



Appleton Wiske Parish Council Spring Newsletter

Welcome to the season of new beginnings!

What a beautiful start to spring! The days are getting warmer and longer, the plants and trees are awakening from their deep winter slumber, farmers and gardeners are planting their seeds and we're rewarded with a crescendo of bird song and displays of flowers bursting with colour around the village.

As promised, here's our first seasonal newsletter of 2020 and we really hope you like it! We've listened to your suggestions and we've tried to include a wide selection of topics and news items including village activities, health and wellbeing information, kids corner and lots more, but are we getting it right? What could be improved?

Please do get in touch with Michelle Thompson or Richard Hauseman (contact details on page 2) with feedback, suggestions and anything you would like to add to the Summer Edition. The deadline for items is 12th June.

In the meantime we are very aware of the increasing threat of the coronavirus pandemic and have included information on pages 2 and 3 following guidance from NHS England and Public Health England which is correct as of Wednesday 18th March. We hope you find it useful. We have also made the decision to cancel our Parish Council meetings until September 2020 but please do contact us should you have any local concerns, issues or planning matters as we are in regular email and telephone contact. Please also note that any community groups and activities advertised throughout this newsletter are probably cancelled. Please get in touch with the named contact if in doubt.

We are also proud of the fantastic community spirit in our village and the offers of help for those that are at risk, those that are self-isolating and those that are beginning to struggle to obtain supplies. The Lord Nelson Inn, The Village Shop and Helen Johnson (pages 6 & 7) have already set the ball rolling with offers of help.

We have included on the back page a postcard for you to cut out and tick the areas in which you can help and then post it through your neighbours' letterboxes. Whether you're able to pick up someone's shopping, get them some milk or even give them a phone call, these clever cards could be a lifeline for someone in need. Users are encouraged to leave the items on their doorsteps to avoid direct contact with those in self-isolation and please ensure before posting through the letter box that you have washed your hands to reduce the risk of infection.

Wishing you all a very safe & healthy happy Easter!

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Important Dates

20 Mar	1st day of Spring
22 Mar	Mothers Day
29 Mar	British Summertime Begins
10 Apr	Good Friday
12 Apr	Easter Sunday
13 Apr	Easter Monday
8 May	Early May Bank Holiday / VE Day
25 May	Spring Bank Holiday
20 Jun	1st Day of Summer
21 Jun	Father's Day

Parish Council Contact

All communication to the
Parish Council should be
directed to the Clerk

clerk@appletonwiske.com

tel: 01609 881822



CORONAVIRUS PANDEMIC

Who are we?



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01609 881617



Sue McDonnell Clerk
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01609 881822



Ken Blackwood Vice Chair
ken@appletonwiske.com
01609 881660



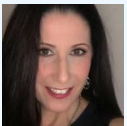
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Coronavirus COVID-19 - your finances

Money worries will be high on the list of concerns most people will have right now. Below is some guidance on practical things you can do to help with this...

What should I be doing?

- Budgeting - this is really important and the first thing we would advise you to do.
- Look at your average monthly outgoings and bills and try to split your monthly expenditure into essential and non-essential items.
- By reducing or cutting out your non-essential spending you can make valuable savings that will make a big difference.

Make a list of your essential costs - for most people this may include:

- mortgage/rent
- council tax
- factors bills (if you live in a flat)
- credit card/loan payments
- car payments and fuel
- insurance - home, life, car, phone, pets (if you have some)
- energy bills
- phone bills
- TV license (if you also have Sky/Netflix, you need to decide if this is essential or unessential for you - you may be able to negotiate with Sky to drop your cost)
- food and other essential shopping

Speak to your bank and other lenders - please don't be afraid to ask any company you pay regularly or have a contract with, for a payment break and / or reduced payments. There is help available.

Coronavirus COVID-19 - your wellbeing

It's really important to look after your mental (as well as physical) health, in all of this, and check-in on those around you too.

