

# GARGRAVE & CONISTON COLD

Parish Magazine



JUNE 2018

£1

## Inside

Wetness and weight-loss,  
Playground party  
Gardens galore: art in the garden, music too  
New train timetable,  
A family screwed up  
We're going on a Vicar hunt  
Unbalanced body



*Photo by Rob Ingham*

## Dates for your diary

Voices of Craven concerts	3, 16 and 23 June
Gargrave Open Gardens	16 June
Duck Race	1 July
Gargrave Art Exhibition	12-15 July
Jumble Sale	4 Aug
Gargrave Show	18 Aug

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## FIRST WORDS

*Peter Poulter, St Andrew's Churchwarden*

I was reminded recently of one of the stories I love to read with my grandchildren. You may remember it, too. You see, we are going on a Vicar hunt. And in our hunt there are, like in the original story, a number of stages. Not sure I would call them obstacles exactly. But maybe that remains to be seen.

Firstly, we need to decide what we want a vicar for. You may think that is obvious, But recently all parishes in the diocese have been challenged to imagine what their church life will look like in a dozen or so years' time. Blue sky thinking and serious planning like that will point to what we need in the way of resources. And, as the story goes...We can't go over it, we can't go under it. Oh no! We've got to go through it!

The Church Councils have each made a start with this and produced a document called Vision 2030. So far so good.

But then, it is not just Gargrave and Coniston Cold involved. Discussion about the future of our two parishes is part of the work the diocese of Leeds is engaged in, planning strategy for the churches of our area – the Deanery of Ewecross and Bowland. This involves a rationalisation process about how to make best use of a limited number of clergy. This is usually described as a shortage of clergy. Actually, it is more a shortage of parishioners, the people able to sustain the costs involved in maintaining the life and work of the church. Fewer parishioners means less money, less money means fewer clergy. So part of the discussion is working out how we would share our new vicar with others in the area. We can't go over it, we can't go under it. Oh no! We've got to go through it

Our parishes are in the middle of that process – not quite sure where it is going.

When we have got that package put together, there will be the business of identifying the particular mix of gifts, skills and experience necessary to do the job with the variety of Christians of different backgrounds that makes up the Gargrave congregation, and that would constitute whatever partnership of parishes we were involved in. We can't go over it, we can't go under it. Oh no! We've got to go through it!

Then we will create our pastorate profile brochure, describing our scene, telling our story and trying to sell our situation – attractive but honest. Then on to advertising and interviewing to make an appointment.

When? We are not sure about that one - but we will keep you posted. Suffice it to say, we are in the process of putting together plans to make use of the willing band of visiting clergy, and the mixed bag of talents and experience in the parish, to keep the show on the road until the end of the year.

The original story found their bear. We look forward to a successful Vicar hunt.

Peace

## DIARY

### Coniston Cold – please note changes to venues!

- Sun 3 June Hellifield Church – Songs of Praise, 4pm
- Sun 10 Holy Communion, 9.30am, Church
- Sun 17 Evensong, 4pm, Church
- Sun 24 Kirkby Malham Church, 10am, Haydn Little Organ Mass

### Gargrave

- Sat 2 June Book Fair. 10am-4pm, Village Hall
- Sun 3 **Prayer Book Communion - Revd Ian Greenhalgh, 8am. Church Family Service, breakfast 10am, service 10.45am, Church. Everyone welcome.**  
Playground celebration day, 12 noon-4pm, Playground, Airedale Avenue  
Tennis club Davis Cup players visit, all day
- Thu 7 Walking for health, dep Summerseat bus-stop 11.00am
- Fri 8 Picnic Supper dance. 7.30pm, Village Hall
- Sat 9 Coffee morning for Village Hall Funds.9am-noon. Hall
- Sun 10 **Prayer Book Communion - Revd Ian Greenhalgh, 8am, Church Sung Eucharist with Revd Ian Greenhalgh, 10.45am, Church Flea Market, Vintage & Collectables.10am-4pm Village Hall**  
Parish Council Meeting.7.30pm, Village Hall Annex
- Mon 11 WI Meeting.7.p.m for 7.30pm, Village Hall Annex
- Wed 13 Gargrave Open Gardens, 11am-5pm, tickets & food from V Hall
- Sat 16 **Prayer Book Communion with Revd John Holford, 8am, Church Service of the Word with Mike Maiden, 10.45am, Church Christians in Gargrave informal worship followed by Jacob's Join tea, 5.30pm, Village Hall annex. Everyone welcome.**
- Wed 20 Gargrave Village Hall Management Committee meeting.7.30.pm, Village Hall committee room 1
- Thu 21 Walking for health, dep Summerseat bus-stop 10.00am
- Sat 23 Coffee morning run by railway user group, 10-12, Village Hall
- Sun 24 **Morning Prayer with Linda Wall, 8am, Church Reformed Eucharist with the Revd Peter Poulter, 10.45am, Church**  
Broadway Fairs Flea Market, 10-3.30pm, Village Hall
- Mon 25 Gargrave show meeting. 8pm, Village Hall Annex
- Wed 27 Bingo 7.30pm, Village Hall Annex.
- Thu 28 Le Club Francais, 8pm, Old Swan Inn

## Regular weekly and biweekly Gargrave events

### **Mondays:**

- 9.30am Tai Chi Qigong, Green between Summerseat/Public toilets and the river
- 10.30 am Tai Chi Qigong for beginners, riverside venue as above
- 1.30pm Art Club, Village Hall Committee Room 1
- 2pm Bingo, Gargrave Community Centre on Neville Crescent
- 7.30pm Modern Sequence Dancing, Village Hall
- 7.30pm Bell ringing, Church

### **Tuesdays:**

- 10 am Heritage Group, Church
- 10 am Contemporary Pilates with Bee Faulkner, 'Mixed Ability' Village Hall (term time)
- 11.30am Gentle Exercise for 70+ with Bee Faulkner, V Hall (term time)
- 10.30am Adult Tennis Coaching and Social Tennis (weather permitting)
- 12.30pm Alternate Tuesdays – lunch at Gargrave Community Centre on Neville Crescent, followed by games. £4.50
  
- 2pm Craft and Chat, Church
- 2pm Classical Pilates with Cate Davies: 'Mixed Ability' Village Hall Annex
- 4pm Tap dancing lessons, Village Hall Annex (term time only)
- 6pm Classical Pilates with Cate Davies: 'Beginner Athletic' Village Hall (term time)
- 7.05pm Classical Pilates with Cate Davies: 'Intermediate Athletic' Village Hall (term time)
- pm Brownies & Rainbows (school term only)
- 8pm Quiz Night, The Old Swan

### **Wednesdays:**

- 9.30am Gentle Hatha Yoga, Village Hall Annex
- 9.30am Tai Chi Qigong, Green between Summerseat/Public toilets and the river
- 10 am Caterpillar Club, Church
- 10.am Social tennis
- 1.30 pm Over 60's, Village Hall Annex

### **Thursdays:**

- 9am Phoenix Club, the Anchor, alternate weeks
- 9.30am Water Colour painting class, Village Hall Annex
- 9.50am Walking for Health, 1<sup>st</sup> and 3<sup>rd</sup> Thurs of the month, meet @ Summerseat
- 10am Coffee morning, Gargrave Community Centre on Neville Crescent
- 12.30pm Luncheon Club, alternate weeks, St Andrew's Church
- 2pm Indoor Bowls, Village Hall
- 7.30pm Tai Chi, Village Hall Annex (term time)

### **Fridays:**

- 9 am Contemporary Pilates with Bee Faulkner: 'Intermediate', Village Hall (term time)
- 10.30am Contemporary Pilates with Bee Faulkner: 'beginners', Village Hall (term time)
- 10 am Social tennis, Craven Lawn Tennis Club

### **Sundays:**

- 12 noon Gargrave Community Choir singing rehearsals, Church
- 1.30pm Social Tennis
- 2pm Afternoon Tea & Games, alternate Sundays, Neville Crescent Community Room
- 8.30pm Quiz, Masons Arms

## FORTHCOMING EVENTS

### **Family Service with breakfast - 3 June**

*Rosemary Pocock*

**Sunday June 3, St Andrews Family service 10.45am.**

Join us for breakfast at 10am. Everyone welcome.

### **World Cup players come to Gargrave - 3 June**

*Graeme Southam*

The Davis Cup is the world cup of tennis, a knockout competition played every year. Memorably, Great Britain won the cup in 2015 when Andy Murray and the team beat Belgium.

Davis Cup player Danny Sapsford along with Luke Milligan have agreed to come to our tennis club in Gargrave on Sunday 3rd June.

The tennis club is excited to host the event which we hope will encourage more people to play tennis. The day starts with junior coaching at 10.30am. This is followed by teenage coaching at 11.15am and then adult social and team coaching. The day is rounded off with an exhibition match between Danny and Luke and some local talent.

For more information about the day and the coaching please contact Graeme Southam on 01756 749384.

