

# BRIDGE

## FEBRUARY 2023

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

*Photo: Bridge linking Carlton with West Scafton, by Martyn Whistler*

*To sign up for e-Bridge, please email [jervaulxliz@gmail.com](mailto:jervaulxliz@gmail.com)*

## The Future of Bridge

### Editor

Hello everyone! My name is **Ruth Carty** and this is my first month editing Bridge. I have offered to edit the magazine for an initial period of 6 months to see how it goes. If there are any glaring errors or omissions, please do let me know. Likewise, if you think there's anything which could be improved, that would be helpful too!

My home is in West End, Middleham but I live and work down South at the moment.



## IMPORTANT NOTICE FOR CONTRIBUTORS

To make it easier for me to access your articles directly, please send all future submissions (for the March edition onwards) to [bridgemagazine23@gmail.com](mailto:bridgemagazine23@gmail.com)

If you send to the current outlook email, I can't access it without bothering Rev. Liz, so it would be a great help if you could modify your address book/contact list to include the address above.

### Online Bridge

*Bridge is now only available online: either by email (please request at [jervaulxliz@gmail.com](mailto:jervaulxliz@gmail.com)) or access it via the **Middleham Town Council** website, or the parish website.)*



### Volunteer needed to lock our church....

St Alkelda's church, Middleham, is open every day between 9am and late afternoon, and we would love to keep it that way.

Our insurers currently require us to lock the church overnight, and for the last few years, Barrie Dawson has faithfully locked St Alkelda's church every tea time. We would like to express our deepest thanks to Barrie for all he has done. Barrie has now retired and so we are looking for someone who would be

willing to lock the church in the evenings. Could you help with this?

**If you would like to find out more, please contact the churchwarden, Margaret Brabban on 01969 624388.**

## Letter From the Rectory. Ash Wednesday.



On the 22<sup>nd</sup> February Christians celebrate Ash Wednesday.

Ash Wednesday and Lent are an amalgamation of traditions. In Jewish customs well before the time of Jesus people would wear sackcloth and sit in ashes as a sign of sorrow that they had sinned against God. Hence the use of ash and the name Ash Wednesday.

At Ash Wednesday services worshippers are offered to receive the mark of the cross in ash on their foreheads. The sign of the cross signifies that the person has been forgiven because of what Christ achieved for us on the cross. Some people prefer to wipe this off before they leave, they are forgiven so the ash is no longer necessary; others prefer to leave it as sign that they are carrying the cross into the world.

The idea of fasting for Lent arose in the 4<sup>th</sup> century when Bishop Alexandria wrote a pastoral letter to those in his care suggesting that they observe 40 days of fasting before Easter resonating with Jesus' 40 days of fasting in the wilderness.

Ash Wednesday is 46 days before Easter. In some regions Sunday was seen as a time of celebration so was not counted in the fast. In other regions the 40 days ended on Palm Sunday, the Sunday before Easter when Jesus triumphantly entered Jerusalem a week before the cross. The final week being a time of stricter denial.

The nature of the fast has changed over time. There was a time when it was very strict. Then the Catholic Church stated that one meal during a 24 hour period was the standard. Nothing was said about the size or the length of the meal! Meat was expected to be fasted from for the whole 40 days. Then Pope Gregory wrote to Augustine of Canterbury in the 7<sup>th</sup> century saying that this should include all dairy products giving rise to our Shrove Tuesday pancake tradition.

Over time the fast has become less strict until we arrived at today's practice of giving up chocolate or alcohol for Lent and refraining from meat on Good Friday and in more recent times it has become more popular to observe Lent 'positively', i.e. doing some good in society.

Therefore, it's safe to conclude that there is no right or wrong way to observe Lent! Above all the point is to do something that helps you draw closer to God that will hopefully develop into a habit beyond Lent.

I wish you well with your Lent observance. We would love to see you at one of our Ash Wednesday services. Please see elsewhere in Bridge for the details of these.

***Verse of the month. 'In every province, wherever the king's command and his decree came, there was great mourning among the Jews, with fasting and weeping and lamenting, and most of them lay in sackcloth and ashes.'* Esther 4:3**



## Lent Pilgrimages

This year, instead of running a formal Lent course, we are going to do a weekly pilgrimage, one in each area of the parish, Middleham, Coverdale, East Witton and Thornton Steward. Details are below.

Pilgrimage has become increasingly popular over the last decade or so, with more people

from varied backgrounds taking part.

The British Pilgrimage Trust describes pilgrimage as a 'journey with purpose on foot to holy/wholesome/special places. To turn a walk into a pilgrimage, at the beginning set your private 'intention'. Are you seeking help with something/ want to give thanks for something/ want to ponder something/ or simply connect with nature?'

There will be the opportunity to reflect during the pilgrimages, and there will be one or two reflection questions based on the time Jesus spent in reflection in the desert. Please feel free to join in with these or not.

Pilgrimage is for everyone, connecting you with yourself, others, nature and God. Everyone is warmly welcome whether you are on a 'spiritual journey' or not – as are canine friends.

The pilgrimages will take approximately an hour and a half – from 10.30am – 12 noon or thereabouts. You'll need shoes suitable for walking, and the ability to walk 2 – 3 miles.

