

# Settle & District Community News

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No. 180 April 2024



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# Editor's Welcome



Welcome to another packed edition of *Community News*.

I need to begin by saying thank you to everyone who has been in touch with kind comments and words of encouragement since the February issue was published, which was the first to be produced by the new editorial team. We really appreciate it.

Also, thank you to all our advertisers for your generous and continued support. We are delighted to welcome some new advertisers on board in this issue.

This is beginning to sound like an Oscars acceptance speech, but I have one more thank you to make, and that is to our dedicated team of distributors who go out in all weathers to get the magazine delivered to your door. They really are the best. We are always on the lookout for new volunteers to join the team (particularly in Rathmell and Eldroth) to ease the load and help us reach every home in the district, so if you'd like to help, drop an email to [distribution@settlenews.co.uk](mailto:distribution@settlenews.co.uk) and we will be in touch with more details. Also, if you know of any 'blind spots' that we're not reaching at the moment, do tell us.

There is a French flavour to our cover, as Settle is preparing to host visitors from its twin town of Banyuls-sur-Mer in May.

Lots of interesting activities are being planned, and if you'd like to be involved in some of them, helping to give our guests a great big Yorkshire welcome, turn to page 22 to find out more.

*John Drake*

## Settle and District Community News

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**Issue 180: April 2024**

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Published on a non-profit making basis by The Settle and District Community News.

Printed by  
Caric Press, Merthyr Tydfil, CF48 3TD

Distributed free of charge bi-monthly to homes across Settle and District, including Selside, Horton-in-Ribblesdale, Stainforth, Langcliffe, Austwick, Eldroth, Giggleswick, Long Preston and Hellifield.

The Editor reserves the right to edit any material submitted for publication. Views expressed by contributors do not necessarily reflect those of the editor or publishers.



## SEEKING CITIZEN SCIENTISTS

Tems Beck is a significant and attractive feature in the village of Giggleswick and is probably the most interesting and diverse watercourse flowing into the River Ribble in terms of its broad range of ecosystems and the neighbouring landscape.

The wildlife in this wonderful watercourse is amazing, with trout swimming up from the sea to lay their eggs. Protected species, including native crayfish, are found in abundance and otters are often seen on its banks.

Landowners and owners of property adjacent to the beck, including Giggleswick Parish Council who look after the Harrison Playing Fields on behalf of the community, have responsibilities as riparian owners. This includes ensuring the water flows properly, blockages are removed and that flooding and pollution is reported. The parish council has facilitated volunteer days and local residents now spend time with guidance from environmental experts sympathetically clearing any woody vegetation from the beck ensuring it flows well.

Together, the parish council and the Ribble Rivers Trust have examined the length of Tems Beck from its source to the

point where it leaves the village. Ribble Rivers Trust is a dedicated environmental charity committed to enhancing the River Ribble and its tributaries for the benefit of both communities and wildlife.

The parish council have asked the Ribble Rivers Trust to initiate a medium to long term strategy that will involve seeking funding for interventions that may be needed to improve the flow of the beck and co-ordinating with organisations such as the Environment Agency and North Yorkshire Council.

At the heart of the whole strategy will be ‘community involvement, education and engagement’.

This will include training local people as citizen scientists, equipping them with the knowledge and tools to monitor various parts of the river ecosystem.

The project will place the community at its core, nurturing a sense of environmental responsibility, and actively involving local residents in the protection and enhancement of the Ribble River source, ensuring a sustainable and community-oriented approach to conservation.

Ribble Rivers Trust can be contacted at [admin@ribbletrust.com](mailto:admin@ribbletrust.com) or by telephone at 01200 444452.



## BROWNIES GOING GREEN!

A railway development company is working with volunteers to create a green corridor from Leeds to Carlisle. The Settle Carlisle Railway Development Company and the Friends of the Settle Carlisle Line (FoSCL) have entered all their stations along the 72-mile line linking Cumbria and Yorkshire into both the Royal Horticultural Society’s (RHS) Cumbria and Yorkshire in Bloom awards. The aim is to improve the environment for people and wildlife.

FoSCL Station Adopters Team Leader, Larry Jones said: “We know our line is one of the most scenic train journeys in the world and we want to ensure our stations look their very best - and also help improve

the environment for people and wildlife. “We would welcome any support from local organisations and businesses to help us plant up the areas around our stations and create wildlife havens.”

Girlguiding groups have created a bug hotel at Settle Station and Penrith and Area Red Squirrel Group have installed a red squirrel feeder and nest box at Appleby Station. Appleby Rotary Group has also helped tidy up their local station.

Any gardener or group wishing to get involved planting up the Settle Carlisle in Bloom project, or wanting more information should contact Larry Jones at [volunteers@settle-carlisle.com](mailto:volunteers@settle-carlisle.com)

### Support your local Community Magazine!

We invite readers to make a small donation to help sustain Settle News. Although the magazine committee and our loyal band of distributors are all volunteers we still have to pay for the printing – and costs have risen in recent times.

We ask for your support to keep our magazine viable, and attractive to readers.

Just £5 will cover the cost of printing your annual personal set of six copies.

A larger donation or better still, a standing order, will not only maintain the magazine but reduce our reliance on the volatile advertising market, and allow us to include more pages of news and features.

How to donate – preferred payment is by BACS or Standing Order (reference ‘READER DONOR’) to :

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# GOAD & BUTCHER

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## ARTISAN MARKET IS A BIG HIT



With goods on offer ranging from international foods to Yorkshire puddings, birds of prey to jewellery, woven wickerwork to dog treats and children's party outfits to handcrafted cards, there was something for everyone on Sunday 10th March. Despite a biting wind and drizzle, locals and visitors clearly enjoyed browsing the stalls located in Settle Marketplace.

Stall holders, regardless of how much they sold on their first visit, were enthusiastic about this new market, which will take place on the second Sunday of each month.

The organisers were pleased with how things went and would like to hear any feedback on the market, which you can send to Richard at [info@rshartisanmarket.co.uk](mailto:info@rshartisanmarket.co.uk)





## “ Say Cheese...”

Around thirty of the dedicated team of volunteers who deliver *Community News* to your letter box, wherever you live, came together shortly after the publication of our February issue to mark the ‘changing of the guard’.

The gathering at the Tannery in Upper Settle, our new distribution centre, was a rare opportunity for deliverers to share stories of how *Community News* gets through whatever the weather, whether it is to the remote hamlet of Selside on the way to Ribbleshead, the villages of Long Preston, Hellifield and Austwick, or the comparative metropolis that is composed of the twin towns of Settle and Giggleswick.

Those attending were reminded that whilst the team organising the editorial, advertising and distribution has changed, we still rely on a brave band of supporters who go that final mile, or more, to get our publication to your door.

The main purpose of the event was to say a heart-felt thanks to Alastair Cook, who has edited the magazine, through thick, thin and the covid pandemic; Ian Gray whose garage has acted as our distribution hub; and Barry Forster who has done the formidable job of ensuring that there is enough money in the bank to meet our next print bills.

The three (pictured above) were presented with suitably inscribed commemorative slate cheeseboards as a thank you.

# Settle and District Community News

**ISSUE 180**  
**APRIL 2024**

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# NORTH YORKSHIRE OPEN STUDIOS 2024



*Stainforth Force, winter morning by Frank Gordon*

Over 150 artists across North Yorkshire will soon be throwing open their studios in the latest version of this much-loved annual celebration of the visual arts. The dates to remember are June 1 & 2 and 8 & 9 (10am – 5pm).

North Yorkshire Open Studios (NYOS) is an artist-led organisation covering North Yorkshire, York and the historic Riding of North Yorkshire and has been growing in reach and popularity for almost twenty years. All artists are selected by independent curators.

As we are such a large county, NYOS is split into three areas: Dales, Central and Moors & Coast. It includes artists and makers working across a range of different disciplines including painting, printmaking, ceramics, woodwork, glass, jewellery, photography, sculpture, textiles, mixed media and more.

You don't have to travel very far to discover a wide range of art and studio experiences - there are a wealth of gifted artists in our immediate area, including Frank Gordon (Giggleswick),

Terry Hird (Burton-in-Lonsdale), Tony Roberts (High Bentham), Hester Cox and Penny Hunt (Horton-in-Ribblesdale), Judy Metcalfe (Bell Busk), Annie Farrer (Clapham) and Katharine Holmes (Malham). All different but all with one thing in common: a commitment to producing work of the highest quality.

This is a rare opportunity to see artists and makers in their natural habitat of studio practice, hidden away from the often sanitised showplaces of gallery and museum. And of course, there's the chance to buy work straight from the easel – mind the wet paint!

For full details of all artists and their work visit <https://nyos.org.uk/summer-open-studios/>.

If you can't make it to a studio, most artists would be happy to arrange a visit at a time that suits you both. You can find an artist's contact details on their profile page on the website or in the NYOS brochure. Most artists also have their own websites with more details about how to contact them or other events in which they are taking part.





*'Barns' by Margaret Blackburne*

### **CLAPHAM ART GROUP TO STAGE 71<sup>st</sup> EXHIBITION**

Works by some of this area's most accomplished artists will be on display in Clapham Village Hall in late May as the local art group stages its 71<sup>st</sup> annual exhibition.

The exhibition will feature a stimulating mix of works in a variety of media by members of the Clapham Art Group, which includes artists from across North Craven.

Alongside some regular exhibitors there will be works by new members of the group. The group promises that whether your taste is traditional or more modern there will be something of interest for all. Framed paintings and mounted work, together with sketches and cards will be on display and for sale.

The exhibition will take place over just five days this year, rather than the usual nine, from Saturday 25<sup>th</sup> May until Wednesday 29<sup>th</sup> May. It is open from 10am to 5pm daily and admission is 50 pence. Accompanied children are free. Homemade refreshments will be available in aid of St James's Church.

An open Preview Evening will be held on Friday 24<sup>th</sup> May at 8pm.



### **COVER ARTIST: PAUL SLEGG**

It would be wrong to deny how good it makes me feel to see one of my pictures gracing the front of the *Community News*.

Many moons ago, in more carefree days, when leaving Tangiers, one of my holiday companions read, 'visit Tangiers once, you'll come again, visit Tangiers three times, you'll stay for life'. Fortunately or not this didn't have to be proved true as we never went back to Tangiers. So how does Settle have anything to do with Tangiers? Well, it had to be visited whenever possible, not altogether easy when living in Manchester with only a bike as your main means of transport. So Youth Hostels, of which there were a few, were taken advantage of. Familiarity didn't breed contempt, just made me more desirous of being in Settle full time, which I now am.

To my mind if Settle didn't actually exist, a fictitious town such as Trumpton or Middlemarch would have to have been created. Instead we have the real thing, which inspired me then and continues to inspire me now.

It feels strange sometimes to be so removed from your beginnings, the phrase culture shock comes to mind, but if Settle and its surroundings, as well as activities around the town, continue to remain a constant source of interest, then I know without doubt that this is the best place to be.

# HELLIFIELD BEER FESTIVAL 14-15 June



Planning for the 10th Hellifield Beer Festival is now well underway and will once again be held at the Village Hall (Institute) in Hellifield. In a change from tradition following the refurbishment of the Yorke Room, the bar will now be located in the main hall. This will give the festival a fresh feel and we believe that it will work just as well if not better than before.

Since its inception in 2013, just over £30,000 has been raised by the festival and recycled back into Hellifield village and close surrounding areas to support local organisations, groups, and events. Over the years we have helped 37 organisations with many benefitting multiple times.

The main focus of the festival is to create a great annual event for the village, providing a fun weekend where you can meet up with friends old and new, and sample the many and varied beers and ciders on offer. The Beer Festival Committee is planning to provide around 45 beers and ciders from a wide range of brewers and locations.

All this would not be possible without the generosity of our sponsors – without their support there would be no festival, and our grateful thanks go to all past and present sponsors, and supporters. This year we have already secured a glass sponsor and a venue sponsor and are now directing efforts towards generating the barrel sponsors, many of whom continue to support us year after year. Barrel sponsors include a mix of businesses in addition to many individuals

all eager to support a great annual event that also raises money for local good causes. If you can offer sponsorship, please let one of the Committee members know or email us at [hellifieldbeerfestival@outlook.com](mailto:hellifieldbeerfestival@outlook.com).

Sponsorship is £100 for a full barrel and £55 for a half barrel. The benefits of barrel sponsorship are shown on the website along with lots of festival info (just Google Hellifield Beer Festival 2024).

The event runs from lunchtime until 11pm on both the Friday and Saturday – come down anytime during these hours. It is relaxed and informal, and welcomes new faces and beer festival novices, as well as seasoned regulars. The Committee is very grateful to all those who come along to support this event.

There are no advanced tickets; just turn up on the day and join in the fun. The entrance fee includes a programme, commemorative glass, and your first two drinks tokens. Once you have paid you can come and go as much as you like over the weekend as long as you keep your glass. Additional drinks are then purchased via a token system. We accept card as well as cash. Food is also available over the two-day festival provided so fantastically by the guys at Hellifield Sports FC.

If you have never been before, come along and have some fun; you will really enjoy it. If you have been before – we can't wait to see you again.

**Mark Wilcock**

# POOL CRISIS AVERTED - FOR NOW

Following the open evening held at Settle Area Swimming Pool, reported in the last issue of *Community News*, pool users and supporters have rallied round to help alleviate the financial crisis that at one time looked as though it could lead to the imminent closure of the pool.

The tremendous local support, alongside a number of other factors, means that the immediate crisis has been averted, though as pool chair Colin Coleman warned “we are by no means out of the wood yet. More needs to be done to raise funds, to keep costs under control and to ensure we make best use of all our facilities.”

There have been a number of significant developments over the past two months. Loans have been rescheduled. But as the trustees were told, this buys time rather solves the financial problems.

Income has been boosted by a £4000 grant from the Clapham-based Yorkshire Dales Millennium Trust, made in recognition of the pool’s role in supporting people who live in, visit and care for the Dales. There have also been a series of events held locally. The Settle Rotary Club made a donation following its popular Merry Go-Round dinner. The North Ribblesdale Rugby Club held a collection among spectators at a recent match and there was a retiring collection at a music

event held at St Alkeda’s church in Giggleswick in memory of Settle resident Phil Smith.

A number of other events are planned and a new group, set up after the open evening, will be helping arrange these. Foremost will be a pool team’s participation in the Skipton Rotary Club Dragon Boat regatta to be held at Coniston Hall on May 12.



A JustGiving page has been set up to support this and funds will specifically go towards the hire of gym equipment to help extend the range of activities provided in what is now described as ‘more than just a pool.’

One of the long-term aims of the trustees is to make the pool more energy efficient. A big boost for this came in the form of a £20,000

grant from Sport England to extend the number of solar panels on the pool roof. This was particularly welcome as one of big factors in the winter financial crisis was the lack of support from Sport England in an earlier round of grant to help pools in trouble. The pool has also taken up an offer from local business JD Mounsey to look at how the pool can cut its energy costs.

Significantly there has also been a big increase in the number of people using the pool recently. A full list of sessions in the pool and fitSpace area is to be found on the pool website <https://www.settleswimmingpool.co.uk/>

# NEWS BITES

## **New Cafe Bar coming to Horton-In-Ribblesdale**

If you have travelled on the Leeds-Settle-Carlisle line through Horton-In-Ribblesdale station in the last few months, you might have noticed work being carried out on the southbound (Leeds) platform station building.

Settle and Carlisle Railway Properties Ltd have been working hard, so that in addition to the station waiting room and a new holiday let, there will be a Cafe Bar. This will serve hot and cold drinks, snacks and warm food along with draught beer.

The Cafe Bar will be run by volunteers. Could that be you? Do you enjoy meeting people? Could you spare some time to work with one of the most breathtaking views in the Dales as a backdrop?

Contact [HCB@settle-carlisle.com](mailto:HCB@settle-carlisle.com) for more details.

## **Tennis coaching at Austwick this summer**

Austwick Tennis Club, the only tennis club in this part of the Dales, is offering professional coaching once again this year with Ben Eastam, a member of the highly rated coaching team at Skipton Tennis Centre, running sessions for juniors, teens and adults on Tuesday evenings from 9th April.

So whether you are a complete beginner, returning to the sport after a bit of an absence, or just want to brush up on your technique, these sessions have something to offer you.

Newcomers, especially among the juniors and teens, will be very welcome.

The junior sessions run from 5pm-5.45pm, those for teens from 6pm -7pm and the adult ones from 7pm -8pm. The cost is just £5 a session for the youngsters and £7 for adults.

Interested? Then register by emailing [mike.smith452@btinternet.com](mailto:mike.smith452@btinternet.com) or phone or text 07763319207.



## **High Sheriff's visit**

The High Sheriff of North Yorkshire recently paid a visit to Pioneer Projects in High Bentham to present an award for services to the community - and a cheque for £500. This year's Sheriff, Artist Clare Granger, took a particular interest in organisations using art and creativity to help improve people's inclusion and wellbeing.

The High Sheriff is pictured with the Chair of Pioneer Projects Trustees, Richard Pattinson; Pioneer Projects Trustee, Dr Jane Burnett and Pioneer Projects Strategic Director, Leon Fijalkowski.

Pioneer have been delivering wellbeing focused creative activities across Craven for over a quarter of a century, working across ages, but with a real focus on people experiencing poor mental health, and those living with dementia.

Pioneer Projects run the Making Connections Dementia group in Settle and have an artist and keyworker in the Wellbeing Cafe, held on Tuesdays, at Settle Victoria Hall. If you would like to know more: Tel 015242 62672 or email [office@pioneerprojects.org.uk](mailto:office@pioneerprojects.org.uk)

## **Have you heard about Settle Home Library Service?**

It's a free service you can use on a regular or temporary basis. Once you contact us we'll get in touch with you to arrange a home visit to discuss your reading interests. You can have up to six books every two weeks. Books will be delivered by one of our volunteers or, if you prefer, you can arrange for a friend or relative to collect them.

If you have the internet at home, you can access a range of free resources including e-books, e-audio books, newspapers and magazines. To find out more, Tel: 01609 534535 or email: [homelibraryservice@settlelibrary.org.uk](mailto:homelibraryservice@settlelibrary.org.uk)



## Craven Community Land Trust

### Have your say on affordable housing

A survey is being launched by Craven Community Land Trust focusing on the lack of affordable housing in the Settle area.

With support from the Yorkshire Dales Millennium Trust, 3,000 questionnaires are being mailed out in April to households in Settle, Giggleswick, Langcliffe and Stainforth, giving people the chance to have their say.

As well as current residents, the CLT also wants to hear from people with a local connection – work or family - who are looking to return to the area.

If you would like to take part, please either complete the questionnaire mailed to you or visit:

<https://bit.ly/CravenHousingSurvey>

The deadline for responses is Friday 3 May.

THE  
OPEN WHEEL



The West Riding Classic 2024: The Final Ride Sunday 26th May 2024

After more than a decade, we've decided that this year is our final edition. Come and join us for one last circuit together.

Meeting point:

Clapham, North Yorkshire, LA2 8DZ

Start times:

- 8am – 9:30am: extra-long route, 70 miles, 2200m vertical climbing
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  - 10am – 11am: short route, 30 miles
- More info at [www.theopenwheel.com/wrc/](http://www.theopenwheel.com/wrc/)

## ADVERTISE WITH US

Ordinary commercial advertisements are charged at the rates below.

Charity Rates: No charge will be made to advertise charity events or matters of general social interest. If participation in an event is to be charged for then our normal advertising terms apply.

### ADVERTISING RATES

'Every Month' entries in the Community Directory, maximum 3 lines £25 per annum

### BOXED ADVERTISEMENTS

Full page

128mm x 190mm = £160

Half page

95 x 128 mm OR 190 x 63 mm = £80

Quarter page

95 x 63 mm OR 47 x 128 mm = £40

Eighth page

47 x 63 mm = £20

These rates are per issue

10% discount for an annual contract (6 issues)

### ALL ADVERTS TO BE PREPAID

To enquire about advertising or to book space, please email [advertising@settlenews.co.uk](mailto:advertising@settlenews.co.uk) or call 07484 174333

### HOW TO PAY

Advertising payments and voluntary subscriptions may be made to Settle and District Community News by bank transfer:

Sort Code: 01-07-93

Account Number: 53002016

Or, cheques payable to Settle & District Community News to:  
6 Townhead Croft, Settle, BD24 9LG.

**Next Issue (June 2024)  
is published on 7th June**

The deadline for copy and advertising bookings is 13th May 2024



# Settle

## TOWN COUNCIL

### **Have a say in your town**

This year's Settle Town Council Annual Parish (Town) meeting will be held on Monday 22 April at 6.00pm in St John's Methodist Church, Church Street, Settle, BD24 9JH. All welcome.

Items to be discussed include Mayor's report on the Council's work 2023/24; reports from North Yorkshire (Unitary) Council, North Yorkshire Police and an update on what future projects/works are planned in Settle. We hope that lots of the vital Community Groups & Organisations will once again be able to join us and inform the Parishioners of Settle about the important work that they do in the community.

If you are part of an organisation and are interested in attending the event and doing a small presentation or would like further information, please email [clerk@settle-town-council.gov.uk](mailto:clerk@settle-town-council.gov.uk) or ring 01729 823617.

The meeting finishes with an open forum, an opportunity for your questions and comments. Further details and the agenda will be published in due course.

### **Come and join us**

We have one vacancy for a councillor; are you interested in filling it? To qualify you must be at least 18 years old, appear on the Settle register of electors, or have lived or worked in Settle or have lived within 4.8km for the last year. To find out more please contact the Clerk at [clerk@settle-town-council.gov.uk](mailto:clerk@settle-town-council.gov.uk) or phone 01729 823617.

### **Police drop in surgery**

The next drop-in surgery held on the marketplace, will be on the 28th of May 10am-12pm. If the weather is bad the surgery will take place in the large meeting room in the Town Hall.

### **Worried about the cost of living?**

If you are struggling to pay for food and other essentials, there are local schemes and organisations in North Yorkshire which may be able to help or point you in the right direction. You will find information about emergency financial support, managing debt, benefit entitlement, energy bills and staying connected all in one place at [www.northyorks.gov.uk/costofliving](http://www.northyorks.gov.uk/costofliving)

North Yorkshire Council's cost of living web page also has information about pension credit, schemes to help families and local community-based support including Warm Welcome spaces as well as advice on staying safe and well.

If you are less confident with technology and have friends or family who might be able to help you understand what support is available with the cost of living, please ask them to look at the web page with you. You can also go into any North Yorkshire library or North Yorkshire Council office.

If you are not sure who to turn to, you can call North Yorkshire Council's customer service centre on 0300 131 2 131 Monday to Friday from 9.30am to 4.30pm asking for 'cost of living help' when prompted.

### **Twinning Event**

The Council are looking forward to welcoming the twinning committee from Banyuls-sur-Mer in May.

The twinning with Banyuls-sur-Mer began in 1992 and regular visits to and from France have since taken place (see *The French Connection* on page 22-23).

# POPPY APPEAL

I am currently going through the application process to become the Settle Poppy Appeal organiser and I would like to hear from anyone who would be interested in helping with the local poppy collection, which will involve putting together collection boxes to be delivered to various organisations and businesses as well as potentially manning collection points on busy shopping days.

In the past there was a strong Royal British Legion branch in Settle. These days membership is not confined to being an ex-service person and is open to everyone who shares the values of the Legion to support the Armed Forces Community. To restart the Settle Branch, we need a minimum of 15 people to become members and suitable volunteers to fulfil committee positions. If you are interested in any of the above please contact me by email at [rbl.poppy.settle@gmail.com](mailto:rbl.poppy.settle@gmail.com) or message me via Facebook.

**Toby Lehmann**

## FEEDBACK

The old *Community News* was good, the new one even better! Keep up the good work, and a big thanks to both the outgoing team and the incoming team for all their efforts and hard work.

**Alex Pilkington**

Congratulations on the revamped *Community News*. It's a delightful read, offering a valuable insight into local happenings and perspectives.

However, I would respectfully disagree with Phillip Hinde's stance on closing ticket offices and reducing staffing at stations (Oh Mr Porter). Having served with pride at the Settle Carlisle Railway for many years, I've witnessed firsthand the pivotal role our railways play in sustaining local vibrancy and connectivity. While tourism is undeniably significant, our

community's vitality hinges on accessible transportation, enabling residents to commute to key employment hubs such as Skipton, Bradford and Leeds. Moreover, students rely on rail access for education and training opportunities.

Settle station, alongside others like Appleby, stand as a testament to the resilience of the S&C, which faced near-closure in the 1980s—a misguided decision averted by public outcry. I wholeheartedly support efforts to maintain booking offices, recognising their indispensable role in aiding travellers navigating an increasingly complex array of options, especially in our digital age. The proposed alternative of deploying staff as “journey planners” on platforms was impractical and, frankly, perilous, especially for anyone feeling vulnerable or needing additional support.

Whilst acknowledging the fiscal complexities of the railway industry, shedding frontline jobs whilst not examining the excessive costs elsewhere within the industry is a disheartening misallocation of resources. Ticket office staff and conductors provide invaluable assistance, contrasted with the cumbersome process of seeking guidance from National Rail Enquiries or online platforms.

Settle station, like many others, harbours untapped potential for business ventures; yet antiquated leasing practices stifle innovation and revenue generation. There is room for extra use of various spaces. Also ticket offices could broaden their scope to offer comprehensive advice and increased access to other rail services, i.e. in Europe. This would enhance the overall customer experience.

I agree on one point however, please do use your railway and your local station. The dedicated staff are here to support you. Let's not only buy tickets and railcards from them but also champion the invaluable contribution of station staff and the vital role our stations play in our daily lives. Together, let's ensure their continued presence and prosperity.

**Marion Armstrong**



## **Celebrating our Ground Nesting Birds and their Habitats**

Is there any better sound of spring than the cry of the curlew? Many of us look for the return of these wonderful migratory birds, and their cousins (in spirit, if not in species!), lapwings?

