

Parish and Village News

Church of the Epiphany, Tockwith

November 2021

Price £1





Dear All

Autumn is definitely on the way in our gardens and woodlands, although the calendar has told us that it has been with us already for a while. The seasons are definitely changing and the three-monthly cycle of spring, summer, autumn and winter perhaps needs recalibrating. In York they are going to increase the length of time they collect the green bins and this can only be because so many complain that they finish too early in the year. November is definitely now the old October!

But who knows what the weather will bring and when we will finish our pruning and cutting back in the garden. There is a lot that we don't know about, some of which is good and perhaps benefits us, whereas some we would like to know so we perhaps can do something about us. When I had my diagnosis of prostate cancer I was told that something in the region of 80% of men will die with prostate cancer inside them, a completely unknown fact to me, the vast majority of them not knowing because it is doing no harm and again the vast majority of them not dying with anything related to it. It just sits there inside us, not interfering with our regular functions, and is so small it has no effect on any other organs. I can only assume that this is similar with other cancers and conditions. A case of not knowing perhaps helps us get through life?!

I spoke with a lady who had had a miscarriage, and she was surprised to know that up to 20% of pregnancies end in miscarriages and that one in four ladies have experienced one, knowing this helped her because at the time she felt that she was the only person in her position. A case of knowing the facts helping her get through her life?! I have friends who read the leaflet that comes with any drug and then worry about the side-effects during the time they take them: others, like myself, are advised what to take, know that there might always be side-effects but just take the medicine in blind ignorance and total trust with the physician.

Whose way is right or wrong is a personal choice, but having spoken with doctors and pharmacists they would prefer it if people didn't take too much notice of the guidelines. It is not a case of ignorance is bliss, more of a case that too much information can cause other issues, mainly around worry and then anxiety.

Worrying about things out of our control is very hard not to do, so sometimes ignorance is bliss. It reminds me of the Serenity prayer;

***God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.***

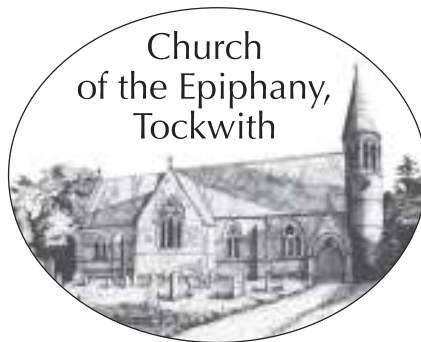
We have just finished our harvest services in church and the readings set for this year included one about not worrying because our Lord has everything in hand, it is from Matthew 6:25-34, to me the salient words are towards the end, your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. What we are not good at is completely trusting in our Lord and knowing that he knows best, sadly his best for us is very often different to what we want of and for ourselves, our humanity and misunderstanding get in the way of a life of peace and joy walking in the footsteps of Jesus Christ.

We can't know everything that is going on inside ourselves, around us, or what the future holds, (or even when our marigolds will stop flowering and need cutting back!), but I believe that we can know that the closer we can get to Christ, the closer we get to fulfilling our God given lives we will bring a greater peace into our lives as we do so. As the author of Saint Luke says, 'which of you by worrying can add a single hour to your life?' (Luke 12.25). Lay your concerns at the foot of the cross and let Christ carry your burdens, he wants you to be free of the stresses of life, so that you can fully enjoy all that is around you.

Martin, your vicar.

Matthew 6.25-33

'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.'



Showing God's Love in the Community

Firstly thank you to all that donated food for our Harvest service in October. This was taken to Wetherby foodbank and was greatly appreciated. We will be having a big push for Christmas Foodbank again this year as many are struggling to feed their families on a weekly basis so the thought of providing 'extra's for Christmas is a huge worry. Please watch out in the next magazine and on Facebook of what donations we are ideally looking for. Your help, as ever, is very much appreciated.

Thanks to everyone who supported the pop-up cinema in Church in October. We had 3 great films (Mission Impossible, Lion King and The Greatest Showman) and these were enjoyed by all that attended (the pick n mix, popcorn, wine and craft ales were also very popular!!) We are hoping to run these events once a quarter and would love some help in organising these moving forward. Please don't hesitate to drop me a line if you are interested in joining the cinema team (we pay in free popcorn, sweets and films!!)

We do hope that you will join us for our Remembrance service on Sunday 14th November starting at 10.50am prompt. We will be joined by many Servicemen and Women and the readings will be from members of our village community. Donations will be sent to the Royal British Legion.

We look forward to seeing the various windows that will be taking part in this years Living Advent and we will be starting Advent off in style on Wednesday 1st December to see (and hear....spoiler alert!) our Church illuminate for the first time. All are welcome and we will be having Mulled wine and mince pies to get into the Christmas spirit so please join us at 6 – 6.30pm.

