful sites offer some additional guidance, which we have shared with our students through tutor time.

A video 'Who can you trust online?': https://vimeo.com/481359801

Internet safety quiz: https://www.saferinternet.org.uk/node/818545/take

Other useful resources: https://www.saferinternet.org.uk/safer-internet-day/2021

Julia Polley, headteacher of Wensleydale School and 6th Form



Listen to Julia being interviewed by Naga Munchetty on Radio 5 Live on 24^{th} February: starts around 17m 40 s in.

Naga Munchetty - 24/02/2021 - BBC Sounds





The Federation of Middleham VA and Spennithorne VC CE Primary Schools

'Friendship, Endurance, Forgiveness, Trust'

As Lesley Sweeting, the Chair of Governors, informed us last month, the Executive Headteacher, Mrs. Lindsay Evans, will be leaving the Federation of Middleham and Spennithorne Schools at Easter, as she leaves us to take up a position at a large primary school in Bristol.

This means that the school will be recruiting a new headteacher. Please pray with us that the process will go well, and that we find just the right person to lead our school federation in the future.



Middleham Key Centre, Park Lane, Middleham DL8 4RA 01969 624002

Email: office@middleham-key.co.uk www.middlehamkeycentre.co.uk

The Key Centre office and other facilities are CLOSED due to the current lockdown. We will resume our activities as the government guidance allows and when it is safe to do so.

Meanwhile you can email us or ring our number and leave a message. E-mails will be dealt with by staff from home and the answerphone will be checked regularly. Alternatively, if the matter is urgent, you can ring Pam on 07772 736006 or Lesley on 01969 622615.

We are happy to help if we can or signpost you to the relevant services. We hope those who are able will keep an eye out for their neighbours. Stay sensible and safe.

We are still taking advance bookings by email for the **Emergency First Aid at Work** which we will be offering a date for as soon as lockdown is eased. The course will be £57.50 which includes VAT and certification.

The Hair Shoppe: at Middleham Key Centre is also CLOSED until government guidance changes. Enquiries can be directed to the salon's Facebook page or when bookings resume to Claire on 01969 624401.

FiftyfiveUP: Tony Talbot, the founder, is based at The Key Centre – this is a free upbeat, online lifestyle magazine aimed at informing and sharing information relative to exercise, motivation and overall wellbeing. fiftyfiveUP has been designed as a community platform where those over 55 can simply enjoy what has been written or use it to showcase their own editorial or photographic talents. www.fiftyfiveUP.com

Changing Minds Psychotherapy: Beverley D'arcy BSc Hons. Psychol. M. A. Psychotherapy, Cert. Coun.

Psychotherapy & Counselling – is online at present at www.changingmindspsychotherapy.co.uk

Email: bevdarcy@changingmindspsychotherapy.co.uk Tel: 07900 034481 for further details or to make an appointment. **Community Police:** Whilst we are closed if you ned to contact our local PCSO please telephone 101 the non-emergency number directly



Do you know which bridge this is? Which drama series is it linked with? Answer at the end of 'Bridge'. ************************

Next Bridge: April 2021

Please send any items to: jervaulxliz@gmail.com by the deadline: 14th March, 2021.

It may sometimes be necessary to edit articles. We will endeavour to liaise with you when this happens, but it may not always be possible.

Please note that the views expressed in the articles are those of the author.

Contacts:

Revs Jeff and Liz: 01969 326069

Churchwardens:

Middleham - Margaret Brabban 01969 624388;

East Witton & Thornton Steward: Mary Fawbert 01969 623007/ Karen Newsam 01969 622395;

Coverdale: Anne Readshaw 01969 640448

Methodist Minister: Rev Melanie Reed: 01969 623818; RC priest: Fr Michael: 01969 623141

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During lockdown and the publishing of a limited version of bridge, we have not included our advertisers who contribute towards the cost of publication with thanks. With the opening of shops and businesses, we now give the latest list of advertisers to whom we are thankful for their donations.

With new government restrictions in place, please contact the organisation for up to date details of how they are trading.

If you would like to advertise in Bridge, please contact Richard Fletcher (rgfsmarden@btopenworld.com/01969 625365).

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- ★ KIDZ DAY NURSERY Places for children 3 months 5 years. Funded Places available. Before and After School Club, and Holiday club. Pick up from Spennithorne school. Phone for details 01969 622833 info@kidzdaynurserymiddleham.co.uk
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ANSWERS: