



# Appleton Wiske Parish Council Autumn Newsletter

## Welcome to the season of gratitude!

We have officially entered the autumn season, a time to reflect on the summer months with gratitude that we have pulled together as a strong community during unprecedented and difficult times.

We are all now adjusting to a new sort of normal which can be quite confusing especially with certain restrictions being lifted and others being implemented, but if we all do our bit and keep ourselves and other's safe then we will hopefully keep well and prevent a second lockdown.

We hope our health and wellbeing information pages are useful to you. The threat of Covid-19 is still very real and as well as looking after our physical health we need to take care of our mental health too. The onset of flu season means our most vulnerable need to take care more than ever.

We are really pleased to hear that Mowbray House surgery have agreed to our request to hold a special flu clinic in the village hall so residents over 65 do not have to travel to Northallerton.

During summer Appleton Wiske Village Shop and Post Office were highly commended for the Lockdown Legend Community Award! It is so well deserved, congratulations Jackie and Yvonne, you've really demonstrated what community spirit is all about!

We were also pleased to hear that one of our other important hubs of the community, The Lord Nelson Inn, have reopened the pub including dine in Sunday lunches whilst also continuing with their fantastic take away service. Thank you Iain, Diane and the team.

We have a jammed packed newsletter which we hope you will enjoy including lots of village news and information. We would really appreciate your feedback so if you have any ideas, concerns or suggestions for either this newsletter or for the Parish Council to discuss at future meetings, please do get in touch!

Finally we would really like to thank Jenny Heimerdinger (welcome to the village!), Sarah Hurgangee and Kasi McReddie for advertising their businesses which helps with our printing costs and our North Yorkshire County Councillor David Hugill for his support with this newsletter.

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## Useful Dates

- 20 Oct** Village Hall Flu Clinic
- 25 Oct** Clocks Go Back
- 31 Oct** Halloween
- 5 Nov** Guy Fawkes
- 8 Nov** Remembrance Sunday
- 29 Nov** First Sunday of Advent

## Parish Council Contact

All communication to the Parish Council should be directed to the Clerk:  
01609 881822  
[clerk@appletonwiske.com](mailto:clerk@appletonwiske.com)

We frequently circulate "News" by email. If anyone wishes to receive a copy please email [news@appletonwiske.com](mailto:news@appletonwiske.com).

We will also put any updates on activities on our website if the organisation or group can email us.



# PARISH COUNCIL

## Who are we?



Derek Partington Chair  
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01609 881617



Sue McDonnell Clerk  
clerk@appletonwiske.com  
01609 881822



Ken Blackwood Vice Chair  
ken@appletonwiske.com  
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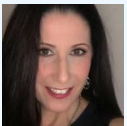
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## PARISH COUNCIL MEETINGS

The Parish Council is still holding its monthly meetings online using Zoom. Recent discussions have included planning issues and concerns from residents regarding parking and increased traffic. Broadband speeds and connections have been another topic discussed as well as the updating of our statutory policies and procedures. During the summer our regular police reports have included 1 incident each of antisocial behaviour, criminal damage, burglary and other crimes including drugs which remain an area of concern.

We are pleased to be joined at our meetings by our Hambleton Councillor Steve Watson and our North Yorkshire County Councillor David Hugill who support and advise us on relevant issues as well as keeping us updated with local and regional government plans. We have also been pleased to welcome local residents to our recent online meetings, so if anyone wishes to join the meeting as a member of the public to raise ideas, topics or concerns please email [zoom@appletonwiske.com](mailto:zoom@appletonwiske.com) requesting the zoom meeting code and password.

Attendees will receive information on how to join the Zoom meeting via the email address used to request access details. Meetings start at 7.30pm and future dates are: Monday 5th October 2020, Monday 2nd November 2020 and Monday 7th December 2020. In the meantime you can find the agenda and most recent minutes and documents on the village notice board and on the Appleton Wiske website [www.appletonwiske.com](http://www.appletonwiske.com).

## FLU VACCINATIONS

All residents over the age of 65 will have now received GP letters offering a flu vaccination. The Parish Council have organised a Flu Vaccination Clinic with Dr Rogers for Mowbray House patients in Appleton Wiske Village Hall on the 20th October. You were asked earlier in the month to register for a vaccination in the village hall via Parish Councillor Ken Blackwood. For all those that have registered with Ken, the clinic will be held between 08:30 a.m. and 11:30 a.m. and are by timed appointments. It is not possible to have "walk-in" attendance during the current Covid restrictions. Members of the Parish Council will be on hand to direct patients into the village hall through the rear exit door to the Main Hall where the queuing arrangements will be in place to ensure 2 metre distancing. Please use the hand sanitiser on arrival. The main entrance / exit at the front of the village hall will be the way out. Everyone attending for a vaccination MUST wear a face covering during their visit. Please note that the toilets will not be available during the morning as these are reserved for the use by the Pre-School children. This will avoid any potential covid-19 transfer. Attendance will be at specific times during the clinic. Please arrive at the village hall a couple of minutes before your allocated time. If anyone requires assistance to get to the village hall please call 01609 881660 and we can make the appropriate arrangements to get you there.



# PARISH COUNCIL

## PARKING IN APPLETON WISKE

Once again the issue of parking difficulties in the village has been raised by a number of residents. In part this has come up again in anticipation of extra cars as a result of approved additional housing at several sites around the village. But it is also a natural progression, in this day and age, for more cars. This issue has been directly raised with the Parish Council and we certainly acknowledge the issue, in particular, but not exclusively, in the area outside and around the village centre.

There are no easy answers but the Parish Council would like to invite thoughts and suggestions from people who live in the parish by either speaking, writing or emailing your thoughts and suggestions to the Parish Council: **01609 881822** [clerk@appletonwiske.com](mailto:clerk@appletonwiske.com). Once we have received these we will summarise the views and propose next steps. Hopefully by engaging with as many people as possible, we can come up with some workable options. Please let us have any comments by the end of October.

## MAJOR CHANGES AHEAD FOR OUR COUNTY AND DISTRICT COUNCILS (by Cllr David Hugill)

In early July the Minister of State for Local Government spoke to Leaders of Councils in North Yorkshire about reorganising the delivery of local government services. Councils are currently working up proposals on bids to be submitted to Government. The deadline is tight possibly by October and the reorganisation must cover all of North Yorkshire and the York region. The end result would be one or two Unitary Authorities replacing seven District Councils, The County Council and the City of York Unitary.

It is looking increasingly likely that there will be 2 bids for the Minister to consider. One will cover the whole of North Yorkshire, the current footprint of North Yorkshire County Council. This would leave York remaining the same. A second bid could see the County being split East/West with Appleton Wiske and the rest of Hambleton part of a group with Richmondshire, Craven and Harrogate.

So what does this mean for you as a resident of Appleton Wiske? Much is being made of the size and geography of the rival bids. That I believe, is an administration issue only. Whatever we end up with, the size of the Council will be bigger than we have now and the distance to the Lancashire border in Craven District will be the same whether we end up with an East West model or one covering the whole county. What matters to me as your County Councillor is how you will get more of say in how the council is run, how we will ensure that a share of the savings delivered reach our villages and that our current level of service is not compromised.

I will leave you with those thoughts. You can learn more on the website [www.northyorks.gov.uk/StrongerTogether](http://www.northyorks.gov.uk/StrongerTogether) or by contacting me at [Cllr.David.Hugill@northyorks.gov.uk](mailto:Cllr.David.Hugill@northyorks.gov.uk)



## 20'S PLENTY UPDATE

Behind the scenes the Parish Council is continuing to explore how we can achieve a 20mph limit within the village. The whole 20's Plenty movement is driven not from the top, but from the grass roots aspiration within communities to make them better places to be and live. It is the actions of individual members of public, councils and professionals who see that when public spaces are less dominated by motor vehicles then they become better for all.

As we progress through the COVID-19 Crisis our health & transport systems are facing unprecedented challenges. Each year there are 75,000 casualties on 30mph roads in the UK. This is unsustainable when also coping with COVID-19. Doctors have already called for an emergency national 20mph urban limit to lower the baseline load on the NHS.

We'll keep you updated....





# HEALTH AND WELLBEING

## Looking out for others

With the winter months coming and the uncertainty of the Covid pandemic, there will be people in the village who may feel isolated and alone. The smallest displays of kindness, like picking up the phone to check-in on someone or offering to pick up some shopping, and the conversation that follows, could make the biggest difference.....

### Be Aware

Watch for the warning signs that someone might be struggling. This is more challenging during the Covid-19 crisis, and we may need to be more pro-active about checking in with others by phone and online.

### Ask

Trust your instincts and ask the person directly how they are doing. If necessary, ask twice. "Are you really OK?". If you feel they may be struggling let them know that you are worried about them and that you care.

### Listen

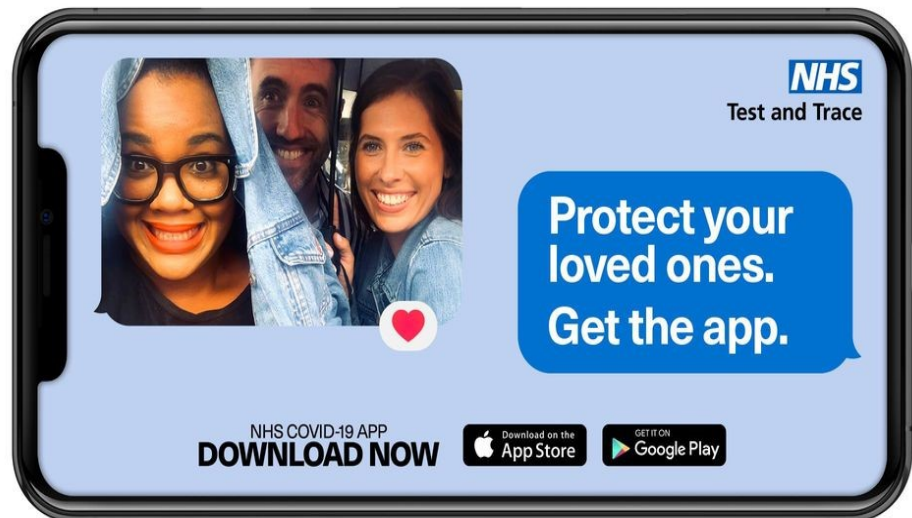
Give them time and space to talk and be helpfully nosy.

### Build Support

Explore what help they might need.

### Check-in

Keep checking in and letting the person know you are there for them. Knowing someone cares can make all the difference.



The new NHS COVID-19 app, now available to download for free. It is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community. The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy. It is available as a free app via your phone's Apple or Google app store and you can get help downloading the app here: [www.covid19.nhs.uk/help-with-the-app](http://www.covid19.nhs.uk/help-with-the-app)



Find up to date information from NHS England or the Government by visiting: [www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19) or [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)



# HEALTH AND WELLBEING

## Wellbeing and mental health during Covid-19

Covid-19 has now had a far reaching impact on people right across the world and it's important during this time to take care of your mind as well as your body. Everyone will be reacting in their own way. You might be feeling frustrated or lonely. Concerned about your finances, your health or relatives. And you might be feeling down, worried or anxious.

It is OK to feel like this. These are normal reactions to uncertainty and to challenging events. Covid-19 has also impacted on many of the normal coping strategies we use to deal with stress, and on the everyday activity that underpins our emotional wellbeing. During this time, we may need to be more creative and thoughtful about how we look after ourselves.

It's natural to feel anxious about what's happening right now, but if it begins to feel too much follow these top tips:

**Limit your news coverage** - Avoid constantly checking the news – it only makes your anxiety grow stronger. Limit yourself to 30 minutes a day or particular broadcasts.

**Concentrate on the facts** - Use reputable sources for news, advice and opinions. Be cautious of social media coverage.

**Focus on what you can control** - We can't control the Covid-19 crisis but we can control our own responses and behaviours to it. Think ahead, make plans for what you'll do in the coming days and weeks.

**Distract yourself** - Our minds struggle to hold two thoughts at one time. Distract yourself with exercise, games, books, movies or other activities.

**Connect with others** - Reach out and connect with friends and family, in safe ways. Share your fears or talk about nothing in particular.

**Be nice to yourself** - Add extra time for stress relief in your day. Treat yourself whenever you need and do things you enjoy, within the limits of existing restrictions.