General mental health advice on coronavirus:

- Set a time limit (20-30mins) on reading news/social sites each day, and only use reliable sources e.g. BBC, Gov.UK, NHS
- Allocate yourself a daily 'worry period' of no more than 30 minutes
- Try some breathing and grounding exercises
- If you're worried about finances; do something practical to help yourself - work out your budget,
- Remember this situation will pass and isn't permanent

If you need to self-isolate:

- Decide on your routine and try to stick to this as much as possible
- Try to eat well and stay hydrated
- Get as much sunlight, fresh air and nature as you can (even opening windows)
- Keep your mind stimulated - read books, magazines, listen to podcasts, watch films. There are also lots of free learning apps e.g. new languages
- Exercise - YouTube has lots of free online workouts you can do at home



CORONAVIRUS PANDEMIC

Correct as of 17/03/2020

Please read the latest advice and information from NHS England and Public Health England about the Coronavirus.

Stay at home if you have coronavirus symptoms

- If one person in any household has a persistent cough or fever, everyone living there must stay at home for 14 days
- These people should, if possible, avoid leaving the house "even to buy food or essentials" - but they may leave the house "for exercise and, in that case, at a safe distance from others"

Symptoms include:

- a high temperature
- a new, continuous cough

Particular care to minimise their social contact has been recommended for:

- People over the age of 70
- Other adults who would normally be advised to have the flu vaccine (such as those with chronic diseases)
- Pregnant women

You do not need to contact 111 to tell them you're staying at home. Government guidance advises they will not be testing people who are self-isolating with mild symptoms.

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Do not go to a GP surgery, pharmacy or hospital.

Only call 111 if you cannot get help online.

Government Advice

To help prevent the spread of the virus, the Government have said:

- To work from home where possible
- To start social distancing. This means that all unnecessary contact with others is to be avoided, including going to pubs, bars and restaurants

How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food. Viruses like coronavirus cannot live outside the body for very long.

How to avoid catching or spreading germs

Do:

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away.
- Wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.
- Try to avoid close contact with people who are unwell.

Don't:

- Do not touch your eyes, nose or mouth if your hands are not clean.

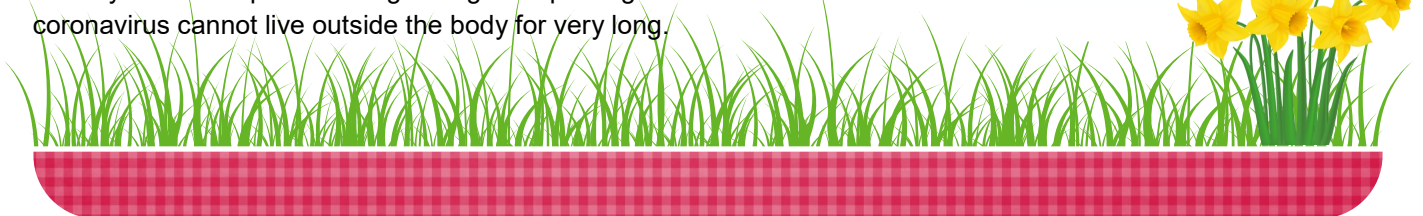
How to self-isolate if you're asked to

If there's a chance you could have coronavirus, you should self-isolate.

This means you should:

- stay at home
- not go to work, school or public places
- not use public transport or taxis
- ask friends, family members or delivery services to do errands for you
- try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food

You will need to do this for up to 14 days to help reduce the possible spread of infection.



HEALTH AND WELLBEING

**Calling all cyclists,
runners, hikers, horse
riders and villagers!**



What would you do if you were all alone in the great outdoors in an emergency with very little signal?

To find you more easily many UK Emergency Services including North Yorkshire are encouraging you to share your 3 word address.

How do I use what3words in an emergency?

1. Find the 3 word address for your current location on the free [what3words](#) app for [iOS](#) and [Android](#). It works offline – ideal for areas with unreliable data connection.
2. Share your 3 word address over the phone to the call handler.
3. The emergency service can then coordinate a response directly to the exact location where help is needed.

What is what3words?

what3words has divided the globe into 3m squares and given each one a unique 3 word address. It means everywhere can be located with just three words.