The UK is the third most important country in the world for breeding curlews, playing host to 25% of the world population during spring. But, as many of us know, curlew numbers have plummeted since the 1990s, with breeding populations dropping by 60% in Scotland and 30% in England. This is bad news for curlews but it's also bad news for our landscapes over all. Curlews are an important indicator species of the health of other birds, plants and animals, and where they are in decline we can be sure other species are suffering.

In 2023, The Folly hosted a one-day arts festival all about ground nesting birds in partnership with Wild Ingleborough and Yorkshire Peat Partnership, aimed at children living locally. The event was funded by Art Fund, and was a great success. We welcomed over 200 people to the museum that day, including 100 children – our best day ever!

However, we also received a lot of

feedback from the community: people wanted to find out what they could do to help curlews and other ground nesting birds, and they wanted events aimed at a wider age range. People of all ages wanted the chance to get inspired and take part.

We listened! This April, The Folly, Wild Ingleborough and Yorkshire Peat Partnership are holding a week-long festival about these iconic birds, encouraging everyone in our community to get inspired and, where possible, make change to support all species of ground nesting birds and the vital habitats that are their homes. We have activities aimed at all ages and abilities, from dawn chorus walks, to workshops, lectures and crafts. Most events are free or low cost, and charging events are directly supporting our landscape, by supporting sustainable farming through RIND and The Courtyard Dairy, or through proceeds being donated to Curlew Action.



**Curlew Chick (Photo: Tim Melling)**

*Ground Nest Fest is generously funded by The Royal Society through their Places of Science grant scheme.*

**Visit [www.thefolly.org.uk](http://www.thefolly.org.uk) or pick up a programme from Settle Tourist Information Centre to find out more.**



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# DON'T FORGET TO VOTE **X**

Voters in North Yorkshire and York go to the polls on Thursday 2 May in the election for a Mayor for North Yorkshire and York who will serve a four-year term. The election will be 'first past the post' and voter identity will be needed.

Following local government reorganisation last April the existing Borough, District Councils and County Council were abolished and replaced by the new North Yorkshire Unitary Council. The City of York Council continued as a unitary authority. The new combined authority for York and North Yorkshire was launched on 1 February 2024 see: <https://yorknorthyorks-ca.gov.uk/>. This followed an inaugural meeting on 22 January, when the constitution, budget and statutory officers were confirmed. The creation of the Combined Authority which comprises four councillors from York and North Yorkshire who will work with a newly elected mayor, follows the devolution agreed with central government and announced on Monday 1 August 2022.

So just what are the responsibilities of the new mayor who will take office on Tuesday 7 May?

The Mayor and Combined Authority have certain powers and responsibilities, devolved to them by central government. In summary, these include:

\* responsibility for the 30-year Mayoral Investment Fund worth £540 million and the powers to borrow against funds;

\* full devolution of the adult education budget;

\* powers to improve the supply and quality of housing and secure the development of land or infrastructure; powers and funds to improve transport through a consolidated, devolved, multi-year transport settlement;

\*responsibilities for community safety and the powers to appoint a deputy mayor to carry out many of the duties previously held by the Police, Fire and Crime Commissioner.

According to the North Yorkshire Council web site (<https://www.northyorks.gov.uk/your-council/york-and-north-yorkshire-combined-authority>) from its launch to March 2025, the new combined authority will receive more than £56 million to invest for the benefit of communities across the region. This includes £12.7 million for housing, to deliver more than 700 new homes on brownfield sites, and a further £10 million to support transition to net zero, unlocking economic opportunity, empowering business growth and creating new and better paid jobs. An adult education budget will also be devolved to York and North Yorkshire.

Where will the new mayor's office be located?

From 1 February, staff working for the combined authority use offices in York (West Offices, Station Rise) and Northallerton (County Hall). The mayor is set to work from both offices.

For more information, including voter registration, voting by post or by postal proxy, and how to apply for voter id, visit [www.northyorks.gov.uk/your-council/elections-and-voting/york-and-north-yorkshire-combined-authority-mayoral-election](https://www.northyorks.gov.uk/your-council/elections-and-voting/york-and-north-yorkshire-combined-authority-mayoral-election) or call 03001312131 and ask for the electoral team.



### **Election Candidates (in alphabetical order)**

**Cllr Felicity Cunliffe-Lister** is a businesswoman, and North Yorkshire councillor for Masham and Fountains. She represents the Liberal Democrat party.

**Cllr Keane Duncan** is a North Yorkshire councillor for Norton. He represents the Conservative Party.

**Cllr Kevin Foster** is a former soldier, and North Yorkshire councillor for Hipswell and Colburn. He represents the Green Party.

**Cllr Paul Haslam** has his own management consultancy, and is the North Yorkshire councillor for Bilton and Nidd Gorge. He is standing as an independent candidate.

**David Skaith** is a business owner and chair of the York High Street Forum, born in Harrogate and now living in Wheldrake. He represents the Labour Party.

**Keith Tordoff OBE** is a former detective of Pateley Bridge. He is standing as an independent candidate.

The deadline for nominating candidates was 5 April after *Community News* went to press.



**Mayoral Election Online Hustings: Monday 22nd April.** Before you vote find out where the candidates stand on climate issues. Together with other organisations North Yorkshire Climate Coalition, of which ACE is a member, will be co-hosting a climate and biodiversity themed hustings. See our website for timings, Zoom link and how to ask a question, as well as look beforehand at responses from the candidates about their climate related plans.

**ACE Energy Group & Settle Energy Local Club - Local Residents Smart Meter Survey** - we are collecting information on Smart Meters and any problems you might be having with them – from recent social media that’s quite a lot. To give us more information with which to approach the ‘powers’ that be, please take 2 minutes to answer our survey: <https://www.surveymonkey.com/r/LCWQ5D3> Thank you.

**ACE’s Spring Green Cafes:** Saturdays 13th April and 11th May (10.30-12.30pm) at St John’s Methodist Church Hall. Come and chat over fair-trade teas, coffees and biscuits about topical issues. Hear about our latest actions, impact and campaigns. For example, participate in our Fairtrade 90kg Rice Challenge by buying 1kg of either white or brown rice costing £4.00. Our cafes are free, all welcome.

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# IS THIS THE FUTURE OF BANKING?

Once there were four banks in Settle. Over the last few years they have gone, one by one. The last, HSBC closed its doors to us on 5 September 2023. Despite representations from residents, Julian Smith MP and Settle Town Council who held a meeting with a senior representative from HSBC earlier that year, there was no going back on the decision which was first announced in November 2022.

The closure came on top of the loss of Barclays, Lloyds and NatWest in the previous five years.

The demise of Settle's HSBC was one of 114 branches closed last year and received national publicity when the Daily Express ran an article on 'closure day' under the headline '40mile cross-country trek in store as town loses last bank'. The article highlighted the negative impact the closure had on residents both in Settle and in the surrounding areas as far away as Hawes.

Now steps are underway to secure a banking hub for the town.

Since 1986, significant numbers of bank branches in the UK have closed. Data from the British Banking Association (BBA) from 1986 to 2012 and the Office

for National Statistics (ONS) from 2012 to 2023 revealed that the number of bank branches in operation in the UK fell from 14,689 in 1986 to 5,745 in 2023. Over the same period, the number of operating building society branches fell from 6,954 in 1986 to 1,925 in 2023.

But many communities have responded positively, campaigning against the closures and securing short term 'pop up' banking services (as we have in Settle - see page opposite).

It has also resulted in the growth of banking hubs which have been opening up in the UK. These hubs, operated by the Post Office, offer shared cash and banking services to customers of the UK's major banks. This includes personal and business banking and facilities for some bill payments. They also comprise a counter service (also operated by the Post Office) in addition to private spaces where customers can speak to someone from their

own bank.

Our nearest banking hub, which recently opened following a campaign led by the local chamber of commerce and widely supported by local residents, is in Knaresborough.

A small delegation from Settle paid it a

visit in March to see how it operated and to learn just how the community succeeded in getting it. They also met a representative from the local chamber and the manager of the banking hub who provided useful background and operating information.

Age UK North Craven organiser and member of the Settle and District Chamber of Trade Jonathan Kerr described the visit as 'inspiring'. He said: "It was so positive to see the Knaresborough Banking Hub, it felt like a local bank branch, but stripped back and without the posters trying to sell

products.

"People were coming in to do simple transactions and to see their bank's member of staff. It was busy and felt relaxed, the Hub was able to be supportive of the town and the residents, it brought together the banks in a central and very accessible space and complemented the local Post Office.

"Settle would benefit so much from having one, and for us we could also try and get another ATM (cash machine) as part of the package and give Settle more resilience and choice."

## BANKING SERVICES IN SETTLE

### Mobile banks

Lloyds mobile bank comes to Settle on Wednesdays every other week but will be stopping at the end of May.

They will be in Whitefriars car park between 10.30am and 12.30pm on alternate Wednesdays. Can check dates on Lloyds website. <https://www.lloydsbank.com/banking-with-us/mobile-branch/yorkshire.html#Settle>

NatWest mobile van is also in Whitefriars car park every Monday (except Bank Holidays) between 12 noon and 12.30pm. If you miss it, they go on to Ingleton and are in the Wheatsheaf car park 2pm til 2.30pm.

### Lloyds pop up banking at the hub from June

Lloyds will be stopping their mobile van at the end of May but from Thursday 6<sup>th</sup> June they will be doing a pop up banking service at the hub in Commercial Courtyard. They will be in **10 am-12 noon on alternate Thursdays from 6<sup>th</sup> June** until at least the end of January 2025. If there is enough interest they will continue.

The Lloyds staff will not be able to handle

cash or pay cheques in but can help with a range of other banking queries and get people set up with phone or online banking or how to use the Lloyds app or post office for transactions.

### Barclays at the hub Tuesdays and Fridays

As many of you will be aware, Barclays branch in Skipton closed in March but they are continuing a pop-up banking service from the hub in Commercial Courtyard. Barclays have confirmed this will continue with the existing hours until at least February next year so will be in Settle on **Tuesdays and Fridays 9.30am-3.30pm**. Barclays staff will not be able to handle cash or pay cheques in but can help with a range of other banking queries and get people set up with phone or online banking or how to use the Barclays app or post office for transactions.

Please be aware that hub staff cannot take phone calls or messages for Barclays or Lloyds staff and if you want to talk to them you need to come in person.

### Settle Community & Business Hub, Unit 1, Commercial Courtyard, Settle



## THE FRENCH CONNECTION

In autumn 2022 an intrepid band of Settlers set off for deepest France to attempt a resurrection of the Settle-Banyuls town twinning arrangement.

Eight of us (self-funded) managed to locate the idyllic settlement on the Mediterranean coast, close to the border with Spain, just as the locals were about to celebrate their annual wine festival. What an incredible coincidence! We spent several days hosted by friendly natives and a merry time was had by one and all.

We naturally offered to reciprocate and the return visit is now about to happen.

Our guests will be jetting into the glorious Manchester evening sunshine on Wednesday, May 22nd and coming straight up here to lodge with their hosts. The Town Council has offered to fund a reception at 2pm the following day in the Town Hall premises, where they will be welcomed by the Mayor and Councillors and presented with a locally inspired gift. The rest of the day will probably be spent relaxing in town and getting to know Settle and its immediate environs.

Our original band of eight explorers is very keen that this venture should not be limited to them alone. This is a TOWN partnership and we would therefore

like as many people as possible to be involved. A friendly ‘Eyup!’ around town would be a lovely gesture. Maybe you would like to join the group on visits in and around Settle?

Suggestions so far include Bleak Bank farm; sheepdog trials; Giggleswick School Chapel; hikes; wild swimming (!); folk music; The Folly; Lord’s brocante; tea at Elaine’s in Feizor; cheese and beer-tasting; a Skipton canal-boat ride; a National Trust property (eg: Gawthorpe Hall, Burnley, Lancashire!); Settle-Carlisle Railway (strikes permitting); Tom Lord’s farm; Leeds Jazz Festival; Saltaire Mill; Victoria Hall (Paper Boys concert); Arts and Craft House (Lake District); Harewood House and last, but most definitely not least, a Settle Club cricket match. We could even organise a game with the u3a Walking Cricket squad.

Some of these ideas may involve too much travel and also too much expense, as the only funds we have are the £200+ left over from the last Banyuls visit over ten years ago. I’m afraid anyone accompanying the group would have to pay entry fees themselves, but I suspect most of the trips will be local and not break the bank. The main thing is for our guests to see a little of our beautiful



*Banyuls-sur-Mer*

county and meet as many Yorkshire folk as possible.

One possibility for Settlers, Gigglers etc to get more involved would be to invite a French person or couple for an evening meal in their home. This would provide an opportunity for our guests to experience a possibly different environment from the one in which they will be spending most of their time. And you could practise your French!

Another way in which you might like to contribute to the venture is for you to hold an April coffee morning in order to raise cash for trips/venue tickets. If we knew by the end of the month how much cash was available, we could cut our cloth accordingly when planning entertainments.