**Hold on to hope** - Keep the big picture in mind. The crisis will end, and we will get through this.

## Telephone/Text Helplines

**Samaritans** - 116 123 Whatever problems you are facing Samaritans are there to listen 24/7

**SHOUT** - Text Shout to 85258 Crisis text service for support with any mental health concern 24/7

**CALM Campaign Against Living Miserably** - 0800 58 58 58 Helpline for men of all ages 5pm – Midnight.

**Silverline** - 0800 470 80 90 Information, friendship and advice for older people 24/7

**MIND** - Mental Health information and self-help guides [www.mind.co.uk](http://www.mind.co.uk)

## Children and Young People's Mental Health and Wellbeing Support

Children and young people have had their lives turned upside down by the pandemic. Almost every young person has had to adjust to dramatic changes in their education or employment, routine and home life. For help and support visit:

**KOOTH** offer free, anonymous, online counselling and wellbeing support for young people aged between 11-18 across North Yorkshire and York. Visit [www.kooth.com](http://www.kooth.com)

**BUZZ US** is a text messaging service for young people aged 11-18 experiencing mental health and wellbeing difficulties. Visit [www.compass-uk.org/buzz-us](http://www.compass-uk.org/buzz-us) or call 07520 631168.

**THE GO-TO** is the home of wellbeing and mental health for young people in North Yorkshire visit [www.thegoto.org.uk/coronavirus-information](http://www.thegoto.org.uk/coronavirus-information)

**YOUNG MINDS** is a free 24/7 support service. If you need urgent help, **text YM to 85258**. There is also a Parents Helpline: **0808 802 5544** (Mon to Fri 9.30am – 4pm, or visit [www.youngminds.org.uk](http://www.youngminds.org.uk)



# APPLETON WISKE NEWS

**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.

**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. The words are randomly assigned to each square and will always stay the same

**How do I get what3words?**

It is available as a free app via your phone's Apple or Google app store and online at [www.what3words.com](http://www.what3words.com)

**How do I use what3words in an emergency?**

1. Find the 3 word address for your current location on your phone app. It works offline—ideal for rural areas.
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.

## **Appleton Wiske Village Shop and Post Office**

**Lockdown Legend Community Award Highly Commended**

A small shop with a small clientele, Appleton Wiske Village Shop made big waves in the community during lockdown. Post Mistress Jackie and assistant Yvonne worked tirelessly to source essential supplies for village residents and provided home delivery to those too vulnerable to leave their houses.



Working with local food networks, they were able to source products that supermarkets were unable to supply and when lockdown was announced, Jackie leafleted the whole village, providing contact information and options available for residence who were unable to go outside.

The shop placed itself at the heart of Appleton Wiske and the surrounding community and strived to support all residents, especially the vulnerable. Acting as a central point for information exchange in the village throughout the crisis, the team even distributed surplus home grown produce and worked as a collection point for the local food bank too. The shop has continued to stock a wide range of high quality, locally produced food and supplies and support its community as well as other local businesses. As one resident commented in their nomination – *"We really could not of done it without them."*



## **The Lord Nelson Inn**

**Tel:** 01609 881351

**E-mail:** [info@lordnelsoninn.com](mailto:info@lordnelsoninn.com)

**Facebook:**

**@LordNelsonAppletonWiske/**

**Twitter:** @Nellie\_Appleton

**Instagram:** thelordnelsoninn

The Lord Nelson Inn continue to provide their takeaway service and dine in Sunday lunches. Booking is highly recommended. Due to government rules the pub has implemented the following procedures for the safety of staff and customers:

- Face coverings must be worn at all times unless seated at a table
- No service at the bar, table service only
- Last orders 9.30pm, customers will leave at 9.55pm
- Keep 1 metre apart at all times





# APPLETON WISKE NEWS

## Poetry Corner

*Autumn  
Pumpkins on Porches  
Apple Pie in the Oven  
Leaves rustling under my feet  
Cinnamon Spices in warm cups of cider  
Crisp morning air meeting me in the morning  
Autumn*

### PUMPKIN SOUP

Prep time: 20 mins approx.  
Cook time: 25 mins

This recipe makes a beautiful smooth, silky soup which is lovely for a light supper or a comforting snack. Suitable for vegetarians if you choose the veg stock.