For example

[///kite.chats.dine](#) will take you to a precise spot in a field next to the River Ouse in York. what3words is available as a free app for [iOS](#) and [Android](#) and online [map](#) at [map.what3words.com](#).



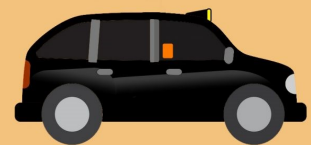
“Hi I’m Angela”

**Are you on a date
that isn't working out?**

**does it all feel
a bit weird?**

**Is your Tinder
or PoF date not who
they said they were
on their profile?**

**If you go to the bar and ask for “Angela”
the bar staff will know you need some
help getting out of your situation
and will call you a taxi or help
you out discreetly - without fuss**



#askforangela

 WWW.NATIONALPUBWATCH.ORG.UK

 ADMIN@NATIONALPUBWATCH.ORG.UK



Hambleton Community Action

The Community Car Scheme helps people who are unable to access public transport in Northallerton, Bedale and surrounding villages. Community Car Scheme users may have mobility difficulties, a disability or live in a remote, rural area. To find out if you are eligible for this scheme, to find out more or to enquire about becoming a volunteer driver, please email carscheme@hambletoncommunityaction.org or phone 01609 780458 Ext. 210.



HEALTH AND WELLBEING

healthwatch North Yorkshire

We can show you the way.

If you don't know where to turn, we can help you find your way around local health and social **care** services.

You can speak to us to find out about services and support available in **your** area.

NHS

Social care

Local groups

Support

RECEPTION

THIS WAY

EXIT



it starts with
YOU

www.healthwatchnorthyorkshire.co.uk

01904 552687



@HealthwatchNY



facebook.com/HealthwatchNorthYorkshire

Save money, keep warm and stay healthy with Warm & Well in North Yorkshire

None of us want to pay more for our energy than we have to. But saving money doesn't mean we should use less energy than we need.

Warm & Well in North Yorkshire, a project that offers practical support to help residents stay warm and well, has some quick and easy advice on how to stay warm, save money and keep healthy this winter.

Switch your energy supplier

Last year Warm & Well in North Yorkshire helped people save on average **£213** by switching their tariff or energy supplier.

Could you be eligible for a Warm Homes Discount?

Last year people who applied for a Warm Homes Discount through Warm & Well in North Yorkshire saved **£140** on average.

You can arrange a home visit from Warm & Well to look at how your home can be kept warm and energy efficient. Call the Warm & Well in North Yorkshire helpline on 01609 767555, or email:

wnw@northyorksica.org.uk or visit

www.warmandwell.org.uk

Are you a young person who needs help?

Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, Youngminds can help. Visit <https://youngminds.org.uk/find-help/>

If you need urgent help text YM to 85258 Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Every voice is important and needs to be listened to



APPLETON WISKE NEWS

Outbuilding and allotment security

Many rural areas are victims of burglaries from outbuildings and recorded crime figures show that thieves are far more likely to break into sheds and garages than houses.

Secure your outbuildings

Garage doors should be lockable or secured by padlocks. A simple method of security for up and over doors is to drill a hole in the top channel above the wheels and insert a padlock into the hole or drill a hole in each channel and use two padlocks. Alternatively, the up and over door can be secured by an outer bracket and floor eyelet bolted to the bottom of the door and secured by a padlock into the floor eyelet.

- If you have a door lock or window lock on your outbuilding, use it.
- A simple padlock and hasp correctly fitted to a door can deter the opportunist thief. Use a close coupled padlock for increased security.
- If you have an integral door between your home and garage. Consider this as an external door and secure it appropriately.
- Consider external lighting, either dusk 'to dawn lighting or PIR lighting dependent on the location of the outbuilding.

Village Shop and Post Office

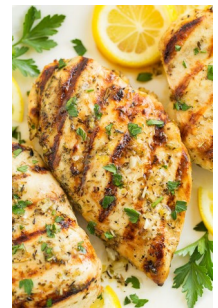
Welcome to your spring message from the Village Shop. After a cold and stormy winter, we're looking forward to a warmer spring and some beautiful new bakes. Expect to see goodies such as sticky ginger loaves, tangy lemon drizzle cakes and glorious chocolate cakes as well as individual Victoria sponges, fruit pies and many more delights. We're now also taking orders for celebration cakes, so if you have a birthday, anniversary or other gathering, why not place an order for a beautifully decorated bake of your choice. As if that isn't enough sweet treats, watch out for our Easter cake raffle on Palm Sunday weekend.



