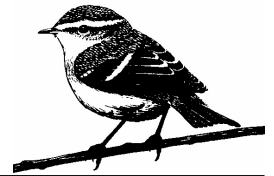


# Warbler



## A View from County Hall

Congratulations to all involved with The Great Wold Valley Heritage Trail, I was delighted to be invited to the launch and absolutely fascinated by the detail and originality of the individual village boards. This has been a very positive project, for not only does it celebrate the heritage of the Valley, but it is a testament to the collaborative working of the five Parishes Councils.

The Director of Public Health has a duty to produce an annual report on the health of the local population. The report (Sept. 2013) contains some fascinating statistics –

*“By 2021 there will be over 160,000 people in NY over 65. Both males & female will live longer than the average English M/F. Deaths from stroke in NY was significantly higher than average”.*

The report is in easy format to dip in and out of and well worth doing so. <http://www.nypartnerships.org.uk/CHttpHandler.ashx?id=25879&p=0>

I particularly like Action 2 “Happy and healthy aging” particularly if the age range is 0 – 120!

Janet Sanderson 01751 474516 Cllr.Janet.Sanderson@northyorks.gov.uk

Final copy date 18th November for the December issue to:-

Trevor Thomson  
Gypsey Cottage, Main Road, Weaverthorpe,  
YO17 8EY

Telephone: 01944 738804

Email: [warbler@live.co.uk](mailto:warbler@live.co.uk)

(DISCLAIMER: Any correspondence/articles printed in the Warbler are entirely the responsibility of the contributor)

**WordSong**  
An evening of Story & Song  
Featuring writer Nick John & musician  
Keith Thompson

Thursday 14th November 7.30pm  
WEAVERTHORPE VILLAGE HALL

Bar featuring locally brewed beers from

**Bad Seed Brewery**  
hand crafted beer

Tickets: £6

Tel: Caroline 01944 738828

**WordSong** is a unique event, featuring the spoken word alongside musical performance. It presents a vibrant showcase of contemporary storytelling and acoustic music. The show uses multi-media format, short films and sound FX to enhance the spoken word & musical performance to present a unique & compelling event.

### Moses Wiggins – Tall tales & true

Moses Wiggins is the collective heartbeat of writer Nick John and musician Keith Thompson. A collaboration of storytelling and song combines virtuoso guitar-playing with traditional and contemporary storytelling. Acoustic music in the folk/blues style combines with prose of poignancy and humour.

**WEAVERTHORPE VILLAGE HALL**  
are proud to present  
**MICHAEL JANISCH**  
Featuring some of the most talked  
about jazz musicians in the UK  
**Thursday 28<sup>th</sup> November**  
**at 7.30pm**



**Michael Janisch** is an award-winning electric & double bassist, composer, bandleader, producer, promoter and record label owner originally from the USA now based in London, England. His multitude of talents across the music industry have seen him become one of the most active and in-demand musicians of his generation. **If you enjoyed Snake Davis you should enjoy this.**

Tickets cost £10 per person and £5 for children. Tickets are available from The Blue Bell, The Star or by calling Caroline 01944 738510, Helen 01944 738617 or Jill 01944 738282.

**This promises to be a fantastic event so book your tickets early to avoid disappointment.**

**Bar & Raffle on the night.**



Dickens

**A  
Christmas  
Carol by  
Charles  
Dickens**

**Story-telling at its  
very best  
On Thursday  
December 12<sup>th</sup> at  
7.30pm**

**By popular demand,** Brian Oxberry from the Charles Dickens Society is coming to Weaverthorpe to perform readings from **A Christmas Carol.**

Come and join us at the (now heated) St Andrews in Weaverthorpe and get into the Christmas spirit. Period dress optional.