A farewell meal is planned for the evening of Sunday, May 26th at Settle Cricket Club. The following morning, some of the French group will be returning to Manchester and home. Some are heading north to Edinburgh for a few days, so we must make all endeavours to match, if not beat their Scottish experience.

If you would like to get more involved in the above, be it mixing with our guests, joining trips, offering meals or fund-raising, please contact one of

the email addresses below as soon as possible.

We look forward to hearing from you and hope we can all do our best to provide a memorable stay for the goodly folk of Banyuls. It's great to make new friends and we would very much like to expand the group on our next visit to Banyuls. As much as the eight pioneers of 2022 would like to repeat a most enjoyable experience, we would like to encourage as many different people as possible to become Twinners

**Ian Gray**

### **Get In Touch & Join In**

**Phil McCarthy**

pgmccarthy123@hotmail.com

**Lynda Boyce**

bronfay@hotmail.co.uk

**Jean and Dave Hall**

jean.hall1@btinternet.com

**Mike Driver**

Mikedriver2000@yahoo.com

**Margaret and Ian Gray**

ianandmargaretgray@hotmail.com

*And two more hosts not on the expedition to France in 2022:*

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# NEXT STOP, MANCHESTER!



It is pleasing to report that February has been one of the best months in recent times on the Leeds-Settle-Carlisle line with only a few cancellations and a slight reduction in late running instances. March is also looking positive as I write.

We had a few signalling problems at the north end of the line and, rather unfortunately, it seems to be the first trains of the day, used by commuters that often suffer the worst.

We are doing our utmost to encourage the rail operator to increase the reliability of these services.

Many of the one-time commuters have deserted rail, it is suspected due to reliability issues, as well as the Dales Railcard restriction, and we are certain that there is a market there, waiting to be won back.

This is vital in an age where we have an urgent need for decarbonisation and a modal shift from private car use.

We have done our best to lobby for an improved rail timetable, better suited to customer needs, and can report on a minor success in that, as from 2nd June, the Sunday 1213 northbound departure from Settle will call at all-stops, permitting a visit to any of the minor stations including Horton, Ribbleshead, Dent and Garsdale.

We believe that there is also a good business case for the early Sunday evening train being all-stops but we have not succeeded on this point as yet.

Meanwhile, the spectre of industrial

action has not entirely gone away, and services were again disrupted on 1st March. This effectively meant that there were no trains at all on both of the Leeds-Settle-Carlisle and Morecambe lines. The travelling public are getting a little weary of this and let's hope that that matters can be brought to a satisfactory conclusion as soon as possible. Without doubt this has affected the confidence of the travelling public as regards long term plans and travelling to work. At the time of writing there is no further planned action, but one suspects that it is only a matter of time.

It is rare to be able to report on an entirely new train service but, indeed, that will shortly be the case here. As from 8th June, there will be a Saturday-only service from Manchester to Ribbleshead via Clitheroe and Settle offering two return journeys. This will potentially allow for a journey to Manchester, departing Settle at 1122, albeit with a limited stay time but, maybe, a handy way of reaching the airport? The service will run all-year and, if all goes well, we might even look forward to additional services on the Hellfield to Clitheroe line, a vastly underused resource. It can only be good for the hospitality industry in the area with the prospect of increased visitors.

Regular travellers towards Carlisle will perhaps have noticed the sudden activity to reinstate the rail link at Horton Quarry together with the preparatory work for the associated footbridge. This is

excellent news for Settle as it must relieve the burden of heavy freight travelling through the town and with considerable environmental benefits. Increased freight use of the line is something which the Friends have long since advocated and makes eminent sense. However, our line does seem to have been starved of freight with only a few regular trains these days.

Now to even more good news! After much lobbying, we can report that the No 11 bus service will be reinstated as a through service from Horton and Settle to Clitheroe via Slaidburn running Monday to Saturday, commencing on 8th April 2024. The service pattern will be roughly every 2 hours with 5 services each way, and with 4 services to Horton. It would seem bizarre but, until recent times, the service has terminated at the county boundary at Tosside. Thankfully, the Lancashire and North Yorkshire councils have reached agreement and residents of Slaidburn will now get a bus service in each direction, absent for several years. This will also provide excellent opportunity to visit the attractive Bowland area from Settle.

Meanwhile, the volunteer DalesBus team have been busy setting up new routes for the summer season. Unfortunately, despite best efforts, it has not been possible to reinstate a Sunday service on the 580/581 route, or the Sunday 881 service from Settle to Malham. The reasons are largely due to lack of available operator.

However, the prospects seem good for a new Sunday 830 service from Ribbleshead to Richmond via Buttertubs Pass and also an 857 service from Garsdale Station to Hawes and onwards to Castle Bolton. At the same time, it is understood that the Saturday No 75 will operate a summer service from Settle to Malham, in all likelihood, offering two return services. The start dates are anticipated as 5th May

for the 830 and 75 and 14th April for the 857 Garsdale service. More on these services in later articles.

There is no better time get out and use the local bus services, perhaps in conjunction with the train, particularly as the government-supported £2 fare cap extends until the end of December 2024.

The 580/581/582 still provides the regular Monday-Saturday connection to Skipton, Kirkby Lonsdale, and Lancaster whilst the No. 11 provides a useful Monday-Saturday service presently to Horton and Tosside, but shortly to be extended to Clitheroe. These services all call at the Market Place, Settle.

Further up the line, the Western Dales Bus provides the Saturday S1 connection from Dent Station to Sedbergh and Kendal. From Garsdale Station, the Little White Bus provides a Monday-Saturday connection to Hawes. From Kirkby Stephen station, the Saturday Stagecoach 563 runs to Penrith and connects with the 0850 northbound train from Settle.

I should also remind as to the benefits of the Dales Railcard offering one-third off a normal day-time fare for destinations including Leeds, Carlisle, and Morecambe plus stations in between. This is definitely worth having and can be purchased from Settle or Skipton ticket offices or online via the Settle Carlisle Railway Development Co with proof of local residency.

For details of all local bus services and any summer timetable changes please see [www.dalesbus.org](http://www.dalesbus.org) whilst for rail services see [www.northernrailway.co.uk](http://www.northernrailway.co.uk) For assistance on any local transport matter please feel free to contact me and I would be pleased to help.

**John Carey**  
**[john.carey@settle-carlisle.com](mailto:john.carey@settle-carlisle.com)**  
**Friends of the Settle Carlisle Line**



# The Place

**Some of you will know us very well and some of you won't have realised we are here. We have been growing steadily and thought it was time to introduce ourselves....**

The Place opened its doors officially in September 2021 on Commercial Courtyard in Settle. We are a charity with the aim of being a health & wellbeing hub for the local community. The idea for the charity was born in 2020 by a group of people already involved in health and wellbeing provision who were passionate about creating somewhere in Settle that local people of all ages could access for support, information and advice. As well as what we offer here at The Place, we also work very closely with other charities and organisations creating new ways to support local residents.

We are open on Commercial Courtyard (opposite Ruchee) on weekdays, where you will receive a warm welcome from Louise, Ruth or one of our lovely volunteers. We are here

to offer information and signposting services and we can let you know about local volunteering opportunities and information. We have a space for health related support and activities as well as a free public access computer. We can offer printing for a small charge and have two rooms available for hire - a therapy room ideal for 1:1 sessions, and our larger activity room for groups and meetings.

We have recently been awarded the role of Community Anchor Organisation for the Settle area by North Yorkshire Council. A function of this is to develop and strengthen local networks, listen to those living and working in our community and share information. If you are interested in finding out more about what we are involved with, please follow us on our Facebook page or ask to be added to our mailing list - [info@theplaceinsettle.org.uk](mailto:info@theplaceinsettle.org.uk)

In December last year we had the pleasure of a visit from the High Sheriff of North Yorkshire, Clare Granger. Part of her role is to visit rural communities and chat to local charities and organisations. In February we were delighted to hear that we were being presented an award for great and valuable service to the community.

We run or host many different sessions here at The Place, please pop in and say hello and pick up a timetable of events. Here's an introduction to some of them....

**Digital Drop-In** - This runs every Monday 12-2pm and you can pop in with any tech query from Mobile phone support to laptop/tablet issues. We can also help with accessing the NHS App and much more. If we don't know the answer we will signpost you to someone who does!

**Wellbeing Cafe** - Our Wellbeing Cafe Drop-In is on Tuesdays 2-4pm at Settle

Victoria Hall in their wonderful cafe space. This is open to all and anyone can come along. We have a mixture of activities available - art, board games and puzzles. We run this with Pioneer Projects and staff are on hand to provide support and a listening ear to anyone who would like to chat or needs support with their mental health. We can signpost and support with more focused help where needed.

**Here's one we finished earlier!** We would love any donations of puzzles for the group.

**Homestart** - Homestart Craven is a charity that supports families with children under the age of 5 years. They run a Mama Meet group at The Place every Monday, with activities ranging from baby calm and paediatric first aid to craft.

“We offer our parents safe, fun and non-judgemental support with an emphasis on developing supportive peer relationships with sessions run by our coordinator and supported by volunteers. The sessions include a substantial lunch and someone to hold baby if necessary! We are delighted to say that our group is currently full.”

If you are interested please pop into The Place to check if any spaces have become available.

**Horton Housing** - Horton Housing run a drop-in service here in Settle twice a month on Tuesdays 1-3pm. They can help anyone with queries ranging from homelessness and benefits to mental health and budgeting. You don't need an appointment, you can just drop in, they would love to see you. If you don't find them at The Place after 2pm they will have joined us at Victoria Hall for the Wellbeing Cafe so come on down!

**Citizens Advice** - We host an advisor from Citizens Advice on the first Monday of the month. Appointments must be booked through The Place, call us or pop in.

**Age UK** - Wednesdays are Age UK days at The Place with Coffee and Chat in the morning and movement to music in the afternoon every other week. There are also a couple of other groups running at The Place in partnership with Age UK and other organisations; a Cancer Support group that runs on the 1st Monday of every month 10.30 - 11.45am and 'Better Days' Pain and Chronic Fatigue peer support group running on the 1st Wednesday of the month 1-2pm. Pop in to The Place for more information about these sessions.

**Selfa** - Selfa are a local Children's charity who run a parenting group at The Place. This group runs on Fridays 9.30-11am. “Come and join us to navigate the bumpy road of parenting together, arrive after school drop off for tea and coffee.” All parents and carers are welcome. Please pop in to find out what other Selfa groups are available.

**In addition to the activities and events we have on, we support the health and wellbeing delivery for the residents of Settle and District, hosting various sessions including the Mental Health Coach and Social Prescriber from Townhead once a week as an alternative to attending at the GP Surgery. Plus Horizons substance misuse service. We also host private counsellors and mindfulness sessions, please pop in for further information, checkout our website [www.theplaceinsettle.org.uk](http://www.theplaceinsettle.org.uk) or give us a call 01729 824868.**

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## NORTH RIBB WIN PROMOTION!

Settle rugby union club North Ribblesdale closed out their centenary season with success on the pitch, securing promotion to the premier league in the county (Yorkshire 1) with a convincing 42-12 away victory over Roundhegians on March 16<sup>th</sup>. It was their fourteenth consecutive league win, a remarkable achievement for such a small club.

The club also recently supplied six players to the Yorkshire Under 20s squad, with all six players making it onto the pitch at the same time at one point.

Although Yorkshire were beaten 22-21 by Lancashire, two Ribblesdale players, Ben Coultherd and Callum Mathew scored tries, and the others involved were Harry Mathew, Freddy Spensley, Elliott Marklew and Oliver Drew, who was chosen as captain for the game against Cheshire that was cancelled due to a waterlogged pitch. All are local boys who have played at the club from an early age.

It is an unprecedented once in a generation happening that a community club like North Ribblesdale can provide so many players at that age group for the county and it is a pleasure to report that it is no way surprising as all of that group, indeed all the club's senior players, are benefitting from learning from Player/Coach Thomas Davidson.

Tom is ensuring that the Davidson name is still at the forefront of club activities as it has been for 99 years since his Great Grandfather, Sidney, got involved in 1924.

At time of writing, shortly before the *Community News* went to press, there are two games left to play and two wins will see 'Ribb' crowned as champions!

Not to be outdone by their male cohorts, the Ladies team are also on the brink of league success and victory away at Malton on 6th April will see them crowned as champions of NC3 North Central.

The atmosphere at the club is buzzing so why not come down and support your local side, be it the First Team, the Stags (second team), the Ladies or even the juniors on a Sunday morning. Games are advertised on our social media pages. It is a welcoming place to be and any new support will be much appreciated. New members are always welcome.

With travel costs having rocketed since covid the team now often travels to away games by train and anyone wanting to travel with the players and become a part of the club are welcome. Just let Chairman Gavin Davidson know by calling 07711 028287 a week before travel and you can be included on our discounted group ticket and welcomed in our usual manner.

# JOURNEY TO THE CROSS



If you were out and about in Settle on Good Friday morning, you may have seen scenes from *Journey to the Cross* taking place at various spots around the town.