### **Playground celebration day – 3 June**

*Sarah Pawson*

The Playground improvements have been completed, and as a thank you we would love to invite you to our fantastic family day celebrations on **Sunday 3rd June** at the playground starting at 12 noon and finishing at 4pm.

### **Beginners riverside Tai Chi Qigong - starting 4 June**

*Bee Faulkner*

A new outdoor group for those wanting to start rejuvenating Tai Chi Qigong will be starting on **Monday 4 June** at 10.30am for a block of 8 weeks. We'll be meeting on the Green between the river and Gargrave's Summerseat bus stop (near the toilets). There is a bench available if you would prefer to be seated. Come dressed for the weather. All welcome; Contact Bee: 0777 898 0994. <https://taichi18.com/>.

### **Gentle Exercise for 70+s – starting 5 June**

*Bee Faulkner*

Weekly seated (or standing if preferred) Tai Chi Qigong and Pilates based exercises at Gargrave Village Hall, suitable for septuagenarians, octogenarians & nonagenarians, will be starting on **Tuesday 5 June** at 11.30am, during term time. Relaxing, mobilising and strengthening, the exercises are good for the circulation and the immune system too. Be active to stay active: we were made to move! All welcome. Contact Bee on 0777 898 0994 (*under 70s welcome too!*).



**GARGRAVE OPEN GARDENS 2018**

**SATURDAY 16<sup>th</sup> June, 11am-5pm**  
**Live Music, Art and Food**  
 tickets £5 in advance from Twinlocks Garden Centre or  
 £6 on the day from Gargrave Village Hall, BD23 3RD  
 Bonus garden in Bell Busk open 9am to 7pm

details from [www.opengardens.co.uk](http://www.opengardens.co.uk) and search 'Gargrave'  
 publicity design by [www.airtoncreativeservices.co.uk](http://www.airtoncreativeservices.co.uk)



### Pilates for beginners - starting 8 June

*Bee Faulkner*

Get toned and strengthened for the summer with Pilates: 7 week course in Gargrave Village Hall starts Fri 8 June at 10.30am. Contact Bee on 077 898 0994.

### Informal Worship – 17 June

*Rosemary Pocock*

Christians in Gargrave informal worship followed by Jacobs Join tea, 5.30pm, Village Hall annex. Everyone welcome.

### Voices of Craven concerts, 3, 16, 17, 23 June

*Bee Faulkner*

Visit <http://voicesofcraven.org/> for details of upcoming local concerts featuring many singers from our parishes.

### Grassington festival – 15-30 June

*Sue Staton*

Visit <http://www.grassington-festival.org.uk/2018-programme/> to find out about what's on in this year's Grassington Festival, 15-30 June. Look out for pre-festival events too on 3, 9 and 10 June.

This year, marking the 38th anniversary of the Grassington Festival, we will be welcoming a fabulous array of arts and entertainment, including world-class acts, to our beautiful corner of the world. With Grassington as the central hub, events will extend to Kirkby Malham, Kettlewell, Bolton Abbey, Skipton Town Hall, and even Stump Cross Caverns, making this truly an event for the whole Dale. With family entertainment, workshops, film, comedy, music and much more, there really is something for everyone. The central theme this year is "A Sense of Belonging", emphasising the importance of place and community. The festival strives to be accessible and involve all members of the community, of all ages and backgrounds.

The festival fortnight once again kicks off with a fantastic procession, bringing an array of colour, sound and life to Grassington Square, and is a great opportunity for our local schools and community to get together. If you would like to take part in the procession, please do come along to our pre-festival workshops. Samba drumming workshops take place on June 3rd and 10th, and puppet making on June 9th and 10th.

The festival has a jam-packed programme this year. From Grassington-born BBC Political Correspondent Chris Mason in conversation to Chocolat author Joanne Harris's new musical storytelling project, from guided walks to cheese-making workshops, and from foot stomping new folk group Noble Jacks to Skipton Camerata's fabulous Gala Concert, it is nothing short of eclectic! For a really unusual experience the whole family can enjoy, there are several opportunities to see "Beneath Our Feet, a promenade performance that will use dance and live music to tell the story of the underground, held in Stump Cross Caverns.

Other highlights this year include An Evening with Sir Michael Parkinson, British stand-up star Jason Manford, Yorkshire favourites Smokie, and the star-studded super group British Electric Foundation, a collection made up of top-

notch musicians from Heaven 17, The Human League, The Sex Pistols, Joy Division, New Order and The Farm. This year's grand finale is the first ever "Festival In the Field Day", which will see a great day of music and fun for all the family, topped off by Scottish indie-rockers The Fratellis.

Tickets are available now online at [www.grassington-festival.org.uk](http://www.grassington-festival.org.uk), from the Box Office at 01756 752691 or in person at Grassington Hub.

## GARGRAVE OPEN GARDENS + art + music – 16 June

*Duncan & Bee  
Faulkner*

It's exciting to report that we have 23 gardens lined up for opening, including some newcomers for this year. Thank you to all concerned.

'Art in the garden' is a new feature of the Open Gardens: artists from Gargrave Art Group will be working in some gardens creating a variety of horticultural themed pieces, including painted and textile works.

We're glad to be welcoming a variety of musicians, including the Fairfax singers, members of Craven School of Music, guitarists Chris Emmett and Mike Maiden, and trumpeter Ewan Hudson.

All Gargrave gardens are within walking distance of each other and are open **11am to 5pm on Saturday 16 June**. A bonus two-acre garden in Bell Busk, a couple of miles away, will be open from 9am to 7pm.

Refreshments, lunches and teas will be available in Gargrave Village Hall. Children's quiz sheets, plants and tombola are also available in Village Hall. Sorry, no dogs please. For up to date information visit [www.opengardens.co.uk](http://www.opengardens.co.uk) and search for Gargrave.

Admission £5 per adult in advance from Twin Locks Garden Centre BD23 3NB or £6 from Gargrave Village Hall BD23 3RD on the day (children free).

## PeerTalk day – 16 June

*Rosa Trelfa*

PeerTalk, a national charity underpinned by the Methodist Church, is looking for volunteers to help launch a new peer support group for people living with depression in Skipton. You don't need to be an expert – but an interest in mental health and being a good listener helps. The Training Day is **on Saturday 16 June** at The Rendezvous Hotel, Keighley Road, Skipton BD23 2TA, 9.45am – 4pm. More details at [www.peertalk.org.uk/index.php/volunteer](http://www.peertalk.org.uk/index.php/volunteer) or via [admin@peertalk.org.uk](mailto:admin@peertalk.org.uk)

PeerTalk is a registered charity, initially funded by the Methodist Church, and is expanding its reach nationally to support people living with depression, mental distress and overwhelm. Such a group already runs in Craven (at The Folly Café, Victoria Street, Settle, BD24 9EY) and we are pleased to be launching a second

group in Craven. The need is clearly evident. It is good to see the peer support offering hope to those in a difficult place.

## LASRUG coffee morning – 23 June

*Kay Craven*

The Lancaster and Skipton Rail User Group is holding its Annual Coffee Morning on **Saturday, 23 June, 10 - 12 noon**, in the Village Hall. We will have our usual stalls for cakes, plants and books, along with a Raffle, and if you would like to contribute to any of the stalls your gifts will be greatly appreciated.

You have all been very generous in the past in supporting our Group and we hope you will be able to do the same this year. You will be most welcome.

AND - just keep an eye on the new Northern timetable recently issued, and again in December - you may find some welcome changes!!

If you haven't already tried it, treat yourselves to a ride on the Bentham Line from Gargrave to Lancaster and Morecambe, perhaps exploring villages on the way, or alighting at Carnforth to enjoy delicious refreshments at the Brief Encounter Refreshment Room on Carnforth Station.

Bentham Line leaflets and timetables can be found in the Village Hall Foyer and there are some train details at the back of this Magazine.

## Duck race – 1 July

*Claire Gautam*

Please join us at Gargrave Primary School PTA Annual Village Duck Race!

This fun afternoon is to be held **on Sunday 1st July, 12noon-3pm** on the middle green in Gargrave (ducks to be released at 3pm) There will be bouncy castles, traditional sports and games from Kanga Sports, a dog show, various stalls, a hog roast, tea/coffee and vegetarian food from Cobble Kitchen, a beer tent, live music from Haworth Ukulele Group and much more!

Great prizes for 1st, 2nd and 3rd ducks, tickets will be available to buy for £1 each from school and the Co-op in Gargrave.

Please see our Facebook event and posters around the village for updates and more details.

As always, any baking or tombola donations are gratefully received and can be left at school or brought on the day of the race.

## Pie lunch at the Village Hall - 7 July

*Sue Lyall, Gargrave Heritage Group*

Please come and join Gargrave Heritage Group for a Meat and Potato Pie Lunch, on **Saturday 7 July** from 11am to 2 pm. This includes pudding and a drink for £5. There will also be a tombola and a raffle to support the work of the Heritage Group.

We will have information and previews of our book about the history of Gargrave from 1900 – 1925. As well as looking at the lives of the soldiers who fought and died in the First World War, we are writing about the social history of the village. Step back in time and find out how the folk of Gargrave lived and worked 100 years ago. There are many photos and tales gathered from personal memories and from the incredible Dennis French collection.





