



Middleham Herald



Halloween Edition, October 2021



From the Mayor

Season of Mists and Mellow Fruitfulness, Autumn is with us already and we have seen things gradually opening up in our community. Tea in the afternoon on Wednesdays, Seniors Luncheon Club on Thursdays and Coffee Morning on Saturdays if you would like to join any of these groups contact Middleham Key Centre for further details from Pam.

Looking forward, we will be switching on our lovely **Christmas lights with festive singing round the tree on the Market Place on Friday 3rd December at 6.30pm**. Please join us for carol singing, mince pies and mulled wine.

Our **Seniors Christmas Lunch will be at the Key Centre on Thursday 9th December at midday**. If you are not a regular attender at the weekly lunch but would like to join in, please ring Pam at the Key Centre on 01969 624002 and let us know.

The Children's Christmas Grotto, complete with presents from Santa, will be held at Middleham Key Centre on Saturday 11th

December at 2 pm. There will be food, games and a bouncy castle. Again, please let Pam know if you would like to come.

It's great to think that after the past 18 months we can now enjoy our traditional Christmas activities in the community and in our families but let's not forget anyone who may be lonely or may need help and support.

Councillor Sue Fairhurst, Mayor

Volunteering in Middleham

Our Volunteers continue to provide practical help to those who need a hand or a lift. If you need help such as to get to an appointment, please don't be shy, just get in touch - in confidence - with me, with either of the Vicars or with Councillor Nigel Hopper – our details are at the end of this Herald.

Councillor Honor Byford

Roads in Middleham

Many of you will have seen or know from personal experience that the road surfaces between the town and the Low Moor and from Spigot to the High Moor are becoming ever more slippery for horses. There have

been several horse falls on the road recently and both animals and riders have been hurt. This is a perennial problem as horses shoes wear the surface smooth but it seems to be particularly bad at the moment. We are working with North Yorkshire Highways to keep conditions as safe as possible. During the hot weather Highways applied grit dust on the roads, which helped provide grip when the tar had melted. They are planning to resurface from the centre of town up to the far side of the Low Moor, above Pinkers Pond, next summer, provided they get the funding from central government. We are continuing to press for some attention to the surface now to improve it until it can be replaced next year.

Councillor Honor Byford

Town Council updates

Honesty Boxes for Donations by people parking on the Town Wastes

When the two honesty boxes were installed in late 2019, donations soon covered the costs of their installation. Over the summer months this year, up to the start of October, they have collected £1,731 for the Inhabitant Householder charity, which owns most of the land overseen by the Council. The income is not allocated to a specific item of expenditure but a grant is made by the charity towards the costs of land

maintenance. Many of you will have seen Barry and Nicky Robertson, Council's grounds maintenance contractors, as they cut grass on the Busks, verges along East Witton Road, around the Key Centre and the play area and open space between Park Lane and The Springs. They also cut hedges on the plantations and play areas and spray the weeds on the cobbles. Other maintenance costs include the annual repairs to the Town Wastes where cobbles come loose and an annual professional tree inspection and resulting work by a tree surgeon. These costs will come to around £17-£18,000 for the current year. The honesty boxes therefore make a very welcome contribution of approximately 10% towards land maintenance expenditure. Council is very grateful to the many visitors and residents who contribute to the honesty boxes.

Burial Ground Update

As many of you will have seen, the walls of the new burial ground, the paved path and the wooden gateway have been installed. Council is finalising the burial ground 'rules' which govern such matters as the appearance of the plots and headstones, which will broadly reflect those of the churchyard next door. These rules and details of the fees payable, will shortly be published via the Council website and on a new noticeboard to be erected just inside

the burial ground and at the Key Centre. The burial ground has been a long time in the making; it took over 11 years just to transfer ownership of the land to the Town Council. It should serve the needs of Middleham for many decades. Many of you will want to purchase exclusive rights of burial or make applications for burial services. If you wish to be notified when applications are opened, please contact the Clerk and David will forward details to you once these have been confirmed.

office@middlehamtowncouncil.co.uk or call David on 07531 580499.

Changes to Council Meeting Dates 2021-22

Council has reviewed the number and frequency of its meetings to ensure we hold meetings only when they are needed as opposed to automatically every month.

There is a considerable amount of compulsory paperwork and preparation required for every meeting.

Previously meetings were held on the final Wednesday of every month (other than August and December), ie 10 meetings per year. Having analysed when the Council needs to meet, there will now be 7 meetings, which may not always be on the final Wednesday of the month but we will keep to a Wednesday so far as we can.

Future dates, which are all Wednesdays, are shown below. Meetings are held in the Key

Centre and start at 7pm. Residents are always welcome to attend meetings to see how your council works for you.