Ticket cost £6 per person & £4 for children (Suitable for children over 10 years of age but parents can use their own discretion). Call Caroline 01944 738510, Helen 01944 738617 or Jill 01944 738282

### Refreshments served on the night

This is a charity event and proceeds will be split between St Andrews PCC & The Village Hall

**Don't forget the Villages Website (<http://luttonsandweaverthorpe.ryedaleconnect.org.uk>)**

The Wolds Valley Warbler provides a means of communication between the communities of: Wharram-Le-Street, Duggleby, Kirby Grindalythe, West Lutton, East Lutton, Helperthorpe, Weaverthorpe, Butterwick and Foxholes.

*With grateful thanks to L.H.Sleightholme Ltd, Helperthorpe, for paper and photocopying facilities, and Vellco Tyre Control for additional sponsorship.*

# THE WOLDS VALLEY CHURCHES

## Services for the Month of November

### Anglican Churches

2nd Nov	19.00	All Souls Service at St Mary's West Lutton
3rd Nov	10.30	Holy Communion at St Mary's West Lutton
	18.00	Evensong at St Mary's Wharram
10th Nov	10.30	Remembrance Service at St Andrew's Weaverthorpe
17th Nov	09.00	Holy Communion at St Mary's West Lutton
	10.30	Holy Communion at St Mary's Wharram
	17.00	All Age Service at St Andrew's Kirby Grindalythe
24th Nov	09.00	Holy Communion at St Andrew's Kirby Grindalythe
	10.30	Holy Communion at St Andrew's Weaverthorpe
	10.30	Morning Prayer at St Mary's Wharram
	17.00	Evensong at St Peter's Helperthorpe

Baptisms, Weddings, Funerals and other enquiries should be directed to the Rev Andy Bowden on 01944 738814 or email [andy@woldsvalley.plus.com](mailto:andy@woldsvalley.plus.com)  
For parishioners, your first point of call on all church related matters should be your churchwarden.

### Wolds Valley Methodist Church, Weaverthorpe

(Serving the whole Wolds Valley)

3rd Nov	15.00	Worship led by Rev. Denise Free
10th Nov	15.00	United Service led by Rev. Elizabeth Clark & Rev. Andy Bowden
17th Nov	15.00	Local Arrangements Service
24th Nov	15.00	Worship led by Mrs. Jeanette Biltcliffe

All services are followed by a cup of tea or coffee and a chat about local life.

#### Coffee Mornings

Coffee mornings continue every Monday (except Bank Holidays) from 10.00 until 11.30

Baptisms, funerals or other enquiries should be addressed to:  
**Rev Elizabeth Clark – Tel: 01944 710757**

### St Leonard & St Mary's RC Church, Malton

Masses at St Leonard & St Mary's take place at the weekend at 6.30 pm on Saturdays and 9.30 am on Sundays and various other services are held throughout the week.

**Priest is Father Tim Bywater while Mrs Sue Westmacott is the pastoral assistant.**  
**Address: Church Hill, Malton, YO17 7EJ. tel/fax: 01653 692128**  
**email: [stleonards@tiscali.co.uk](mailto:stleonards@tiscali.co.uk)**

### St Mary's, Wharram le Street

#### Ryedale Food Bank

At St Mary's we have decided, along with the other churches in the benefice, to support the Ryedale Food Bank. To this end, we are making the first weekend of each month the time to bring any contributions along to the church where there is a collection box and information about what types of food that are needed. In the main this consists of tinned or dried, non perishable food stuffs. The collection will then be taken to the collection point in Malton on the Monday of the following week. Please do try to support this venture, just buy an extra tin or packet of rice when you shop and pop them into the church on the first weekend of each month, there are many people now needing this service and there are some very sorry stories that are being told.

#### Book Exchange

We have re-introduced our book exchange in the church, so go no further for your reading matter. Just exchange our book for one of yours, or buy one for a small contribution.

## Weaverthorpe



### St Andrews Church Weaverthorpe

St Andrew's Church  
"100 Club"

1st prize of £15 number 151  
2nd prize of £5 number 35

### Weaverthorpe Parish Council

The next Parish Council meeting will be held in the village hall on Monday 18th November 2013 at 7pm. All are welcome to attend.