Every season, we'll be supplying you with a new and exciting recipe which can be made almost entirely from local ingredients bought in the Village Shop. Small and large vegetable boxes are available to order for delivery on Mondays and Fridays. For spring, try the yummy honey chicken below:

Spring Recipe: Honey Roast Chicken with Veg for 2 Ingredients:

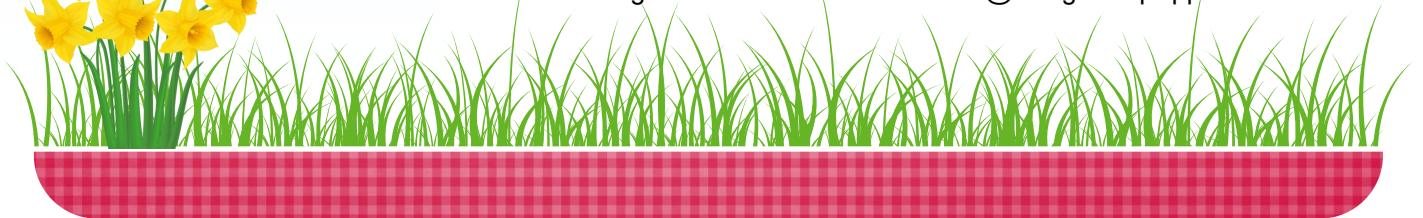
- 2 large chicken breasts, skinned and boned
- 2 dessert spoons of Travel Swales heather honey
- 1 large white onion
- 1 unwaxed lemon, halved and juiced
- Parsnip, broccoli and carrots
- 30g unsalted butter
- Salt and pepper



Method:

1. Preheat the oven to 200c (180c fan) or gas mark 6
2. Slice the onions and place in a roasting tray
3. Pat the chicken breasts dry with kitchen paper and rub all over with the butter, then season with salt and pepper. Place on top of the onions and pour over the juice from the lemon. Put the lemon halves in the baking tray alongside the chicken.
4. Drizzle the chicken with the honey and roast for 25-30 mins, or until the chicken is cooked through and the juices run clear from the thickest part of the breast.
5. Serve with roast parsnips, carrots and broccoli al dente, or any other veg of your choice from your lovely veg box.
6. Enjoy!

A huge thank you for the continued support of the local community in keeping our little business up and running. Contact Jackie: 07823 333075
PS Don't forget to follow us on Facebook. @VillageShopAppletonWiske



APPLETON WISKE NEWS



The Lord Nelson Inn

Welcome to our true local's pub in the centre of the village! Winners of the Darlington Campaign for Real Ale North Yorkshire Pub of the Season 2019, We're proud to serve our quality cask ales including a changing guest beer, fine wines, selected gins

and whiskies. Our seasonal weekend dinner menu is served Fridays and Saturdays from 6 pm to 8:30 pm, and Sunday lunches from 12 pm to 2:30 pm. In addition we regularly hold themed nights throughout the year served every second Thursday 6pm to 8.30pm. We cater for all tastes including , Steak and Grill, Tapas, Mexican, Burns Night, Finnish, Game, Italian etc.

Best wishes Iain and Diane

Tel: 01609 881351

E-mail: info@lordnelsoninn.com

Facebook: @LordNelsonAppletonWiske/

Twitter: @Nellie_Appleton

Instagram: thelordnelsoninn @Nellie_Appleton

*****UPDATE*****

In these uncertain times and with government discouraging people from visiting pubs, The Lord Nelson will continue to open for as long as we can or are told otherwise. The well-being and safety of our customers and staff is paramount.

We would like to ask you if there is anything we can do to help our community through this difficult time.?

Offering a food take out service on a Friday and Saturday night and possibly Sunday Lunch is one option we are considering. Please contact us with any thoughts or opinions you may have.