**Weds 1st March Thornton Steward – meet on Thornton Steward green**

**Weds 8th March East Witton – meet at the bottom of East Witton green**

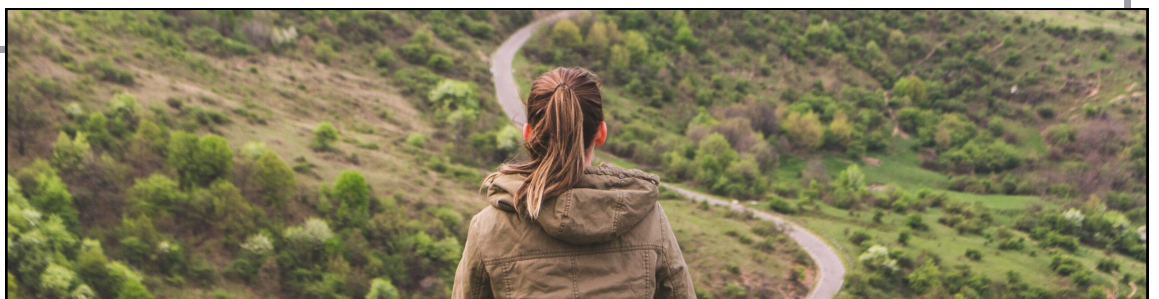
**Tues 14th March Middleham (date TBC) - meet at Middleham church**

**Weds 22nd March Coverdale – meet outside the Foresters pub.**

**Palm Sunday April 2nd** -meet at Middleham castle at 9.20am to walk to East Witton for the Palm Sunday service beginning on the green at 10.30am.

**EASTER DAY April 9th** —meet at Middleham castle at 9.20am to walk to Pinkers Pond for a Sunrise Service beginning at 6.30am. Followed by tea/coffee and hot cross buns!

The pilgrimages will be led by Rev Jeff or Rev Liz. It is free to come along.



## Ash Wednesday Services: Wednesday 22<sup>nd</sup> February

St Alkelda's, Middleham at 10.30am

St John the Evangelist, East Witton at 7pm



# Parish Service Times

## Service times

Sunday 5 Feb	9.30am	<b>Middleham</b> church Holy Communion
	11am	<b>East Witton</b> church Morning Worship
Sunday 12 Feb	9.30am	<b>Middleham</b> church Morning Worship
	11am	<b>Horsehouse</b> church Holy Communion
	3pm	<b>East Witton</b> church Evensong
Sunday 19 Feb	11am	<b>Thornton Steward</b> Holy Communion Fairtrade service
Weds 22 Feb	10.30am	<b>Middleham</b> church Holy Communion with ashing
	7pm	<b>East Witton</b> church Holy Communion with ashing
Sunday 26 Feb	9.30am	<b>Middleham</b> church Holy Communion
	11am	<b>East Witton</b> Holy Communion
Sunday 5 Mar	9.30am	<b>Middleham</b> church Morning Worship
	11am	<b>East Witton</b> church Holy Communion

**Bible study – Fortnightly on a Monday 7.30pm – 9pm (with coffee and cake to begin).**

Our next meetings are **Mondays 6th and 20th February** (see next page)

More details **01969 326069**

**Wensleydale Filling Station 7pm- 9pm**

**Thornborough Hall, Moor Road, Leyburn DL8 5AB**

Next meeting is **Friday 10 February**—led by Graham Emerson, pastor of 'Church in the Barn', Penrith.

<http://thefillingstation.org.uk/station/wensleydale/>

**Contact: 07714 204024 mikehirst3@gmail.com**





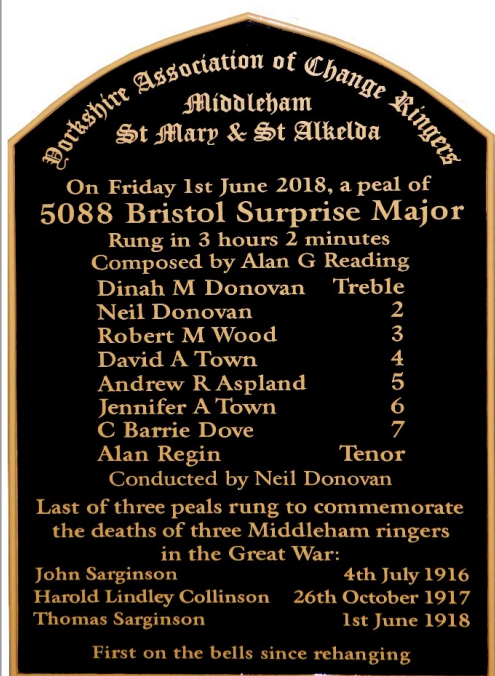
## Bible study/ discussion group

Our new home group is meeting at Revs Jeff and Liz's house – to discuss, agree and disagree or just listen. Come whether you are connected to a church or not. Fortnightly on a Monday 7.30pm – 9pm with coffee and cake to begin. More details 01969 326069

## Weddings/ Funerals/ Christenings (baptisms)/ Confirmation

For more information please get in touch with the rectors, Jeff or Liz: 01969 326069 – or via contact details at end of Bridge.

Christenings (aka baptisms) take place during the main Sunday services



## Dedication of Middleham 'Peal Board' to commemorate fallen bell ringers of WW1

**Sunday 12<sup>th</sup> February 12.30pm**

No less than three Middleham bell ringers lost their lives in the First World War and on the centenary of each of their deaths, expert ringers mostly from Yorkshire rang peals in their honour. The last of these peals rung in 2018 was also the first peal rung on the bells after they had been fully restored following very successful bell restoration appeal. A peal comprises over 5000 separate bell changes for each ringer and normally

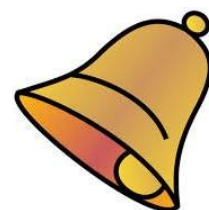
takes about three hours of continuous ringing so representing a fitting commitment of time, skill and effort by ringers to mark this occasion.

Often churches celebrate a significant ringing event with a peal board on which it is customary to record the names of the ringers and the name of the method which they rang. Despite having such fine bells Middleham does not have a single peal board although it has some minor records of past ringing and it was therefore decided that this ringing effort and why it was rung should be celebrated by our first peal board.

Peal boards are made using traditional signwriting techniques and we were very fortunate to secure the services of a renowned lady who made ours the last one before she retired.

