



# BRIDGE



## MARCH 2023

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

*Photo: bridge over the River Cover at Coverham, by Liz Sheehan*

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

## The Future of Bridge

### From the fledgling Editor...

*Many thanks to all of you who wrote to say how much you enjoyed the layout of the February edition. It was a lovely gesture and made me feel at home!*

*I'll leave this reminder here for this month, but thanks also to everyone who has already used the new email address to send news for this issue.*



## FINAL REMINDER FOR CONTRIBUTORS

Please send all submissions to [bridgemagazine23@gmail.com](mailto:bridgemagazine23@gmail.com)

If you send to the old 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 via the **Middleham Town Council** website, or the parish website.)*

Please consider printing out a copy for anyone you know who finds accessing technology difficult.



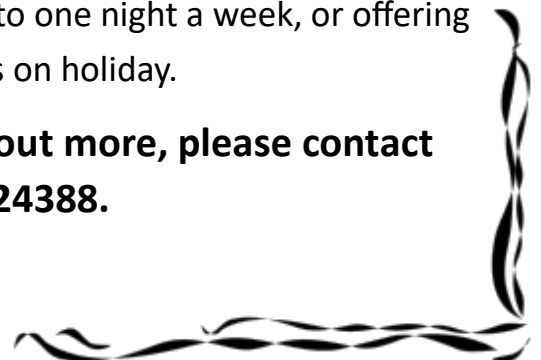
## Volunteer needed to join a team to keep the church open...

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 require us to lock the church at dusk, so we are building a small team of people who are willing to lock the church in the evenings.

This could be by committing to one night a week, or offering to cover when someone goes on holiday.

**Could you help with this? If you would like to find out more, please contact the church-warden, Margaret Brabban on 01969 624388.**





### Letter From the Rectory. Ash Wednesday.

I am slightly claustrophobic and have been horrified by the recent earthquakes in Syria and Turkey. The thought of being trapped is unimaginably horrific, claustrophobic or not, not to mention the unspeakable loss and suffering that the earthquakes have caused.

Who shall we blame for all this? God? The government? The universe? The builders or building contractors? The tectonic plates? Certainly the latter caused the earthquakes but we can't direct our retribution at them. The universe? Pretty poor of the universe to direct such destruction on innocent people. The government and builders? As one survivor said, 'Earthquakes don't kill people. Buildings kill people. Some of these buildings haven't been built properly.' And when you see the pictures or film footage it is remarkable that some buildings remain upright, while others are a heap of rubble. And what about God? The problem of suffering is a huge sticking point for many people when it comes to God. Why didn't God stop this happening if he is so powerful? Good question. And I'm not sure I know the answer. But I don't believe in a malevolent God who delights in dishing out suffering indiscriminately. Would such an entity be worth believing in? So we are left to puzzle the question. As Christians we refer to the Bible for answers, and there we see other examples of suffering, sometimes with no explanation as to why such things have happened. We can have a stab at rationalising much of the evil in the world – the result of human greed, selfishness, and so on, and we are taught that there are dark forces at work too. But when we come face to face with a 'natural' disaster we can still be left perplexed. How can God possibly understand what we go through, or what the souls in Turkey or Syria have gone through and are going through? And yet, Christ came into a broken world, and in his humanity walked an often painful road.

We are in the period of Lent – a period that takes us to the events of Good Friday, culminating in the execution of Jesus by crucifixion. Death ultimately came to Jesus by suffocation. And so we have a God who does understand our pain and is there in the inexplicable middle of it.

Meanwhile, though we may not understand why these things happen, we can respond to the call for help, and though far away, contribute to the rebuilding of lives and the rekindling of hope.

***Verse of the month:*** *He was despised and rejected by others; a man of suffering and acquainted with infirmity; and as one from whom others hide their faces he was despised and we held him of no account. Isaiah 53: 3*

A traveller arrives with

A silhouette of a person wearing a heavy coat and carrying a bag, standing in a vast, open landscape at sunset. The sun is low on the horizon, creating a warm, golden glow. The person is facing away from the camera, looking out over the horizon.

the gospel of  
**MARK**

Performed live and uncut with original music

**Thursday March 30<sup>th</sup> 2023**  
**St Oswald's Church: Askrigg 7pm**  
**Admission Free**



## Lent Course 2023

This Lent we are all invited to explore how we can live well with the mess of everyday life.

**What?** Dust and Glory encourages us to take a fresh look at the frustrations and failings that every day brings and, rather than pretending we can always avoid them, seek to learn from them and grow closer to God through them.

**Where?** We will be meeting at Helena and Aaron's in Middleham. Phone/ message Helena on 077660 55029 for more details.