In future editions of the magazine, we'll print extracts from the book, to give you a flavour of what's to come when we publish at the end of the year.

## NEWS

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### GARGRAVE OPEN GARDENS 16 June - helpers welcome

*Duncan and Beae Faulkner*

If you fancy making music, garden sitting, or helping behind the Open Gardens scenes, please contact Bea and Duncan on 749443 or [gardens@gargravemag.co.uk](mailto:gardens@gargravemag.co.uk).

If you'd like to help with the catering operation in the Village Hall, please contact Norma on 07862 231691. If you can provide cakes, please bring them to the Village Hall kitchen from 10am on Saturday June 10<sup>th</sup>.

Donations for the plant stall are most welcome— please bring them to the village hall from 9.30am on June 16<sup>th</sup>, or leave them outside 6 St Robert Close the night before.

Thank you.

### A family screwed up!

**Hopeless#butGod** is the title of a new set of family services which address anxieties about our world, our community and our families.

The first of this series was on Sunday May 6<sup>th</sup> and it focussed on family life as told in the story of Joseph, "A family screwed up." This was beautifully illustrated by a very 'colourful' impromptu drama involving volunteers from the congregation. It was followed by an explanation of the Bible story and how it relates to us today. Indeed we heard several testimonies describing how God has been present in times of need and hopelessness.

Children had fun making Joseph's wonderful technicolour coat for peg doll figures and everyone, both young and old, enjoyed the praise and worship.

Do come along to the next service on **Sunday June 3<sup>rd</sup>** when the **Hopeless#butGod** series will be further explored through the story of Paul and Silas. The service starts at 10.45am but don't miss out on the delicious breakfast served from 10am onwards!

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### Be with you

The vicar at a local church experienced some technical problems with the sound system one Sunday. Instead of starting the service as usual with 'The Lord be with you', he said: 'There's something wrong with this microphone.' Not hearing this, the congregation responded: 'And also with you.'

### New train timetable

*Hugh Turner*

The headlines of the new train timetable, as far as it affects Gargrave, are that, in the Monday to Saturday timetable, the number of trains to and from Lancaster go up from 5 to 7, the number to Settle and Carlisle increase from 3 to 4 and the number in the Leeds direction go up from 9 to 12.

For commuting into Leeds there are now two trains arriving into Leeds before 9am, leaving Gargrave at 7-45 and 7-55 and coming back in the evening there is a much better choice as trains leave Leeds at 16-49, 17-25, 18-19, 19-18 and 19-49.

The later trains to and from Lancaster make it possible to go to an evening event in Lancaster leaving Gargrave at 18-14, having over 2 hours in Lancaster and arriving back at Gargrave at 22-45. The additional trains to and from Lancaster make it more practical to make long distance connections via Lancaster than previously as the choice of evening trains back makes the connections more reliable. In particular, connections to and from the Oxford, Reading, Winchester, Southampton and Bournemouth direction are likely to be easier via Lancaster than via Leeds.

I am told that the connections to and from the Arncliffe, Grange over Sands, Ulverston and Barrow direction changing at Carnforth are also much improved.

The current improvements are but the first step in the improvement "journey" which is taking place. Under the Northern franchise, there is a commitment to achieve the full improved service by December 2019. Crucial to these improvements is the introduction of new trains all over the country allowing the transfer of extra diesel units to Northern. Delays in electrification work by Network Rail have slowed down that process so the number of extra trains serving Gargrave is fewer than originally hoped. In particular the long gap in the service to Leeds in the morning remains. One of the extra services which is deferred until a later timetable change would have shortened that gap.

### Jumble Sale – jumble invited

*Caroline Thompson*

The annual Jumble Sale will be held a little earlier this year and we are already beginning to collect items. We are happy to accept clothing, shoes, bags, books and household goods. Small furniture is also acceptable (ideally anything which can be transported in a car or carried with ease by one person) and anything surplus from your garage or garden shed. Tombola prizes would also be gratefully received. Please no large electrical items, TV's or Printers.

Donated goods may be left at the hall ideally on a Monday morning or on a Saturday at a Gargrave Village Hall Management Coffee morning. Please leave them just inside the kitchen door. Alternately please contact any Committee member if you would like the items to be collected from your home.

The sale will take place on **Saturday 4<sup>th</sup> August** so please spread the word!

If you are able to offer any help with selling please contact Caroline on 01756 749235 or email [caroline@sandjsthompson.co.uk](mailto:caroline@sandjsthompson.co.uk). The sale begins at 10am and ends around 1pm.

Quiet location in the centre of Gargrave



## To Let 2 bedroom ground floor flat

- Peaceful cul-de-sac location
- Private rear garden
- Allocated parking space
- Recently decorated, with new carpets/flooring and fittings
- Ideal for a young professional or a retired couple

**£550 per calendar month**

2 bedrooms, living room with bay window, kitchen and bathroom. No pets, trade vehicles, smokers or payment in arrears. References required. Contact 01756 749465 or text 07887 848938

### Playground completion!

*Sarah Pawson*

We are very happy to announce that the Gargrave Playground Project has now been completed, and as a 'thank you' we would love to invite you to our fantastic family day celebrations on Sunday 3rd June at the playground, starting at 12pm and finishing at 4pm.

The project has taken nearly five years to complete due to a few unavoidable setbacks and complications, which as you know sometimes happen with these community projects.

We cannot thank you all enough for your generosity, support and patience during these times. It has been a roller coaster of emotions over the years.

We have celebrated successful applications for funding, navigated and completed drainage management and ground works, and the installation of equipment using smaller stages.

This was halted so many times by losing out on major funding due to criteria changes.

We also found challenges along the way; the original fort design would have compromised all the drainage works. We have battled with the weather, too, which has delayed work and damaged planting and seed sowing we did.

However throughout we were, and still are, so overwhelmed by the help received from our contractors, our designers, and everyone's confidence in us that we could and would complete the project as promised to our community.



Our smaller plans are still continuing over the next few weeks. We are presently designing new signage for the playground which will set out the rules made by our local children in how to play safely in their new playground. We will also be attaching to the sign the logos of all those who have helped us raise the funding to complete the project.

There would have been a lot of disturbance to wildlife due to the building works, so now we hope we can encourage it back with our bird boxes, the building of bug hotels and possible hedgehog habitats.

We will be looking to see what is still naturally growing in the playground this spring/summer, as the wet weather has destroyed much of our previous planting efforts, including, sadly, the bulbs. The Parish Council have planted more flowering bushes which is a great start. There are still some areas that need working on, where old pieces of equipment were removed or still remain- there are plans to remove these.

For the Family Day we are suggesting that everyone brings a picnic, but we will also run a tasty cake and refreshment stall. We hope to have a variety of fun and games planned too. We hope to see you all there, but most importantly we hope the playground will bring fun and happiness to our village for everyone to enjoy.

Thank you again from all of us,  
The Gargrave Playground Association

## From the registers

Peter Poulter

### Funerals - in the sure and certain knowledge of the resurrection of Jesus Christ from the dead

27 April	Eunice Holmes	aged 87
2 May	Brenda Storey	
4 May	Stephen Thompson	aged 86
8 May	Madeline Carol Boocock	aged 80

### Interment of ashes

6 May	Colin Brooks	aged 79
	Joyce Brooks	aged 89



## Library news

Dave Smith

As a way of thanking the Volunteers for all their hard work and support a party was held on the 4th May to celebrate, 6 years ago to the day, that we first opened our doors as a Community Library.

Around 30 volunteers, both current and past, enjoyed an evening with a pie and pea supper washed down with a variety of drinks. Thanks go to Patsy and Jane for organising what was a very convivial evening.

Following on from the success of their Library visit in February and March, 30 pupils from Sycamore class returned to the Library and were encouraged to borrow books of a non-fiction nature. After doing some research the children will return and, in front of a selected audience, present some "amazing facts" found from the books they have borrowed.

Both the School and Library are very grateful for the support given by the NYCC Library Service at Skipton and hope we can keep this initiative going and develop it further in the future.

Week commencing 4th June sees the start of "Bookstart" week in the Library. This initiative is aimed at young children, aged 0-5 years as a way of introducing books to a young audience. Parents, if you are passing, please call in and see what the Library has to offer your young offspring.

Our Film Shows have finished for the Summer break and we intend to re-start the screenings in September. Thank you to all of you who have supported us through the winter months and with an average attendance of around 75- the films make a welcome contribution to the running costs of the Library.

## Gargrave WI

Moyra Sonley

I haven't sent a Women's Institute report in for a while. I thought I had got away with it, but I have been pursued by Bee to write something for the next magazine. So here I am.

We are heading for summer now (we hope) but I am going back to February. As the meeting date fell on Valentine's Day we had a social evening which included a beetle drive. Normally we have a speaker, but we thought it would be

nice just to be able to talk to each other (which we are good at). We had a Jacob's Join and had a nice selection of savouries and cakes, most of which disappeared.