- 24 November 2021
- 9 February 2022
- 23 March 2022
- 11 May 2022
- 22 June 2022
- 7 September 2022
- 26 October 2022
- 7 December 2022

The Annual Town Meeting will be held on 18 May 2022

We are looking for a new Councillor!!

We are very sorry to lose Martin Cade, who has served Middleham as a town councillor and school governor for some years. Martin has now moved away leaving a vacancy for a new councillor. For an idea of what being a town councillor means, here are some thoughts from our most recent recruit, Lorna Skelton.

“So, 18 months ago I became a councillor, As we are looking for a new councillor, I thought I’d give you an insight into being a councillor.

Many people groan at me when I mention becoming a councillor and I’m not really sure why?

So far, I’ve organised a litter pick which was amazingly supported by you all; I’ve helped

decide where to put the new dog waste bin; I've enquired about having another lamp post put on park lane and that, fingers crossed, will be up in maybe early next year!

I'm also involved with organising the new burial ground project, sorting out rules for it what we can and can't have on the graves.

Yes, there's a meeting to attend once every few weeks or so but not every month: we now have 7 meetings a year unless something urgent comes up.

Weekly we receive emails from Town Clark which are sometimes needing a reply or maybe it's just information he thinks we may be interested in, other local matters that have arisen, a police report and things like that.

I don't find it time consuming in fact it takes up very little of my spare time and I really enjoy giving back to our community and helping people get things done like the streetlight, the hedges trimmed etc.

If maybe you'd like to join us or even have more questions to ask me don't hesitate to stop me in the street or message me via Facebook or email me, I'm happy to answer any question you may have.

On another note, can I just point out that all dogs must by law wear a collar with their owners contact details on and please, please keep your dogs on a lead near racehorses even if your dog is amazingly well behaved,

not all racehorses always are, so let's keep them all safe!

Councillor Lorna Skelton

Letter from the rectory

Remembering

All Hallow's E'en is now known as Hallowe'en – usually spelt 'Halloween'. It literally means 'All Hallows Evening' – in other words, 'the evening (e'en)/ day before All Hallows (Day)', like Christmas Eve is the evening (or day) before Christmas Day.

While Hallowe'en arose out of fear of malevolent spirits attacking and killing people, livestock, and crops, All Hallows arose as a celebration of those who did not fear such spirits but trusted in God. It is now more commonly known as 'All Saints Day'. 'Saints' don't have flowing robes and a halo. It's the Bible's description of ordinary people who have trusted/ trust in Jesus Christ. So All Hallows Day, or All Saints Day, is celebrated with love, thankfulness and confidence in God, rather than with fear and superstition.

Hot chocolate in the churchyard!

So come along on Sunday 31st October at 6.30pm to Middleham churchyard. We'll be having hot chocolate and lighting candles to give thanks for the light of God in our dark world, and to remember those we have loved and see no longer.

Everyone is welcome – and you'll hear the bells ringing from 6 – 6.30pm to remind everyone that it's All Hallow's E'en, and to invite you to the churchyard. If you remember – please bring your own cup (though we will have some available too.)

Remembrance Sunday, 14th November at 10.50am - meet at the War Memorial in Middleham churchyard.

Church Information:

jervaulxliz@gmail.com or
jervaulxjeff@gmail.com or
phone 01969 326069

MSCWA

We have been busy caring for the Sports Field and getting it ready for winter football and feeding and cosseting the cricket pitch for next year.

Thanks to Richard Sanderson's hard work, we have been awarded grant funding to install new nets for practice. These will be installed at the eastern end of the field.

Thank you to all those who give their time to keep the pitches in such good condition for their respective sports and for everyone.

You may have seen that the new timber equipment store at the far end of the pavilion is almost complete now. Thanks to Simon Wheeler and Ryan who have done this work at the weekends between them, which is much appreciated.

The AGM of the Association will be held at the Black Bull on Wednesday 10th November at 7pm.

Richard Fletcher, Secretary MSCWA

From the Community Garden

The gate to the garden is now restored (by Sam Duffus) and in place – and looking really smart. We have successfully colonised another bit of the field, the plan being to continue the meadow and orchard into that new area. Hopefully the fruit trees will enjoy more kindly conditions there but I still think it will be a few years before they provide us with enough fruit to send for pressing; as I saw in Masham last week at the cider press drop-off point, trailer loads and sacksful of so many varieties, it left me quite envious.

The extension to the orchard also provides us with wonderful views, so we have a lovely space to sit, relax and watch the trees grow. New benches will be on our next wish list. We are starting to tidy up the flower beds and prepare them for the winter ahead. I'm sure the folk who have veg beds are all thinking about what they may want to grow next year.

It still saddens me that veg still gets stolen. I have so many courgettes and beans that I'd have been happy to share. I had a huge marrow taken, which sounds like a music hall joke but I was growing it for a friend and our

youngest grower had cucumbers taken – it is just so mean.