**Who?** If you've never been to a Lent group before, or just want to give it a try – come along on any of the evenings for a taster. And we have cake (even though it's Lent!). Everyone is really welcome.

**When?** We start on Monday 27th Feb and all meetings 7.30pm – 9pm. All the meetings in March/April are 7.30pm – 9pm: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> March, and 3<sup>rd</sup> April.

If you can't make the group, you can sign up for a daily email throughout Lent, or download the app on to your phone. Info: [www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/dust-and-glory-resources-lent-2023](http://www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/dust-and-glory-resources-lent-2023)

Or speak to Helena if you would like a hard copy booklet.



## Lent Pilgrimages

Pilgrimage has become increasingly popular over the last decade or so, with more people from varied backgrounds taking part.

Pilgrimage is for everyone, connecting you with yourself, others, nature & God.

Everyone is warmly welcome whatever your spiritual background, as are canine friends. Choose one or more of the pilgrimages below and give it a try.

Lent Pilgrimages start at 10.30am and finish at approximately 12 noon and will be about 2-3 miles, with stops for reflection.

**Weds 1st March Middleham** – meet at entrance of Middleham church

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

**Tues 14th March** - meet on Thornton Steward green

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

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

**Sunday 9th April** (Easter Day) –meet at Middleham castle at 6am for pilgrimage to Pinkers Pond Sunrise service at 6.30am

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



# Parish Service Times

## Service times

Sunday 5 Mar 9.30am	<b>Middleham</b> church Morning Worship
11am	<b>East Witton</b> church Holy Communion
Sunday 12 Mar 11am	<b>Middleham</b> church United Parish Communion
Sunday 19 Mar	<b>MOTHERING SUNDAY</b>
9.30am	<b>Middleham</b> church Morning Worship
11am	<b>Thornton Steward</b> church Holy Communion
11am	<b>East Witton</b> church Morning Worship
11am	<b>Horsehouse</b> church Family Service
Sunday 26 Mar 9.30am	<b>Middleham</b> church Holy Communion
11am	<b>East Witton</b> church Holy Communion
Sunday 2 Apl 11am	<b>PALM SUNDAY</b>
	Meet on East Witton Green to process to East Witton Church

## **Bible study – Mondays 7.30pm – 9pm (with coffee and cake to begin).**

Our home group will meet every Monday in Lent – to discuss, agree and disagree or just listen. Come whether you are connected to a church or not. For more details, phone 01969 326069. This month our Bible study/ discussion group will be our Lent Course 'Dust and Glory' - see previous ad.

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

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

Next meeting is **Friday 10 March** —with speaker Dave Hopwood

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

**Contact: 07714 204024 [mikehirst3@gmail.com](mailto:mikehirst3@gmail.com)**





## Bible study/ discussion group

Our 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. During Lent, Mondays 7.30pm – 9pm with coffee and cake to begin. More details 01969 326069

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

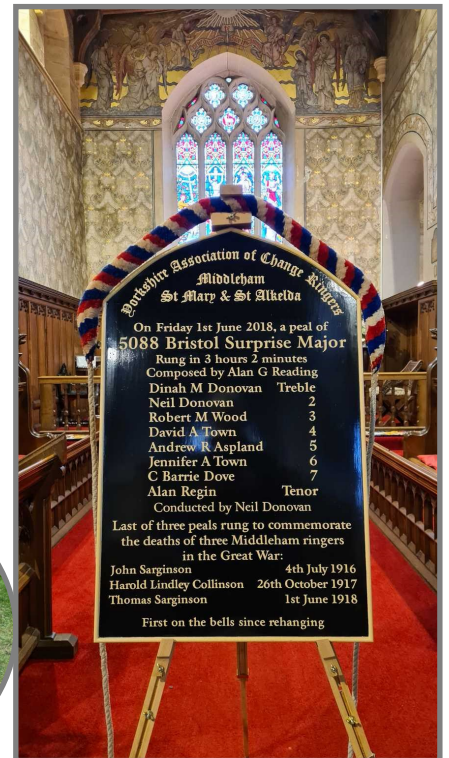
For more information please get in touch with the rectors, Jeff or Liz: 01969 326069 – or via contact details at end of Bridge.

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

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

Liz conducted a fine service of dedication for the new peal board, attended by ringers and some parishioners. Following which, the eight peal ringers ascended the tower to commence their peal attempt. At this stage, it's an 'attempt' because if the ringing does not satisfy certain criteria then it cannot officially be called a peal. I won't go into detail, but it has to be continuous and a **minimum of 5040 changes**. The name of the peal rung was **Yorkshire Surprise Major**, involved **5058 changes** and took **3 hours 2 minutes** to ring.