It begins at the Methodist Church, with the Last Supper, before moving to the Millennium Garden for the Betrayal of Jesus by Judas. The Market Square then witnesses the Trial of Jesus before Caiaphas and Pilate, and then the play concludes in the grounds of the Parish Church with the Crucifixion.

It is a very moving drama, which has been performed in Settle since 2009

(except for 2020 due to Covid) with all the parts played by local people, some of whom have been involved since it began.

The play doesn't cover the resurrection of Jesus on Easter Day, though this is celebrated locally by a Dawn Service in the grassy area next to the Quaker Meeting House.

The Langcliffe Singers presented their performance of Carl Orff's *Carmina Burana* at the Richard Whiteley Theatre in Giggleswick in January.

It was a Come and Sing event, where people are invited to join for a rehearsal





Photo: Alison Allmand-Smith



## CARMINA BURANA

on the day and a performance in the evening. The amateur singers were joined by two professional soloists, Bibi Heal, and Paul Gibson who sings with Opera North.

For more information on future performances and how to join in, go to [www.langcliffesingers.org.uk](http://www.langcliffesingers.org.uk)

The HelliSingers' production of Gilbert & Sullivan's *Pirates of Penzance* played to full houses at Hellfield Village Hall in March. Audiences were kept thoroughly

entertained by the amateur cast who threw themselves wholeheartedly into their roles. A swashbuckling good time was had by all!

Pirate King: Frank Birkett; Frederic: Ian Grey; Mabel: Sue Emsley; Major General: Paul Emsley; Ruth: Fiona Ludlam-Brown; Sergeant of Police: Dave Clements; Daughters: Nicky Rodley, Jane Grey, Lillian Breakell, Lizzie Birkett, Barbara Thompson; Pirates: Jackie and Tony Clarkson, Trevor Metcalfe, Chris Darling, Roger Abbiss, David Alderson; Musical Director: Sue Alderson.



## PIRATES OF PENZANCE

# LET'S GO POTTY AGAIN!

It's That Time of Year Again. Blossom and leaves appearing on the trees, longer days, milder temperatures; it's spring at last, and the Flowerpot Team is getting increasingly twitchy.

Flowerpot Anxietatem is a seasonal condition we suffer from at this time of the year as we begin thinking about new characters and displays we could create for this year's Settle Flowerpot Festival.

Thankfully it's not too serious, and we usually recover. You'd think that we would be used to all this by now as we approach

our 11th Festival, but we are as fascinated to know what we will eventually create, as Settle residents and festival visitors are to see the finished displays. The weirder and more whimsical the better. Last year we introduced the likes of Eeyore, a tightrope-walking clown, and Jeremy Fisher the frog, as well as a suitably

serious undertaker and at the war memorial, a soldier, a sailor, and an airman. This year we need to dream up some more magic.

The place where the magic happens – the Potting Shed at Watershed Mill – has been revived from its winter hibernation, tidied up, scrubbed, and hoovered out, and generally made ready for some serious creativity, because although July seems ages ahead, we need to get cracking now!

Way back in 2014, at its inception, the whole idea of the Festival was to help the Settle economy by bringing more visitors to our lovely town during the

summer. There were of course, a couple of scarecrow festivals in the Dales, so we didn't feel we needed another one, and anyway, it was obvious that scarecrows wouldn't withstand the weather outside for six to eight weeks. But perhaps, just perhaps, flowerpots would....

From just a few displays in those early years, and with the continued support and creativity of local community groups, schools, residents and businesses, we have grown each year. Social media has been a real boost to numbers, as an inexpensive

way to publicise the Festival and data from that activity tells us that we have regular visitors travelling from all parts of the UK.

Further boosting this growth is a welcome and increasing interest from the media. Apart from regularly featuring in newspapers and magazines locally and nationally, we

have also appeared on Channel 5's Susan Calman's Grand Day Out, BBC Look North, and even with Naga and Charlie on BBC Breakfast!

In 2023, we estimated that we had more than 300 displays around Settle and Giggleswick, attracting circa 15,000 visitors. That's worth repeating: 15,000 visitors! All these visitors boost the local economy through car parking, using our cafes and pubs, shopping in our stores and so on.

A key advantage of attracting so many visitors to the Festival comes through the



sale of our Flowerpot Trail Quizzes. The income from these, plus our programme of children's workshops together with some donations, is our lifeblood. And as a not-for-profit Community Interest Company (CIC), operated entirely by volunteers, we are committed to donating any end-of-year surplus to local community organisations, and this year we were delighted to be able to donate £1,150 to Settle's fantastic Victoria Hall.

The 2023 Festival finished – quite noisily, thanks to the big samba band - with a Family Fun Day at Watershed Mill, where we were joined by lots of local organisations and charities. Amongst other things you could smash some plates, design a badge, take aim at a coconut, and even splat a rat, all to raise money for good causes. The weather was incredibly kind to us on the day, and the event is now a permanent fixture for Settle at the end of our Festival.

So, the Settle Flowerpot Festival is established in the calendar as a successful annual Dales event. Once again, we are out to improve and innovate. And make no mistake, our team has some great ideas, lots of passion and skills, and we are definitely up to the challenge, but it would be great to welcome more new members to the team who could help us to drive the Festival and ensure it continues well into the future.

All you need is some imagination, a love of colour, a sense of humour and fun, an appetite for biscuits and cake, and most of all the desire to "Make People Smile".

We'll provide the tools, the paint, and the skills training at the Potting Shed. As for the time you can afford to spend with us, that's entirely up to you. None of us are full-timers, although as you can imagine, there are a couple of full-on weeks at the start and finish of each festival! But the payback for the work we put in, is in the positivity and support from everyone in

Settle, the popularity we observe from visitors, the smiles we see on everyone's faces of all ages, and the satisfaction of a job well done. In the face of a changing world, we can all do with a few happy distractions, so please get in touch if you'd like to join the team.

And Finally... we are more than willing to take on commissions from residents, organisations, and businesses, for flowerpot creations that will be displayed throughout the Festival. The fee will depend on the complexity of the piece, but will start from £50.

As my grannie used to say, "don't put off to tomorrow, what you can do today!"

Our contact details are: Steve on 07970 001792, email [steve@visitsettle.co.uk](mailto:steve@visitsettle.co.uk), or Richard on 07940 277405, or you can send us a direct message from the Settle Flowerpot Festival Facebook page.



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# Spotlight on Wellbeing - Pip Carr



There is a lot of talk and advice about wellbeing, but what exactly is it? The Oxford Dictionary defines it as “the state of being comfortable, healthy or happy”. It could also be how positive you are feeling about yourself and your life, what challenges you are facing and how easily or not you are able to deal with those challenges. There are many reasons why someone might struggle with their wellbeing, including health conditions, financial situation, relationships and also anything that is affecting their mental health. In this article I would like to focus on one of the most widespread of mental health challenges – anxiety.

Let’s look at exactly what anxiety is. The dictionary describes it as “uneasiness of mind because of impending trouble or danger”. In small quantities anxiety can be helpful; protecting us from danger and focusing our attention on problem solving. However, when it becomes severe, or happens too often, it can become debilitating.

## **Some Anxiety triggers**

Change and uncertainty  
Stress from work or family situations  
Relationship problems  
Past experiences  
Illness  
Bereavement

## **Symptoms of Anxiety might include:**

Uncontrollable worry  
Poor concentration  
Sleep problems  
Excessive nervousness  
Upset stomach  
Muscle tension

## **So how can we reduce anxiety?**

- Investigate the anxiety and ask yourself: what feelings do I notice when I’m anxious? What type of behaviours do I indulge in? What happens in my body? What thoughts go through my head? By getting up close and personal to the anxiety you can start to understand what it looks like and maybe do something about it before it gets too bad.
- Ask yourself: Is it a particular situation that is causing the anxiety and if so, is there anything I can do to change or adapt that situation?
- Reframe your thoughts – is there another way I can think about this situation? Can I challenge and therefore change my thoughts and reduce the anxiety.
- What strategies can I use to reduce my anxiety? What do I do already that helps?
- Use breathing and mindfulness techniques.
- Keep a journal recording all the good/positive things that have happened that day. This can help balance out the anxious feelings.
- Hobbies can help to take your mind off your anxious thoughts for a while. Knitting/ crochet/doing jigsaws/crosswords/woodwork or any other distracting activity.
- Talk to trusted friends/relations or a health professional. Sometimes just telling someone how you feel can reduce the anxious feelings.
- Exercise, particularly outside. This releases hormones that can counteract anxiety.

If you would like to read more, or need help with anxiety, check out the following organisations: [www.mind.org.uk](http://www.mind.org.uk) / [www.anxiety.org.uk](http://www.anxiety.org.uk) / [www.nhs.uk](http://www.nhs.uk) or talk with your GP.

# Trainspotting and Hillwalking: Munros, Marilyns and Mental Health

Penyghent from  
the slopes of  
Fountains Fell

by Phillip Hinde



Confession - I have been a trainspotter since the age of 4, writing down the numbers of steam engines seen in my early youth, before they mostly went to the scrapyards. I still get a buzz if I see a preserved loco that I haven't encountered before, and scrupulously underline it in my 60-year old Ian Allan ABC Spotters Guide. To make things worse, I collected plane and London bus numbers as well. I and friends would cycle down to the end of the runway at Heathrow (less security in those days) and our entire bodies would shake from the roar of a Caravelle taking off. Our bus spotting was perhaps not entirely ethical – we lived near the AEC factory in Southall where the Routemasters were built and could tick off the numbers before the vehicles had even left the maker's yard! My wife is convinced that such obsessions put me on some kind of neurodiversity spectrum. She may be right, though I think the present fashion for labelling almost anyone who has a few quirky habits or traits with a mental health categorisation does a disservice to those with really disabling and distressing conditions such as severe autism and depression. But we'll come back to that later.

Of course, Settle is quite a good place for trainspotting, and an even better one for my other love, of hillwalking. Physical challenge, the chance to admire the scenery and to spot the wildlife makes it all very worthwhile, but alas the hills are not exempt from the obsession with lists and ticking things off. It was Victorian laird Sir Hugh Munro who started it with his table of all the Scottish mountains rising more than 3,000 feet above sea level. His choice (the Munros) is in truth a bit arbitrary as some of his summits are just individual tops on a single ridge or plateau. Then Englishman John Rooke Corbett stepped in with his list of Scottish peaks between 2,500 and 3,000 feet. His choice was more rigorous and his Corbetts all have a drop (or prominence) of 500 feet between one summit and the next. Since then we have had a proliferation of Hewitt, Dewey, Graham, Fiona and Tump lists, covering particular regions and criteria, not to mention the Lakeland Wainwrights. The last were also a rather personal selection by the famously crusty hiker, all immortalised in his remarkable sketched and hand-written guidebooks.

However, all this numeracy, especially around distance above sea level, can

be a bit spurious. Heights in Britain are set from a datum based at Newlyn in Cornwall defined by the Ordnance Survey in 1921 after six years measuring high and low tides. But in fact mountains, like share investments, can go both up and down. Our limestone Craven hills were of course formed under a primeval ocean. Sea level rise due to current climate change will become significant, but Britain is tilting as it recovers from the last Ice Age so the north-western peaks of Scotland are still creeping up. And even if seas were stable, that is only half the story. Everest, itself continuing to rise due to tectonic movement, may be highest above sea level, but since the earth is not a perfect sphere, the peaks of Chimborazo and Huascarán in South America vie for the distinction of being furthest from the centre of our planet.

It seems that in Britain we can use the term 'mountain' if the top is 2,000 feet above that Ordnance Survey baseline, so we are conveniently gifted a round number of 30 such summits in the Yorkshire Dales National Park. These tops qualify as Hewitts, the term an acronym from Hills of England, Wales, Ireland above Two Thousand, having more than 30 metres (roughly 100 feet) of drop all round. The walkers' guide 'The Dales 30' is available from all good Settle outdoor shops!

But the most interesting list of British summits, based on prominence rather than just presumed height above a rather sloppy tideline, is the Marilyns. The term was coined by Alan Dawson as a tongue-in-cheek counterpoint to the Munros (Monroes!). He identified all the hilltops in the British Isles with a clear drop of 150 metres all round. Some of them are less than exciting.

Crowborough Beacon down in Sussex is surrounded by bungalows on the edge of the town and nearer here, the high point of the Yorkshire Wolds is alongside the A166. Nevertheless, for the list ticker the Marilyns represent quite a challenge, not least because there are over two thousand to choose from, and they include the enormous sea stacks at remote St. Kilda which require landing onto a sheer cliff from a small boat in an Atlantic swell, dodging angry seabirds and then some serious rock climbing. If you're not discouraged and want to start your list in our neighbourhood, the nearest Marilyns to Settle town centre are Fountains Fell and Penyghent, and they will count towards your Hewitt and Dales 30 score as well.