If anyone is thinking of taking up a vegetable bed, could they let me know asap via Nigel Hopper so that we can reallocate them before the next growing season begins.

Nigel has been busy dismantling the bonfire pile and checking for hedgehogs etc in readiness for Bonfire Night. The last time we celebrated 5th November seems like a long distant memory but I hope everyone enjoys our safe bonfire with sparklers that MSCWA are organising this year. It will be on **Friday 5th November at 5.30pm** – so families with older ones can also go on to Leyburn for the fireworks afterwards if they wish.

Amanda Langdown-Hopper

Plantations, West End

Councillors Nigel Hopper and Greg Fortune have consulted with residents of the West End about how best to manage the hedges and shrubs in the two Plantation areas there. As a result of those conversations, the hedges and shrubs have now been cut back and reduced in height by our grounds contractors, Robertsons Garden Services. It looks rather drastic at the moment but work will continue to keep growth lower and more under control, whilst still providing important greenery and habitat for small birds and insects.

Racing Welfare

As Covid restrictions begin to ease around the country Racing Welfare continue to see the impact of the pandemic on racing's workforce and we expect this to continue. Our mission is to enhance the wellbeing of people from the thoroughbred racing and breeding community and give everyone the opportunity to thrive by providing comprehensive and individual support throughout and after their working lives. You may remember how throughout the early part of the pandemic our fundraising activities were cancelled. Over the past few months, we have seen an increase in our fundraising activities and have been overwhelmed by the support from individuals willing to step up to a challenge to raise money for us.

From Middleham, Amy Crook and Becky Smith took on a Skydive! Whilst Liam Rabjohn raised funds by taking part in The Great North Run.

We also worked with The Hurworth Hunt to organise our first ever Fundraising Pleasure Ride which incorporated Middleham Low and High Moors. A huge thank you to the Middleham Trainers Association for allowing the ride to take place over the moor and to Stuart Adamson who allowed us to park the horseboxes in his yard. The ride was very well attended with positive feedback from

the riders, all agreeing how beautiful the ride was. We are hoping to make this an annual event.

Here in the North, Malton stables got the go ahead to open their doors for the annual Malton Open Day and we are really hopefully that 2022 will see the return of Middleham Open Day on Good Friday, 15th April 2022. Before I sign off, I just wanted to let you all know about Racing Welfare's Workforce Wellbeing Programme.

This programme exists to support the overall wellbeing of everyone who works in the British horseracing industry, regardless of role. The comprehensive package of services available includes:

- **Racing's Support Line - RSL** an employee assistance programme, offering advice and support on many aspects of both home and work life in addition to a full range of emotional support. Including assistance with benefits, legal advice and childcare through to consumer rights, RSL supports employees holistically. Support is available with trained counsellors to support employees with a range of issues from bereavement and relationships through to stress and anxiety.

- **Racing's Occupational Health Service – ROHS** is there to support people to remain at work and to enable them to return to work from periods of absence. Whether experiencing physical or mental ill-health,

ROHS will arrange an appointment with an Occupational Health Advisor who will recommend treatment and any workplace adjustments or phased returns that may be required. All treatment is funded through ROHS.

- **Careers Advice and Training Service - CATS** is here to support employees in their personal development, including returning to work after a period of absence. With links throughout the industry and beyond, the service can help staff to achieve their full potential and provide access to course funding (dependent on criteria being met).

- **Mental Health** - The mental health service is here to provide education, preventative support services and, where clinically appropriate, treatment for mental health issues, including addiction support. Our preventative services include:

- **Sleepstation** - an NHS accredited, personalised sleep programme designed to help individuals overcome sleep issues with effective, tried and tested methods which are easily implemented.

- **Woebot** - a private and secure app that helps an individual to learn how to better manage their thoughts and feelings during stressful situations. Woebot checks in with the user daily to see how they are feeling and provides tools to track mood, practice mindfulness and gain insights into thought

patterns. Research shows Woebot can help to improve mood and lower stress in as little as two weeks.

The Programme has been developed over a period of time and earlier this month has been recognised as the Wellbeing Initiative of the Year in the Workplace, Savings and Benefits Awards.

Keep Well and Keep Safe

Gail Burton-Pye, Welfare Officer, Racing Welfare, tel 07788184140

From the Woodland Trust

First signs of autumn

As the warm sun of summer starts to fade, there are signs that nature is already gearing up an incredible autumn. This is nature's last hurrah before the cold, winter months, and we are set for a beautiful golden display. But what are the key signs to look for?

1. Leaves changing colour

An incredible display of gold, red and orange leaves is one of the defining features of autumn in Yorkshire. If you look up into the tree canopy you will first leaves beginning to turn.

This annual event is triggered by autumn's cooler temperatures and shorter days. When there's less sunlight, deciduous trees stop producing chlorophyll, the pigment that gives leaves their green colour. When production slows down, the chlorophyll

fades and yellow and red pigments are revealed.