#### Ingredients

2 tbs olive oil  
2 onions, finely chopped  
1kg pumpkin, peeled, de-seeded and cut into chunks  
700 ml veg or chicken stock  
150 ml double cream

#### For the croutons

2tbs olive oil  
4 slices of bread, wholemeal seeded is lovely with this recipe or try sun-dried tomato

#### To make the soup

Heat oil in a large saucepan, sauté the finely chopped onions until they are soft but not brown. Add the chunks of pumpkin, stir occasionally until golden brown but still soft. Pour in the stock and season. Bring to the boil then simmer for about ten minutes until the pumpkin flesh is soft. Pour in the cream and bring back to the boil then take off the heat and puree with a hand blender. To make the croutons simply cut the bread into small squares and pop into a pan with the heated-up olive oil until they become crisp. Serve, eat and enjoy!

**Also don't waste the skin of the pumpkin! Cut it into slices and brush it with oil and put it in a hot oven and it will go beautiful and crispy. Delicious!**

## Apple Pressing

Does anyone fancy a spot of apple pressing?

There is a local company who loan out equipment to groups who want to press their autumn fall of apples.

We are all aware of the need to limit group contacts and to keep up hygiene procedures to help stop the spread of Covid-19. So if there was enough interest in the village we would have to do our own risk assessment and check Government guidelines for numbers of people that can meet at any one time.

People would bring their washed apples and their own bottles and asked to make a contribution of about £5 each to cover costs.

The event would be held outside, maintaining social distancing, including spacing the equipment.

Allocated time slots so no one is allowed to just turn up on the day

Helpers to stick to one piece of equipment

Provision of a handwashing station with frequent hand-washing and use of alcohol hand gel

People to bring their own jugs and funnels if possible

If anyone is interested please contact Richard Hauserman  
richard@appletonwiske.com  
01609 881015

# APPLETON WISKE NEWS

## The Book Stops Here!!

As some of you will be aware, there is now a book sharing facility in the old bus shelter. It started with just a handful of books on a table at the beginning of lockdown but has now grown significantly.

Temporary shelving has been erected and books sorted in a more user-friendly way. There are a range of books for all ages.

There are Covid guidelines for usage on the wall.

It seems popular and may eventually become a permanent fixture dependent on continued responsible usage and support. to prevent it becoming an untidy eyesore.

Please therefore note:

- It is a book sharing facility with limited capacity; please do not leave books that should be going to the tip/recycle.
- Please do not leave carriers/containers full of books on the floor; place a few suitable books on the shelves.
- Please do not leave DVD's due to the age ratings/ censorship/parental awareness needed etc .
- Please do not leave toys or games
- Please do enjoy reading, your support is much appreciated!

## Appleton Recreation Association

The 200 Club draw took place in July and the winners were;

### Spring draw

1st - £250 - Dave Blake (no.82)

2nd - £100 - Sara Thackray (no. 113)

3rd - £50 - Karen Fenwick (no. 153)

### Summer draw

1st - £250 - Sarah Hurangee (no. 138)

2nd - £100 - Fay Powdrall (no. 67)

3rd - £50 - Claire Millington (no. 25)



## Appleton Wiske Community Primary School



It's good to be back! Although it is far from 'business as usual', we are delighted to see all our pupils return to school. They are displaying outstanding attitudes to school life, settling in well to new routines and taking on a range of challenges with confidence. It has been fantastic to see the children socialising within their 'bubbles', re-establishing old friendships and developing new ones. Well done to all the children, and a special well done to our new Reception children who are an absolute joy to have in school.

We have lots to look forward to this term, despite certain restrictions, including sporting events and musical performances. Our Pupil Voice remains an important aspect of the school's work and lots of children are members of the School Council and Green Team. We also have Junior Road Safety Officers, E-Safety Officers, Playtime Friends, Reading Ambassadors and Librarians. All of these roles are important and give the children additional responsibilities so that they can help the school to be the best it can be.

Stay safe and best wishes

**Neil Clark**

**Head Teacher**

**Appleton Wiske Community Primary School**





# KIDS CORNER!

## Autumn Word Search

L	E	A	V	E	S	L	H
Z	F	P	I	L	T	C	A
P	X	P	M	C	R	T	R
U	H	L	A	E	E	S	V
M	Y	E	C	M	A	Q	E
P	U	H	O	P	T	Z	S
K	V	T	R	I	C	K	T
I	B	O	N	F	I	R	E
N	W	O	Y	H	X	T	N

LEAVES  
HARVEST  
PUMPKIN  
TREAT  
TRICK  
BONFIRE  
APPLE  
ACORN

*Colour me in!*



### Emergency Contacts

Use the following list of contact details for reporting emergencies or dangerous incidents which occur out of office hours.