*Congratulations to the ringers!*





## The Turkey/Syria Earthquake Disaster

We have all heard about the devastating earthquakes in Turkey and Syria this recently. The DEC (Disaster Emergency Committee) have launched an appeal for help. There are many ways that you can make a donation and all of the information is on the website: <https://www.dec.org.uk>

### You can give:

Via the website <https://www.dec.org.uk>

Phone: 0370 60 60 610 or 01204 770822

JustGiving - <https://www.justgiving.com/dec>

Post (cheque: 'DEC Turkey and Syria Earthquake Appeal') and send to:

DEC Turkey and Syria Earthquake

PO Box 999, London EC3A 3AA

Donations can also be made to DEC appeals at your local Post Office branch.

***Please pray for the people of Turkey and Syria: for the emergency response and for people affected by the earthquake.***



### 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)



## 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.

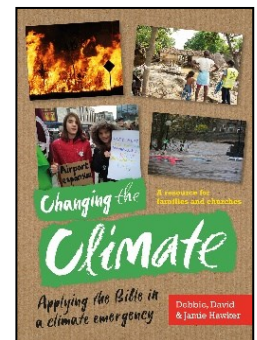
### March 2023

**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*

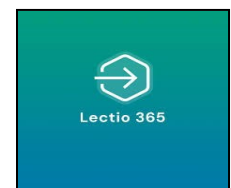
*Average length of session: 10 minutes*

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

*Meditative, Ignatian spirituality which uses imagination*

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

*Average length of session: 10 minutes*



Leyburn & District u3a Group: The meeting in March is on Friday 17th Helen Guy – Lead Mining in The Dales, Doors open at 10.00am at the Arts & Community Centre, Leyburn.

Meetings are held the third Friday of every month. Visitors and new members always welcome. Annual Membership is just £12 or £20 for two people at the same address.

Future Meeting: April 21st Fiona Andrews from the charity Dementia Forward

# 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

**Thursday 23rd March**

Just drop in, no appointments needed.



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

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/>

# Warm & Well

in North Yorkshire



## 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)



**Richmondshire**

Our aim is for every parent to have the support they need to give their children the best possible start in life. The funding from the Lottery will support our 'Early Start with Additional Needs' Project

The project will support a team of at least 30 trained local volunteers to offer support each year to 50 Richmondshire families with a child aged 7 or under.

We will pay particular attention to supporting families where a child is awaiting assessment for, or has received a diagnosis of, autism and also those with additional needs. It is also important to note that the service is open to all qualifying families, across Richmondshire, including Service families.

The service aims to avert crisis in families by reducing household stress during the critical early years of children's development and, in many cases, where consideration is being given to formal assessment by statutory agencies, including Education and Health. We welcome and indeed receive referrals from many sources including self referrals.

This support will be long-term and non-judgemental. It will help families to feel less isolated, more resilient, and better able to cope. Home-Start Richmondshire has data from families who have been in receipt of our support which shows the positive impact of our work on their ability to cope better with parental and child mental health; reduced feelings of isolation; improved self-esteem; improved ability to access local services; improved family budget and household management and importantly, reduced family conflict.

This award means that our charity will be able to continue to serve and support families across the whole of Richmondshire and we will be advertising to recruit additional volunteers and Trustees to the Board in the very near future.

**CONTACT US:**

**Home-Start Richmondshire**

**Office 4, IPS Innovate**

**Chartermark Way,**

**Catterick Garrison**

**North Yorkshire**

**DL9 4QJ**

**Email us: [info@homestartrichmondshire.org.uk](mailto:info@homestartrichmondshire.org.uk)**

**Call us: 01748 850079**

**[www.homestartrichmondshire.org.uk](http://www.homestartrichmondshire.org.uk)**

**~ BECAUSE  
CHILDHOOD  
CAN'T WAIT ~**



# MIDDLEHAM NEWS

Middleham Town

Twinning Association

Monthly Update



*Le Grand Depart*

15 members of The Middleham Twinners are heading off for a weekend in Agincourt from 19 to 21 May. We will be staying in the homes of our French friends, enjoying some wonderful French food and wine. This is the first exchange visit since Covid interrupted proceedings, and we expect to be welcoming the Agincourt Twinners back to Middleham next year for some fine Yorkshire hospitality and beer.

The Twinners current membership numbers 50 and new members can expect a very warm welcome. Numerous social and fund-raising events are held throughout the year. Last month we had an excellent games afternoon for local children and our thanks go to Middleham school for letting us use their facilities.

**French Breakfast: Saturday 4th March 10-12am** Key Centre, Middleham.

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

There will also be a Raffle.