We are therefore going to hold a short **dedication service** for our peal board on **Sunday 12<sup>th</sup> February commencing at 12.30 p.m. to be followed by the ringing of another peal** by the same ringers to mark the occasion.

**All would be most welcome** to attend this service and help us dedicate this peal board and remember the ringers it commemorates.





## Are you looking for a volunteer administrative role?

If so, the Church is looking for a new PCC Secretary. This isn't an onerous role, because the PCC only meets 4 times a year, 3 'normal' meetings in January, October and December and an annual meeting in April.

The role involves producing and distributing the agenda before the meetings, producing and distributing the minutes afterwards. For the annual meeting there is the additional task of collating reports written by Church officers into an Annual Report and Accounts. The Secretary needs to be organised, able to make notes and have a good working knowledge of computers. The Secretary will need to comply with Parish's safeguarding and GDPR protocols.

You do not need to be a member of the Church of England to do this role, or to attend church, though a sympathetic view of the church and its role would be helpful.

If you are interested and would like to know more, please contact Revd. Jeff Payne on 01969 326069 or [jervaulxjeff@gmail.com](mailto:jervaulxjeff@gmail.com)

Image by <a href="https://www.vectorportal.com">Vectorportal.com</a>, <a class="external text" href="https://creativecommons.org/licenses/by/4.0/">CC BY</a>

### **What is it?**

The Pre-Marriage Course is designed to help those exploring the possibility of marriage to build strong foundations for their future together.

The sessions cover good communication with your partner, understanding and appreciating your differences, and preparing for potential challenges.

**You do not need to be getting married in a church or in our parish to come on the course.**

### **When is it?**

Rev's Jeff and Liz are running this course by Zoom over 4 Sunday afternoons, 3pm – 4pm on 5<sup>th</sup>, 12<sup>th</sup> and 26<sup>th</sup> February and 5<sup>th</sup> March

### **How do I join and what does it cost?**

It's free – just email [jervaulxjeff@gmail.com](mailto:jervaulxjeff@gmail.com) so that you can get the Zoom details.

Pre-Marriage  
Course



## Leeds Diocesan Eco Book & Film Group Zoom

Both science and common sense tell us that human activity is damaging our planet's ability to support life. Many people would like the opportunity to talk through these issues, to explore, discuss and share fears and hopes for the future. Through reading together, we can provide that space and opportunity to talk together about the environmental crisis through the themes and topics of the books we read and discuss.

**Programme : January – March 2023**

**Tuesday 21 February 2023 10-11.30am**

**The Next Great Migration (2020 Sonia Shah)**

The story of movement on a changing planet. And/or

**We are all from somewhere else (2012,2020 Ruth Padel)**

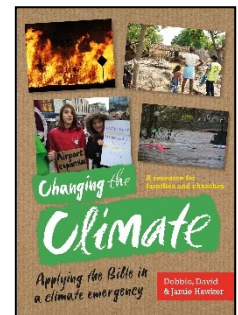
This book is on a similar theme of human, bird and animal migration and survival, written here in poetry and prose.



**Tuesday 21 March 2023 10-11.30am**

**Changing the Climate (2021 Debbie, David and Jamie Hawker BRF).**

Applying the Bible in a climate emergency.



**Film adaptations and thematic film and tv explorations will be discussed at each meeting.** Please contact for further details and zoom link:

<https://www.leeds.anglican.org/environment/training-opportunities>  
[cajack1@gmail.com](mailto:cajack1@gmail.com)

**Some free prayer/ Bible study apps to try:**

[Lectio 365 - 24-7 Prayer International](#) Cost: Free

*Meditative, Intercessory*

*Who's it for: The time-squeezed / those who want to apply the Bible to everyday life*

*Average length of session: 10 minutes*



[Pray as you go - Pray as you go \(pray-as-you-go.org\)](http://pray-as-you-go.org) Cost: Free

*Meditative, Ignatian spirituality which uses imagination*

*Who's it for: Contemplatives, imaginative types*

*Average length of session: 10 minutes*





# OPEN PANTRY

If you are in need of food bags please contact - text/ phone 07796 988302

Or pm Lorna Skelton on Middleham Residents Facebook page. All Confidential.

**Food Contributions:** There is a collection box in St Alkelda's, Middleham, if you are able to contribute an item or items of food for those in food need. Please leave them in the box at the back on the left as you go in. The doors are open daylight hours.

*Thank you so much to those of you who have made contributions. If you can donate 'just one thing' each week or month that would add to the collection available for those who need it.*

## Rural Outreach Information and Advice Bus

**Where:** Middleham, outside Sundial House (up from shop)

**When:** Between 10.00am and 12noon



26 Thursday January

23 Thursday February

23 Thursday March

Just drop in, no appointments needed.



[www.citizensadvicehrs.org.uk](http://www.citizensadvicehrs.org.uk)

# Warm & Well

in North Yorkshire

Who is eligible for help? Anyone who is unable to afford their energy bills or worried about heating their home. People on low incomes or benefits Families with young children. Anyone with physical or mental health issues. **Phone 01609 767555** <https://www.warmandwell.org.uk/>

# MIDDLEHAM NEWS

## WIMS – Women in Middleham

Our first evening meeting of 2023 is on **Tuesday 21st, February, at 7pm** in the **Key Centre, Lady Anne Neville Room**.

The speaker is Janet Deanwho, will draw on her experience to tell stories of working class women from the past whose history still resonates with current issues.

On **Thursday 23 Feb** there will be a trip by car for lunch at the Cover Bridge Inn.

*Open to all women in Middleham and surrounding area. We have speakers on a wide variety of subjects at 8 out of 12 meetings a year, which are held in the Key Centre on the 3rd Tuesday of the month between 7pm-9pm. Also a monthly outing, such as lunch out in Winter, trips in summer, and coffee mornings 4 times a year.*

### **Middleham and the Dales Local History Group**

**Middleham Key Centre: Tuesday 21 February 2023 at 2.00pm**

**'Local Voices, Celebrated Nationally':  
The Dialect and Heritage Project by Kathleen McGrath**

Dialect and heritage matter – they connect us to the past, the present, and to specific people and places.