In March our speaker was Harold Hoggarth whose title was *Respectable Rebels*. He asked if anyone knew the difference between a suffragette and a suffragist. I don't think any of us knew the difference. Apparently the suffragists used non-militant means to demand votes for women. They had non-violent demonstrations, organised petitions and lobbied their MPs. He told the stories of three local suffragists.

April's talk was, a *Touch of Massage and Well-being*. Lynne Ward gave a head massage to one of our members. The lady in question said it was so relaxing she could have gone to sleep. Lynne told us how she had trained to be a masseuse as a mature student. She was apprehensive when she started the course, but now enjoys her job very much. She had vouchers for sale for anyone to give as a gift, the only snag being that she is based in Barrowford, but that is within reach of course.

Our most recent meeting was in May. Michael Bevington's talk was *A Walk Round Studley Deer Park*. Studley Royal, as well as the deer park, incorporates Fountains Abbey, St Mary's church and the stables which are all that remains of an original Tudor manor house. This house was destroyed by fire in 1716, rebuilt 50 years later and then damaged by fire again in 1946. This time it was demolished completely leaving only the stable block, built between 1728 and 1732. This is now a private residence. There are many ancient trees in the park and there is an avenue of lime trees leading down through the park to the original entrance to the estate. In the distance can be seen Ripon Cathedral. Also of course there are the deer, over 500 of three species. There are red deer, fallow and Sika. The whole of Studley Royal became Yorkshire's first World Heritage Site. Mr Bevington's talk was accompanied by some beautiful photographs.

Our next meeting is June 13<sup>th</sup> when we have Jean Robinson whose talk is - *Not lost but gone before* - Raikes Road burial ground, Skipton.

## Le Club Français

Allison Wiffen

Gargrave's "Club Français" met in May for the first time at The Old Swan. We had a few rounds of "What am I?" where you have a post it stuck to your forehead with a word on it and you have to guess what you are. This turned out to be things as varied as "a sheep" (very apt for Yorkshire), the "Cote d'Azur" and a "glass of red wine". There was much laughter, general chat and we did manage to stay in French throughout - quite an achievement I think.

If you would like to join us in June, we will be meeting at 8pm on **Thursday 28 June**. If at all possible, please let Allison know you are coming, so we can book enough space in the pub: 07880 520071.





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### North Craven Strollers – Walking for Health Group

Jean Maxwell

We are well into our programme of Summer Days Out and on the first **Thursday in June (7th)** we will be taking the 11.00am bus from the Summerseat to Austwick to walk to Feizor for lunch at Elaine’s Tea rooms and then return to Austwick to catch the bus back. We will be back in Gargrave about 4pm. If you would like to come along and join us, all our walks are free and last no more than 90 minutes at one go. Each walk is led by a trained Walk Leader with another at the rear and the walks are checked out beforehand so the route is always safe and hazard free. As this is Yorkshire suitable footwear and waterproof coats are always useful!

On the third **Thursday (June 21)** we are walking from Thorlby to Gargrave along the canal catching the 10.00am bus from outside the Dalesman to go to Thorlby. We would be very pleased to have you join us on either of these walks and if you would like to know more about us please contact Jean on 01756 748851 or at [clarajeanmaxwell@btinternet.com](mailto:clarajeanmaxwell@btinternet.com)

On 5th July we’re walking from Wharfe to Austwick – more details next time!

### Coniston Cold Young Farmers news

Peter Walton

On Tuesday 17th April, Coniston Cold Young Farmers travelled to Accrington in Lancashire for an evening of trampolining at the town’s Jumpworks. This was the first meeting after the Easter break and was a good opportunity to burn off some Easter excess. A business meeting followed, with Gemma Darwin in the chair.

The following Tuesday, Coniston Cold Young Farmers met at The Richard Tottie Memorial Hall at Coniston. The members had a practice judging night for the upcoming Settle District YFC Rally to be held at Bentham Auction Mart on Tuesday, 8th May. Items judged were cups, socks and a mystery class. The results were as follows: Girls: Joint 1st, Sophie Rook and Megan Walton, 2nd, Alice Walton, 3rd, Mary Throup. Boys: 1st, Sam Emmot, 2nd, Robin Schofield, 3rd, Thomas Darwin. A business meeting followed, with Gemma Darwin in the chair.

On Tuesday 1st May, Coniston Cold Young Farmers met at Low Trenhouse Farm on Malham Moor for a beef judging competition. The evening was hosted

by the Throup family and the master judge was Miss Jodie Bolland of Settle. Members judge four beef cattle in readiness for the upcoming Settle District Rally. The results were: 1st, Robin Schofield, 2nd, Charlotte Lambert, 3rd, Gemma Darwin, 4th, Sam Dawson. Members enjoyed a beef stew supper, followed by a business meeting, with Gemma Darwin in the chair.

The Tuesday after Coniston Cold Young Farmers travelled to Bentham Auction Mart to join fellow clubs Lawkland, Rathmell and Burton for the Annual Settle District Young Farmers Rally. Coniston had mixed fortunes coming 3rd in the overall points for the evening, with Burton and Rathmell taking top honours. Coniston highlights were Hannah and Ellie Saxby winning in the dairy competition and Gemma Darwin and Alice Walton coming 1st and 2nd in the mystery judging competition which turned to hens. Archie Allen came 2nd in the pedal tractor handling, and Will and Mary Throup were successful in beef judging and cookery respectively.

### Riverside Tai Chi Qigong news

Bee Faulkner

We’ll be starting an additional group for beginners on Monday 4 June, at 10.30am, on the Village Green between the Summerseat / Public Toilets and the river, Contact Bee on 0777 898 0994. We’re also now meeting on Wednesdays at 9.30am as well as Mondays for 9.30am: new 8 week block starting 4 June.



### Imbalanced Body? (part 2 of 3) ...Pilates News

Cate Davies

In Part 1, we looked at the meaning of having a ‘balanced body’, particularly regarding the natural S-shaped posture of the spine. Now, we’ll explore how various aspects of our lifestyle can actually change our bodies, causing imbalance and secondary health problems from pain to poor mobility!

#### SEDENTARY LIFESTYLE!

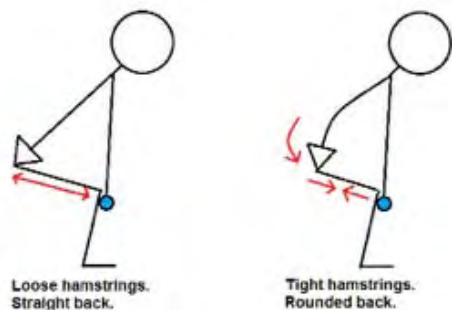
We just don’t move around as much as previous generations. In general, we’re less physically active in total hours per day, walking less (as car journeys dominate commuting to school and work and for shopping etc), have occupations that involve sitting for most of the day and have less physically-demanding chores in the house and garden. Electronic gadgets make them easier and quicker. Try mowing the lawn with a simple push-mower propelled by manpower alone, washing clothes by hand, mixing a cake without a food-processor etc. They’re all surprisingly hard-work. No wonder our grandparents didn’t bother much with the gym or exercise classes. Whether at work or play, we tend to spend much of the day sitting. It’s not just adults either. Children spend most of the day sitting at school and are increasingly enticed away from ‘playing out’ by mobile phones, tablets and computer games and social media!

Healthy backs require movement as much as possible. They don't like any one position for too long. It all comes down to the discs, those clever shock-absorbers present between each vertebra (bone in your spine). They're like wet sponges! When you bend over, you squash the fluid out of them and then as you stand up the pressure is released and they suck the fluid back in again. They don't have their own blood supply to give them the oxygen and nutrients that they need to stay healthy, instead they can only get these through the fluid being squeezed out to get rid of waste products and then drawn back in full of new nutrients. Moving your spine not only helps the discs stay healthy, but also strengthens the muscles that move and support your spine. Using spinal muscles in a range of movements from bending to twisting, strengthens the vertebral bone that they are attached to and helps prevent osteoporosis (bone thinning) too.

### SITTING!

Cultures around the world where they squat rather than use chairs to sit do not suffer from the degree of disc degeneration and back pain that we do in the developed world. Squatting is often regarded as primitive, but it's actually a beneficial posture for the lower back (as it doesn't load the lumbar discs in the way that sitting on a chair does) and it is the most natural position for opening your bowels and giving birth. So not so primitive after all!

Chairs aren't a problem as such, it's more the hours that we use them for without a break and in total, during the day. Sitting places a heavy load on the lowest (lumbar) discs, which is problematic when it is prolonged and they are not receiving vital nutrients through movement, as described above. Sitting doesn't just affect discs, it also has consequences for flexibility and muscle strength. Sitting unloads the tension on your hamstring muscles at the back of your thighs allowing them to shorten. They are attached at the bottom of your pelvis. Sit on



your hands and you'll feel two bones - your ischial tuberosities or 'Sitz bones' in Pilates speak and this is where they attach to. If hamstrings are short, they tilt your pelvis backwards, flattening out the curve in your lower back. This squashes the lumbar discs at the front rather than spreading the load evenly across the whole disc. Can't touch your toes without bending your knees? You guessed it - tight hamstrings!