We have a French Breakfast planned for 4th March at the Middleham Key Centre which is open to non-members of all ages; so bring the family for fabulous pancakes and croissants.

We have one of our ever-popular team quizzes on 31st March for members and guests only.

You don't have to go to France to enjoy membership. The emphasis is on socialising with an interesting group of people from different backgrounds. There is some kind of event happening in most months. The annual cost is only £7. For more information about membership contact [middlehamtwinners@btinternet.com](mailto:middlehamtwinners@btinternet.com).

## WIMS – Women in Middleham

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

*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.*

£25 yearly subscription and £1.00 per meeting to include raffle and refreshments. Guests are welcome to attend a maximum of 3 meetings per annum at £1.00 per meeting, before paying full membership.

# Middleham Key Centre Update



Middleham Key Centre

**March 2023**

Middleham Key Centre,  
Park Lane, Middleham DL8 4RA

01969 624002 or 07849918215

[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. The Key Centre will continue to offer these services and have rooms available to hire throughout Spring and Summer.

**Office opening hours:** Monday 10.00am – 12noon, Wednesday 1.00pm – 2.00pm & Thursday 10.00am – 1.30pm.

**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! Telephone: Honor on 07849918215

**Warm Space is open:**

Mondays 10.00 – 12.00 noon

Wednesdays 1.00 – 3.30pm

Thursdays 10.00 – 1.30pm

Saturdays 10.30 – 12.00 noon

**Yoga Class:** Tuesdays at 6.30pm – 8.00pm in Richard III hall. For further details contact Karen on 07825 554284

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

**Coffee Mornings:** On Saturdays in The Garden room 10.30am – 12 noon 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:** Tuesday 21st March. For further details contact Liz Stocker on 01969 625260

**Middleham & Dales Local History:** Tuesday 21st March at 2.00pm in the Richard III hall. For further details contact Tony Keates on 01969 640436

**Antique & Collectors' Fair:** Sunday 26th March from 10.00am – 4.00pm Refreshments available.

**Town Twinner Quiz Evening:** Friday 31st March at 7.00pm. Contact Honor on 07849 918215

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

**Middleham Town Council:** The next Council meeting is on Wednesday 22nd March 2023 in The Garden Room. 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

# THE FEDERATION OF MIDDLEHAM (VA) & SPENNITHORNE

## (VC) CE PRIMARY SCHOOLS

# March

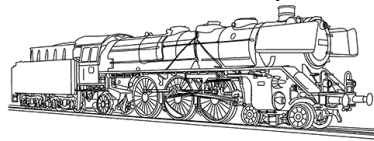


At the Federation of Middleham (VA) and Spennithorne (VC) CE Primary Schools this term, our Christian Value has been **Perseverance**, which was chosen by our pupil Collective Worship Leadership Team.

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

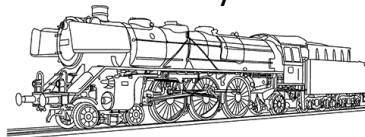
### Walk through the Bible

Oak class were delighted to welcome Mrs Carol Holland from **New Life Baptised Church, Northallerton**, into school. She is taking the children on a journey through the Old Testament of The Bible and helping them to develop a deeper understanding of how the journey fits together. This is done through stories and drama involving all the children and they learn an action for each part of the journey to help them remember it.



### Shildon Locomotion Museum

The children in Maple class enjoyed a wonderful day at Shildon Locomotion Museum exploring a variety of different trains and learning about the history of locomotive transportation.



### Letter from the Prime Minister

I was delighted to open a letter from **Rishi Sunak** congratulating our federation community on successfully achieving '**Good**' in our recent Ofsted inspection: 'May I offer my congratulations and thanks to you, your staff, the governors, the Friends of the schools and everyone who contributed to this tremendous improvement in the schools' performance. Please pass on my good wishes to all associated with the two schools for this very welcome news.'



If you are interested in a place for your child at our federation, please contact Mrs Clarkson (01969 623474) or Mrs Durrant (01969 623592) to arrange a visit to look around and see what we have to offer.



## Restorative practice and listening skills

We are living in challenging times: young people are facing many stressors and threats to their wellbeing. At The Wensleydale school we are committed to Restorative practice which involves “Completely” listening and speaking in a way that lowers levels of emotion and demonstrates the intention to understand. Relationships in our school are built during both teaching and non-teaching interactions, where staff use listening skills to understand the complexities faced by many students in their lives.

### **Listening and speaking skills to support students**

Classrooms where children do not feel a sense of control, safety or attention, can be scary places- not to mention hard work for teaching staff; they are certainly not conducive to teaching or learning.