Thank you for your continued support, stay safe.

APPLETON WISKE COMMUNITY MINIBUS

Weekly 'Shoppers' Journey leaves the centre of the village every Wednesday at 9.15 a.m. and returns at approx. 11.45 a.m.

To book the minibus for private hire contact Val Hills on 01609 881553

For further information contact Ken Blackwood on 01609 881660 or email: minibus@appletonwiske.org

Self- isolating?

Locked Down?

No internet?

Need help?

Helen Johnson, an Appleton Wiske resident who is self isolating in these unsettling times is offering to help anyone who needs things from the internet but does not have access to the internet.

If you need help please call her on 01609 881584 and she will try to help.

There would be no need to break your self isolation and you can do it over the phone.

Helen has said she will look up the information you require and read it back to you over the phone.

She could place internet shopping orders for delivery straight to your door.

Self isolation does not mean being alone so if you simply need a chat, need deliveries of shopping from the village shop or medicines collected please do not hesitate to get in touch.

Contact Jackie from the Village Shop on 07823 333075 for all deliveries and Helen will help to get your shopping to you as soon as possible.



APPLETON WISKE NEWS

Appleton Wiske 20/20 Vision!

The village is planning to hold a Family Picnic, Sports and Fun day on the Village Sports field on the afternoon and evening of Saturday 4th July 2020.

There will be a letter sent out to every home in the village once the plans have been developed asking for an indication of participation and seeking volunteers to help with the activities on the day.

Look out for further news on what we hope will be a real community event, having fun together"

Appleton Wiske Educational Foundation

The Appleton Wiske Educational Foundation has, since its formation in 1991, been able to support young people to further their education, training (including social and physical training) and travel.

Applicants (or their parents) must live in Appleton Wiske, West Rounton, Picton or East Rounton.

The trustees can make grants in connection with a young persons education at school, university, colleges of education or other further education centres and towards professional and technical courses.

Grants towards outfits, clothing, tools, instruments or books are also eligible, as is travel in connection with education or training. Trustees also make awards to Appleton Wiske Primary School to help meet costs which are not normally met by the local education authority.

Applicants must be under 25 years old when applying for a grant. The address for applications to the trustees is 33 Hunters Ride, Appleton Wiske, DL6 2BD.



Appleton Wiske Community Primary School



I would like to share with you several events that we have enjoyed at Appleton Wiske Community Primary School over the last few months, starting with our Christmas Production which was called 'Bethlehem: The Musical'. The children's performances were fabulous and they can be incredibly proud of themselves for all of their hard work. The shows were well attended and it makes it all worthwhile for the children to be able to perform in front of an audience. I must also say well done to our amazing pupils for their outstanding Carol Service on the last day of autumn term; I received some lovely feedback from parents, grandparents and members of the public. Thank you to Father Simon for leading the service and to the Chapel for providing refreshments afterwards. The children have enjoyed a wide range of extra-curricular activities recently, such as class trips, forest school, hedgehog shelter building, a bird call assembly and World Book Day to name just a few. We have also supported several charities, such as the David Ashwell Foundation and Sport Relief, through fun school events. As usual, we have taken part in many sporting competitions and enjoyed lots of success. In particular, our Year 4/5 dodgeball team finished in first place and our Year 1/2 and Year 5/6 gymnastics teams finished in first place.