There is lots happening in and around our Church at Christmas time – Beer, wine and Carols, an Outdoor Carol Service and a Crib service on Christmas eve where we will encourage our children to come dressed up in full nativity gear!! If we end up with 25 Angels, 15 wise men, 14 Mary's and a few random Star Wars / Disney characters then bring it on! All will be made very welcome!

More detail will follow in the December magazine.

See you in Church!

Sarah McBride



Parish and Village News

The production team for this Parish and Village News magazine will be stepping down after the December issue.

They sincerely hope that our village magazine will continue in the hands of a new team.

If you would like to become involved with the editing, advertising and subscriptions please contact John - 01423 358831.

tockwithchurch@btinternet.com

The Parish Magazine

Many of you will have read in last months magazine that the current production team will be stepping down after the December issue. It will be greatly missed by a lot of people if this happens, especially those who are confined to home.

I would like to say a big **thank you** to every one that has worked so hard on the magazine for such a long time, from the organisers, contributors, printers, down to the delivery team. A special thank you to Norman who has done everything he could to keep it going, we wish him well.

Lets hope we get some new people to carry it forward!

Jean Birchall



The next Café will be on Thursday 16th December in Tockwith Church. There will be no Café in November.

Looking forward to seeing you there.



Remembrance Day honours those who serve to defend our democratic freedoms and way of life.

We unite across faiths, cultures and backgrounds to remember the service and sacrifice of the Armed Forces community from Britain and the Commonwealth. We will remember them.

- We remember the sacrifice of the Armed Forces community from Britain and the Commonwealth.
- We pay tribute to the special contribution of families and of the emergency services.
- We acknowledge innocent civilians who have lost their lives in conflict and acts of terrorism.

Remembrance does not glorify war and its symbol, the red poppy, is a sign of both Remembrance and hope for a peaceful future.

Wearing a poppy is never compulsory but is greatly appreciated by those who it is intended to support. When and how you choose to wear a poppy is a reflection of your individual experiences and personal memories.

Remembrance unites people of all faiths, cultures, and backgrounds but it is also deeply personal. It could mean wearing a poppy in November, before Remembrance Sunday. It could mean joining with others in your community on a commemorative anniversary. Or it could mean taking a moment on your own to pause and reflect.

Everyone is free to remember in their own way, or to choose not to remember at all.

Our red poppy is a symbol of both Remembrance and hope for a peaceful future.

The poppy is a well-known and well-established symbol, one that carries a wealth of history and meaning with it.

But what is the inspiration and history behind the poppy becoming a symbol of Remembrance? During WW1, much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to mud; bleak and barren scenes where little or nothing could grow.

There was a notable and striking exception to the bleakness - the bright red Flanders poppies. These resilient flowers flourished in the middle of so much chaos and destruction, growing in the thousands upon thousands.

(Extracts from the Royal British Legion)



*From the Church of the Epiphany Parish Register
13th October The Funeral of Muriel Ingles*



Did you know that Tockwith Church has a Facebook page?

It is an excellent way to keep in touch with the local community regarding what is happening in church. It's a great way to keep in touch with busy mums and dads and remind them of events that are coming to church. We pop lots of photos on of various events at church.

All items for the December 2021 magazine need to be with the editor no later than Friday 19th November.

Please send to - tockwithchurch@btinternet.com



CHECK OUT OUR UPDATED WEBSITE

www.tockwithchurch.co.uk

Tockwith Church is committed to safeguarding young people and vulnerable adults.

Our safeguarding policy can be found on the website

<http://www.tockwithchurch.co.uk/safeguarding/>

or by contacting the Parish Safeguarding Representative:

Janet Marriner - 01423 358162 / 07833103148

or Church wardens:

Sarah McBride - 01423 359152 / Deryck Wilson - 01423 358364

If you have any queries or concerns, please contact any one of the above persons.

NOTICE RE: BAPTISMS



Baptism is the start of an amazing journey of faith for yourself or your child and a special day not only for your friends and family but also for the church community, it is wonderful to think that others want to join the faith that means so much to us. There is no difference between a christening and a baptism service, just different words describing the same thing, like couples are 'married' during a 'wedding' service.

You can have your child baptized regardless of whether or not you, the parents, are baptized, you may even consider being baptized with them if you are not already. It is only the godparents who are required to be baptized, (so the only time a parent would have to be baptized is if they were also acting as a godparent). For more information on being baptized please contact Rev'd Martin Otter (07842 106044, martin@theottersholt.plus.com)

Wetherby
& District
foodbank



The Church is open daily for private prayer, please drop your foodbank donations in the church porch. Thank you

New

TOCKWITH COMMUNITY HUB

A weekly group to bring together local people of all ages to socialise, share experiences and connect with each other. Join us for a cup of tea, a biscuit and a friendly chat! Open to all ages and interests. Children welcome.



Every Monday 10:00am-12:00am
Tockwith Village Hall

For more info and help with transport call Tim on:
0793 2626 896



Tockwith Art Group

Have you ever wanted to paint & draw - or perhaps you like the idea but need the motivation to try it?