Kathleen McGrath, Project Manager of The Dialect and Heritage Project at the University of Leeds, will give an overview of the project and a local flavour of the rich collection which has been digitised and is now being shared with the nation.

The project is keen to get people talking about dialect, their linguistic and cultural heritage, and sharing their language, stories and memories with others – within and across communities, within families and intergenerationally. As they say 'We think dialect speaks!'

**For more information contact Tony Keates 01969**

**640436 [dotandtonyk@btinternet.com](mailto:dotandtonyk@btinternet.com) Membership is £12 for 9 meetings and visitors are always welcome at £3 per meeting.**



Photo: R. Carty

# Middleham Key Centre Update



The Key Centre Trustees - the charity that currently leases and manages the Key Centre - have undertaken a review of the sustainability of the Key Centre. Their report is now with Middleham Town Council, the building's owner, who will look at all options for its future.

Whatever the future holds - and nothing is yet decided - a community centre and facilities will continue to form an important part of the Key Centre's future.

Discussions and consultation with the community will form part of that decision making process.

**Honor Byford, Chair of Trustees**

## Update on 'All Gardens Great and Small'

This open gardens event, planned for June 18<sup>th</sup> in Middleham will now not be going ahead. Sadly we were unable to get enough gardens to make it worthwhile this year. We would like to express our appreciation to those who were able to offer. Perhaps another year!



## Biodiversity in the churchyard:

### The Treecreeper

Walking through Middleham churchyard early in January, one of the church congregation saw a treecreeper in the church yard.

As you can see from the photo, left, treecreepers are motley brown with light streaks and white underparts. Their brown mottled feathers help to camouflage them, so that they blend in with the tree trunks they climb.

They have a white stripe above the eye and a long, thin downward curving beak, designed to pick out insects hiding in the bark. Their stiff tail is used like an extra limb to help brace against vertical trunks. They creep up trees,

looking for food, and at the top of the tree, they will often fly down to the bottom of another tree and begin creeping up the 'new' tree. They might also feed on seeds during the winter months when invertebrates are scarce.

Treecreepers breed in April, wedging their nests of moss, feathers, and grass into a crevice on the tree. They lay 5-6 eggs.

And just in case it ever comes up in a quiz, the collective noun for treecreepers is a 'spiral', so named for their habit of spiralling up a tree trunk as they hunt for insects.

Photo by Charles J Sharp: [File:Short-toed treecreeper \(Certhia brachydactyla megarhynchos\).jpg](File:Short-toed treecreeper (Certhia brachydactyla megarhynchos).jpg) - [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Short-toed_treecreeper_(Certhia_brachydactyla_megarhynchos).jpg)



**February 2023**

**Middleham Key Centre, Park Lane, Middleham DL8 4RA** ☎ 01969 624002 or 07849918215

Email: [office@middleham-key.co.uk](mailto:office@middleham-key.co.uk)

[www.middlehamkeycentre.co.uk](http://www.middlehamkeycentre.co.uk)

We are an information point & have a selection of brochures for the surrounding area, including bus timetables. We have recycling boxes, blue bags available and green gardening bags for sale. And a free paperback book swap library.

**Office opening hours:** Monday 10.00am – 12noon, Wednesday 1.00pm – 2.00pm & Thursday 10.00am – 2.00pm.

**Warm Space.** The Key Centre is a designated Warm Space where anyone is welcome to come and get a free hot drink and a snack, keep warm, read a book, have a chat. Warm Space is fully accessible. You can also have a hot meal on Thursdays but please book ahead to ensure we have sufficient! Tel Honor on 07849918215

**Warm Space is open:**

Mondays 10.00 – 12.00 noon

Wednesdays 1 – 3.30pm

Thursdays 10.00 – 1.30pm

Saturdays 10.30 – 12.00 noon

**Yoga Class:** Tuesdays at 6.30pm – 8.00pm.

**'T' in the Afternoon:** Wednesdays 2.00pm – 3.30pm in the Garden room. All welcome and bring a craft if you wish.

**Coffee Mornings:** Saturdays in The Garden room 10.30am – 12noon Everyone welcome.

**Middleham Quilters:** Every Monday 11.00am – 2.30pm. New members are always welcome.

**Over 60s Luncheon Club:** Every Thursday at 12noon, price £7.00. Ring 01969 624002 or 07849918215 to book or inform us you can't attend.

**Women in Middleham,** returning in February. For further details contact Liz Stocker on 01969 625260

**Middleham Antiques at the Cubby Hole:** Ring Angela for further details 07917 571180

**Antique & Collectors' Fair:** Sunday 26<sup>th</sup> February from 10.00am – 4.00pm Refreshments available.

**Middleham Town Council:** The next Council meeting is on Wednesday 8<sup>th</sup> February 2023.

Email: [office@middlehamtowncouncil.co.uk](mailto:office@middlehamtowncouncil.co.uk) Tel: 07531 580499 during office hours.