Sitting causes the opposite problem with the muscles in your buttocks, the 'glutes'. They get stretched and lengthened and thus weakened. Weak glutes means we'll sub-consciously avoid using them and use our over-worked hamstrings instead, shortening the latter even more. Do you avoid using your glutes? Watch next time you walk or run up a steep hill! If you lean over and stick your bottom out, then you've just avoided using them. I can spot weak glutes just by observation - a flat rather than rounded derriere is a dead give-away!!

### ELECTRONIC DEVICES!

Computers and mobile phones have changed our lives beyond recognition. They've brought huge benefits but also draw-backs. We tend to sit to use them, but this isn't the only issue. They also cause us to lean over, curling our shoulders forwards, resulting in tight chest muscles ('pecs') and lengthened, weak upper back muscles. We lose the ability to be able to move our shoulders back to their neutral position and shoulder problems can occur from this poor alignment. Doctors call the curling over of the thoracic spine, kyphosis, and it affects your ability to move your ribcage maximally i.e take a deep breathe. The kyphosis also moves your head to a downward gaze, so to counteract this you have to deepen the curve at the back of your neck, straining the posterior neck muscles and putting pressure on the cervical discs. It's not just electronic devices, many hobbies e.g. reading, sewing, baking, crafting etc involve leaning over too!

### HEELS!

Any heel (I'm not just talking stilettos) will affect your posture, by tilting the body forward. To counteract this you have to lean backwards at the lumbar spine and deepen the curve there. The shorter the person and the higher the heel, the more pronounced the effect on your lumbar discs. It places abnormal pressures on the bones in your feet and ankles too. By effectively being on tiptoe, the Achilles tendons at the back of the ankle are not put under tension to keep them lengthened. Those that wear high heels all day, every day can get such shortened Achilles tendons, that walking barefoot or in flats becomes impossible!

### REBALANCE!

Don't worry, it's not all doom and gloom for our bodies. Neck or back pain? Shoulder problems? Hunched-over posture? Aching feet? Stiff spine? Can't touch your toes? Yes, all of these can be improved with Pilates, but armed with an understanding of how our lifestyles can affect us, there are many small adjustments that we can all make, that don't involve exercise classes and don't have to cost us a penny!

In the July issue, look out for *Part 3 - Rebalance - Small Changes For Large Benefits, lifestyle tips for achieving a healthier body!*

### Information about term time classes in Gargrave Village Hall

Classical Pilates classes with Cate Davies are held on Tuesdays as follows: 2pm 'Mixed Ability' in the Annexe, 6pm 'Beginner Athletic' and 7.05pm 'Intermediate Athletic' both in the Main Hall. All classes are bookable in blocks in advance only - the next block starts on 12 June for 6 weeks. For further info, visit:

[https://www.facebook.com/catedaviespilates/?hc\\_ref=NEWSFEED](https://www.facebook.com/catedaviespilates/?hc_ref=NEWSFEED) or contact Cate on 079 5533 8775.

Contemporary Pilates classes with Bee Faulkner are as follows:

*Beginners Pilates* from Friday 8 June 10.30am for 7 weeks

*Gentle Exercise for 70+* from Tues 5 June 11.30am - Pilates with Tai Chi Qigong Pilates (mixed ability) Tuesdays 10am and Friday 9am from 5 June, for 7 weeks.

For further information, visit <https://gargravevillagehall.org.uk/pilates/> or contact Bee on 0777 898 0994.

## Detox for Spring – Crossgates News cont.

Emma Isherwood

Crossgates are fortunate to have a team of helpful advisors who are happy to assist with your wellbeing needs in a person specific and natural manner. Recently the Human Health team has grown with the addition of Nutritionist Lisa Dyson, who has considerable knowledge gained from working in the field of public health both in the UK and overseas. Lisa has overseen the development of health care structures in Australia and Africa and specialises in the area of gut health in children. Roseanne has also recently joined the team with her specialist knowledge of naturopathy and nutrition. Roseanne has owned a successful salon in London, after much consideration she decided that a change of direction was required so brought her knowledge back to her roots in Yorkshire.

Consultations are available at Crossgates with the first 10 minutes being free. We offer a confidential service that looks at the goals you are wishing to achieve and how we are able to help you succeed. Our services include bioresonance, homeopathy and naturopathy. At Crossgates we stock only food state supplements that the body is able to absorb effectively. Tinctures and remedies can be created especially for your personal requirements. Our remedies are full of the most natural and soothing Australian Bush Flower and Bach flower remedies to enhance your sense of calm and wellbeing.

We have an onsite beauty salon offering massage and reflexology to assist with the elimination of toxins. On site our team of beauty therapists and hair stylists can offer you gentle, natural treatments in order for you to look and feel your best. In the salon we use Davines colours and products which are free of parabens and sulphates so therefore kinder and less toxic to the body. Davines shampoo, conditioner and styling products are also available to purchase in salon. If you require any further assistance or to make an appointment please call in or contact us : Human Health Department 749901, Hair and Beauty Salon 748881 <http://www.crossgateshumanhealth.co.uk>; [www.crossgatesfarm.co.uk](http://www.crossgatesfarm.co.uk) <http://www.crossgatesbioresonance.co.uk>

## FARMING ON SCALEBER HILL

John Hall

I have always enjoyed lambing time. It has always been a joy to see new lambs with days lengthening and spring on its way. Not this year, as it has been the hardest lambing time I have known (I have seen quite a few). We had a very wet autumn with the grass trampled into the mud which caused the sheep to loose condition. As it was constantly wet, they had no chance to recover.

Fortunately, we were able to clear sheds to bring the majority inside. As they were in poor condition due to constant rain and cold, extra feed was required. With a lot of TLC and a dry and comfortable shed, they began to recover. Alas, the problems were not all solved. Normally, as the sheep lamb, they are turned out onto clean fields with new grass. But with continuous wind and wet, most had to be kept inside. Every pen became full, every emergency pen and trailer became full; feeding, bedding and watering became relentless. With no respite

from the weather, life became a hard slog. Most farmers I have spoken to agree it has been the hardest known. Long hours, with little sleep can take the soul of the fittest.

What a relief when the sun shone, even if it was only two days. It was then "all hands to the wheel" to move them all outside. Being animals who live outside, it may sound crazy but panic can take over when lambs are taken out of the pens and put in a field with others for the first time. This is where shepherding skills are put to the test to make sure the lambs stay with their mothers. For three weeks, the weather was relentless. There is no respite in these circumstances, day or night, with little time for sleep. If anyone wants to lose weight, without trying, try a lambing time for a month!!!

The glorious May bank holiday weather came at a time when things were becoming desperate. After a few days of sunshine, everything becomes alive with spring bursting into life; it's amazing how quickly the grass can grow. One soon forgets all the strains and stresses of a long hard winter, and change to the joys of spring.

I am very pleased with the Lonks who had all live lambs at 150% (they look good). The Herdwicks 200%, (they normally have 1.) One had triplets, which is most unusual, (3 very good lambs).

There is no rest for the wicked, as all this spring- work of slurry out, fertiliser on, wall gaps to mend. Who would be a farmer? Or, put another way, 'What is a Bank Holiday?'



## Fishing

A young father was taking care of his baby daughter while his wife went to town shopping. He decided to go fishing and he had to take the toddler along. 'I'll never take her along with me again!' he told his wife that evening. 'I didn't catch a thing!' 'Oh, next time I'm sure she'll be quiet and not scare the fish away,' his wife said.

The father said gloomily. 'No, it wasn't that. She ate all the bait.'



We are looking forward to celebrating the Royal Wedding: we are celebrating with our friends at Neville house - enjoying a morning of activities and maybe scones and cream.

Our visits to Apple class are going well: the children love the dough disco which helps them to improve their fine motor skills; we do lots of singing our phonics song and 1 to 20 song.

We have had Penny with her animals and she introduced Dougal a new puppy, who was very well behaved and the children loved stroking him and holding his lead. Penny also brought 2 rabbits, Robbie and Ruddles, who enjoyed running around Pre-School. Penny read one of her stories, which the children loved.

### First pancake

A mother was preparing pancakes for her sons, Kevin, 5 and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. She said: 'If Jesus were sitting here, He would say, "Let my brother have the first pancake, I can wait."' Kevin turned to his younger brother and said, 'Ryan, you be Jesus!'

### Blessing

A mother invited some people to dinner. At the table, she turned to their six-year-old daughter and asked her to say the blessing. 'I don't know what to say,' the girl replied.

'Just say what you hear Mummy say,' the father answered. The daughter bowed her head and said, 'Lord, why on earth did I invite all these people to dinner?'

### Baptism

A father is in church with three of his young children, including his five year-old daughter. As was customary, he sat in the very front row so that the children could properly witness the service.