On the other hand, students who feel safe and understood by their teachers and connected to the school community, are more likely to engage in learning tasks and to positively navigate peer relationships. Over the years we have worked hard to develop this sense of belonging and trust.

There are some simple listening and speaking skills we use to support our students in these challenging times. We aim to achieve three things:

- **Compassion:** Our care for students and the ways we demonstrate our interest and desire to be helpful.
- **Containment:** Practices we use to manage our own and students’ feelings and lower levels of emotional overload.
- **Connection:** The belief that in school there is someone who can be turned to and trusted.

When we listen to students, our safeguarding responsibilities are foremost in our minds. When we are sure that the content is not a safeguarding issue, we move into listening to “really understanding”.

“**Active listening**” describes how we listen with an open mind, without making assumptions or drifting into memories of similar events in our own lives, while offering encouraging signs such as nodding the head, appropriate facial expressions, and short verbal confirmations.

**Containment** means hearing students’ narratives without being overwhelmed, demonstrating to students that their stories are bearable.

**Compassionate listening** means understanding and caring about the speaker without being impacted by their feelings in a way that makes us less able to help. Listening, understanding and remaining safe in our own head space helps us to be supportive through careful, deliberate and appropriate responses.

An example - there may be many potential responses to a student, who upon being given a task, questions “what is the point?”. One is to reflect back what you hear: “*You can’t see the point of this.*” This response may illicit further clarification from the pupil:

- “Yeah – what is the point in anything?”
- “There is no point in school at all.”
- “I can’t do it and I’m not interested.”

Listening can help us to offer a response that fits the underlying beliefs or needs. The first two pupil responses may prompt a further comment from the teacher, perhaps arranging a time when they can tell us a bit more about these feelings. This might, in turn, lead to referral for more support.

The third response above might illicit further explanation from the teacher and a starter such as: “Let’s have a look at it together and see how we get on.”

### **Final thoughts**

Listening and speaking skills are important in challenging times because they can help to build and maintain relationships, foster a sense of wellbeing, and support learning.

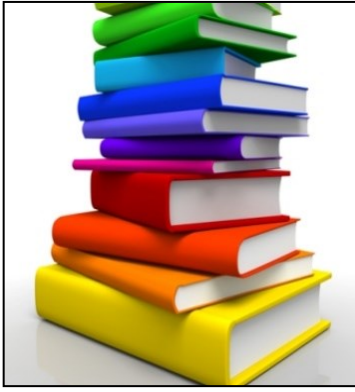
Using well-chosen language can build trust and help to avoid escalation and feelings of isolation.

By listening carefully and responding in a way that demonstrates compassion and our desire to make a connection, we can help to create a supportive and inclusive environment for students that promotes wellbeing, safety, and personal development.

Julia Polley  
Headteacher



**THE WENSLEYDALE SCHOOL  
& SIXTH FORM**  
LEYBURN



## Leyburn Community Library Services

Mondays 10am - 4pm

Tuesdays 10am - 6pm

Fridays 10am - 4pm

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

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 Spring Term 2023

**Meetings are on Wednesday 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 these 4 talks scheduled for the remainder of this term, or **£3** for a single visit. Any queries can be directed to Steve Akrill on 07812 983283

**1st March**—Hilary Jones **COAST TO COAST—THE RICHMOND & LANCASTER TURNPIKE 1751.** Hilary is a member of the Milestone Society and has researched the 'Tank Road'.

**8th March**—Beth Taylor **THE PENNINE PEAT LIFE PROJECT**

**15th March**—Bernard Peal **HILLS OF THE NORTH REJOICE!** Highlights from his book 'Rastrick and Other Hills over 1000ft in the Dales'.

**22nd March**—Helen Guy **THE KEARTON BROTHERS—MADE IN NORTH YORKSHIRE.** The Keartons were pioneering wildlife photographers from Thwaite, starting in the late 19c.



## LEYBURN ARTS & COMMUNITY CENTRE

Tickets / Info: 01969 624510 [leyburnartscentre.com](http://leyburnartscentre.com)

**C I N E M A** (£6, or 60+/U14 £5)

- FRI 3 MAR** 6pm **The Banshees of Inisherin** (15) 1hr 54m  
**FRI 10 MAR** 6pm **Joyride** (15) 1hr 34m  
**FRI 17 MAR** 6pm **Armageddon Time** (15) 1hr 54m  
**FRI 24 MAR** 6pm **She Said** (15) 2hrs 8m  
**FRI 31 MAR** 6pm **Return to Dust** (PG) 2hrs 11m