Surely though, hill walking should be about more than nerdy summit scoring. Even if you are a bit of a tensed-up obsessive needing some mindfulness therapy, rambling the fells is provably good for mental as well as physical health. The type of exercise involved naturally releases the same type of chemicals inside your body as are included in anti-depressant drugs. Trekking magazine Trail supports a campaign called Mountains for The Mind which promotes activities and ideas for those with mental health issues to get benefit from roaming the moors and mountains. Check out [www.mountainsforthemind.co.uk](http://www.mountainsforthemind.co.uk) for more info.

But perhaps we list tickers shouldn't feel too guilty. If collecting train numbers helps us appreciate the romance of Flying Scotsman or Tangmere chuffing up the Long Drag to Ribbleshead, and hill-bagging takes us through fresh and inspiring landscapes, we can't really be too weird or wicked!





## LAPWINGS, CURLEWS, RAMBLERS and NPL CRICKET

There is something just good about having a beer, chewing the fat with friends and taking in the action at your local cricket club in the heat of the summer sun. Well, the locals are ready for yet another summer of cricket activity down at The Marshfield, as Settle enter the den of The Northern Premier League. The highest level of club cricket in the UK.

In 1951 Blackpool, Chorley, Leyland, Fleetwood & St Anne's departed from the Ribblesdale League due to non-commonsense politics and set up with others The Northern League. Now 83 years on and Settle meet up again with old foes. All teams have strong professionals and some have added Cumbria Minor County players to their ranks and Blackpool will include England T20 paceman Richard Gleeson as an amateur with his boyhood club. So the bar is high, the games will be tough and challenging and it will be a step up for the Settle lads, led for a fourth successive year by one of the Davidson brothers, Will. Not a bad level of cricket to

watch for £3!

Settle welcome back Sri Lankan Ashen Silva for a fifth season and three Smiths to the club, in former Yorkshire Schools cap, left arm bowler Will from Steeton and brothers opening bat Lewis and opening quick bowler Lloyd from Morecambe, although when they were 12 they did play in the clubs U12s, originating from Bentham. The clubs final signing is former Cherry Tree, Great Harwood, Todmoreden and St Anne's professional, left arm spinner and hard-hitting bat Amar Ullah. Ullah replaces West Indian, Tremaine Dowrich in the line-up. Add the return of Tom Davidson and Eddy Read from injury and the development of opening youngsters, Yorkshire 16 group Archie Phillipson and John Davidson then Settle should compete, if not take a few scalps.

The club has just appointed the ever-popular Robin Towler as their new president. 'Yogi' has been involved with the club since settling here from over the hill in the early 70s. Player, committee



man, selector, sponsor and top groundsman at the club for several decades. A fitting honour for such a club stalwart. In a similar vein the club this week announced the honour of life membership for Martin Scaife in recognition for “services to Settle Cricket Club” over four decades. Ian Grey runs the walking cricket group on a Monday, but in the dark months of winter has been mapping out all the club’s fixtures for 14 teams. Still to be fully completed at time of writing.

Behind the scenes, Carlsberg become the club’s new go to bar suppliers with various sponsorship packages to support the club. Four test match standard sightscreens at either end of the ground come into force as part of the standards set by the ECB for premier league clubs. The 1905 old pavilion in the corner of the ground has had a facelift. A posh flagpole will be in place by the old pavilion adding nostalgia and panache. A new online system to join the club, pitchero will be the way to pay membership. Paid up members will receive discounted drinks. Gray Nicholls have opened up an online club shop where anyone can buy club kit and merchandise and in an exciting move benefiting the community is the club’s new cricket links with Settle College (still High School to me!) where we will play games and use their two bay nets for practice. In return the club will tend and look after their square and invest in new netting for their 2-bay net system, as well as a repaint. With 14 teams and over 100 playing members, the club needed an overflow pitch and we are indebted to Head Gareth Whitaker for his support and empathy.

The club welcomes back all sponsors. Sponsors day is July 13, Settle v Blackpool.

Lucy Knowles will be our new tea provider with her fantastic Feizor fare!

The 2nds and 3rds will play in the

Westmoreland League visiting places such as Coniston and Appleby, as well as a Yorkshire derby with Ingleton.

It is hoped for the first time in the club’s history to field a 4th XI and give some up and coming youngsters a taste of senior cricket.

Not to be in the shadows, our women’s team also go into the West Yorkshire Women’s League. A new venture for them so good luck! We will have more on the ladies in future issues.

So if you are into your cricket come on down to the tranquil Marshfield and take in a game or two. If you are not a cricket fan, still come down, we have the biggest beer garden for miles around, great facilities, flat entrance and a stunning backdrop. You will be made welcome, there is no better place on a summer afternoon than The Marshfield.

The Lapwings are tuiting, the Curlews are whirling, the Ramblers are getting their rucksacks ready and the NPL beckons!

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## Inside local business with Mike Smith



### Harrison and Cross Electrical Contractors

In the age of internet shopping there is still a place for the local specialist family business as demonstrated by the success of the Settle-based electrical contractors Harrison and Cross, who this year mark the 25<sup>th</sup> anniversary of the opening of their showroom in the Sidings, next to the town's station.

Clapham-born Graham Cross, who now lives in Langcliffe, set up his electrical contracting business with Brian Harrison in the 1970s. Brian, who was much older than Graham, died many years ago, but the business still bears his name.

After working from a garage for many years, the company bought a plot of land in the sidings for £10,000 in 1988. At that time the threat of closure hung over the railway and the original rail sidings had been demolished. After the railway was saved, English Estates tried to buy back the land, but by then Harrison and Cross had spent a further £40,000 on constructing their workshop and the sellers were not prepared to meet the extra costs of repurchasing.

The opening of the showroom in 1999 marked a big change for the company. It meant goods were on hand for customers to see and that off-set the considerable investment of buying stock in the hope of future sales.

Harrison and Cross now employ five electricians, led by Graham's son Andrew, whose wife Abigail (*pictured with Graham,*

*right*) is one of two office workers.

At 71, Graham regards himself as more or less retired but still takes a very keen interest in the company, both its past and its future.

As to why a business like his can compete with the internet giants, Graham explains that whilst the on-line companies may be able to beat local firms for price what they cannot offer is the sort of flexibility you get with businesses like his.

For instance, the day we met he had been out around 8am visiting a customer to measure up for an appliance that could be viewed in the showroom and would be installed at a time when the buyer was back from work.

That is the sort of service that will suit those who go out to work, but it is mainly the elderly who value the opportunity to see a cooker or fridge before purchasing and need professional installation along with instructions that go beyond those found in a multilingual manual.

But changing times have also brought their challenges. Harrison and Cross no longer sell televisions. The cost of installation outweighs any profit to be made.

Despite the current enthusiasm for recycling, long gone are the days when appliances, including televisions, could be brought into the workshop for repair before being returned to the customer.

You can now buy a washing machine for the same price as you could when the showroom opened in 1999. But you would only expect it to last four or five years before needing to replace it. Taking away old and broken products has its problems too as the cost of taking scrap to a depot effectively outweighs any income received for the scrap.

There have been specific challenges too over the past quarter of a century. The

showroom had not been open long when foot and mouth effectively closed down this area and made supplying local farms, a big part of the business, impossible for months. However, there was an upside, the post disease deep clean that had to be undertaken by all farms, meant the reinstallation of much electrical equipment.

The financial crisis of 2009 also had an adverse effect, though perhaps not as much in areas with fewer comfortably off residents who could afford to replace electrical goods without having to dip too deep into overstretched budgets.

Most recently the covid years brought their challenges, initially with complete closure and use of the government furlough scheme, and then, as it became clearer that construction work was still allowed, a reluctance on the part of householders to have strangers in their homes.

Perhaps the biggest change that Graham has noticed is in the area's social mix.

When he started there were more young families in the town. Now his business finds it hard to recruit young electricians. He says young families cannot afford to buy a home in the town and have to commute from places like Barnoldswick, where it is still possible to buy a home for around £100,000.

Here he sees the housing market is dominated by retirees, second homeowners and buy-to-lets for the holiday trade. He

recognises that all have their part to play in a tourist economy that is also heavily reliant on older volunteers. But it is a big concern for the future workforce of businesses like his.

It is also a much bigger problem for the local service, to which he has dedicated much of his adult life – as a retained firefighter. The fire service relies on young fit volunteers. The council facility at

Langcliffe and the paper mill were once a source of such people, but both have closed.

When he was involved before retiring in his 50s, the force was 15 members strong, now it is having to recruit to build on the handful who do this essential job.

The sort of call outs have changed too. It used to be domestic blazes, especially chip pan fires, and barn fires that could take days to extinguish.

Now it is more road traffic accidents, especially those involving motorcycles.

Times have changed both for the fire service and the electrical contracting business. But having faced major challenges over the past quarter of a century Graham remains reasonably optimistic for the future of local business and the essential services that the town needs.



**If you run a local business and would like to be featured here, please email [features@settleneews.co.uk](mailto:features@settleneews.co.uk)**



# BOND BEYOND FLEMING

## I'VE BEEN EXPECTING YOU, MR. BOND...BUT NOT QUITE THIS OFTEN

The man in the street would no doubt recognise that James Bond has been going a long time. But how long, and how does he do it?

Let us begin with some history. James Bond was created by Ian Fleming over the twelve years 1953 to 1964. Fleming published twelve Bond novels in his lifetime, at roughly one a year, beginning with *Casino Royale* and ending with *You Only Live Twice*. Two more were published posthumously: *The Man With The Golden Gun* (1965) and *Octopussy And The Living Daylights* (1966).

Fleming, who smoked and drank heavily, sadly succumbed to heart failure at 56.

As to career, Fleming failed to make it into the Foreign Office or to succeed in City finance but his service in Naval Intelligence during WW2 developed in him an ability to write concise and striking prose and gave him copious material for the Bond novels. In 1944 he announced that, "When we have won this blasted war, I am going to live in Jamaica. Just live in Jamaica and lap it up, and swim in the sea and write books."

And he did. In 1946, on six acres of land on Jamaica's north coast, he built *Goldeneye*, a large bungalow complex where all his Bond novels were written. There he hosted celebrated friends too,

among them Errol Flynn, Lucian Freud, Princess Margaret, Prime Minister Anthony Eden and Noël Coward. Coward particularly disliked the angularity of *Goldeneye*, and when once asked for directions to it replied, "Go to the top of the hill, dear boy, turn right, and it's the first ear, nose and throat clinic on your left". A lesser known but highly significant caller was an American ornithologist specialising in birds of the Caribbean, a subject that interested Fleming. He was James Bond. Fleming liked his name and simply appropriated it.

Launching Bond took several years: Fleming was 44 before *Casino Royale* found a publisher. Bond immediately enjoyed acclaim in Britain but not much abroad. Then in 1961 President John Kennedy told *Life* magazine that *From Russia With Love* was one of his ten favourite novels, and that did it. Bond instantly created an avid readership in the US, and Hollywood took Bond to its heart – and its bank.

"While thrillers may not be literature with a capital L," said Fleming, "it is possible to write what I can best describe as thrillers designed to be read as literature." Other novelists agreed. Raymond Benson described "the 'Fleming sweep', the use of 'narrative

hooks at the end of each chapter to heighten tension and pull the reader into the next". Anthony Burgess characterised Fleming's prose as "a heightened journalistic style which produces a speed of narrative which hustles the reader along." As to characters, Umberto Eco noted that Bond's villains, always memorable foreigners, "tend to come from Central Europe or from Slavic or Mediterranean countries and have a mixed heritage and complex and obscure origins... [they are] generally asexual or homosexual, inventive, organisationally astute, and wealthy".

Ian Fleming's literary estate is managed by Ian Fleming Publications Limited. One of its aims is to keep the Bond literary brand alive through the publication of new novels ("continuation novels" as they are known) by front-rank authors. They include Kingsley Amis, Anthony Horowitz, William Boyd and Sebastian Faulks; interestingly, Lee Child, author of the Jack Reacher thrillers, declined. There are, of course, the films as well. But to my mind, while the novels impress, the films depress, with their mindless sequences of fighting, explosions, car chases, gadgets, and predictable sex of the Friday-night-in-Yorkshire type. Judi Dench doesn't persuade me as M, while in *No Time To Die* Fleming's ingenious inventor, Q, has morphed from a middle-aged character straight out of *The Repair Shop* into a gay young geek. Ludicrous.

*Colonel Sun* (1968), written by Kingsley Amis under the pen name Robert Markham, was the first commissioned post-Fleming novel. It provoked much dislike, novelist Malcolm Bradbury dismissing it as "Neither vintage Fleming

nor vintage Amis". But author and screenwriter Anthony Horowitz declared, "I have always considered *Colonel Sun* to be the best non-Fleming Bond ever written." I'm entirely with Horowitz, who amusingly describes continuation writing as "...an act of ventriloquism...it's not entirely your own book but you still have to own it." Horowitz has written three excellent Bond novels, among which I recommend his latest, *With A Mind To Kill* (2022). I also strongly recommend Sebastian Faulks' *Devil May Care* (2008), wherein the chief villain seeks to destroy Britain with an overwhelming tide of drugs. Ring a bell?