During this particular service, the minister was performing the baptism of a tiny infant. The little girl was taken by this, observing that he was saying something and pouring water over the infant's head. With a quizzical look on her face, the little girl turned to her father and asked: 'Daddy, why is he brainwashing that baby??'

### Make financial education compulsory in primary schools

So says the Archbishop of Canterbury's 'Just Finance Foundation'.

In a recent statement, it said: 'Primary school pupils should receive compulsory lessons on how to manage money as part of the response to growing levels of financial insecurity and problem debt in the UK.'

Learning where money comes from, when to spend and how to save is vital to children's ability to navigate adult life and should be a mandatory part of personal, social, health, and economic education (PSHE) in primary schools, the Foundation says.

In a written submission to a Department for Education consultation, the Foundation highlights figures that show 40% of UK adults have less than £100 in savings and that struggling to manage money is becoming a mainstream issue.

"Financial distress is on the rise in the UK. A recent report by the Financial Conduct Authority found that 50% of UK consumers show one or more characteristics of financial vulnerability and the Money Advice Service estimate that one in six individuals in the UK are over-indebted," the Foundation notes.

"Uncertain incomes, the impact of lifelong indebtedness, and high housing costs are compounding to make financial capability an issue of pressing importance for younger generations."

The call came as the Foundation published an interim report on the impact of its LifeSavers programme of financial education in 30 primary schools across the North East, Nottinghamshire, South East London and West Yorkshire.

The research shows that 70% of schools running the programme say financial education for primary school pupils should be compulsory.

Rowena Young, Executive Director of the Just Finance Foundation, said: 'Children growing up today face the most challenging and complex financial landscape of a generation. Education should reflect the times and there is a growing consensus that managing money should now form an essential part of setting children up for life.'

LifeSavers was designed to address a gap and is practically demonstrating how schools can weave financial education throughout the teaching and life of the school in a way they can sustain. The study showed that 90% of participating schools agreed LifeSavers had improved the quality of financial education.

The Archbishop of Canterbury, Justin Welby, said: 'Research has shown that habits and attitudes to money are already being formed at the age of seven. LifeSavers helps primary schools and teachers embed financial education in ways that best meet the needs of pupils and local communities. The programme combines down-to-earth, practical experience and helping children explore what it means to be wise, generous, just and thankful with money.'

For more information about LifeSavers see <https://lifesavers.co.uk/about/>

## LOVE, HOPE, PEACE

We have recently reviewed our school values and we wish all our pupils to learn to uphold these in their lives. More about these and a Pentecost day in the future.

## Year 6 visit to Bewerley Park 2018

All 18 pupils had a fabulous time for a week long residential with Thornton-in-Craven pupils. The week started with den building, bush craft and marshmallow toasting.



Their waterproof clothes kept us warm when we went gorge walking, climbing and kayaking. We did need our warm hats on some days.

The blind line was fun, we followed a rope around trees, through obstacles. We all had the best week ever.

Mrs Dawson and Mrs Lord, who accompanied the pupils said that the pupils all gained self-confidence, ability to look after themselves and team spirit.

## Emergencies and concerns

Tim Chronnell

**ELECTRICITY** For emergencies 105, General enquiries 0800 375 675  
To check power cuts etc: <http://www.northernpowergrid.com/power-cuts-home>

**GAS** National Grid Emergency Line 0800 111 999; Report a gas leak:  
[https://customerservices.npower.com/app/answers/detail/a\\_id/374/~how-do-i-report-a-gas-leak%3F](https://customerservices.npower.com/app/answers/detail/a_id/374/~/how-do-i-report-a-gas-leak%3F)

**WATER & SEWERAGE** <https://www.yorkshirewater.com/contactus>

**FLOOD** <http://apps.environment-agency.gov.uk/wiyby/37835.aspx>  
R. Aire at Gargrave <https://flood-warning-information.service.gov.uk/station/8083>

**ENVIRONMENTAL HEALTH** <https://www.cravencd.gov.uk/environmental-health/>  
e.g. flooding, pollution & public health, private water supplies  
<https://www.northyorks.gov.uk/flooding>

**NHS 111:** The new NHS telephone number to call when you have an urgent medical concern – but it's not an emergency. For emergencies call 999.

**101 - THE POLICE NON-EMERGENCY NUMBER** for advice or to report crime, damage or drug use when it's less urgent than a 999 call.

## Gargrave Lands Charity

*Are you currently experiencing financial difficulties and needing help?*

*Do you need financial assistance to pursue higher or further education or vocational training?*

If you live in Gargrave, Flasby, Eshton, Winterburn, Coniston Cold or Bank Newton then Gargrave's Lands Charity may be able to help!

Financial assistance readily available in approved cases.

*Contact one of the trustees listed below to discuss your situation. Absolute discretion and confidentiality assured.*

**Phil Ellis 748685**

**Christine Charlton 748817**

**Mike Maiden 07876 886313**

**Hugh Turner 748117**

**Joyce Garner 748447**



## Rotas for St Andrew's Church

Please arrange a deputy if you can't make your duty; to join call Janie on 748970.

	8am Sidesmen	10.45am Sacristan	10.45am Refreshments	
03-Jun	Linda Wall		Family Team	Family Team
10-Jun	Kay Craven	Joyce Brotherton	Abbie White	Sylvia Humphreys
17-Jun			Cynthia Hardyman	Peter Hardyman
24-Jun	Colin Chapman	Norma Brothers	Judith Douglas	Norma Brothers
01-Jul	Linda Wall		Family Team	Family Team
08-Jul	Kay Craven	Joyce Brotherton	Eileen Hoskin	Joyce Brotherton
10.45am	Sidesmen		Readers	Intercessors
03-Jun	Family Team	Family Team	Family Team	Family Team
10-Jun	Sarah Curtis	Pauline Gilfoyle	Clare Maslin	Peter Poulter
17-Jun	Janet Turner	Hugh Turner	Hugh Turner	Hugh Turner
24-Jun	Dorothy Rishworth	Mollie Blackburn	Mike Maiden	Paul Maslin
01-Jul	Family Team	Family Team	Family Team	Family Team
08-Jul	Sarah Curtis	Pauline Gilfoyle	Paul Maslin	Diane Maiden

### Nearest Filling Stations (miles from central Gargrave), updated December 2017

SE; SKIPTON; 5 miles; Tesco [24 hr], Keighley Rd, BD23 2AG; 0345 6779615  
 SE; SKIPTON; 5 miles; Morrisons, Broughton Rd, BD23 1RT; 01756 796070  
 South; KELBROOK; 8 miles; Texaco, Colne Rd, BB18 6TG; 01282 338332  
 SW; BARNOLDSWICK; 8 miles; Gulf, Skipton Rd, BB18 5NB; 01282 853357  
 NE; THRESHFIELD; 8 miles; SPAR, Kettlewell Rd, BD23 5PL; 01756 753 578  
 SW; GISBURN; 10 miles; Texaco, Gisburn Rd, BB7 4ES; 01200 415953  
 NW; SETTLE; 11 miles; CO OP, Church St, BD24 9JD; 01729 824719



## Ingham Photography

Gargrave-based Robert and Diana Ingham shoot portraits, weddings and events at home or a local location

07740 339021

[rob@inghamphotography.com](mailto:rob@inghamphotography.com) [www.inghamphotography.com](http://www.inghamphotography.com)  
<https://www.facebook.com/dianainghamphotography/>

## Public Transport leaving Gargrave Compiled by Peter Hardyman 13 May 2018

**TAXIS from Gargrave (see advertising directory, page A2):**

Gargrave Private Hire - local & distance, airport transfers: 07877 054698, 01756 748112

**TRAINS from Gargrave NOTE: MAJOR CHANGES from 20 MAY.**

**To Skipton** (arrives approx. 5 mins later) & **Leeds** (arrives approx 50 mins later)

Mon-Fri 0745 0755 1150 1349 1551 1621 1645 1732<sup>3</sup> 1850 2019 2134 2216 2238  
 Saturday 0745 0755 0902<sup>3</sup> 1150 1349 1551 1621 1645 1732<sup>3</sup> 1850 2019 2134 2218 2238  
 Sunday 1121 1146 1346 1446 1646 1701 1846 2056 2108

**To Giggleswick** (arrives ~ 20 mins later) & **Lancaster**<sup>5</sup> (arrives ~ 66 mins later)

Mon-Fri 0528 0902 1103 1304 1504 1814 2006  
 Saturday 0525 0902 1103 1304 1504 1814 2006  
 Sunday 0921 1107 1407 1607 1807

**To Settle** (arrives ~ 18 mins later if direct) & **Carlisle** (arrives ~ 2hrs later if direct)

Mon-Fri 0528<sup>2or3</sup> 0902<sup>2</sup> 1004 1103<sup>2</sup> 1133 1304<sup>2</sup> 1504<sup>2</sup> 1732 1814<sup>2</sup> 1901 2006<sup>2</sup> (2033<sup>4</sup>)  
 Saturday 0525<sup>2</sup> 0902<sup>2</sup> 1004 1103<sup>2</sup> 1133 1304<sup>2</sup> 1504<sup>2</sup> 1732 1814<sup>2</sup> 1901 2006<sup>2</sup> (2033<sup>4</sup>)  
 Sunday 0921<sup>2</sup> 0950 1107<sup>2</sup> 1311 1407<sup>2</sup> 1507 1607<sup>2</sup> 1807<sup>2</sup>

**NOTES:** (1. Change at Skipton) 2. **Not Settle**; change at Lancaster for Carlisle 3. Change at Hellifield 4. Terminates Ribbleshead 5. Change at (or via) Lancaster for Morecambe.