Our friendly self-help art group meet in Tockwith Village Hall each Monday evening, 7.30pm to 9.30pm. We also host occasional demonstrations and workshops by professional artists. We would love to welcome new members - beginners or the more experienced. All that is needed is the desire to put pencil, pen or paint to paper.

For more information contact: Janet 01423 358253 or Jo 01423 359986.



'Let's Do Lunch'

"Lets do Lunch" will meet at the Spotted Ox on Thursday 11th November 2021 at 12.30pm. Please make your booking via Diane Wakelin on 01423 358459. If you are new to the village and would like to join us, please contact me before 7pm on 8th November 2021. Once ordered, if you are unable to attend you must cancel directly with the Spotted Ox, otherwise you will still have to pay for your ordered, prepared meal.

Those of you who used to follow Rev. Roy's blog on the Tockwith and Rufforth church websites might care to follow a new set of blogs written by our ex-vicar. Under the title 'Stumbling into heaven' they can be found each Sunday at <https://revroysstumblingintoheaven.blogspot.co.uk>

EMERGENCY INFORMATION – DEFIBRILLATORS

The following Automatic Emergency Defibrillators (AEDs) are available in and around Tockwith. No prior training is required as instructions and audio guidance is provided:

Doctors Surgery Marston Road Tockwith
Oak Road Cowthorpe (near Yorkshire Water Pumping Station) Church
Street Bilton in Ainsty (wall of Forge House)
Main Street Bickerton (Near Jesmond Dene)



If you wish to become a member of ACS then please contact Dr Barry Wright.
130 Prince Rupert Drive, Tockwith.
Email: barry.wright@me.com.
Tel: 07817 564954 or 01423 35879

The Conservation Society manage a small piece of common land known as Sand Holes located near the Bridle path Allotments off Marston Road. This is woodland of various types of native trees which also contains a selection of wild flowers. Why not have a walk around and explore the flora and fauna. Please note that access to this wood via the bridle path is on foot only – cars are prohibited.



Tockwith

CHURCH OF ENGLAND PRIMARY ACADEMY

Year 6 began the school year with a trip to Humphrey Head to explore the local environment and visit the Lake District. They were blessed with some glorious September weather and the children fully immersed themselves in the wide variety of activities on offer. These activities ranged from challenging their fears with abseiling, climbing, ghyll scrambling and a sea cliff traverse, to den building, fire lighting and orienteering. The children were also treated a day on Lake Windermere where they were able to build and sail on rafts- with varying degrees of success and style! - as well as set out as an armada of canoeists across the lake.



Years 5 and 6 went to Eden Camp to find out about life during World War Two. The camp is comprised of 29 huts equipped to tell the story of World War II through the use of sights, sounds and smells. The museum covers life on the Front Line as well as the Home Front and is set in the grounds of an original World War 2 Prisoner of War Camp. The children visited all of the huts, as well as spending time in the mess eating lunch. The children behaved really well and were very respectful of the camp.



Year 1 and 2 ventured out into the woods for a nature walk and explored, looking carefully for signs of Autumn. The children found berries, leaves and lots of mud! A cup of hot chocolate and a biscuit was the perfect end to our adventure!



The new starters in our Reception class have had a marvellous start to the year! They have spent some time looking at healthy eating and their bodies and have made a delicious smoothie! They have chased after the stickman who escaped the classroom – the children found him and built him a woodland shelter... They have also enjoyed crafts in Reception and made some fabulous leaf art. Follow the Reception class on Twitter to find out more (@TockwithEYFS)



Badminton Club

We currently have enough people playing from 7pm until 8pm but there is space for anyone wishing to join us from 8pm until 9pm. New players are always welcome.

If you have never played before and want to give it a try do come along. We are very patient and always happy to teach beginners how to play. First week is free, then £3 per week.

We have spare racquets if you don't have your own.

For more details please phone Fiona on 01423 358808



Find us on



NOVEMBER 2021

Newsletter



We've had a great first half term...

We are so pleased we have managed a full half term back at under 5s and we love that we are seeing so many new people join the group. We have enjoyed lots of autumn crafts, visits from animals and a Halloween party! Thank you for all who have supported us to get back up and running – it has been a success. Watch this space- we are hoping to move towards electronic payment for playgroup soon!

Dates for your diary...

6 November – family photo session, is now fully booked! Please could we ask everyone to pay in advance and please get in touch if you have any questions.

9 November – The Alpaca's from Sandhills Alpacas Farm are going to pay us a visit!

Sunday 16 December – We are hosting the cyclists lunch again which is a great fundraiser. If you would like to help or donate, please do get in touch!

EVERYONE WELCOME

Come and join in the fun!

Who's Who!