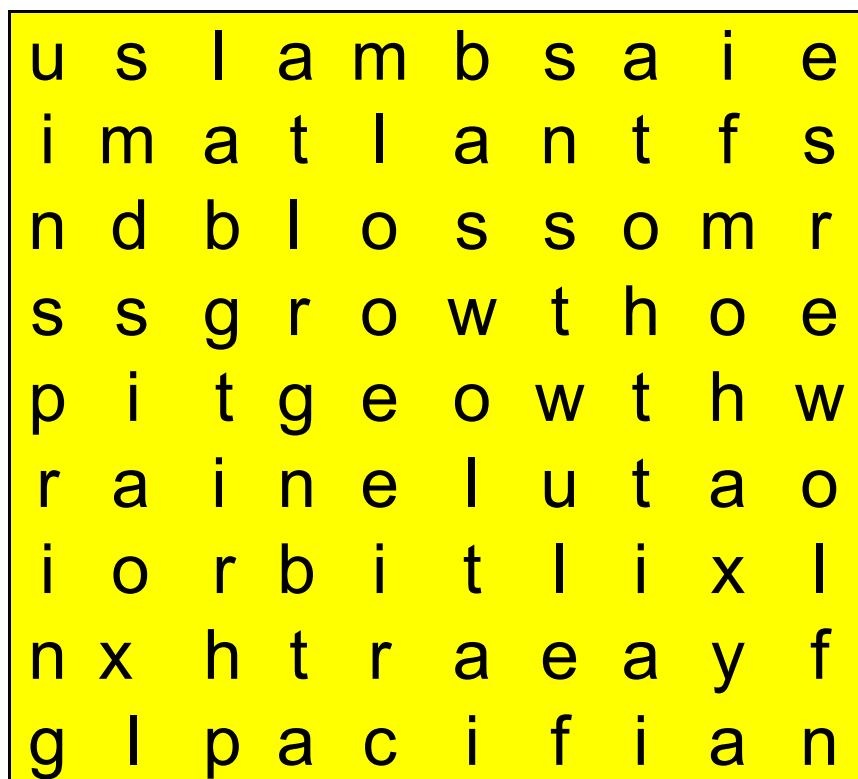
I would like to take this opportunity to thank our Parent Teacher Association, the 'Friends of the School', for all the good work they do for our school. The money raised is used to enhance the children's education and provide a range of worthwhile experiences. A few examples are: educational visits subsidised by the Friends; resources to support the curriculum; fruit for every child every day; playground equipment; gardening equipment for the Green Team; musical instruments; and a new school sign which looks fantastic. The Friends have spent thousands of pounds on our children which is tremendous! This is all possible because of the excellent fundraising carried out during school events. Thank you to all the parents/carers, grandparents, families and members of the public who have supported these events and contributed so generously.

Neil Clark
Head Teacher
Appleton Wiske Community Primary School



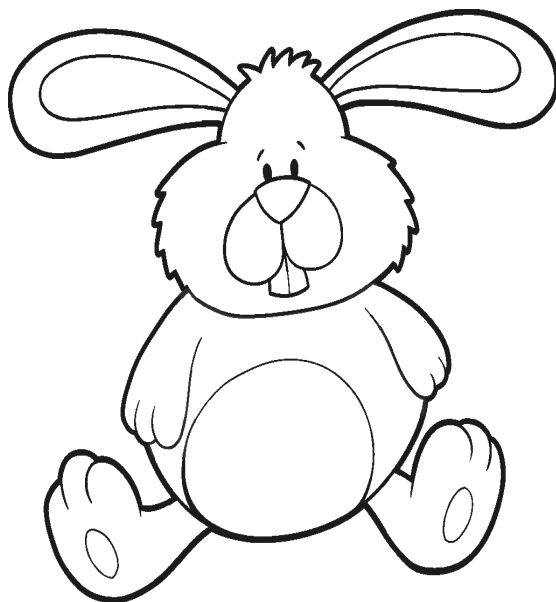
KIDS CORNER!

Spring Word Search



spring
flowers
blossom
rain
lambs
umbrella
growth

Colour me in!



**Appleton Wiske
Primary School**

Friends of the School

- **AGM:** The Annual General Meeting will be held on Wednesday 25th March at 5:00pm in the school library. We are hoping to recruit some new members so it would be great if you could join us.
- **AMAZON SMILE** Please remember that we benefit from your purchases on Amazon. Login with your usual details via Amazon Smile (it's easy to do) and select our school. Thank you.
- **EASTER DISCO** – Thursday 2nd April 6pm - 7:30pm Our Easter disco is sure to be a popular event for our pupils (and parents!) so save the date. More information will be provided soon.
- **MAY FAYRE** – Thursday 7th May 2.30pm Save the date! The children will be dancing around the May Pole and refreshments will be available afterwards.
- **NORTHALLERTON TOWN HALL TOMBOLA** – morning of Saturday 9th May. We would be very grateful for any tombola prizes. All proceeds go to the Friends of the School so we can continue to provide a range of equipment and opportunities for our children.