Jeff House

Clerk to Weaverthorpe Parish Council



### FRIENDS OF ST. ANDREWS WEAVERTHORPE

We are holding another of our popular quizzes on Friday 29th November in Weaverthorpe Village Hall. Tickets are £5 to include a hot supper which will be served at 7pm with the quiz starting at 7:30. Please book your places by telephoning Jeff & Penny House on 01944 738841 or email [jeffhouse@talktalk.net](mailto:jeffhouse@talktalk.net). Please bring your own drinks

### Weaverthorpe Village Hall

AGM at 7.30pm on 21st  
November.  
All welcome

### Date for your diary

A Ceilidh in the Village Hall  
Weaverthorpe on 15<sup>th</sup> March 2014 in  
aid of the Yorkshire Air Ambulance.  
Details to follow nearer the time.



Come join the  
fun at  
Weaverthorpe  
Village Hall  
every

**Wednesday 6.30 – 7.30 pm.**  
The cost is £4.00 per session.

For further details or to book your session  
contact Gill on 738287.



### Weaverthorpe Weebles Toddler Group

Meet Mondays from 9th  
September 9.15-11.15am at  
Weaverthorpe School (term time only).  
Adults and tots welcome, come and  
have a cuppa, a chat and some fun!  
(Please park at the bottom of the hill)  
Contact 01944 738389 for more  
details

## The Star Inn

Country pub and restaurant

### Live Music

1st November Band TBC

Please see our website or posters in the pub to see who it will be.



### Halloween Spook Fest!

2nd November

A one off night of illusions, ghosts & ghouls, tarot cards and psychics 3 course meal plus a show from the brilliant Weaverthorpe's own, Danny & Annette from Amethyst.

£25pp (maximum 60 tickets so book early to avoid disappointment)

### Bistro Night

29th November

£19.95 per person

with a fine dining menu

### Yorkshire Country Women's Association

#### Weaverthorpe Branch

The guest speakers for our October meeting were Sheila Johnson and Roger Burnett. They did a fascinating presentation about their work through Scarborough Council with local communities. Their projects ranged from working with volunteers to improve unloved areas of land through to stone masonry work at the Dean Road Cemetery. You would not believe the scope of projects they cover and the inspiration they have given voluntary groups. Next month our meeting is on 12th November when a very talented and funny Anne Pilgrim will be our guest. If you have recently moved in to the Valley and wonder what goes on at County Women's then please come along and see. Meetings start at 7.30pm and all are welcome. Vicki Rowland- Chairwoman 01944 738465



### Ladies Day

#### at Weaverthorpe Wacky Races

A fantastic day, sipping a glass of fizz, basking in the sunshine whilst watching the bravest of souls tearing down the course on their homemade go-carts, all in the

hope of winning one of the coveted trophies on offer provided by The Bluebell. With grateful thanks to Weaverthorpe School for enabling us to build a racecourse, to Vello for the tyres surrounding the track and to Anthony and Helen Milner for the straw bales to crash into when the homemade brakes failed!!

Amount raised for both Friends of Weaverthorpe School and Wolds Valley Youth was £91.50. So don't miss out get building your cart ready for next year when we will be crazy enough to do it all again.

Are you a lady that does Lunch?

### Charity Lunch for St Catherine's Hospice

£10.00 per person  
Three course meal  
Wine available  
Raffle

Either 14th or 21st November

If you are interested contact Anne at Grits Farm, Weaverthorpe on 01944 738231  
Book your seats now!



A great big THANK YOU to everyone who supported the coffee morning in so many ways.

We raised £903.57.

An amazing amount. Well done!

Anne Vasey

## Luttons

### Yorkshire Country Women's

#### Association

#### Luttons Branch

After an enjoyable and extremely calorie laden afternoon tea at Wolds Village Tea Rooms we are to meet for our November meeting in Lutton's school hall at 7pm on the 21st.



The title of the meeting 'A Moroccan Wedding'. A talk with slides from one of our members.