**OTHER EVENTS & NEWS** (Half price entry for our volunteers)

- SAT 18 MAR** 7:30pm **Live Country Music: Dixon County** £12  
**TUE 28 MAR** 7pm **Archive Cinema: Leyburn** £6  
**THU 30 MAR** 7pm **Live Event Cinema: Life of Pi** £15  
**SUN 16 APR** 2pm **Live Event Cinema: Brian & Roger Eno** £12  
**THU 20 APR** 7pm **Live Event Cinema: Good** £15  
**SAT 22 APR** 7:30pm **Ladies Choir: Musicality** £12

*Please book events in advance if possible: call us Mon-Fri 1-4pm*

## Leyburn Arts & Community Centre

The Centre is still open during March as part of the Warm Spaces initiative, supported by Richmondshire District Council.

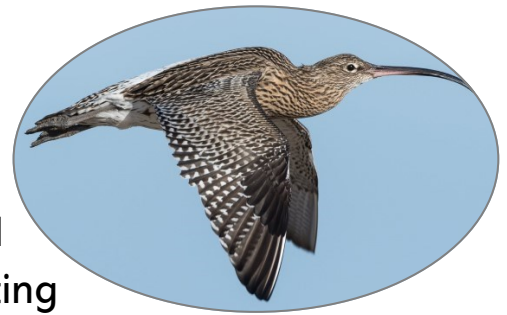
**Wednesdays 10am - 4pm and Fridays, 10am - 2pm** in the Cafe and Little Shop downstairs in the Centre. Free Tea or coffee is available, newspapers, magazines, jigsaws and welcoming social company provided by one of our volunteers. The other venues in Leyburn also available are the Library, St Matthews Church and the Methodist Church.

A full programme of events are coming up during March, including the **Dixon County Band**. After their previous sell out concert they have agreed to return so please buy your ticket early so as to not be disappointed!

We also have a special screening of **Leyburn, a Town in Wensleydale**, archive film on **Tuesday 28th**. Proceeds from this will be split between the Centre and Yorkshire Air Ambulance. The other major event is Life of Pi, a National Theatre Live cinema screening. Full details are on the website [www.leyburnartscentre.com](http://www.leyburnartscentre.com). Our other regular activities such as the Tuesday Club still have vacancies.

Our 100 Club begins again in March, so if you fancy a little flutter each month with an opportunity to win one of three cash prizes, please get in touch, only £12 for the year.

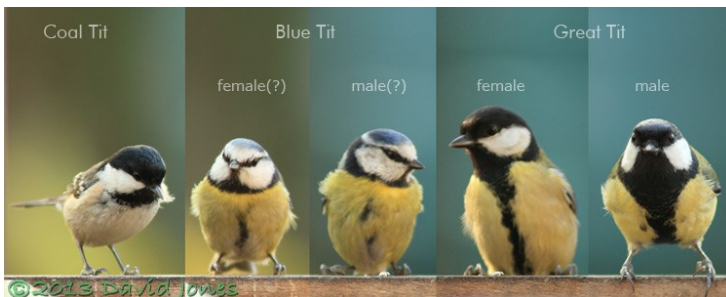
## Bird notes from Richard Wells – March 2023



It's the end of the third week in February as I write my notes, and numerous birds are indicating that spring is just round the corner. In the past few days I have witnessed....

Curlews voicing their distinctive call as they head up onto our moorlands to breed....

Oystercatchers grouping together on the banks of the Ure before pairing up (there were 30 at Jervaulx on Feb 14)...a pair of Mandarin duck heading upstream at the Cover Bridge on the 20th.... and lapwings cavorting in fields as if it were April rather than mid-February.



Sheila Walker has noticed a change too in her garden in Caldbergh with great, blue and coal tits as well as dunnocks all suddenly much more active.

There is of course still time for the weather to turn back to winter but it all looks encouraging at the moment.

The first of our summer migrants will be arriving in March. Listen out for the distinctive “chiff...chaff, chiff...chaff” call of the chiffchaff if you are out for a woodland walk. Or even your garden, perhaps. There appears to be more of these small greeny-yellow warblers these days, and they could turn up almost anywhere. Even your garden feeders.



These should be followed by sand martins over the Ure. Where the river and Harkers Beck join near Jervaulx is usually a good place to see them, feeding feverishly at the end of their long journey from southern Africa. They will then breed in holes in the river bank.