Bond continuation novels now outnumber the originals by at least three to one, so if literary escapism is your thing you have plenty of escape routes. I have merely scratched the surface of continuation, but Google around and you will find much more: works from John Gardner (highly prolific), American authors Raymond Benson and Jeffrey Deaver, and *Fast Show* actor Charlie Higson, who writes about a young Bond for young readers. Sadly, though, Bond's worldwide reputation has somehow missed Northallerton, so NYC libraries stock only a few Bond titles, whether original or continuation.

Hmm. See to that, Money Penny, will you?

**Bob Young**

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published book reviews by  
Bob Young on our website  
at [settlenews.co.uk](http://settlenews.co.uk)





## HEALTH & FITNESS: NORDIC WALKING

### **What is NORDIC WALKING?**

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### **THE NORDIC WALKERS**

*Have you spotted us striding past with our poles?*

It all started with some encouragement from a friend (thanks Jill!) and the kind donation of 9 pairs of walking poles from Age UK.

I qualified as a Nordic Walking instructor as I wanted to offer the local community fitness sessions, and working outdoors was the safest way to exercise during the Covid-19 pandemic.

Since I started in June 2021 with just 6 Nordic walkers, the group has grown in size and there are now thirty-four members!

Fitness levels and confidence have improved, friendships have been made and support networks have sprung up. Not everyone likes stiles or rougher paths. Some prefer tarmac. Others, softer surfaces, but with three weekly walks to choose from, there is usually something for every level.

Everyone is very encouraging and we generally tend to pair up with someone of a similar speed, waiting for the group or doing an extra loop if we are ahead.



## BIGGER ADVENTURES

Group members often make suggestions or requests for something they'd like to do. In 2022 we had a special Nordic walk around Rydal Water, guided by one of the group, Liz Andrew, who is the Author of 'The Lake District, 40 Favourite Walks'. The following year, we were again treated to a guided walk by a group member Sue Thompson, who volunteers as a walking guide at Sizergh Castle. A small group of us did a 6 day walk in May 2023 called The Friends Way tracing the steps of George Fox, founder of Quakerism. This year, eight Yordic Walkers have already started training for The Friends Way 2, from Sedbergh to Ulverston to complete this journey. (This adventure deserves an article of its own – watch this space!).

But back to our *local weekly walks*... these are about an hour long, and happen all year round.

We are itching to venture out onto more challenging paths but the weather this winter has often dictated choice of terrain.

Some favourite winter routes include the Foredale Moss round from Helwith Bridge, the Austwick-Wharfe-Feizor bridleways, Stackhouse Lane and the Langcliffe High Rd, and the lovely lanes towards Kingsdale from Thornton-in-Lonsdale.

In the summer we have enjoyed going up High Hill above Settle, often called 'Iffil', into Crummackdale above Austwick, up the Pen-y-ghent track from Dalehead and there is talk of tackling Ingleborough this year!

Joining something new can be daunting, but being part of a group is motivating. If you'd like more information, you'll find it in the Community Directory section of this issue of *Community News*.

**Jo Wulf**

## KIDS CORNER



### *The Barnabus Project* by The Fan Brothers

**B**obby chose the Barnabus Project as one of his favourite books. He borrowed it from Settle Community Library recently and said "I like it because it is about a pet shop and underneath there is a laboratory." The book is about a group of 'failed projects' which are pets designed to please, but something went wrong with them. Rather than be recycled, Barnabus - half mouse and half elephant - decides to try to escape, along with the others who had failed to be perfect. There are scary times ahead, but the misfits have to work together to find a better life. An imaginative story of hope in an apparently hopeless situation. A book an older child could read themselves and any child could enjoy the beautiful illustrations.

**Hazel Richardson**

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# The Novice Gardener

Annie Gammon



I am a novice at gardening. I enjoy gardening but feel inexperienced and somewhat ignorant. I have some general wishes for my garden but these have not formulated into anything like a plan. I also know that if I don't stay on top of the garden in spring that it gets away from me: so I have a resolution to spend more time in the garden this spring and summer.

I write this in the early days of February 2024. Signs of new growth are mixed - as is the weather. In terms of the latter it varies from sharp frost, through being mild and wet, to welcome, though short lived, glorious sunshine. I wonder what the plants make of this melange of weather in what is historically a winter month.

I venture out into the garden in the light rain and a welcome patch of sun. I know only a little about gardening, absorbing some knowledge from my expert and enthusiastic mother, and picking up, like a magpie, information from various sources such as plant catalogues, occasional Gardeners' Question Time listening, and from gazing enviously at well kept gardens in the town and villages. I want to learn more: I feel that much has to be learned by experience and by observation in one's own garden as well as by talking with others. *Why do these snowdrops, in what seems a less likely area, open earlier than those in another which I am sure gets more light and sun?*

In this late winter month, it is easy to see the architecture of the garden. Branches, twigs and walls - the underpinning structures of plants and beds - are visible

now while later they will be covered as foliage emerges in spring. It is an opportunity to both consider and cut differently to transform or tidy the shape and size of shrubs. It is also a chance to appreciate those tough and glossy evergreens like holly and ivy which steadfastly prevail through winter.

Also clearly visible but lower down are heaps and clumps of dead foliage. Leaves blown off trees have gathered in piles next to walls; twigs are scattered on the mossy grass; brown leaves droop damply from those plants which were so vibrant in autumn - ferns and montbretia. I am uncertain how much to clear the dead leaves: are they important to wildlife - I think so; do they protect new shoots - I think so; do they look a mess - yes! I end up compromising and clearing some but not all of the soggy brown leaves. I glimpse some new green shoots peeping through.



I enjoy catching sight of the first sightings of some of the early spring flowers: a few snowdrops - though not as many as the delightful clusters I see wild on verges around Giggleswick and elsewhere. Today I also see one golden and one pale purple crocus. I recognise the upright shoots of other bulbs: pale green of tulips - one or two green spears unfurling; the brighter green of the plentiful leucojum (which I always think of as giant snowdrops); daffodil shoots also. If I look

closely I can see tiny buds of leaves on the rose and currant bushes.

Of course alongside the wanted and planned growth is the unplanned presence of weeds - also being encouraged to grow by the light of the longer days (over 90 minutes more light per day now than at the winter solstice). I cut back some of the persistent brambles and dig out some of the tenacious couch grass from the soft soil in one flower bed.



**Viburnum Farreri**

I tie in some leggy winter jasmine - one of those few winter flowering shrubs. I wonder too what an inherited shrub is which has small pink blossom flourishing on this February day. I do an online image search to identify it and discover it is a viburnum ( I have heard of this but did not know what it looked like) - a *viburnum farreri*. I realise from walks around Clapham and up to Ingleborough Cave that this must be linked to the locally based plant collector who brought many plants back to the UK from Asian travels over a hundred years ago. I spend a happy hour reading about Reginald Farrer (definitely not a novice gardener) and looking out at the garden.

### **An update from mid March**

There has been a gradual tilt in the balance of colours in the garden and surroundings from brown/grey towards green. The bright daffodil leaves are tall; the tiny leaf buds on shrubs are

widespread; the willow tree fronds are green. Green is beginning to prevail. The daffodil flowers are emerging slowly and lasting long in this cold and cloudy weather. The pale delicate looking primroses have real stamina in these grey weeks.



**Primrose**

I notice that much green in our patch of lawn is from moss rather than grass. I am ever hopeful that one year the lawn will look like the cricket square at Headingley: tiger striped and weed free. There is still some way to go on that gardening journey! I decide that it is just about warm and light enough (we're getting close to the spring equinox) to spray the lawn, by hand, with a moss deterrent and a grass accelerant. The moss darkens by the next day and I am able to rake it out to leave space, I hope, for the grass to flourish.

**I wondered if there were other novice or experienced or in-between gardeners who might like to write about what they observe and what they do in their gardens. Contributions are welcome!**

# GOING GLOBAL



**From Settle to Seattle:** Jo Rhodes from Settle Community & Business Hub sent us this snap with *Community News* at the Space Needle in Seattle, USA!



Phil & Kath Simnett went travelling through Vietnam and Cambodia and they took *Community News* with them to the world-famous Angkor Wat temple.

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# QUIZ

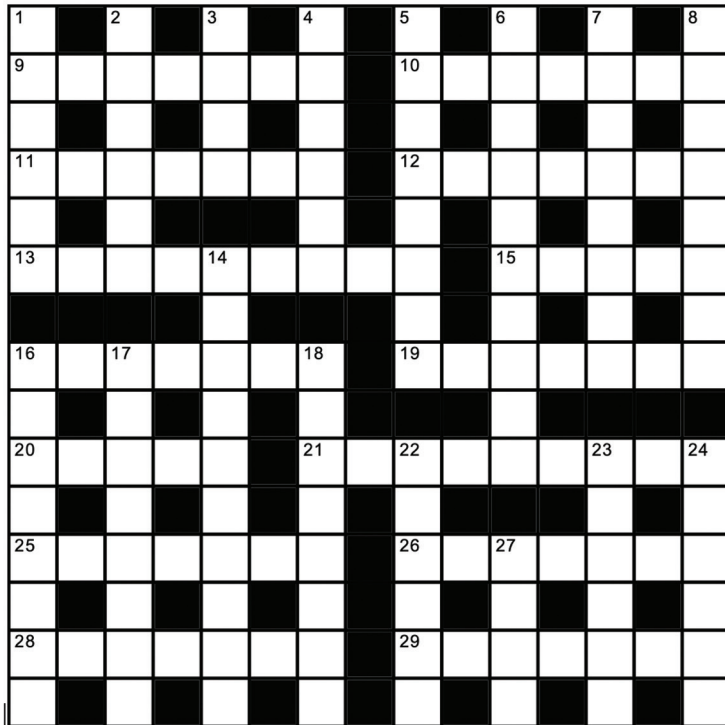
How did you do with our county quiz in the last issue? Here's a similar challenge where all the answers involve one of the 50 states that make up the USA.

1. Small state with chickens.
2. The last Brit to win the Wimbledon Ladies Singles title.
3. Replacement sweater?
4. North or South, it's like a Douglas DC-3.
5. The Mamas and Papas were dreamin' about it.
6. 'So good they named it twice'.
7. Glasgow-based rock band fronted by Sharleen Spiteri.
8. Strata ..... Medieval Cistercian abbey in mid-Wales.
9. Baked on the outside, cold on the inside.
10. Updated English county.

**Check your answers on Page 61**

**How did you score?**

**10: Top Gun**  
**7-9: Wolf of Wall Street**  
**4-6: Gone with the Wind**  
**0-3: Home Alone**



### Across

9. Lowest form of wit? (7)
10. Educational establishment (7)
11. Hormone lowering blood glucose levels (7)
12. Remould tyre (7)
13. These set a precedent in law (4,5)
15. Unleavened Passover bread (5)
16. Ungraciously nonchalant (7)
19. Distance measured non-metrically (7)
20. Famous ballet, renamed Mariinsky (5)
21. Distinctive facial feature (Lit) (9)
25. Lager, originally from Czechoslovakia (7)
26. Small wood-eating insect (7)
28. Single payment made at one time (4,3)
29. Excessive discharge of mucus (7)

### Down

1. Short-sleeved casual top (1-5)
2. Fried potato snack in a bag (6)
3. Crosspiece bridging two stumps (4)
4. Compensation (6)
5. Church room for vestments (8)
6. Columbus's ship (5,5)
7. Chronic mental disorder (8)
8. Characteristic combination of opinions (8)
14. Excessive patriotism (10)
16. Spongy tree gall caused by wasp larvae (3,5)
17. Animal's front leg (8)
18. Depression (8)
22. Perceive (6)
23. Person escaping French Revolution (Orig) (6)
24. To cut one's milk choppers (6)
27. Mechanical repetition (4)

**Crossword set by Ian Gray - Answers on Page 61**

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### Save the Date!

Saturday 3<sup>rd</sup> August

**Teddy's Olympic  
Family Fun Day**

Settle Parish Church



# COMMUNITY DIRECTORY

**Settle Town Council:** Meets first Monday in the month (excl Bank Holidays) 7pm at Settle Town Hall. Agendas and Minutes will be posted on the Market Place Notice Board and on the website at [www.settletowncouncil.gov.uk](http://www.settletowncouncil.gov.uk). For further details, email [clerk@settletowncouncil.gov.uk](mailto:clerk@settletowncouncil.gov.uk) or call 01729 823617.

**Settle Market:** Every Tuesday.

**Artisan Market:** Second Sunday each month.

## Community activities

**Rotary Club:** 2nd and 4th Thursday each month at 6.30pm in the Maypole, Long Preston. All welcome. Secretary David Blackburne 01729 822445.

### Action on Climate Emergency (ACE)

**Settle and Area:** Monthly Green Cafe second Saturday of each month 10.30-12.30 at Settle Methodist Church. Details about individual Cafes on the ACE website [www.acesettleandarea.org](http://www.acesettleandarea.org)

## Music

**Settle Voices Choir:** Every Monday (term time only). Catholic Church Hall, Tillman Close, Craven Terrace. 1-3pm. All welcome. For information contact Liz Eastman (01729) 823777.