**Hambleton District Council (all services including Environmental Health):** 01609 779977

#### Flood

**Line:** 01609 779977 - Press 1 for sandbags

#### Stray

**dogs:** 01609 779977 - Press 2

**Homelessness:** 01609 779977 - Press 3

#### Northumbrian

**Water:** 0845 7171100

**Out of hours Social Services emergency**

**number:** 01904 762314

#### Yorkshire Water

**(supply):** 08451 242424

#### Yorkshire Water

**(sewerage):** 08451 242429

#### Powercuts

You can call 105 to report or get information about power cuts in your local area.



# APPLETON WISKE NEWS

## Free renewable Heating Scheme for Hambleton residents

North Yorkshire County Council has secured funding through National Grid's Warm Homes Fund to help people living in Hambleton to reduce their energy bills and transform their home heating. Homeowners and tenants who currently use inefficient storage heaters, room heaters or solid fuel heating, could get a new, fully funded renewable heating system installed in their home at no cost to themselves. The scheme is targeting properties that do not have an existing gas, oil or LPG central heating system.

Hambleton Councillor Stephen Watson, portfolio holder for Environmental Health, Hambleton District Council said: "We are delighted to announce this new renewable heating scheme which gives our more vulnerable residents in Hambleton the opportunity to upgrade their homes to the latest low carbon heating technology for free. "It will not only help eligible residents reduce their fuel bills but improve the energy efficiency of properties in North Yorkshire."

To make an enquiry please call Communitas Energy on **0113 4862941**.

## Appleton Wiske Preschool

We have funded and non funded 2 and 3 year old places available each day Monday to Friday 8.30 am until 3.30pm in the Village Hall, Appleton Wiske. We are a small rural preschool which is run by a parent committee. Ofsted rate us as being a good quality early years provider. We strive to provide a safe, friendly and caring environment who provide high quality care and education for children aged from 2 years until statutory school age. This includes quality and consistency so that every child makes good progress and no child gets left behind. We work in partnership with parents or carers and other professions to help children learn and develop. We are a huge part of the local community and hire the community mini bus to go out on lots of lovely trips to local parks and theatres, also forests and beaches. We offer children and their parents a service which promotes equality and values diversity. Your child will learn in a safe and stimulating environment and will be given the opportunity to join in with other children and adults to experience life, play, work and learning together. Your child will be helped to take forward their learning and development by building on their existing knowledge and abilities.



A recent visit to St Mary's Insect Hotel and checking the bug chart back at Preschool!



## Fundraising

Preschool relies heavily on fundraising and unfortunately this year due to COVID we have had to cancel a lot of our fundraising events. Please keep an eye out on our Facebook page for some virtual fundraisers. We will be holding raffles and purchase of squares to raise money so that we can continue to provide up to date resources for our children and to continue to go out on educational trips. Jackie in Appleton Wiske Village Shop has kindly agreed to help us sell squares and raffle tickets in the shop. Appleton villagers have always been very supportive of preschool and we would be very grateful if you could continue with your support by joining in with our raffles and quizzes. Also if anyone would like to do any sponsored event in aid of preschool we would very much appreciate it. We currently only have 9 children on our register and they don't all attend each day. Some days we only have 2 children so really would appreciate all the help you can give us.



# APPLETON WISKE NEWS

## Greetings from 'The Friends of St. Mary's'

2020 will be remembered for all sorts of reasons, for lockdown and the new normal, shielding and facemasks, kindness and community. We have obviously not been able to have our usual spring and summer events this year, but we did manage to have a slightly different version of our regular Bank Holiday Hog Roast which you hopefully all enjoyed.

And we have plenty of ongoing projects – these include: a wildflower area in the churchyard; a bluebell bed; insect hotel and hedgehog accommodation; restoration of the sundial; new notice boards for the porch; and new porch light and exterior light for the church.

We are also working with St. Mary's to apply for an Eco-award which will recognise our work towards helping the environment through such measures as switching to a green energy supplier, using LED bulbs, and encouraging and supporting wildlife in our churchyard.