2. Migrating birds

Many birds, including nightingales, cuckoos, swifts and swallows have flown south to warmer climates for the winter. You may have seen flocks of swallows lining up on telegraph wires ready for their 6,000 mile journey to South Africa – it takes them six weeks! Before long we'll start to see some arrivals too. Redwings, fieldfares, waxwings and some types of duck and geese head to the UK from colder countries like Iceland and Scandinavia.

3. Flowering ivy

Take a closer look at the dark green ivy trailing over trees, old buildings and walls and you'll see little clumps of yellow-green flowers. Ivy is one of the few plants to flower in the autumn, so it's very important for pollinators like bees and butterflies that are still active at this time. On a warm, sunny autumn day you'll see lots of insects buzzing around it, feasting on the nectar.

4. Falling seeds

In autumn, many tree seeds ripen and fall to the ground. Look out for plump acorns, shiny, brown conkers, and prickly beech mast nestled in the leaf litter at your feet. Some trees rely on the wind to spread their seeds – can you spot papery field maple seeds twirling in the wind?

5. Fungi

Damp weather provides ideal conditions for fungi to grow, so autumn is when many species thrive. They come in an amazing range of colours and some very peculiar shapes. Even more weird are the names – from amethyst deceiver to dead man’s fingers and lemon disco to bearded tooth, these fabulous fungi really capture the imagination.

Nature Calendar Project – Tracking Weather Changes

The Nature's Calendar project tracks the effects of weather and climate change on wildlife across the UK – its records date all the way back to 1736!

You can join Nature’s Calendar to record the signs of autumn you've seen, from leaves changing colour to birds migrating. The data you provide helps us to better understand the effects of climate change and other patterns in the natural environment. By taking just a few minutes to share what you see, you'll be adding to hundreds of years' worth of important data. We couldn't do this work without you!

<https://naturescalendar.woodlandtrust.org.uk/add-a-record/>

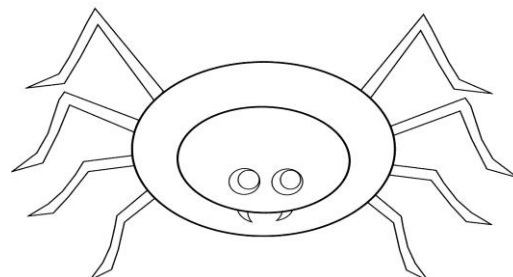
Credit: Danielle Wesley

And now for some Halloween fun!

Halloween Quiz

1. Where were the most notorious Witch trials held?
2. Which 1973 hit song featured the lyric “It was a graveyard smash”?
3. Which country celebrates ‘The Day of the Dead’ instead of Halloween?
4. Which school celebrates Halloween with a feast in the Great Hall?
5. What is a group of witches called?
6. What is the word Halloween an abbreviation of?
7. In the book of the same name, who was ‘The Worst Witch’?
8. How many ghosts visited Ebenezer Scrooge in the book A Christmas Carol?
9. Before people used pumpkins, what vegetables were Jack O’ Lanterns made out of?
10. By what name is midnight also known?
11. Halloween was first celebrated by the Druids – True or False?
12. In Ghostbusters, what is the name of the infamous green ghost?
13. What is the day after Halloween called?

For Quiz Answers, see end of this Herald



Useful Numbers:

Who to contact for help or if you are worried for yourself or someone else:

The Town Clerk, David Keep, is working from home, contact him by e-mail:

office@middlehamtowncouncil.co.uk

or tel 07531 580499. This is David's home mobile and he is happy to be contacted outside normal hours.

Councillor Honor Byford, 01969 625304 or 07849 918215. shbyford@yahoo.co.uk

Councillor Nigel Hopper, 07594 814524, hoppn@gmail.com

St Marys & St Alkelda's Church,

Reverends Liz Moody and Jeff Payne

01969 326069 or Liz, 07796 988302

Jeff, 07443 581463

Racing Welfare

Gail Burton-Pye, 07788 184140,

gburtonpye@racingwelfare.co.uk

The Middleham Key Centre, is staffed Monday – Thursday mornings 9.00 – 2.00. You can email us on office@middlehamkey.co.uk or ring our number 01969 624002 and leave a message outside of opening hours. Alternatively, you can ring Pam on 07772 736006 or Lesley on 01969 622615



Quiz Answers

1. Salem, USA
2. Monster Mash
3. Mexico
4. Hogwarts School of Wizardry
5. A coven
6. All Hallows Evening
7. Mildred Hubble
8. Four: the Spirits of Christmas Past, Present and Future and the ghost of Jacob Marley
9. Turnips
10. The Witching Hour
11. True
12. Slimer
13. All Saints Day or All Hallows Day