Let me know your sightings at [rmwellsew14@gmail.com](mailto:rmwellsew14@gmail.com)

# COVERDALE NEWS

## METHODIST SERVICES IN COVERDALE

**Sunday 5<sup>th</sup> March 10.30am** at Melmerby Chapel. Communion Service led by Rev Melanie Reed.

**Sunday 12<sup>th</sup> March 10.30am** at Richmond Methodist Church. Circuit Reaffirmation Service of Local Preachers.

**Sunday 19<sup>th</sup> March 10.30am** at Melmerby Chapel. Service led by Mrs Liz Haythornthwaite.

**Sunday 26<sup>th</sup> March 10.30am** at Carlton Chapel. Service led by Rev. Phil Clarke.

**ALL VERY WELCOME TO THESE SERVICES**



## Coverdale Church Committee coffee morning

A convivial morning of chat and free refreshments had a further purpose. People were asked to bring along 3 items to contribute to the local food bank at the Store House, Influence Church, Richmond. Pictured above are Harriet and Natasha, with some of the goods. Thanks to all who organised this event, and to all who contributed items for the food bank.

**Linda Dent** would like to thank everyone who came to the Young People's Celebration of Christmas at Carlton Chapel. The collection taken raised the very generous sum of £159.50. This was donated to Martin House Children's Hospice at Boston Spa, Weatherby. Thank you  
**Trevor Smith**

**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**. A trial session to find out if this form of yoga would be popular. 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

**Places are limited so please book your place -contact: Lea Taylor on 07977 007220 or email: [taylor.leajay@btinternet.com](mailto:taylor.leajay@btinternet.com)**

*...this might be just the change you need in your life!*

## **COVERDALE BOOK CLUB**

*Hello—lovely to see everyone last month!*

The books we have decided on are the following:

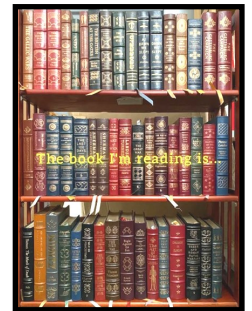
14<sup>th</sup> Mar – **Old School** by Tobias Wolff

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!



## **COVERDALE BOWLS CLUB**

Just prior to Christmas, following a highly competitive but fun evening of Carpet Bowls, Howard Thomas was awarded the 2022 Coverdale Bowls Knockout Shield. Howard, known for his modesty, claimed his victory was "just a fluke". However, his competitors knew otherwise, after a witnessing a fine display of match winning Bowls.

**The Coverdale Bowls club meet on Tuesday evenings in Coverdale Hall, Carlton. If you'd like to give Bowls a try, let us know. We play for fun!"**



## 40th Anniversary of North Yorkshire WI West Federation

At Tennants, Leyburn, DL8 5SG

**Saturday 22nd April**

*Coffee at 10.00am for a 10.30am start*

**Ticket prices: Delegates: £27.50 Visitors £32.50**

**Prices include 2 course lunch, morning coffee on arrival and hot drink after lunch**

**Morning speakers**— members of West Yorkshire Federation who are experienced climate change Ambassadors: **“What we can do on our own to help the Climate Change Issue”**

**Afternoon speaker - David Harper**, TV & radio broadcaster and author of **“A Romp with the Georgians”**



# Spring Concert with **MUKER SILVER BAND**

**COVERDALE MEMORIAL HALL**

Carlton in Coverdale



## Sunday 30<sup>th</sup> April

DOORS OPEN 1:30pm for 2:30pm

**Afternoon Tea | Raffle**



## Tickets £10



**PRE-BOOKING ESSENTIAL**



Margaret: 01969-640200

Howard: 01969-640689 | Liz: 01969-640042

### COMMUNITY AFTERNOON TEA

At Coverdale Memorial Hall  
**Monday March 20<sup>th</sup> 2.30pm**

Enjoy a Coverdale WI afternoon tea with friends, neighbours or family.

A bargain at £4 per person!

Book your place by calling  
Julle **(01969 640271)** or Lea  
**(01969 640095)**



# EAST WITTON NEWS

## COFFEE DROP-IN

Pop in for coffee and chat at the Coffee Drop-In, in the Parish Room, on Wednesday 15th March, 10.30 a.m. – 11.30 a.m.

*You will be very welcome.*



## 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.

## CHURCH CLEANING

Church cleaning takes place once a month when we meet as group to clean for one hour. Could you spare an hour this month? We would welcome any offers of help and look forward to seeing you on Monday 27th March at 2 p.m.



## 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





## Biodiversity in the parish

### Winter Aconites

The golden yellow of the winter aconite can create a stunning display during the often grey and dismal days of the ongoing winter months. They provide a sunny and cheery display – especially when you see them growing next to snowdrops, which they often do.



The winter aconite is not native to the UK (actually native of south west continental Europe) but has been naturalised here. It was first introduced to the Northern part of Europe in the 16th century and became fashionable in the 18th century when landscape gardens became popular. England's famous landscape architect, 'Capability' Brown, liked to include the Winter Aconites in his garden designs so that even in early Spring there would be something flowering in the garden and so something interesting to see.