Trustees:

Chair: Laura Kay

Treasurer: Claire Gould

Secretary: Rachel Sharp

Fund Raisers and committee members:

Anna Datta, Abigail Gagen & Lydia Mackenzie

Playgroup Leaders:

Laura Kay, Claire Gould

Contact:

Rachel Sharp:
07515385956
tockwithunder5s@outlook.com

1

PRICES

Babies: Birth -1 yr £2

Toddlers:1-5 £3.50

(Price covers families / carers / multiple children)

2

EVERY TUESDAY

2, 9, 16, 23, 30 November

7, 14, December

21 December – extra party day

3

LOCATION

Tockwith Village Hall

9.30am - 11.30am

Free CPR training for every family - Tockwith Village Hall

In June 2021, Christian Eriksen suffered a cardiac arrest while playing football for Denmark. Within seconds, Christian's teammate, Simon Kjaer, was on hand to place him on his side and make sure his airway was open; then medics Morten and Anders Boesen arrived to begin CPR. Shortly afterwards a defibrillator was produced and the team worked quickly to save Christian's Eriksen's life. Christian survived and Simon Kjaer has been recognised as a hero for his quick thinking and for his part in saving his friend's life.

Tockwith has a lot of heroes. We saw them leap into action when the Covid crisis hit and we see them in action almost every day when problems arise or neighbours are in distress.

The sad reality is that when someone in the community has a cardiac arrest, we have 10 minutes or less to begin CPR or we will lose them. Unfortunately, because of our rural location it can take the paramedics 8 minutes or more to arrive. That is why Tockwith has highly trained volunteer First Responders, whose job is to get there and begin CPR before the ambulance arrives. If someone in your family has a cardiac arrest, we can get there within four or five minutes; but since every second counts, we need your help to increase the chances of survival and quality of life afterwards.

I would therefore like to see at least one adult or mature teenager in every family, road or cul-de-sac trained in CPR. To do this we would like to offer free life-saving CPR training sessions to everyone in the village; to help people recognise the signs, be comfortable with CPR and to know how to assist the First Responders and Paramedics when they arrive.

The plan is to train in the Village Hall on Sundays at 7pm. All we need is 1.5 hours for each group of 8 people. And then we continue, one session at a time, every Sunday at 7pm in the Village Hall, until we run out of people to train. We may not get everyone involved but we can do our best.

If you think you would like to come along, please let me know and I'll reserve a place for you.

Thank you.

Dominic Curran
First Responder, Yorkshire Ambulance Service
07462 918362



Marston Moor Probus Club

The Club met on Tuesday 28th September 2021 when after coffee Mr Alan Gott introduced our speaker, Mr Mike Greateorex to give his talk on "Family History – my trials and tribulations". Mike was in the RAF for 22 years and then worked as a civil servant at Menwith Hill until he retired. Mike lives in Harrogate and was surprised when his father told him that his father lived in Sheffield, was a pit man and was born in Philadelphia. This started Mike off to find more about his family and its history. He wrote to the archives in Philadelphia who provided a birth certificate for his grandfather. He then did what he advises everyone to do, he talked to his relatives, especially the oldest ones. He says you should listen to the stories relatives tell and even fanciful ones, which often have a grain of truth. He checked information as much as possible and now the internet has a large number of sources, of both free and paid for, information which was not available when he first started his searches in the early 1990s. He has now established contact with relatives and other contacts in Highlands Falls (New York State), Alabama and Florida. In all he has tracked some ancestors as far back as the early 18th Century. After questions Club members were able to look at some of the birth, marriage, death and other official documents Mike has obtained. Mike was then formally thanked for an interesting talk.

Club business then followed including further discussion about the Club's Bank account and it's increase in charges; the date of the Christmas meeting and lunch which is Tuesday 14th December at the Tickled Trout at Bilton in Ainsty. The next meeting on Tuesday 26th October 2021 in the usual meeting place, i.e. Long Marston Village Hall for coffee at 10 00 am. followed by Glennis Whyte speaking on "The Strange and Ghostly Tales of the Treasurers House" at 10.30 am. On Tuesday 30th November 2021 the speaker is Jeff Jacklin when he will talk about "Retirement for Beginners".

Guests and new members are welcome, the Club meets on the last Tuesday morning of each month. More information from the Secretary Richard Myers, 01904 738 507.

Marston Moor Walkers - *Scotch Corner Ramble* (our October walk)

There is another Scotch Corner, set within the North York Moors National Park, and this is where the group of ten Tockwith Walkers went rambling in October.

On a quiet autumn afternoon we assembled at the Forresters Arms, then set off up a little path at the side of Kilburn's fine stone church. A surprise for most was our arrival in

High Kilburn, a beautiful gem of a Georgian village about 100ft higher than the ordinary Kilburn. On a whim we decided to deviate from the planned route on a hunch and took a detour through orchards which brought us to a big reveal of the Vale of York.

Regaining the tarmac we soon came to our next bit of off-road as we followed a cart track, once curbed, as a local informed us, along a pretty steep sided valley which took us around to Oldsteads. This is where we got a fine and unusual view of the famed White Horse.