**As of 13 May:** there are no engineering works scheduled to affect Gargrave trains in June. *That may change. Check with northern railway.* For live info on next 2 trains text GARGRAVE to 84950, or go to [www.rail.co.uk/live-arrivals-departures/](http://www.rail.co.uk/live-arrivals-departures/) **NOTE:** The Bus Replacement Stop at Gargrave is on Church St, on the village side of the railway bridge.

**BUSES from Gargrave [NEW 580/581 timetable FROM 5 Mar] \*Except Bank Holidays**

**To Skipton** (arr. ~15 mins later) (Services 75, 210/211, 580, 873/884) (M is from Malham)

M-Fri\* 0820 0910 0955 1055 1057M<sup>7</sup> 1155 1255 1355 1357M<sup>7</sup> 1455 1555 1725 1825  
 Saturday 0820 0910 0955 1056M 1155 1255 1355 1455 1555 1656M 1755  
 Sun + B.Hol (from 1 Apr 873/884) 1204M 1504M 1654M

**To Settle** (arrives ~ 25 mins later) (Service 580) and

(+)onward to **Kirkby Lonsdale** (Service 581) and (++)thence to **Lancaster** (Service 582)

Mon-Fri\* 0905++ 1000 1100++ 1200 1300++ 1400 1500++ 1600 1700++ 1800++ 1900++  
 Saturday 0905++ 1100++ 1200 1300++ 1400 1500++ 1700++ 1800++ 1900++

**To Malham** (arrives ~ 25mins later) (Services 75, 210/ 211, 873/884)

Mon-Fri\* [210/211] 1000<sup>7</sup> 1310<sup>7</sup>  
 Saturday [75] 1001 1559  
 Sun + B.Hol (from 1 Apr 873/884) 1052 1237 1537

**NOTES.** 7. Tues & Thurs (as service 211) stops at Coniston Cold 4 mins after Gargrave.

## Public Transport back to Gargrave

### TRAINS to Gargrave MAJOR CHANGES from 20 MAY. *Last train from LEEDS*

**From Skipton** (arriving Gargrave ~ 5 mins later) *to GARGRAVE*  
 Mon-Fri 0522 0856 0959 1057 1127 1258 1458 1600<sup>3</sup> 1727 1808 1856 2000 2027 **1949**  
 Saturday 0519 0705<sup>3</sup> 0856 0959 1057 1127 1258 1458 1600<sup>3</sup> 1727 1808 1856 2000 2027 **1949**  
 Sunday 0915 0945 1102 1305 1402 1502 1602 1802 **1724**

### From Lancaster via Giggleswick

(arriving Gargrave ~ 66 mins later)  
 Mon-Fri 0648 1045 1245 1451 1503<sup>6</sup> 1745 2030 2134  
 Saturday 0648 1045 1245 1446 1503<sup>6</sup> 1745 2030 2134  
 Sunday 1041 1215 1515 1715 1951

### From Carlisle

(journey time is dependent on route – check timetables)  
 Mon-Fri **0544**<sup>2</sup> 0551 **0934**<sup>2</sup> **1134**<sup>2</sup> **1334**<sup>2</sup> **1349**<sup>2,6</sup> 1404 1450 **1631**<sup>2</sup> 1824 **1857**<sup>2</sup> **2007**<sup>2</sup> (2145<sup>9</sup>)  
 Saturday **0544**<sup>2</sup> **0935**<sup>2</sup> **1135**<sup>2</sup> **1335**<sup>2</sup> **1349**<sup>2,6</sup> 1404 1450 **1635**<sup>2</sup> 1824 **1911**<sup>2</sup> **2017**<sup>2</sup> (2145<sup>9</sup>)  
 Sunday 0925 **1051**<sup>2</sup> 1250 **1407**<sup>2</sup> 1502 **1607**<sup>2</sup> **1835**<sup>2</sup> 1912

**NOTES:** 1. Change at Skipton 2. **Not Settle**; change at Lancaster 3. Change at Hellifield 6. Change at Carnforth 9. *Not Carlisle: Departure time is from Ribbleshead. Living in BD23 post code, you can buy a DALES RAILCARD: £10.00/year. 1/3 off Anytime and Off-peak rail tickets between Gargrave, Leeds, Bradford, Carlisle, Morecambe, Lancaster. Discount for children with you; also Winter Offer.*

### BUSES to Gargrave \* Except Bank Holiday (M service to Malham)

*NEW 580/ 581/ 582 Timetable FROM 5 MARCH.*

**From Skipton** (arrives Gargrave ~ 15 mins later) (Services 75, 210/ 211, 580, 873/884)  
 Mon-Fri\* 0850 0945 0950M<sup>8</sup> 1045 1145 1245 1300M<sup>8</sup> 1345 1445 1545 1645 1745 1845  
 Saturday 0850 0945M 1045 1145 1245 1345 1445 1545M 1645 1745 1845  
 Sun + B.Hol (873/884 from 1 Apr) 1040M 1225M 1525M

### From Settle

(arr. Gargrave ~25 mins later) (Service 580)  
 + from Kirkby Lonsdale (581), ++ from Lancaster (582)  
 Mon-Fri\* 0755+ 0845++ 0930++ 1030 1130++ 1230 1330++ 1430 1530++ 1700 1800++  
 Saturday 0755+ 0845++ 0930++ 1130++ 1230 1330++ 1430 1530++ 1730++

### From Malham

(arrives Gargrave ~ 25mins later) (Services 75, 210/ 211, 873/884)  
 Mon-Fri\* [210/211] 1035<sup>8</sup> 1335<sup>8</sup> from opp. the Buck Inn, Malham  
 Saturday [75] 1030 1630 from opp. the Buck Inn, Malham  
 Sun + B.Hol (873/884 from 1 Apr) 1140 1440 1630

**NOTES 8.** Tues & Thurs service stops at Coniston Cold 4 mins before Gargrave

**Service Operators:** northern railway [www.northernrailway.co.uk](http://www.northernrailway.co.uk) 0800 200 6060; 210/211, NYCC [www.northyorkstravel.info/operators/n/nycc/](http://www.northyorkstravel.info/operators/n/nycc/) 08458 725282 or 01609 780780; 580/581/582 + 75, Kirkby Lonsdale Coach Hire 01524 733831 [www.kirkbylonsdalecoachhire.co.uk](http://www.kirkbylonsdalecoachhire.co.uk); 873, Arriva Yorkshire 0344 800 4411 [www.arrivabus.co.uk/yorkshire](http://www.arrivabus.co.uk/yorkshire); 884, Keighley Bus Co. 01535 603284 [www.keighleybus.co.uk](http://www.keighleybus.co.uk) **Buses (general)** [www.dalesbus.org](http://www.dalesbus.org); **Traveline** 0871 200 22 33 [www.traveline.info](http://www.traveline.info); **National Rail Enquiries** 03457 48 49 50 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

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 07960 704509

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 Visit <http://capitadiscovery.co.uk/northyorkshire/> to reserve or renew books online (first obtain your PIN no. from library), or renew by calling 01609 532774

## Refuse and recycling collection days

Tuesdays (part Gargrave and Coniston Cold)	Fridays (rest of Gargrave)	Bin colour
29-May	01-Jun	Green bin
05-Jun	08-Jun	Blue bin
12-Jun	15-Jun	Green bin
19-Jun	22-Jun	Blue bin
26-Jun	29-Jun	Green bin

## Last posting times

Gargrave Post Office: Mon-Fri 4.45pm, Sat 11.45am  
 Church Street (beside Masons Arms): Mon-Fri 9am; Sat 7am  
 West Street (corner of Higherlands Cl): Mon-Fri 9am, Sat 7am

## Doctors

Gargrave Branch Surgery, Higherlands Close BD23 3RF  
 Tel 749226 from 8am. Open Mon-Wed and Fri, 8-11:30am.

## Gargrave C of E Primary School & Pre-School holiday dates

	School closes	School opens
Half term (Summer)	Fri 25 May	Mon 4 June
Summer	Fri 20 July	Tue 4 Sept
Half term (Autumn)	Fri 26 Oct	Tues 6 Nov
Christmas	Fri 21 Dec	Tues 8 Jan 2019

## Magazine contributions, adverts and subscriptions

THIS MAGAZINE IS PRODUCED by St Andrew's Church for the benefit of the whole community of Gargrave & Coniston Cold parishes. We welcome short articles, news, notices of events, anecdotes, announcements, obituaries, letters & photos, free of charge, subject to space & relevance. The monthly contributions deadline is the 10<sup>th</sup>. Please email contributions, if possible, to [editor@gargravemag.co.uk](mailto:editor@gargravemag.co.uk). We can also accept short contributions by phone 01756 749443.