We would love to see you there and always welcome new members or visitors.

### LUTTONS BONFIRE NIGHT

5th NOVEMBER 2013



The traditional Bonfire Night celebration will be held, as usual, by kind permission of Andrew Thornton on his field which is situated off Back Lane, West Lutton.

The fire will be lit at 18.30 followed by Hot Food and Soup. The serving of food will end at 19.00 when the Fireworks display will start.

Everybody is welcome, not just the residents of West Lutton.

This event is free of charge but is now self-financing. A donation bucket will be passed round at the end. Please give generously to help fund next years event.

Any enquiries, please telephone Tom on 01944 738239 and thank you for your continued support.

## Kirby Grindalythe

### Exclusive 2014 Calendar

#### " The Great Wold Valley "

A4 Size, 13 page, ring bound with local views of our beautiful valley. £7 each in aid of church funds. Sample can be viewed at Kirby Grindalythe P.O. or at Dale Cottage, Weaverthorpe. Call 738044 to order or collect.

## Wharram le Street

### MURDER MYSTERY AT THE MIDDLETON ARMS.

Contact either Roz 01944 768255 or Roger 01944 768541 for details.

## General News

### Christmas Fayre

Rillington Village Hall

Saturday 30th November

Fundraiser for Rillington Village Hall 9.30am-11.00am

Tombola, Raffle, Cake Stall, Face Painting, Father Christmas and much more...

Stalls Available £6 each

Ring: 07704289080

Or call in at the hall

### KIRKBYMOORSIDE

#### ROYAL BRITISH LEGION CLUB

Tel 01751 432086

NOVEMBER ENTERTAINMENT

2nd BOOTLEG BUDDY

Buddy Holly tribute and 60's Music

9th REBEL ROSE DUO

Country Music and others

16th SOUL MATES

Songs from across the years

23rd JOHN BERRIMAN DUO

A mix for everyone

30th CARL ROBINSON

Local Artist 50's to 80's

### Have your say on matters that affect you....

North Yorkshire County Council have two consultations ongoing that will affect you, if you have or will have over 16 year olds travelling by bus to school and if you use any of the NYCC's Household Waste Recycling Centres.

NYCC have to achieve a £400K saving in school to home transport for over 16 year olds. Subsequently the Executive Members for the Children and Young People's Service at NYCC have decided on an open and wide consultation including with parents, schools, and colleges on a proposal to achieve the first £200k of the savings target. It is proposed that this would be achieved by increasing the charge for post 16 transport from the current charge of £360 per annum to £480 per annum. The new higher charge would apply to those starting a course at a college or school sixth form from September 2014. Young people part way through a course would continue to pay the existing rate. It may be necessary to further increase these charges in 2015.

The full consultation document can be viewed at [www.northyorks.gov.uk/26571](http://www.northyorks.gov.uk/26571)

You can complete a questionnaire online at: <http://www.northyorks.gov.uk/article/27034/Post-16-home-to-school-and-college-transport-consultation>  
The consultation ends on Friday 6th December 2013.

In the area of Household Waste Recycling Centres, NYCC needs to make savings of £240,000 in 2014/15. Their proposal to save this amount is to charge customers for recycling soil and rubble OR refuse to accept it at the HWRCs and treat plasterboard in the same way.

You can find out more and complete a questionnaire at: [www.northyorks.gov.uk/hwrcconsultation](http://www.northyorks.gov.uk/hwrcconsultation) or email customer services at [customerservices@northyorks.gov.uk](mailto:customerservices@northyorks.gov.uk) or call customer services on 08458727374.  
This consultation closes on 22nd December 2013.