The escarpment of the Hambleton Hills rose before us and we took it head-on after encountering a country gentleman on horseback who questioned our wisdom in going up to see Scotch Corner as there was nothing to look at. After a stiff climb up the water worn track, we were rewarded by one of the finest views in England from the grassy lawn in front of a tiny chapel at our eponymous target location. This chapel was built in 1957 by the sculptor John Bunting as a war memorial. A buddhist stupa lies just below it and Bunting's carvings in stone and wood encourage a reflective mood.

This was the site of The Battle of Byland in 1322 when Robert the Bruce gave Edward II another damn good thrashing during the first War of Scottish Independence. The place certainly has an atmosphere.

Soon after this the climbing ceased and we were on the forested moor just behind the glider club on Sutton Bank. A long straight stony lane took us all the way back down to bottom and after a last bit of adventurous pine and gorse dodging we arrived back in High Kilburn. Refreshments awaited in the Forresters.

Just short of 6 miles but with almost 1000ft of ascent. You'll need an afternoon as there's lots of interest.



The next walk is a local:

Meet by the War Memorial in Healaugh at 13:00 on Monday 8th November

If you need any further information: Pete Pozman Tel/Text: **07854 313112**



Tockwith Village Hall

November 2021

Charity Number 508673

To book contact Fiona on

01423 358 808 or

steed951@steed951.plus.com

The village hall is now fully open and it is wonderful to see our regular user groups back and an increase in the number of party bookings being taken. Everyone is welcome to use the hall. All we ask is that you do not come if you are showing symptoms of Covid, use the hand sanitiser on entering the building and keep the hall well ventilated during use.

Advance notice of future events at the village hall;

Thursday 2nd December. 7pm. The Badapple Theatre Company presents their latest production, “The Snow Dancer” by Kate Bramley. Something is awry in The Great Wood and the animals are desperate for a long sleep but it is just too warm! Everyone is going around in circles and sick of nuts before Christmas is even in sight! The show’s intrepid heroes decide they must seek out the mysterious Snow Dancer if there is any chance of ever making it snow. An original festive eco-fable. A fairy tale with a furry tail, and plenty of laughs and songs along the way. Guaranteed to delight the whole family. (Ages 5 to 95). Tickets are £12 adult (£10 concessions). £8 u16’s. £30 family (2+2 or 2+3). To order yours go on to the Badapple website which is www.badappletheatre.co.uk or telephone 01423 339 168.

Village Hall Christmas Event

The committee is now organising a festive family event to be held in the village hall during December. Watch out for posters and leaflets inviting you to join us for fun and festivities to bring the community together for a pre-christmas bash. We are sorry for the disappointment caused by the last minute postponement of the talk that was to have been given by Adrian Ray on 15th October. Adrian was the victim of food poisoning whilst working in London and was really rather poorly. Thankfully he is now recovering and is looking forward to presenting his talk on professional commercial photography in the new year.

Happy retirement Jean

Sadly our regular Pilates sessions on Tuesday afternoons have stopped due to the retirement of its leader, Jean. Your pupils are sorry to see you go, Jean. If anyone else would like to take over her class please contact Fiona.

Craft Club

November 2021

Every Monday during term time. 1pm to 3pm, in Tockwith Village Hall.

As you read this I can tell you that the members of the craft club are already on with Christmas gifts, decorations and cards. By starting in good time we can make lots so no-one goes without.

The five-point star is made from pruned apple-tree twigs, string and ribbon off-cuts, costing almost nothing. Adding a £1.99 set of battery operated LED lights gives a lovely effect. The completed thing is a lot dearer in the shops.



Felt is so easy to work with and great for reindeer key-rings and Santa stocking wall-hangings. Amanda's owl greeting cards are stunning and very touchy-feely. Any autumn-born child will just love to receive one of those to wish them a 'hoot' of a birthday.

There are a number of projects lined up for our lovely members to turn their skills to. So if you like to knit or sew or prefer paper/card crafts we have projects for you to try. We also have plans to do another group project.

We look forward to attracting new members to our group. If you are interested then come along, see for yourself and enjoy a nice cup of tea into the bargain. The first week is free. Thereafter it is just £2 per week including refreshments.

Fiona Steed



Community First Responders

New volunteers needed now

Yorkshire Ambulance Service operates a Community First Responder (CFR) scheme (<http://www.communityresponders.yas.nhs.uk/>) where volunteers are trained to use life-saving skills in their local area. Tockwith CFR group started in April 2015 and covers an area with a 3 mile radius around Tockwith. At peak the group were 9 strong. Unfortunately this has reduced to just 2 people and we urgently need to recruit more volunteers.

CFR volunteers are trained in patient assessment, cardio-pulmonary resuscitation (CPR), defibrillation and oxygen therapy. They are equipped with an Automated External Defibrillator (AED), oxygen and a first aid kit. When a 999 call is received by the Yorkshire Ambulance Service, an ambulance is dispatched. If required, a CFR volunteer is alerted and asked to assist at the incident to ensure trained assistance reaches the patient as quickly as possible. All the volunteers are based within the community so could be only be a few minutes away from a medical emergency.

