

St. PETER'S CHURCH, ASKHAM

MAY SERVICES

ASKHAM with LOWTHER

August 21st . 10th After Trinity. Bishop James Bell. Holy Communion with a Baptism. 11am.

August 28th . 11th After Trinity. Rev. Sheila Clark. Holy Communion 11am.

SEPTEMBER SERVICES.

September 4th 12th After Trinity. Mr & Mrs J & S Banks. Lay Led Service. 11am.

September 11th. 13th After Trinity. Bishop James Bell. JOINT HOLY COMMUNION 11am. **CLIFTON CHURCH**

September 18th. 14th After Trinity. Rev. Sandy Pearl Morning Worship. 11am.

September 25th. 15th After Trinity. Rev. Sheila Clark Holy Communion. 11am.

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OCTOBER SERVICES

October 2nd . 16th after Trinity. Rev. Sandy Pearl Family Worship 11am & Baptism.

October 9th. 17th After Trinity. Rev. Sheila Clark JOINT HOLY COMMUNION. 11AM **CLIFTON PARISH CHURCH.**

October 16th. 18th After Trinity Bishop James Bell Holy Communion. 11am.

October 23rd. Last after trinity Rev. Sheila Clark Holy Communion. 11am.

October 30th. **All Saints Day** Bishop James Bell JOINT HOLY COMMUNION SERVICE. **11AM. CROSBY RAVENSWORTH CHURCH.**

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THERE MAY BE A CHANGE TO ONE WEEK IN OCTOBER FOR OUR HARVEST FESTIVAL SERVICE

ANY CHANGES NOTICES UP IN THE ASKHAM STORES WINDOW AND THE COMMUNITY NOTICEBOARD

Please send items for inclusion in future editions of this Newsletter (next one will be in SEPTEMBER 2022) to:

Alex Wilkinson, Scar View 01931712367 email to AskhamHelton@proton.me

Askham and Helton Village Newsletter

AUGUST 2022

Welcome to the summer village newsletter. The next Newsletter will be later in September and if you'd like to contribute any items of information please email

AskhamHelton@proton.me or telephone Alex Wilkinson 01931712367 (Please note the new email address– the old one is now obsolete).

Up to date information can always be found on FaceBook "Askham and Helton Residents and Friends"

ASKHAM and DISTRICT VILLAGE SHOW

As is usual, the village show will take place in the village hall on the first Saturday, 3rd September. Every household in the community should have received a schedule giving information for classes and how to enter. If you need a further schedule they are available in Askham Stores. If possible please hand in your entries prior to the day for judging.

ASKHAM SWIMMING POOL

The pool has had a very successful season and this year will remain open until Sunday 4th September. If you are a season ticket holder then all sessions (except Pauline's Aquafit sessions) are free. Otherwise a one and a half hour session costs £4.

The pool can also be hired privately for parties etc. See the Facebook Page (Askham Outdoor Swimming Pool) for all details. You can book sessions, hire the pool and pay for a season ticket on ticketsource.co.uk and search "Askham Swimming Pool". This gives all costs and you can book sessions.

GARDENING CLUB

Meets at 2pm on the first Wednesday of each month to view a garden, chat and ask questions about gardening, swop plants and have a cup of tea.

The next summer programme dates is September 7th – Curlew Cottage, Askham – hosted by Helen Dunham

Any further information contact Felicity Ashcroft 01931 712517

MOVE IT OR LOSE IT!

'Move it or Lose it'. I know these words refer to my older adult exercise classes but actually it refers to all ages. How often do you think you should exercise/move a week? Well, if you take the advice from the NHS website and Public Health England the recommendations are -

Adults (19-64 yrs) should aim to:

- * Do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- * Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- * Spread exercise evenly over 4 to 5 days a week, or every day
- * Reduce time spent sitting or lying down and break up long periods of not moving with some activity

I think the above recommendations can be quite daunting if you don't like the very thought of attending exercise classes or not sure what this mean to you?.

Start with looking at what you do now and add up those daily minutes of 'Moving'.

I know many of you in the community like to garden, or help out in the coffee club, or enjoy walking or cycling, all those activities help your muscle strength, stamina mobility. While some like to attend my classes, which specifically focuses on balance, strength and flexibility.

Now add up all your weekly moving and see if you've reach the NHS recommendations.

I think you'll surprise yourself!

Most importantly, enjoy what you do, adopt the mindset that daily 'Moving' can be an investment to later life.

Motivation for me is to keep as physically/mentally independent for as long as possible because by time I reach my 90's I'm never going to be able to afford to stay in a care home!.

As I always say, I love seeing so many people from the community in my weekly classes, you're such a pleasure to teach. New people will always be made to feel welcome and treated with kindness.

Monday - 10.30am - Move It or Lose It

Monday - 6.30 pm - Strength and Tone

Tuesday - 6pm - Beginners to Exercise

Thursday - 6.30pm - Core, Balance ad Stretch

If you like to know more email paulineireland291@yahoo.com. Tel 07788979640

Websites for further information:

www.moveitorloseit.co.uk

www.nhs.uk/live-well/exercise

Best wishes

Pauline

LOWTHER PARK LONGHORNS

The Lowther Estate wish to inform the local community of upcoming availability of our grass-fed Longhorn Beef, the first produce from the Estates regenerative farming system.

We plan for a variety of meat boxes to become available w/c 12th September. Prices will be available in due course via social media and local notice boards.

If you would like to register your interest, please contact Laura via email – laura.mackey@lowther.co.uk

QUEEN'S HEAD ASKHAM WINE EVENING 19 AUGUST

Calling all oenophiles and food lovers!

Join us on Friday the 19th of August at The Queen's Head in Askham for a very special evening celebrating all things wine. Our head chef, Gareth, has created a special 4 course menu for the evening to be served along with 8 different wines, as we pit together some of the great regions of France against an 'imposter' from the new world.

Joshua, Askham Hall's sommelier, and Richard Bracken, of Milestone Wines, will guide you through 2 wines with every course - one, a French classic, and the other a 'lookalike' from somewhere else in the world..... all you have to do is vote on which you prefer, and by the end of the night we will find out if France do truly produce the world's greatest wines!

£80 per person. Book online at www.queensheadaskham.co.uk ('Book a table') or call 01931 712350 and join us for what will be a very exciting event, the first of many Queen's Head wine dinners to come!

THE QUEEN'S HEAD ASKHAM IS NOW OPEN FOR DINNER EVERY DAY

We are pleased to let you know that due to popular demand, our 'Posh pub grubbers' dinner is now available 7 days a week!

Now available daily 6 to 8.45pm. £55 per person. A children's menu is also available.

Book your table online at www.queensheadaskham.co.uk ('Book a table') or call 01931 712350. We hope to see you!

THE MARDALE INN, St Patrick's Well. Bampton

You may have heard about the community purchase of the pub in Bampton which has now opened and is being run by Steph Davies who many in the community will know from Askham establishments. The pub has been open several weeks and is thriving. It is hoped that the kitchen will open in October and there will be a charity event on 20th August with singer Billy Burrell from 8 p.m.

Every Wednesday at 7 p.m. is "Bring your guitar" night with Lee Nelson @ £5 per head

Steph would like to give a massive "Thank you" to everyone who has come to support the pub "*the love is felt and gratefully received*"

Opening Times **Wednesday and Thursday** 4 p.m. to 10 p.m.

Friday, Saturday, Sunday Open all day from 12 p.m.