Many thanks as always for your continued support and encouragement. If you would like to join us please contact a committee member or email us at [friends@appletonwiske.com](mailto:friends@appletonwiske.com)

## DOG FOULING & THE LAW!

Bereaved families are upset at inconsiderate dog walkers who are letting their pets walk over, urinate and defecate on their loved ones' graves in St. Mary's church yard.

Dog mess is the most unacceptable and offensive type of litter in our village. Allowing your dog to poo especially on someone's resting place is not only deeply unpleasant, it is disrespecting the memories of loved-ones. Whilst most dog owners in our village are caring, responsible individuals, there are still some people who do not clean up after their pets.

Anyone who fails to clear up after their dog can be issued with a Fixed Penalty Notice of up to £100. If the case goes to court this could cost the owner or person in charge of the animal up to £1,000. The law states that being unaware a dog has fouled or not having a suitable bag is not a reasonable excuse.

Whilst there are dedicated dog-fouling bins, any public bin can take the waste or you can simply take it home with you! There is absolutely no excuse to leave it, so please show respect for others.

## Appleton Wiske Methodist Church "The Chapel"

### Worship service

Sunday mornings 10.15 am to 10.45 am

Face coverings are mandatory. The Chapel will be well ventilated, so dress for the weather! For ease of seating with social distancing, it would be helpful if you could let us know if you intend coming along.

### Tots Music

Tuesday 9.30am

### First Friends

Sunday afternoons 4.15pm

Tots Music and First Friends are currently operating as fixed groups with limited numbers.

Please contact Karen directly if you would like to join in with either of these.

**Karen Portsmouth (lead steward) 07890 478533**  
**Revd Arthur Harbottle (superintendent) 01609 773620**





# Local Businesses

## PRIVATE TUITION

A highly qualified teacher with many years' experience offers expert tuition at primary, secondary and university levels. For exams or for personal interest. Experienced with learning difficulties (autism, dyslexia, ADHD).

**Classics** – Latin, Greek, classical civilisation or ancient history, current examiner

**English** – language, literature, English as a foreign language.

**French** – bilingual speaker, past GCSE and A' examiner

**Religious Studies** – mainly Christianity and Judaism, can also help with other religions.

**Other languages (Spanish, Catalan, German, Welsh)** – support to GCSE

Individual or group teaching, at your home or mine in Appleton Wiske, or online if preferred. DBS checked. Excellent references. Reasonable fees, varying according to level and needs.

To discuss how I can help:

Call **Jenny Heimerdinger on 07534458622** or

Email: [jgheimerdinger@gmail.com](mailto:jgheimerdinger@gmail.com)

## FOOT HEALTH PRACTITIONER

**Sarah Hurhangee**

DipFHP MAFHP (Fully insured)

Caring for your feet in the comfort of your own home, Appleton Wiske and surrounding villages, and at 'Beauty at Leisure', Girsby.

- Routine nail trimming and care
  - Fungal nail treatment
  - Callus reduction
  - Corn removal
  - Ingrowing nails
  - Cracked heels
- Diabetic foot care advice

**Please call 077723 18157**

Registered member of the British Association of  
Foot Health Practitioners



## The Rustic Bakery

**Please contact Kasi McReddie on 07468 496923 to order.**

In March 2020, as lockdown began and I moved back to Appleton Wiske, I decided to pursue my dream to bake for a living and started 'The Rustic Bakery'. Since then, I've been lucky that my cakes, cupcakes and more have been stocked at Jackie's Village Shop – thank you Mum! I want to say a huge thank you to all our lovely neighbours for continuing to buy and enjoy these – it means the world.

As well as stocking the Village shop with the loaf cakes, cupcakes and brownies that you all know and love, I am also producing bakes and desserts to order for all occasions such as birthdays, anniversaries, Christmas, dinner parties and... just for when you fancy cake! All kinds of sweet treats are available; from simple (but delicious!) cupcakes, to multi-tiered occasion cakes, brownies, cookies, tray bakes, flapjacks, biscuits, large and individual desserts such as banoffee pies and chocolate puddings and everything in between in all and any flavours.



Please contact me if there is something else that tickles your fancy!

Christmas cakes will be available to order from the Village Shop from 1<sup>st</sup> November. These will be available with or without marzipan and decoration.

More information to follow on the Village Shop Facebook page.



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