Often their role is to simply provide reassurance to patients and their families until the ambulance clinicians arrive. However, in more serious cases where the first few minutes can be critical, they can provide basic life support and oxygen therapy.

CFR volunteers come from all different walks of life and volunteer for different reasons. No previous medical experience or training is necessary although you will need a caring attitude and be able to cope with potentially distressing situations.

To volunteer you need to:

- Be aged 18 or older
- Hold a valid, full UK driving licence for at least 12 months with no more than three penalty points
- Have access to a car
- Be prepared to undertake a Disclosure and Barring Service check
- Be prepared to undertake occupational health screening
- Be prepared to attend the Yorkshire Ambulance Service CFR course

If you are interested in training as a CFR volunteer or would like more information, please contact the Community Responder Resilience Team (responders@yas.nhs.net) or the Tockwith CFR Coordinator, Fiona Steed at steed951@steed951.plus.com

A message from your local Community First Responders.

Information about Dementia

There are currently 850,000 people in the UK living with dementia. This figure is expected to rise to one million by 2025.

Part of the training that CFRs receive is in recognising symptoms of dementia and navigating through the communication difficulties to understand how best to help the patient.

The following information is provided by the Yorkshire Ambulance Service in association with “Dementia Friends”, an Alzheimer’s Society initiative.

Five things you should know about dementia;

- Dementia is not a natural part of aging.
- Dementia is caused by diseases of the brain.
- It’s not just about memory loss.
- It’s possible to live well with dementia.
- There is more to the person than the dementia.

Early signs of dementia;

- Memory problems – losing things, or difficulty in recalling recent events.
- Difficulty thinking things through and planning – struggle with complex decisions / confusion.
- Language and communication – may struggle to find the right word in conversation.
- Poor orientation – get lost, or not recognise where they are.
- Visual perception problems – difficulty judging distances such as using stairs.
- Changes in mood or emotion – may be more irritable, anxious or sad.

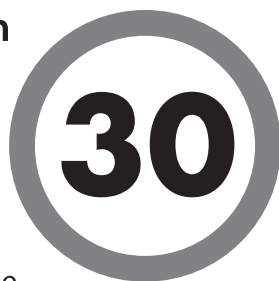
If you have any early symptoms or notice these in a loved one, it is vital that you go to your GP. They can conduct some tests to rule out other causes and, if it is dementia, the best care can be provided when treated as early as possible.

For more information or support visit the Alzheimer’s Society at www.alzheimers.org.uk or call 0333 150 3456.

Finally, we would welcome anyone wishing to join the volunteers on the Tockwith Community First Responder team. The demand on your time is no more than you are prepared to give. Contact our local CPR trainer Dominic Curran for details. 07462 918 362

Tockwith Community Speedwatch

We urgently need additional volunteers to join our team so that we can increase deployments as requested by local residents and supported by North Yorkshire Police . This would ensure that we can continue to offer this service to our expanding village . The aim is to encourage people to drive safely at reduced speed through our village to ensure the safety of our families



Would you be able to volunteer a couple of hours a month to support this activity . You choose the dates and times to fit in with your lifestyle . Training will be given .

Since our formation in November 2017 we have carried out over 230 deployments and advised the police of over 1000 people exceeding the speed limit within our village

If interested and would like more information please contact Margaret Shilleto on 01423358168 or Keith Pope on 01423358603 or email keithpope13@btinternet.com

LOCAL WEATHER STATION IN TOCKWITH

Please see below the local link to a weather station at Tockwith which a local resident mentioned at the last Parish Council meeting. It makes fascinating reading and it is easy to compare what the weather is like all around the world.



<https://www.wunderground.com/personal-weather-station/dashboard?ID=ITOCKWIT3>

The Village Diary

November

Sunday 14th

Tockwith Church 10.50am - Remembrance Service.

December

Wednesday 1st

Tockwith Church 6.00pm - Christmas Lights switch on with mulled wine.

Thursday 2nd

Village Hall 7.00pm - Badapple Theatre Company production of 'The Snow Dancer'.

Contact Fiona Steed on 01423 358 808 for details.

Saturday 11th

Tockwith Church 4.00pm - Beer, Wine and Carols. (ticketed event)

Sunday 12th

Tockwith Church 12.45pm - Cyclists Carol Service.

Sunday 19th

Tockwith Church 4.00pm - Carol Service. (outdoor)

Christmas Eve

Tockwith Church 5.00pm - Crib Service. (outdoor)



As always we would welcome new singers to our happy band.

If you are interested in joining us just come along and give it a try. The first week is free. Thereafter it is just £2 a week.

Please phone Fiona on 01423 358808 for more details.

Ainsty Greens News

Arnold Warneken reports on local community actions

Twenty's Plenty to keep our streets safe!

Arnold is supporting a new campaign group working throughout North Yorkshire which aims to introduce **lower speed limits** around **schools and residential areas**.

The aim is to **reduce the number and severity** of road traffic accidents. Research shows that the rate of death and serious injury is much lower where the speed of the offending vehicle is 20 mph rather than even 30mph.

Most drivers are mindful of the risk to vulnerable people, but it **only takes one person** who thinks being in a hurry justifies ignoring the speed limit to change a family's life for ever.

So what good are Wasps?

More people in general, and gardeners in particular, are realising the vital role played by wasps. Like bees, they play a huge part in **pollination**, and they help **keep damaging pests** like aphids and caterpillars under control.

However many **wasps are declining** from factors such as climate change and habitat loss, so there is an urgent need to include wasps in conservation plans.

So please **don't rush to kill a wasp** that you see in your house, particularly at this time of year when queen wasps are looking for a quiet sheltered place to spend the winter. Most other wasps die over the cold weather so the **queens are important** for next year's brood.



Wasps building a nest from wood pulp
Credit: Unsplash

Please don't barbeque your hedgehogs on Bonfire Night!

On the next page are some really helpful tips for reducing the impact of **fireworks** on animals.

Lots of people have **pets** that are very fearful of the loud noises, and bright explosions. However **livestock** and **horses** can easily be panicked especially when out at grass, and **wild animals** will also be affected even if we don't see it happen.

Making FIREWORKS less frightening for animals

How YOU can reduce the chances of fireworks frightening and injuring pets, livestock and wildlife

GO TO AN ADVERTISED, ORGANISED FIREWORK EVENT

Owners can prepare their animals ahead of the event and attending these organised events also reduces the overall number of fireworks that disturb animals.

IF YOU WANT TO HAVE YOUR OWN FIREWORK CELEBRATION....

PLEASE ONLY LET FIREWORKS OFF ON TRADITIONAL CELEBRATION DATES

Diwali, Bonfire Night, New Year's Eve and Chinese New Year are occasions when most people expect fireworks and plan ahead to protect their animals.

PLEASE USE LOW NOISE FIREWORKS

These may reduce the likely fear and resulting stress caused to animals.

LET YOUR NEIGHBOURS KNOW WELL IN ADVANCE

That way, they can prepare any animals they look after - including horses and livestock which may be kept nearby in fields or buildings.

NEVER SET OFF FIREWORKS NEAR LIVESTOCK

Frightened animals, especially horses, can injure themselves - it's not unusual for horses to run through fences when frightened by fireworks. Horses can't be moved easily so it is very difficult for owners to protect horses from firework noise.

FIREWORKS DISTURB WILDLIFE

Don't let fireworks off near areas known to be wildlife habitats – such as lakes with waterfowl, trees and buildings with roosting birds or bats.

BUILD ANY BONFIRE AS CLOSE AS POSSIBLE TO THE TIME OF LIGHTING

Bonfires can kill wild animals like hedgehogs so make sure hedgehogs and other wildlife are not sleeping in the pile when it is lit.

PICK UP FIREWORK DEBRIS AND LITTER AFTER IT HAS COOLED DOWN

Dispose of it safely as it can harm animals and avoid aiming fireworks over fields or other countryside where it will not be possible to retrieve fallen litter.

GOT YOUR NUMBER

| | |
|---|---------------|
| Ainsty Conservation | 358791 |
| Bilton Cricket Club | 0759 980 1209 |
| Costcutter and Post Office | 359549 |
| Harrogate District Hospital | 885959 |
| Missing Persons – alias | |
| Spotted Ox | 358387 |
| Boot and Shoe | 358232 |
| Tickled Trout (Bilton) | 359006 |
| Sportsfield | 359078 |
| Tick Tock | 359188 |
| Tockwith and District Show (general enqs) | 07702 058430 |
| Friends (Members) Secretary | 358588 |
| Tockwith and Green Hammerton Surgery | 330030 |
| Tockwith Art Group | 358253 |
| Tockwith Bowls Club | 358939 |
| Tockwith Community Hub | 358939 |
| Tockwith Junior Football | 358508 |
| Tockwith Ladies Drop in Group | 358808 |
| Tockwith Players | 07805 447885 |
| Tockwith Primary School | 358375 |
| Tockwith Residents Association | 07854 313112 |
| Tockwith Singers | 358808 |
| Tockwith Tennis Club | 358761 |
| Tockwith Under Fives | 075153 85956 |
| Tockwith Village Hall | 358808 |
| Tockwith with Wilstrop Parish Council | 07929 372 352 |

Useful Emergency Numbers

| | | |
|--------------------------------|--------------------------------|--|
| Police | 101 | In an Emergency call 999 |
| Fire & Recue | 01609 780150 | In an Emergency call 999 |
| Gas | 0800 111 999 | Emergency contact |
| Electricity | 105 | Emergency contact |
| Water | 0845 124 2429 | Emergency contact |
| Harrogate Borough Council | 556300 0845 0891990 | Emergency out of hours |
| North Yorkshire County Council | 01609 534527 0845 872737374 | Out of hours social care Incident reporting |
| Environment Agency | 0345 9881188 0800 807 060 | Flood line report an incident |

CHURCH OFFICERS AND CONTACT PERSONS

Vicar **Reverend Martin Otter - 07842 106044**
The Vicarage, Wetherby Road, Rufforth, York YO23 3QF
martin@theottersholt.plus.com
Please note: Martin's day off is usually Friday.
He works on a Wednesday as Chaplain at Stockton Hall
Hospital, York

Reader **Ann Watson - 01904 738786 07896 599198**
robnannwatson@gmail.com

Parish Office **Geraldine Barker - 01904 738262**
Rufforth mmparishoffice@gmail.com
Office hours - Tuesdays, Wednesday, Thursday
9am - 12 noon

Parish of Marston Moor, Church of the Epiphany, Tockwith Village Church Council (VCC)

Church Wardens **Sarah McBride - 359152 / Deryck Wilson - 358364**

VCC Secretary **Kathryn Pratt**

VCC Members **Beverley Greaves / Peter Harris / Imogen Woods**
Susan McKernan / Norman Waller / Jennifer Waller

Weddings and Baptisms **Revd Martin - 07845 106044**

Funerals **Revd Martin - 07845 106044**

Church Finance **John McKernan - 358831**

Safe Guarding Officer **Janet Marriner - 358162**

Church Flowers **Barbara Harris - 358416**

Views expressed in this magazine are not necessarily those of the Editors, the Clergy,
the Village Church Council or of any authoritative body of the Church of England.

Parish of Marston Moor

News from the Church of the Epiphany

Magazine Editor: Norman Waller / 358588 / nr.waller@btinternet.com

Magazine Advertising: Susan McKernan / 358831 / northmeadow@btinternet.com

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Janet Marriner, 212 Prince Rupert Drive

Audrey Gough, Bluecoats, Fleet Lane

Diane Wakelin, 50 Prince Rupert Drive

Susan McKernan, 32 Kendal Gardens

Fiona Steed, 6 Lucas Grove South

Jean Birchall, 7 Fairfax Crescent

Barbara Harris, 81 Marston Road

Bev Greaves, 35 Fleet Lane (delivers Kirk Lane)

Sue Bird, 36 Westfield Road

Margaret McBride, 4 Lucas Grove South

Lyn Gibson, The Maltings, 13 Norfolk Gardens

Neil Stobert, 95 Prince Rupert Drive

Sheen Mackouly, 7 Westlands, Bilton-in-Ainsty

Sarah McBride, East House, Marston Road

Angela Jenkins, Moorside Farm, Moorside

Alice McNicholas, 49 Bramblegate Road



This Parish and Village News is NOT just for Church News. We want to include information about events and organisations within our community, if you want your news put in next months edition please send it to - tockwithchurch@btinternet.com no later than **Friday 19th November** please.

Sunday Services in November

| | Askham Richard | Bilbrough | Long Marston | Rufforth | Tockwith |
|--|--|--|---|--|---|
| 7th Third Sunday before Advent | | 9.00am Holy Communion | 8.45am Breakfast Praise | 11.00am Holy Communion | 11.00am Refresh Service |
| 14th Second Sunday before Advent | 9.00am Remembrance Service Holy Communion | 10.00am Remembrance Service | 10.50am Remembrance Service | 10.50am Remembrance Service | 10.50am Remembrance Service Holy Communion |
| 21st Christ the King Sunday next before Advent | 10.00am All Age Worship | 9.00am Holy Communion | 11.00am Holy Communion | 11.00am Morning Service | 6.00pm Evening Prayer (BCP) |
| 28th First Sunday of Advent | 9.00am Holy Communion | 10.00am Family Praise | 11.00am Informal Family Praise | 11.00am Holy Communion | 9.30am Parish Praise |



Living Advent will be returning to the village for its 3rd year. Last year we had 100 houses illuminate various festive window scenes with a couple of scenes being 'opened' each day from the 1st December to the 24th December and then remaining illuminated for the remainder of the Christmas period. Please drop me a line asap to let me know if you want to take part – sarah@hqpersonnel.co.uk

Tockwith Church Notice Board

Sunday 14th November 10.50am
Remembrance Service

Wednesday 1st December 6.00pm
Christmas Lights switch on with mulled wine

Saturday 11th December 4.00pm
Beer, Wine and Carols (ticketed event)

Sunday 12th December 12.45pm
Cyclists Carol Service

Sunday 19th December 4.00pm
Carol Service (outdoor)

Christmas Eve 5.00pm
Crib Service (outdoor)



Our Church illuminated last year for Living Advent and the cover shows a field of poppies in Tockwith