WHAT'S ON?

Mowbray House GP Surgery

Due to current events Mowbray Group Surgeries have taken the decision **to suspend the drop in surgery** at Appleton Wiske Village Hall until further notice.

Please contact a member of their team on 01609 760002 to make an appointment with a GP to be seen at the surgery.

Appleton Wiske Village Hall

The AGM is on April 7th at 7.30pm at the village hall.

Come along and here about the village hall- there will also be wine, soft drinks and nibbles available.

We are looking for new committee members if you would like to get involved with helping the hall to run smoothly.

AS OF GOING TO PRINT ON 18TH MARCH— MOST, IF NOT ALL OF THE FOLLOWING ACTIVITIES ARE CANCELLED DUE TO THE CORONAVIRUS PANDEMIC— IF IN DOUBT PLEASE GET IN TOUCH WITH THE NAMED CONTACT VIA TELEPHONE , EMAIL OR SOCIAL MEDIA

Village History VE Day 75th Anniversary 2020

Following the leaflet that Ken Blackwood produced with some background on those who died during the 1914 to 1918 war, Ken would like to collate similar information about the following individuals who are listed on the 1939 to 1945 "Roll of Honour" in St. Mary's Church in Appleton Wiske: **Atkinson R; Bearpark T.W.; Burton S; Clark H; Cowper R; Dodsworth J C; Fawcett E; Fawcett W; Fawcett S; Hobbs E; Holt J; Postgate M; Price F; Sherwood B; Trehitt L; Waddington C.**



In a separate column on the Roll of Honour: **Price J P; Price J M; Garnett K** are listed. Ken believe this to be a group of women however they are not specifically identified. Another list in the separate column is **Marshall W; Dando R; Bearpark T H; Stockdale J and Stockdale W.** Ken is not aware of the reason for this separate listing. The two individuals who are known to have been casualties are **Robson R and Fawcett J.**

As there are some restrictions on publishing personal details of individuals on the internet who may still be alive, it has been difficult to research details with the level of accuracy about many of those who are listed. If you have any connections or know of anyone who might have information that they are willing to share, and have published as part of the commemoration of the **75th anniversary of Victory in Europe in May** this year, Ken would appreciate any help with possible sources.

Please email kenblackwood@btinternet.com or tel 01609 881660

Appleton Players

We are a amateur dramatic group that come together each year to put on our village panto. We meet up from September to January to put on our show in January. Everyone is welcome from 9 years old. Anyone wanting to join our group please contact Michelle Street on 01609 881422 for further information

Appleton Wiske Methodist Chapel

The weekly Art and Craft Group meets in the Methodist Church each Monday .Come along and join us in making and painting. No skills or materials necessary. Messy Church Fun each Sunday with the family, breakfast at 10, service starts at 10:30. Morning Worship Sunday from 10:30-11.30



WHAT'S ON?

Cubs

Meet on Thursday evenings (in term time) 6:30 – 8:00 p.m at The Village Hall. For girls and boys aged 8 to 10. Contact Paula Spence 01609 881251.

Guides

Meet on Monday evenings (in term time) 6.30 – 8pm at The Village Hall. For girls 10 – 15 years. Contact Sheila Stainthorpe on 01609 882696.

Parent & Toddler Group

Friday mornings from 10 a.m. until 12:00 noon (term time only) in The Village Hall. A wide range of activities for children from birth to pre-school age. Tea, coffee, biscuits and chat for parents. £2.00 per session. Mums, Dads, Grandparents etc. etc. everyone welcome.

Tots Sing Along

Tuesday mornings 9.30 – 10am (term time only) upstairs in The Wesleyan Methodist Chapel during the coffee morning. An informal gathering for carers and their babies and toddlers. Sing along to action songs and play with musical instruments. Contact Karen Portsmouth on 01609 881253.