[www.middlehamtowncouncil.co.uk](http://www.middlehamtowncouncil.co.uk)



**Community Police:** If you need to contact our local PCSO ring 101



## **Warm Spaces in the area**

### **Middleham Key Centre**

Everyone is welcome to come and get a free hot drink and a snack, keep warm, read a book, have a chat. Warm Space is fully accessible. You can also have a hot meal on Thursdays (£7) but please book ahead to ensure we have sufficient! **Tel: Honor on 07849918215**

Mondays 10.00 – 12.00 noon

Wednesdays 1 – 3.30pm

Thursdays 10.00 – 1.30pm

Saturdays 10.30 – 12,00 noon

### **Leyburn**

#### **St Matthew's Church**

Sunday, Monday and Tuesday

12:00pm till 4:00pm

Refreshments available. Also free Monday Lunch Club, Noon till 1:30pm

#### **Methodist Church Hall**

Coffee Morning each Friday, 10:00am till Noon

£2 donation for refreshments

Pop in or stay the whole two hours for warmth and conversation

#### **Leyburn Library, Thornborough Hall**

Monday 10:00am till 4:00pm

Tuesday 10:00am till 6:00pm

Friday 10:00am till 4:00pm

Saturday 10:00am till Noon



Did you know that Middleham is twinned with Agincourt in northern France, and members of each community have been visiting each other for over 40 years? Middleham Town Twinning Association is always keen to welcome new members.

We meet a few times a year for fundraising social events such as quizzes, games afternoons, a summer BBQ or a meal out. If you would like to come along and meet some of the members, have a chat and see if it is for you, why not come to our French breakfast? We welcome everyone!

Speaking French is not a requirement (many of our French friends can speak some English, especially the children). However, it is a necessity that you're up for fun and willing to learn more about life in a different community, but one that is also rural and with historical links to our own.

**French Breakfast: Saturday 18<sup>th</sup> February 10-12am** Key Centre, Middleham.

Come and join us for pancakes, coffee & tea, baguettes, croissants - all for £5.

There will also be a Raffle.



**Yearly membership is only £7 per adult (children free)**



# THE FEDERATION OF MIDDLEHAM (VA) & SPENNITHORNE (VC) CE PRIMARY SCHOOLS



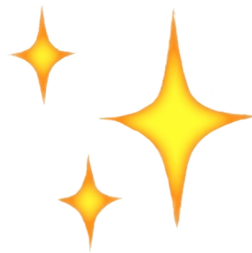
At the Federation of Middleham (VA) and Spennithorne (VC) CE Primary Schools last term our Christian Values were Peace and Hope, which were chosen by our pupil Collective Worship Leadership Team. Throughout the

term, the children led worship, providing an opportunity for the children to explore, reflect upon and respond to the Christian faith, moral issues and their own beliefs.

It was a very busy few weeks in the build up to Christmas. The whole school enjoyed a trip to The Georgian Theatre to watch their production of 'Pinocchio', followed by a delicious Christmas lunch at school.

## Nativity 'Born in a Barn'

We had a full house of family and friends watching our pupils as they retold the story of the birth of Jesus in the nativity, 'Born in a Barn.' Well done, everyone.



## Christingle



Pupils came together for a federation day to make Christingles in preparation for our service held at St Michael's Church, Spennithorne. It was a precious moment to hear the children sing by the light of their Christingle candles.

## Maths

As part of their homework children have access to the maths website 'Sumdog.' In December our school was part of a North Yorkshire competition run by Sumdog and we are incredibly proud that Oak class came 6<sup>th</sup> in County and 4 of our pupils came in the top 50 of 299 students.

Our school now has a new website, it has lots of information about our federation, please do have a look: <http://fed-mas.n-yorks.sch.uk/>



# STARTING SCHOOL IN SEPTEMBER 2023?

We warmly invite you to come and tour our facilities  
and meet the Early Years Team and children.

Call the school office to arrange a time to visit:  
01969 623474 (Spennithorne) or 01969 623592 (Middleham)



*“Staff are kind and nurturing,  
which helps children to  
settle into school”*

Ofsted October 2022







## Climbing Personal Mountains at The Wensleydale School - January 2023

If you ever decide to climb Mount Everest, you'll do it guided by a Sherpa. Sherpas are an indigenous local people that have lived in the Himalayas for thousands of years. Their role is to guide you at each step of the journey, prepare the route, carry your kit, and protect you in risky spots. They are extraordinary.

A lot of us have a tendency to look for a Sherpa-like figure in the rest of our lives: someone who will tell us which way to go, and how to find the correct, right, perfect path.

But it's not possible to live your happiest life if you assign someone else to lead the way. We are all climbing our own mountains, and every single person's mountain is different. No one else can possibly know the path to the summit of anyone else's mountain, because it is the act of climbing that creates the path. No one can lead the way, except you.

This is, for students at the Wensleydale school, the new challenge set down in January 2023. We are encouraging students to start climbing.

We have tasked the students to do one thing that they long to do, are curious about, or that makes them feel alive. Through our extensive enrichment programme we are inviting everyone to try something new: sign language, sailing, animation, gardening, anything that they are curious about.

An assembly by Mr Barnett introduced the concept of their own personal mountains. This is true in academic learning as well as extracurricular activities. How one person revises, learns or is successful in education is very different from another. All students have a different start point and end goal in terms of grades and aspirations, so it is important they work at their own 'mountain' in their own way, towards their end point. In addition we are urging students to stop making comparisons with others.

Imagine, for example, that you climbed Mount Everest and your friend climbed Penhill. Would you compare the time-to-summit against their climb? Of course not. They're completely different mountains! It would be ridiculous. And yet, we do this all the time with other people's mountains, and it has a negative effect on our well-being.

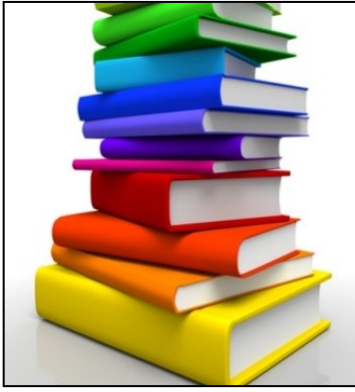
Research has found that using social media tends to promote upward comparison, the comparison to others who seem to be doing better than us. "Their mountain looks pretty great in that picture, doesn't it?" we say to ourselves, not seeing the myriad other challenges that occurred as they climbed. Often students compare themselves against others and social media has not helped this in any way. Upward comparison leads to shame and envy, emotions that harm us. One study found that using Facebook to check on other people's climbs creates beliefs like, "others have better lives than me" and "others are happier than me".