**Langcliffe Singers:** Every Tuesday Rehearsals at St John's Hall Settle, 7.30-9.30pm (term time only). Contact [musicdirector@langcliffesingers.org.uk](mailto:musicdirector@langcliffesingers.org.uk)

**Settle Orchestra:** Rehearsals every Friday evening during term time, St John's Methodist Hall, 7.40-9.40pm. Strings especially welcome! Contact (01729) 825806.

**St Alkelda's Chuch Choir:** First Sunday of the month Sung Evensong (Book of Common Prayer) 6.00pm, Giggleswick Parish Church.

**Black Horse Jazzmen:** Tuesdays April 23rd, May 7th and 21st, June 4th and 18th, with a bonus session on Thursday May 2nd. The Talbot, 8.30pm to 10.15pm. Sitters in welcome. Further info: [www.talbotsettle.co.uk](http://www.talbotsettle.co.uk)

## Recreational

**Settle Photographic Group:** Every third Monday, St. Johns Methodist Church Hall and on Zoom, 7.30 - 9.30pm and on the 1st Monday of the month, October-April. Visitors welcome. £4.00.

**Settle Rifle Club:** Every Monday 7pm, Giggleswick School cadet range (behind St Alkelda's Church).

**Settle Bridge Club:** Every Tuesday 7.00-9.30pm. Online bridge using the RealBridge platform and every Thursday 1.30-4.30pm in person bridge at St John's Church Hall. For more information see <https://www.bridgewebs.com/settle/> or contact Rosie Sanderson - phone 01729 825944 or email [rosiesanderson19@gmail.com](mailto:rosiesanderson19@gmail.com)

**Settle Chess Club:** Every Monday evening 6pm to 8ish at Settle Social Club, 10 Duke Street. All standards welcome. <http://settlechessclub.uk>

**Monthly Whist Drives:** Every second Tuesday Golden Lion Hotel, Horton-in-Ribblesdale 7.30pm. Tel. (01729) 860206

**Settle & District Gardening Club:** Fourth Wednesday of the month January-May and September-November at the Quaker Meeting House 2pm to 4pm. Visitors welcome: £5.

**Giggleswick Gardening Group:** First Monday in the month. Litterpicking section. 10.00 am. Church Porch, St Alkelda's, Contact Tony Carroll.

**Ingleborough Archaeology Group:** Third Monday of the month from October to

April. Talks 7:30pm at Ingleton Community Centre. May to September monthly local guided walks/visits. For details, please see: [ingleborougharchaeologygroup.org.uk](http://ingleborougharchaeologygroup.org.uk) or email: [ingleborougharchaeologygroup@gmail.com](mailto:ingleborougharchaeologygroup@gmail.com)

## Sport and physical activities

**Austwick Piccalillis Pickleball** meet every Tuesday morning at Eldroth, Thursday evening at Catteral & Saturday mornings at Giggleswick. If you are interested in playing this exciting & fast growing sport, please contact us at [austwickpiccalillis@gmail.com](mailto:austwickpiccalillis@gmail.com) for times & further information. Equipment provided.

**Table Tennis:** Every Monday, Hellifield Village Institute 7.00pm–9.00pm. Contact Andrew Crabtree 01729 851806.

**Line Dancing:** Every Monday 1.30pm-3.00pm. St John's Church Hall. All welcome. Proceeds to charity.

**Settle Badminton Club:** Every Tuesday (Sept-April), Giggleswick School Sports Hall. 7.30pm–10.30pm. Contact Ian Reid 07854 211114.

**Badminton:** Every Tuesday, Hellifield Village Institute 6.00pm–9.00pm. Contact Bob Moore (01729) 851660.

**North Craven Strollers:** Every Wednesday meets at Millennium Garden, near Booths Car Park, 1.30pm.

**Tennis:** Regular social and competitive tennis for all standards including beginners at Austwick Tennis Club. See <https://www.austwicktennisclub.co.uk/> for details of regular sessions.

**Settle Area Swimming Pool:** a wide variety of sessions for adults and children – including lane swimming; fun sessions and water-based exercises. Dry space activities including static cycle 'spinning', high intensity training and more gentle exercise. See <https://www.settleswimmingpool.co.uk/> for timetable.

**Chair-based exercise classes for Older Adults:** Mondays - 12-noon, Langcliffe Institute Strong & Steady, Mondays 3.30pm Hellifield Methodist Church Strong & Steady, Tuesdays 1.30pm - Long Preston Methodist Church Strong & Steady, Wednesdays 11am Limestone View Strong & Steady, Wednesdays 2pm-Settle Swimming Pool - Otago Balance & Leg Strength Class for Falls Awareness, Thursdays 10.30am Horton-in-Ribblesdale Village Hall Strong & Steady, Fridays 1.30pm Tosside Community Hall Fit as a Fiddle. Call Jo Wulf for further details on 07966 981985.

**Scottish Country Dancing:** Every Thursday St John's Hall 7.30pm with a fully qualified Scottish Country Dance teacher.

**Nordic walking:** Yordic Walkers Mondays/ Tuesdays 11.15am and Fridays 10.30am - Moderate to vigorous 1 hour walks. Please book in advance: [jowulf@wolfftracks.co.uk](mailto:jowulf@wolfftracks.co.uk) / 07966 981985.

**Settle Netball:** Anyone 18+ is welcome (any ability) and we train every Tuesday (term time only) 6pm-7pm at Giggleswick sports hall and the cost is £5 per week (this is for court hire, I run the sessions not for profit). Contact Charlotte Orange [charlotteorange@hotmail.com](mailto:charlotteorange@hotmail.com)

## Support Groups

**Amnesty International letter writing group.** No longer meeting in person but continue their work online. Letter-writing changes lives. A letter or e-mail from you could help free a prisoner, stop an execution or help a bereaved family get justice. Enquiries (01729) 268912.

**Age UK North Craven:** Trips for the over 60s. For destinations and prices etc. contact Sandra on (01729) 823066.

**Time Together Tuesday Dementia Cafe:** for people living with Dementia and their Carers. Every Tuesday afternoon 1.30-3.30pm at St John's Methodist Church. Join us for a cuppa, homemade cake, information and chat.

**Coffee Pot:** Held every Wednesday at St John's Methodist Church from 10.30-12 noon. Scones, cakes and hot drinks available.

**Settle Community Library:** Stay and Play Fridays, 11 am (term time only); Knit and Natter first and third Thursday, 10.30am; Lego Club, Fridays from 3.30pm (term time only); Breathe Easy Asthma and Lung UK Peer Support Group second Wednesday 2pm (Meetings start again in March). All groups are free, donations welcome. For details visit [www.settlelibrary.org.uk](http://www.settlelibrary.org.uk), check our Facebook page or call 01609 534535.

**Settle and District Aid in Sickness Fund:** Do you, or someone you know, need help with the extra costs that come with illness or immobility? Call 07709 252613 or email: [janheap@hotmail.co.uk](mailto:janheap@hotmail.co.uk)

**Settle Area Refugee Support Group** (includes Settle Supports Ukraine): We arrange talks & events, collect donated items and other support activities. Always looking for bicycles, phones, iPads etc. Contact Phil 07793 036745 or Angie [angie.pedley@gmail.com](mailto:angie.pedley@gmail.com)

### Men's Groups

**Men's Forum:** Every second and fourth Monday in the month, apart from holiday periods. Friends Meeting House in Settle, 2pm to 4pm. Members with very varied interests living in the Settle area give or organise a talk about once a year on a very wide range of subjects. Good companionship and mental stimulation on offer. Contact 01729 823205.

### Women's Groups

**Austwick WI** meet in Austwick Parish Hall, at 7pm every second Thursday. New members and visitors are welcome. Upcoming talks include a Fabric Printing Workshop with artist Hester Cox, Music to Your Ears with Dr Paul Whittaker OBE, and Life in Service in the 21st century with Rowena Lee.

**Settle WI:** Every first Wednesday St. John's Church Hall, 2p.m. New members welcome.

**Giggleswick with Settle Mothers' Union:** Every second Wednesday, The Lounge, Limestone View, Settle, 2pm. Contact: Branch Leader, Catie Jones, (01729) 822676 for more details.

**Giggleswick Women's Institute:** Every first Thursday in the month, we meet at 7.00pm at Settle swimming pool, Kendal Road, Giggleswick. New members and visitors are always welcome. Follow us on our Facebook page.

**Settle Business Hub (Commercial Courtyard). Contact [hub@settlecommunityandbusinesshub.org.uk](mailto:hub@settlecommunityandbusinesshub.org.uk) or call 07977 040329 for more info on any of the following activities.**

**Community Fridge at the Little Hub:** The Community Fridge is currently open Mondays and Thursdays 2.30-4.15pm and Wednesday mornings 10am-12noon at the Little Hub in Commercial Courtyard next to Craven Homelet.

**Public Living Room at Settle Quakers:** Open to anyone who wants to come along at Settle Quakers small meeting room on Mondays and Thursdays every week from 10.30am to 1.30pm. We offer hot drinks and meals (but please come before 1pm if you want feeding), card games, Connect 4, jigsaws, craft activities, help with cooking, or just a chat and some company.

**Ink recycling:** We are still collecting any sort of ink cartridge, big or small, used or unused, for recycling. We can send them off and get a little bit of money back for them.

**Knit (or Sew) and Natter** every Wednesday: This group meets at the Settle Hub office in Commercial Courtyard every Wednesday 10am-12 noon.

**Evening Temperance Bars at Settle Quakers:** Offering an early evening social venue people where people of all ages (and well-behaved dogs) can come and socialise without the presence of alcohol. Saturdays 13th and 27th April, Saturdays 11th and 25th May, 4-8pm

Quaker Meeting House in the small meeting room. All these will be alcohol free events, offering simple food like soup, pizza or a curry, snacks, cake and hot drinks and cordials. If you want to bring your own board games that is fine too.

**All the following groups/activities are held at The Place in Settle, BD24 9RH.**

**Citizens Advice Clinic:** Held 1st Monday of the month. Appointments only please phone 01729 824868 to book.

**Digital Drop In:** Weekly 12-2pm. Pop in for any Tech or mobile help.

**Homestart North Craven:** Every Monday. Mama Meets - Support and activities for families with children under 5. Please phone Tania 07513 849911 for more information.

**Settle Cancer Support Group:** Held 4th Monday of the month 10-11.45am. For anyone affected by Cancer including patients, carers, families and friends.

**Making Connections - Dementia Art Group:** Run by Pioneer Projects 10.30am-12.30pm every Tuesday. Must be accompanied by a carer/family.

**Wellbeing Cafe and Safe Space:** Every Tuesday anytime between 2-4pm at Settle Victoria Hall. Anyone welcome, no need to book. Creative Art, Puzzles, brew and a chat.

**Horton Housing Drop In:** Every 2 weeks on Tuesdays from 26th March 1-3pm. Help with Housing, Benefits, Drug and Substance Dependency, Mental Health and Budgeting. Drop in or phone 01729 824868 to book.

**Age UK - Coffee and Chat:** Every Wednesday 10.30-12.30pm. All are welcome.

**Age UK - Movement to Music:** Every 2 weeks on a Wednesday starting from 10th April 2-3pm.

**'Better Days' Pain and Chronic Fatigue peer support group:** 1st Wednesday of the month 1-2.30pm.

**North Yorkshire Horizons - Adult Drug and Alcohol recovery service:** Every Thursday by appointment. Phone 01723 330730 for more information or to book an appointment.

**Meditation:** Every Thursday 6-6.50pm. Call Julie 07954 783801 for more information.

**Selfa Parent Group:** Weekly at 9.30-11.15 (arrive from 9am). Navigating the bumpy road of parenting together - all parents/carers welcome.

**Gr8 Minds Counselling:** For anyone aged between 5 and 18. Every Friday 10am-1pm appointments only. For appointments self refer or via Townhead Surgery.

**PLEASE HELP US TO KEEP THESE LISTINGS UP TO DATE**

Community Group leaders – are your details up to date?

Please notify any changes or additions to [contact@settlenews.co.uk](mailto:contact@settlenews.co.uk) so we can ensure that your information is correct in future issues.

**Quiz Answers**

1. Rhode Island; 2. Virginia (Wade); 3. New Jersey; 4. Dakota; 5. California; 6. New York (New York); 7. Texas; 8. Florida; 9. Alaska; 10. New Hampshire

**Crossword Solution**

Across: 9. Sarcasm; 10. Academy; 11. Insulin; 12. Retread; 13. Test cases; 15. Matzo; 16. Offhand; 19. Yardage; 20. Kirov; 21. Lineament; 25. Pilsner; 26. Termite; 28. Lump sum; 29. Catarrh.

Down: 1. T-shirt; 2. Crisps; 3. Bail; 4. Amends; 5. Sacristy; 6. Santa maria; 7. Dementia; 8. Syndrome; 14. Chauvinism; 16. Oak apple; 17. Forelimb; 18. Doldrums; 22. Notice; 23. Emigre; 24. Teethe; 27. Rote.



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