Jeff House  
Weaverthorpe Parish Council

# Sherburn & Rillington Surgery News

## FLU, IT COULD BE YOU!



Influenza is a viral infection that usually strikes between

December and March. It can affect people of all ages. It is much more than a heavy cold! The first signs are headache, sore throat, runny nose, aching muscles, fever and shivering. If you catch flu you will feel completely exhausted and the extreme fatigue can continue for one to two weeks. The best way to avoid getting flu is to have the flu jab during October and November. The jab will not stop you getting coughs and colds, but can protect you against the latest strains of flu. It is a myth that the flu jab can give you flu- the vaccine is not a live injection which means that the influenza contained in the vaccine is inactive so cannot cause infection.

If you are in the at risk group you are advised to have the flu jab. Most people who catch flu recover after 2 to 7 days, but people who are in the risk groups may develop complications and take a longer time to recover after flu.

Over age 65

If you have suffered a stroke or TIA

If you have reduced immunity

If you have chronic heart disease

If you are diabetic

If you have kidney or liver disease

If you have Asthma or COPD

If you are pregnant

If you are a carer for an elderly or disabled person

If you fall into one of the above categories the NHS would advise you to get the seasonal flu jab. Please book an appointment today. If you do not want the influenza vaccine please let us know so we can code this on your patient record. Thank you.



### SMS SERVICE

In the near future we are setting up a system that will be able to notify patients of their up and coming appointments/ results via Text message.

If you would be interested in registering to receive this info via text please ask at reception and update us with your correct mobile number.

## PPG



The Sherburn & Rillington patient participation group (PPG) has been established since March 2011 and have been working

together with the Practice to identify changes and make decisions that could improve the range and quality of service provided by the Practice. The PPG consists of a range of patients who represent our patient population. We aim to meet roughly once a quarter but have a "virtual" group who we keep in contact with via email. This is for patients who would like to be involved but cannot commit to attend the meetings. If you would be interested in joining our PPG please ask at reception for an application form.

## Anne Patterson Nurse Practitioner

Anne Patterson is a Nurse Practitioner with prescribing rights; she provides a complementary service to support the GP's. We also run a triage service which is led by Anne. This means that if you need to see someone on the same day as an urgent appointment, Anne will ring you back and offer you an appointment with the appropriate practitioner. Anne can treat a variety of ailments and illnesses including infections (chest, ear, eye, urine, wound, etc.) emergency contraception, breast problems, minor aches and pains, hay fever, allergic reactions, coughs and colds and many, many more. This means that more GP appointments should be freed up by Anne booking these appointments appropriately. We are asking if you could give the receptionist a very brief idea of the need for the urgent appointment so that Anne can prioritise her phone calls accordingly e.g. chest infection, cystitis, sprained ankle etc. If you would rather not say this is absolutely fine.

Anne also provides Asthma monitoring, COPD, Cervical Smear Tests, Contraception and Smoking Cessation appointments.

## Our New Practice Manager



We are pleased to announce that the new Practice Manager for the surgery is Miss Sally Skelton. We would like to welcome her to the new role. Our previous Practice Manager Anne Raper has retired and we wish her well with her future.

Washing your hands is extremely important especially at this time of year. It not only helps in preventing germs and bacteria, but also helps in maintaining a good healthy life free from diseases. The most important reason for hand washing is to prevent getting infected with dangerous ailments. People who don't wash their hands regularly are at the higher risk of getting infected with diseases like cold or flu. Eating without washing the hands often causes gastrointestinal troubles and diarrhoea, which can spread within the family. Remember, prevention is always better than cure. Hence, always clean your hands and stay germ free. If you can't wash your hands with water and soap then an alcohol based hand gel is the next best thing for keeping your hands germ free.

## Prescriptions



Don't forget you can order repeat prescriptions and book appointments online. Please ask at reception for the details needed to register you for the online services. We also have a website for the surgery: [www.srpractice.co.uk](http://www.srpractice.co.uk)

### How to wash your hands properly

 1 Wet your hands	 2 Liquid soap	 3 Lather and scrub - 20 sec	 4 Rinse - 10 sec
 5 Dry your hands	 6 Turn off tap	<b>DON'T FORGET TO WASH:</b> - between your fingers - under your nails - the tops of your hands	