To be successful in our climb, we need to have friends who cheer us on from their own mountains and who we support and celebrate, too. So this term, we are supporting anyone who has the courage to try something new, focus on their 'mountain' and to always remember that the students are in charge of their own expeditions.

**Julia Polley, Headteacher Jan 2023**



**THE WENSLEYDALE SCHOOL  
& SIXTH FORM  
LEYBURN**



## Leyburn Community Library Services

Mondays 10am - 4pm  
Fridays 10am - 4pm

Tuesdays 10am - 6pm  
Saturdays 10am - 12noon.

**Public computers** available when library is open, no booking required

**Technical advice** Tuesdays 12.30pm - 2.30pm, drop-in, or call 01609 535971 to book a slot.

**Storytime** Stories and craft activities for 0-5 year-olds:

Weekly on Saturdays 10.30am - 11.15am- look at the Library Facebook page to check

**Book Reservations** etc Books can be reserved and renewed online via your library account or by phoning 01609 535971 - direct line to the library desk at Leyburn.



### Leyburn u3a Group:

at the Arts and Community Centre, Leyburn

February 17<sup>th</sup>: Tony Skully & John Anderson - Poetry is a Tender Power.

Meetings: 3<sup>rd</sup> Friday of every month at 10am. Visitors are always welcome.

Any queries can be directed to Steve Akrill on 07812 983283

### The Knit'N Natter group at Leyburn Arts & Community Centre

Meet **Wednesdays fortnightly from 7pm - 9pm**, coffee and biscuits included, fee £2 towards the Arts Centre's funds.

For future dates of Knit'N Natter contact 01969 624510.



### Bellerby Study Group

Meets on Wednesday evenings at 7.30pm  
in the Memorial Hall, Church Street, Bellerby DL8 5QL

Talks are followed by refreshments and a chance to chat.

The cost for this term will be **£10** to join as a member for the 8 talks scheduled for this term, or **£3** for a single visit.

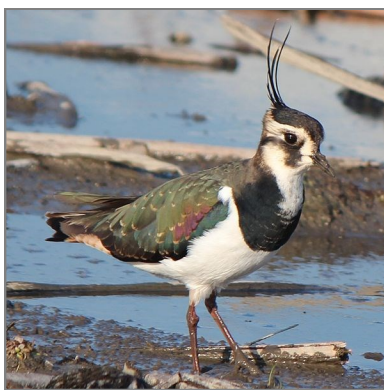
## Bird notes from Richard Wells – Feb 23



In my last Bird notes I was bemoaning how low duck numbers were and wondered whether a shortage of water might be a reason. Well, there is no shortage of water now – the Ure has burst its banks on two occasions so far this year and many fields have been flooded. But still duck numbers are low. I did count a flock of 60 teal near Harkersbeck. A half-decent number, but normally I would count 200-300 in the same spot.

*A poor breeding season in Northern Europe and Asia? Avian flu? A mild winter in the Baltic Sea meaning there is no cause to travel in search of food to the UK? One or more of these factors may have played a part.*

It has not been all doom and gloom. Barn owls have been seen on several occasions at East Witton and along the riverbank between the Coverbridge and Jervaulx. Flocks of lapwing have been spotted as icy conditions force them to fly in search of food; one over the parishes in mid-January was more than 200-strong and on a personal level I was thrilled to flush a jack snipe on Braithwaite Moor on the last day of 2022. The species is a winter visitor to us, smaller than an ordinary snipe with a shorter beak. It has



a habit of leaving it to the last possible moment before fleeing approaching feet and doesn't fly very far before settling back among the heather. It certainly doesn't tower into the air like our summer snipe do.

The sighting of the period, however, belongs to Ken Clarkson who enjoys putting food out for the birds in his garden in East Witton. He was rewarded in mid-December with a lone bram-



bling. These are chaffinch-like in appearance but with striking black and bright orange markings. Again, a winter visitor to us, and a rare one.

Your sightings are always welcome at [rmwellsew14@gmail.com](mailto:rmwellsew14@gmail.com)

# COVERDALE NEWS

## METHODIST SERVICES IN COVERDALE

Sun 5th Feb	10.30am	United Covenant Service at Melmerby Chapel led by Rev Melanie Reed
Weds 8th Feb	6pm	Church Council Meeting at Melmerby Chapel
Sun 12th Feb	10.30am	Morning Service at Carlton Chapel led by Mrs Liz Haythornthwaite.
Sun 19th Feb	10.30am	Morning Service at Melmerby Chapel led by Rev Richard Kirkman.
Sun 26th Feb	10.30am	Morning Service at Carlton Chapel led by Mr Rowland Dent.

ALL ARE VERY WELCOME TO THESE SERVICES

## COVERDALE CHURCHES

### A COFFEE MORNING

on Saturday, 11th February 2023  
10.30 am -12.30p  
in the Annexe of Carlton Memorial Hall



Entrance and Coffee free— please just bring 3 or more items for the Richmond Food Bank

*The Committee look forward to seeing you for Coffee and a Chat!*

COVERDALE  
WOMEN'S INSTITUTE

theWI

theWI  
INSPIRING WOMEN

Coverdale Women's Institute meet the Third Wednesday of each month at 7.30pm at Coverdale Memorial Hall.

Visitors and new members always welcome.

If you would like to pop along then contact Sara Baldwin-Cole 640550

or email [sarabaldwincole@outlook.com](mailto:sarabaldwincole@outlook.com)

It's certainly not all Jam & Jerusalem!



## Free Yoga

**Wednesday 1st March 2023 at Coverdale Memorial Hall**

**Arrive from 7:15pm for a 7:30pm start – 8:45pm**

A pop-up Hatha yoga class, free to all. This is to test if making Hatha yoga a regular activity, is of benefit to the residents of Coverdale and surrounding villages?

Hatha yoga is made up of the 8 limbs of yoga, but this pop-up class will focus on physical movement and breathing exercises. If you think yoga is just for women, think again! The British football team and all top sports people perform yoga. It gives benefits to all the muscles, bones, organs and can ease physical pain. If you suffer from asthma or other lung conditions, diabetes, blood pressure, stress, anxiety, cancer rehabilitation etc don't be put off, this might be just the change you need in your life.

## **COVERDALE BOOK CLUB**

*Hello—lovely to see everyone last month!*

The books we decided on for the following few months:

14<sup>th</sup> Feb – **Miss Smilla's Feeling for Snow** by Peter Hoeg

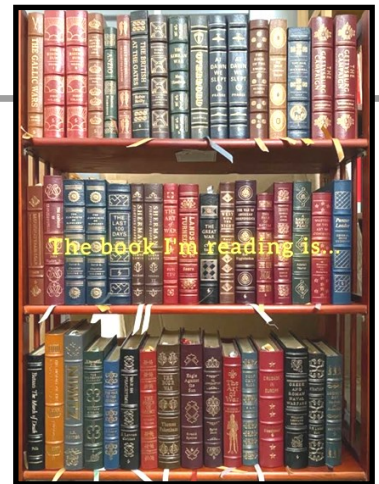
14<sup>th</sup> Mar – **Old School** by Tobias Wolff

11<sup>th</sup> April - **The Dictionary of Lost Words** – Pip Williams

Meeting at The Foresters Arms, Carlton, at 11am

Coffee and Biscuits, with light lunch afterwards, should you wish to join us.

Meetings are held on the second Tuesday of each month. Do come along!



## **Fri 10th Feb 2023**

### **Domino Drive: Doors open at 7 for 7.30pm**



Our Domino Drive is a lot of fun for the community, open to players and non-players. Tickets are £2 on the door including refreshments. Raffle and Prizes for worst and best players plus junior prizes.

Coverdale Memorial Hall, Carlton in Coverdale, Leyburn, DL8 4AY

Friday 10th February 2023 at 7:30pm, doors open at 7:00pm

*This event is to raise funds for Coverdale WI community events*

# THORNTON STEWARD NEWS



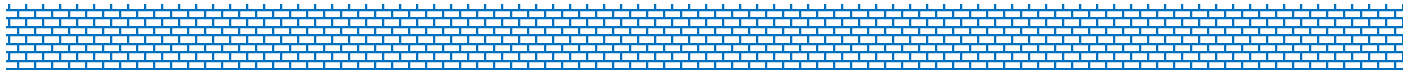
## Plough Sunday Service at Thornton Steward, Jan 2023

With thanks to Lewis and Sandra Booton for their hosting of this service at Manor Farm, to pray for God's blessing on the sowing and planting in the new season, and on all farmers.

*Left – Rev Jeff preaching*

## Thornton Steward Fairtrade Sunday Sunday February 12th at 11am

Come and hear about how choosing fairtrade products makes a difference to people – and sample some fairtrade chocolate.



## CONCERT FOR THE WENSLEYDALE TOURNAMENT

A concert in aid of the Wensleydale Tournament of Music and Speech, featuring entrants and winners from this year's Tournament, will be held at **Wensleydale School at 7.30pm, on Friday March 31<sup>st</sup>**. If you are not familiar with the Tournament, this will be an entertaining introduction to our long-standing event, and a chance for our talented participants to perform to a wider audience.

**Ticket prices are £8 for adults, £5 for children (under 7s free), £20 for a family ticket (2 adults + 2 children).**

Tickets are available at the door, or can be booked in advance by contacting the Secretary on 07423532544 or email [secretary.wts@outlook.com](mailto:secretary.wts@outlook.com)

# EAST WITTON NEWS

A big “thank you” to all those who came to sing carols around the village on 15th December and to all those who contributed so generously to the collection for Martin House Children’s Hospice and the upkeep of St. John’s Churchyard. A total of £590 was raised.

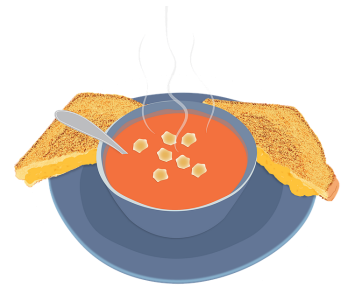


## COFFEE DROP-IN

Pop in for coffee and chat at the Coffee Drop-Ins, in the Parish Room, on Wednesday 1st February and 22nd February, 10.30 a.m. – 11.30 a.m. You

## LENT LUNCH

A joint venture with Middleham Church – please join us for a soup, bread and cheese lunch on **Wednesday 1st March, 12 – 2 p.m.** in The Parish Room. Donations to Christian Aid.



## ROMAN CATHOLIC SERVICES

Sunday Masses

St Peter & Paul’s Church, Leyburn 9.00am

St Joseph & Francis Xavier, Richmond 10.30am

Baptisms, marriages and funerals may be conducted at St Simon & St Jude, Ulshaw Bridge, on request.

## WENSLEYDALE CHURCHES TOGETHER



## Next Bridge:

Please send any items to: [bridgemagazine23@gmail.com](mailto:bridgemagazine23@gmail.com)  
by the **deadline: Tuesday 14<sup>th</sup> February**

It may sometimes be necessary to edit articles at the Editor's discretion.  
Sometimes space is limited, so not all articles can be included.



### Contacts:

Revs Jeff and Liz: 01969 326069 [jervaulxjeff@gmail.com](mailto:jervaulxjeff@gmail.com) [jervaulxliz@gmail.com](mailto:jervaulxliz@gmail.com)

### Churchwardens:

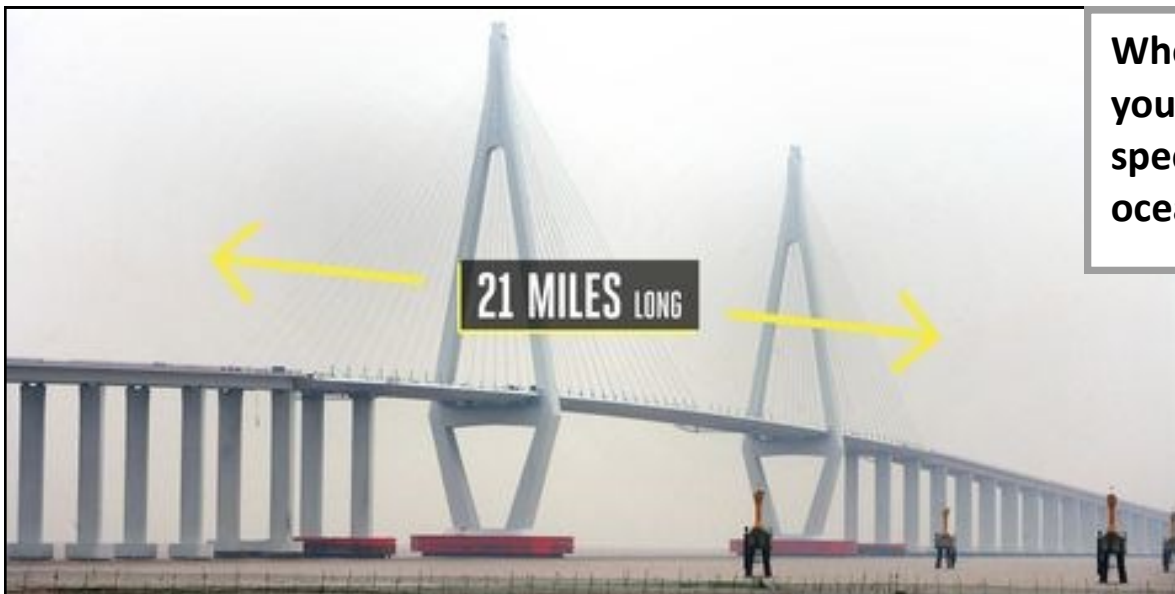
Middleham – Margaret [Brabban](#) 01969 624388;

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 John Bane- 01748 822175

# Where in the World?



**Where would you find this spectacular ocean bridge?**

## Picture Credits

Answer will be in next month's issue...

**Key centre** - <https://herriotcountry.co.uk/destinations/middleham/>

**Pilgrimage**—<https://versoministries.com/blog/lent-pilgrimage/>

**Teal**—<https://www.countrylife.co.uk/nature/teal-tiny-ducks-cant-walk-straight-can-corkscrew-air-50mph-187152>

**Barn Owl**- <https://www.newscientist.com/article/2295555-barn-owls-make-mental-maps-of-their-surroundings-while-they-are-flying/>

**Lapwing** - <http://speciesofuk.blogspot.com/2013/08/week-24-lapwing-vanellus-vanellus.html>

**Jack Snipe** -<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/jack-snipe/>

**Bunting**—<https://stock.adobe.com/uk/search?k=french+bunting>

**Soup cartoon**—<https://pixabay.com/illustrations/grilled-cheese-tomato-soup-5400938/>

**Coffee cartoon**—[https://www.123rf.com/photo\\_10234504\\_coffee-cup-cartoon.html](https://www.123rf.com/photo_10234504_coffee-cup-cartoon.html)

**Knit & Natter**—<https://www.abakhan.co.uk/news/knit-natter-groups/>

**St Peter & Paul RC Church** - [https://www.churches-uk-ireland.org/images/n\\_york/leyburn\\_rc.jpg](https://www.churches-uk-ireland.org/images/n_york/leyburn_rc.jpg) Steve Bulman

**Agincourt**—<https://www.theguardian.com/world/2015/sep/26/agincourt-600th-anniversary-how-french-remember-it>

**Melmerby Chapel**—[https://en.wikipedia.org/wiki/File:Melmerby\\_Methodist\\_Church.jpg](https://en.wikipedia.org/wiki/File:Melmerby_Methodist_Church.jpg)



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If you would like to advertise in Bridge, please contact [bridgemagazine@outlook.com](mailto:bridgemagazine@outlook.com)  
There is a small fee which contributes to our ability to produce/ distribute Bridge for free.

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**THE HEALING COLLECTIVE** Encouraging health & wellbeing with a range of therapies including Counselling, Reiki, Bach Remedies, Reflexology, Indian Head Massage and EFT('tapping'). We can also treat animals of all shapes and sizes with problem behaviours. Coach House, Berry's Farm Shop and Cafe, Swinithwaite, DL8 4UH.

Tel: 0845 474 2383 or 07981 908717 Website: [www.healingcollective.co.uk](http://www.healingcollective.co.uk) e mail: [info@healingcollective.co.uk](mailto:info@healingcollective.co.uk)

## PRE-SCHOOL

**Kidz Day Nursery & Preschool** – Places for children 3 months to 8 years. Open 51 weeks per year. 7.30 – 18.00. Before and After school club, and holiday club. Contact us to arrange a show round of this amazing setting  
01969 622833 or email [info@kidzdaynurserymiddleham.co.uk](mailto:info@kidzdaynurserymiddleham.co.uk)

**Harmby Under 5's Pre-School based at Spennithorne School.** We have funded places available for 2, 3- & 4-year olds. Our Ofsted report was rated 'Good' in May 2022. We have qualified, experienced staff. We are open daily in term time from 8.45am - 3.15pm. Contact us on 07708 305805 or email: [harmbyu5s@outlook.com](mailto:harmbyu5s@outlook.com)

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