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## Organisations Please let us know if you'd like to amend or add an entry

<p><b>Caterpillar Club</b> (0+) – St Andrew's Church, Wed 10am, Kirsty Smith 07525 619950.  <b>Rainbows</b> (5+) – Debbie Gomersall 01729 830589  <b>Brownies</b> (7+) – Rose Turner 01729 825886  <b>Young Farmers Club</b> – <b>Coniston Cold</b>, Tues 7.30pm, Janet Bolland 01729 830505</p>
<p><b>Luncheon Club</b>, Neville Crescent Community Centre, alt Tues, 12.30pm, Carol/Carys 748990  <b>Luncheon Club</b>, St Andrew's alternate Thursdays, 12.30pm, Norma 078 62 23 16 91  <b>Afternoon tea</b>, Neville Crescent Community Centre, alt Sun, 12.30pm, Mary Dawson 749755  <b>Over Sixties'</b> – Village Hall Annexe, Wed 1.30-3.30pm  <b>Phoenix Group</b> (over 65s) – Anchor Inn, alternate Thurs 9am-1pm, Sarah 07596 452385  <b>Meals on Wheels</b> – Mon &amp; Wed, Janet Turner 748117</p>
<p><b>Bowling</b> – <b>outdoor</b> Gargrave Bowling Club, Michael Cox, 748285  <b>Bowls</b> – <b>indoor</b>, Village Hall, Winter Tues &amp; Thurs 2-4pm, Mary Rushton 748908  <b>Cricket</b> – <b>Gargrave Cricket Club</b> (over 13s), Mark Jones, 07498 288654  <b>Croquet</b> – <b>Craven Lawn Tennis Club</b>, Gargrave, Tues 2-6pm, Roy Berry 748065  <b>Cycling</b> – <b>Gargrave Tuesday Club</b>, Dalesman Café, Tues 9.30 for 10am start, Thurs 10 for 10.30am start, Trevor Pickles 01282 844788  <b>Golf</b> – <b>Mason's Arms Golf Society</b>, www.masonsarmsgolfsociety.com, 749304  <b>Hunt</b> – Pendle Forest &amp; Craven Hunt, Elizabeth Adams 01756 749772  <b>Pilates</b> – <b>Contemporary</b>, V Hall, Tues 10 &amp; 11.30am, Fri 9am &amp; 10.30am Bee 0777 898 0994  <b>Pilates</b> – <b>Classical</b>, Village Hall, Tues 2pm, 6pm, 7.05pm, Cate Davies 079 5533 8775  <b>Tennis</b> – <b>Craven Lawn Tennis Club</b>, Beth Whitley 749664, www.craventennis.org.uk  <b>Tai Chi &amp; Qigong</b>– Village Hall, Thursdays 7.30pm, Ian Cresswell 748540  <b>Tai Chi Qigong</b> – Green by Summerseat bus stop, Mon 9.30am &amp; 10.30, Wed 9.30, 0777 8980994  <b>Walking for Health</b> – 1<sup>st</sup> Thursday of the month, 10am, Jean Maxwell 748851  <b>Yoga</b> – Village Hall Annex, Wednesdays 9.30-11.30am, Sally Thomas 748098</p>
<p><b>Modern sequence dance</b> – Village Hall, Mon 7.45-10pm, John Rainey 01756 749867 or 07840 806698.  <b>Chance 2 dance</b> – Village Hall Annex, <b>Tap</b> (3-18, adult) Tues 4.15-7.30pm  <b>Ballet</b> (3-18) Sat 9am-2.30pm, <b>Theatre-craft</b> Thur 5-6pm Jaki 0758 2086345</p>
<p><b>Art</b> - <b>Gargrave Art Group</b> – Village Hall, Mon 1.30-3.30pm, Bev Parker 01756 749910  <b>Bell Ringing</b> – St Andrew's, Mon 7.30pm, Sun 10.00am, Joe Alston 01729 851663  <b>Bingo</b> – Village Hall Annex, 4<sup>th</sup> Wed of month 7.30pm, Joan Philip 749468  <b>Bingo</b> - <b>Gargrave Community Centre</b>, Neville Crescent – Mondays 2pm  <b>Fuchsia &amp; Geranium Club</b> – V Hall, 1<sup>st</sup> Wed of month 7.30pm, Paula Jackson 752175  <b>Gargrave Community Choir</b> – rehearsals Sundays noon, St Andrew's Church, 749802  <b>Gargrave Heritage Group</b> – Tues 10am, St Andrew's Church, Martin Thomson 748309  <b>Craft and Chat</b> – St Andrew's, Tues 2pm, Sylvia Humphreys 748779  <b>Parish Council Meeting</b> – Village Hall side room, 2nd Monday of the month  <b>Snooker Club</b> – Village Hall Snooker Annex, every day, Stewart Smith 749340  <b>WI</b> – Village Hall Annex, 2<sup>nd</sup> Wed of month 7pm, Trish Richardson 748847</p>
<p><b>Masons Arms</b> – <b>Quiz</b> Sundays 8.30pm; <b>Acoustic live music</b> 1<sup>st</sup> Friday of the month  <b>The Old Swan</b> – <b>Quiz</b> Tues 8pm; <b>Pie night</b> Wed; <b>Steak night</b> Thurs; <b>Sunday Roast</b> Sun</p>

## INDEX OF ADVERTISERS 2018/19

<p><b>Accommodation...</b>A4-5  Accountancy...A32  Activities... A4  Airport Transfers...A2  Alarm Service...A7  Animal feed...A20  Appliances...A12  <b>B&amp;B...</b>A5  Bathrooms...A24  Beauty Treatments...A10  Bedrooms... A25  Bicycle Repairs...A32  Builders...A23  <b>Car Servicing...</b>A12-13  Care for the elderly...A8-9  Cattery...A32  Childcare...A29-30  Chimney Sweeps...A20-21  Chiropody...A11  Coal &amp; Corn Merchant...A20  Computer Services...A3  Cleaning...A13  Clock Repair...A31  Counselling...A32  Croquet...A2  <b>Decorators...</b>A26-27  Driving Lessons...A29  <b>Eating Out...</b>A4-5  Electricians...A24-25  <b>Fencing...</b>A23, 28  Financial help... <i>info section, mag end</i>  Financial Services...A14  Fitness...A36  Flowers...A5  Fuel...A20  Funeral services...A16-17  <b>Garden Centre...</b>A21  Garden Design...A23  Garden Machinery...A21-22  Garden Maintenance...A22-23  Gargrave Land Charity... <i>end of mag</i>  Graphic Design...A3, 25  Groundworks...A23  <b>Hairdressers...</b>A2,10  Health &amp; Well Being...A2, 10, 11  Heating...A24  Holiday Accommodation...A4-5  Hotel...A4  <b>Insurance...</b>A15</p>	<p>IT Help...A3  <b>Joiners...</b>A18-19  <b>Kennels...</b>A32  Kitchens...A25  <b>Legal Services...</b>A15  Lessons... A7, 29  Logs...A20  <b>Meeting Rooms...</b>A6-7  Memorials...A17  Milkman...A2  Music Lessons...A7  <b>Natural Remedies...</b>A10  Nursing &amp; Residential Homes... A8-9  <b>Offices to let...</b>A6  <b>Painters...</b>A27  Parties...A4, A7,  Pet Services...A10-11, A32  Pharmacy...A2  Photography... <i>info section, mag end</i>  Physiotherapy...A10  Piano Lessons...A7  Picture Framing...A31  Plumbers... A24  Podiatry...A11  Pre-School...A29  Primary School...A30  Printers...A3  Pub...A5  <b>Restaurants...</b>A4  Roofing...A23  <b>Schools...</b>A29-30  Self-Catering...A5  Shopping...A2, A5, A10, A21  Solicitors...A15  Swan hospital...A32  Seeps...A20-21  <b>Taxis...</b>A2  Tennis...A32  TV services...A3  <b>Units to let...</b>A6  <b>Valeting...</b>A13  Venues...A4, A7  Vets...A10-11, A32  Village Halls...A7  <b>Walling...</b>A23  WI...A7  Wildlife hospital...A32  Windows...A18-19  Wrought Ironwork...A28</p>
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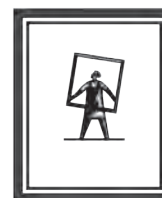
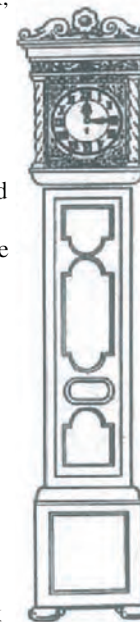
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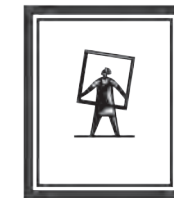
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