When you look at the photos you may not find it surprising that the winter aconite is a member of the buttercup family. It especially loves deep deciduous woodland where during the winter months the light can still penetrate to ground level because the leaf canopy hasn't yet grown and begun to shade out the light rays. This means that it is ideal conditions for the winter aconite to thrive.

The flowers reflect UV light, which suggests that they are trying to attract pollinators which can see the UV spectrum. They provide an early source of nectar so winter aconite has an important role in helping insects that emerge before spring has got going.

But beware. This beautiful plant is actually poisonous when ingested by humans, as it contains cardiac glycosides that affect the heart. If ingested in large quantities, it can cause irreparable heart damage. Nevertheless they provide a lovely dose of hope and beauty when the days are still short and chilly.



Above left: Winter Aconite by Dave Hitchborne

File:Aconites in the woods at Woodhall Spa - geograph.org.uk - 469490.jpg - Wikimedia Commons

Above right: conites by Peter O'Connor: Winter Aconite (*Eranthis hyemalis*) | Yay back to nature!!! W... | Flickr

Below right: <https://www.amazon.co.uk/Woodland-Eranthis-Hyemalis-Flowering-Snowdrops>

## Next Bridge:

Please send any items to: [bridgemagazine23@gmail.com](mailto:bridgemagazine23@gmail.com)  
by the **deadline: Saturday 18th March**

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  
7.4mile long bridge?

**FEBRUARY'S BRIDGE**  
was Donghai Bridge,  
China

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

## Picture Credits

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

**ChiffChaff**—<https://www.dailypost.co.uk/news/local-news/bird-notes-migration-spring-summer-17894482>

**Tits**- <http://www.mybitoftheplanet.com/2013/Bigpics/February/2702birds.html>

**Sand Martin** - <https://www.theguardian.com/environment/2016/apr/17/migrating-birds-somerset-martins-swallows>

**Curlew**—<https://www.norfolkwildlifetrust.org.uk/wildlife-in-norfolk/species-explorer/birds/curlew>

**Train line drawings**—<https://www.colomio.com/vehicles/train>

**Happy teenagers** -<https://www.educatingmatters.co.uk/blog/teenage-happiness/>

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

**East Witton**—[https://www.flickr.com/photos/billy\\_wilson/49946324236](https://www.flickr.com/photos/billy_wilson/49946324236)

**Leyburn Arts Centre** \_ <https://www.leyburnartscentre.com/About-Us>

**St Peter & Paull 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

## ADVERTS

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.

### CARE PROVIDERS

**PREMIERE CARE** – Family run private domiciliary care agency supporting our clients with a bespoke home care service. Based in Leyburn, we provide hourly care locally and live-in care to clients across Yorkshire. For an informal chat about our service please call one of our management team on 01969 622499.

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**THE DALES SWEEP - MARTIN TRADEWELL** A member of the Guild of Master Sweeps. A prompt, reliable service from your experienced Dales sweep. Qualified & insured. Bird guards/cowls fitted. Sweeping Coverdale, Wensleydale & Swaledale. Phone: 01969 640099.

**ARTISAN LOCKSMITHS your local locksmith in Bedale** - Looking for domestic and commercial locksmiths? Call the local locksmiths at Artisan Locksmiths on 07595 749 763 for services in Bedale and across North Yorkshire.

**TheLogCompany.com SEASONED HARDWOOD LOGS.** Your local supplier of the finest quality kiln dried, hardwood & softwood logs with free delivery. Log stores, kindling, briquettes, smokeless fuels, fire bowls and wood fired hot tubs available to buy and hire! Order online TheLogCompany.com [www.TheLogCompany.com](http://www.TheLogCompany.com) or call 01748 889298

### HEALTH

**ANDREW R. WAITES** MSSCh.Dip.Pod.Med.MBChA.IOSH.PJ - **Podiatry Clinic** - Appointments available with Rosemary Gunner S.A.C. Dip. FHP 01969 623189 to book. 5 Market Place, Leyburn DL85BJ (Next door to Kim's Coffee Shop)

**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)

## LOCAL SHOPS

**CENTRAL STORES, Middleham. Grocers, Newsagents + Off Licence** Open "Till Late" everyday.  
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## TRAVEL SERVICES

**DINAH@TRAVELCOUNSELLORS.COM** "Your Local Travel Agent" serving the Dales and Beyond. Full financial protection. Quality independent service nearly 40 years' experience. Call Dinah on 01969 678060 or email.