Yorkshire Countrywomen's Association

The YCA meet on the second Wednesday of every month (usually 7.30pm) in The Village Hall. It is a social group for fun and friendship which "aims to further the skill, knowledge and social activities of its members and to preserve the heritage of Yorkshire". Activities include trips, demonstrations, entertainment and guest speakers. New members very welcome. Contact Angela Carlin on 01609 881817

Book Club

The Book Club was formed in July 2008 for the purpose of sharing a love of reading (books) with other readers of the village. The group meets once per month in the home of one of the members to discuss a chosen book, its author and the historical context. The books are obtained from Northallerton Library.

Appleton Wiske Walking Group

New members are welcome to join this friendly walking group who meet once a month for walks in the local area, usually between 5 and 8 miles. The walks are usually held on a Saturday or Sunday and meet at 9.30am at the Post Office. The group also try to do some evening walks in the summer when the lighter nights are here. Notices are posted on the village noticeboard with updates but if you would like further details in the meantime please contact Beryl Thompson at berylwh@me.com Everyone is welcome, just bring along a packed lunch and enjoy the great outdoors!

Pilates

Appleton Wiske Village Hall every Tuesday 7.45pm to 8.45pm. Mats provided. Just bring a towel or cushion for your head rest and a drink. For more information please contact Ann McEvoy on 01325 337367 or 07999 545662

Welbury Women's Institute

Meets the 3rd Thursday in every month (except December) in Welbury Village hall at 7.30pm. Great fun evening, shared supper, interesting talks, wine for a small fee, guest always welcome!! For more details contact Joanne on 01609 882268

Appleton Wiske Tennis Club are looking for new members!

Members Fees:

Adult £30

Child under 18 £7

Household Membership £70
(2 adults and any person 18 years and under or anyone in fulltime education at that address)

Mens Night Monday

18:30pm—finish

Womens Night Wednesday

7:00pm—finish

Womens Morning Thursday

10:30am—12pm

Mixed nights Friday

18:00—Finish

Courts are available at all times for individual bookings

Open to all members

For more information please contact

tennis@appletonwiske.com

www.appletonwiske.com/

News & activities via email

We frequently circulate "News" by email. If anyone wishes to receive a copy please email news@appletonwiske.com asking to be added to the circulation. We will also put any updates on activities on our website if the organisation or group can email us.

Thank you.



Appleton Recreation Association 200 Club

Our Autumn and Christmas Draw took place in the Lord Nelson on 24th December 2019.

We are glad to announce the following winners;

Autumn Draw

1st Prize £250 – Shirley Duffield – Hunters Ride

2nd Prize £100 – Mark & Fiona Carson – Hunter Ride

3rd Prize £50 – Alan Wilson – Hatters Hall, Appleton Wiske

Christmas Draw

1st Prize £500 – Kimberley Baines, co Hunters Ride

2nd Prize £200 – Enid Stalley, Hornby

3rd Prize £100 – Daisy Wilson, Baker Street

We would like to thank everyone for their continued support by being involved in the draw, If anyone is not in the 200 club and would like to be, it is £20 a year and numbers can be requested through Andrew I'Anson 07949 341 784, Leonie Smith 0777 381 0863 or Helen Healey 07988 115 197.

There are a few numbers to be filled before the Spring and Summer Draws when the prize money is £250, £100 and £50.

Poet's Corner

Why Volunteer?

It's not for the money

It's not for the fame

It's not for any personal gain

It's just for the love of fellow man

It's just to lend a helping hand

It's just to give a tithe of self

That's something you can't buy with wealth

It's not for medals won with pride

It's not for that feeling deep inside

Your reward is found down in your heart

It's a feeling that you've been a part of

Helping others far and near that

Makes you become a volunteer!

(Author Unknown)



(Are you a budding poet – would you like to contribute to the Summer newsletter? Please do get in touch!)

HELLO! If you are self-isolating, I can help.

My name is

.....

I live locally at

.....

My phone number is

.....

If you are self-isolating due to COVID-19 I can help with:

☐

Picking up shopping

☐

Posting mail

☐

A friendly phone call

☐

Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness