

HIGHLIGHTS

On Thursday 1st December, 7.30 p.m. there will be a performance in Askham Village Hall by Remi Harris and Tom Moore acclaimed jazz and blues guitarist and double bassist.

Remi plays all over the world and is an internationally acclaimed guitarist.

Acoustic jazz from the 30s and 40s to electric blues. *"Incredible guitarist" Jamie Cullum, BBC*

This promises to be a superb evening so please DON'T MISS IT!

Tickets are available **NOW** from Askham Stores

ST PETER'S CHURCH HARVEST FESTIVAL SERVICE

In ASKHAM VILLAGE HALL on Sunday 23rd October at 11 a.m.

To be followed by a bowl of hot soup & a roll

If anyone would like to donate and share a pudding it would be much appreciated.

Other Church Services:

October 9th. (17th after Trinity) Rev. Sheila Clark Joint Holy Communion Service. 11am. CLIFTON PARISH CHURCH

October 16th. (18th after Trinity) Bishop James Bell. Holy Communion. 11am.

October 30th (ALL SAINTS DAY) BISHOP JAMES BELL HOLY COMMUNION SERVICE 11am. CROSBY RAVENSWORTH CHURCH.

LAHAS

Meetings of the Lowther & Askham History & Archaeology Society for the rest of this year as follows. All meetings take place in Askham Village Hall.

Tuesday, 11th October 7.30 p.m. **Local History Workshop:** study of local wills and inventories

Tuesday, 8th November 7.30 p.m. **The Ullswater Steamers** Peter Hensman

Tuesday, 13th December (time t.b.a.) **The Diary of a Food Historian** Ivan Day with seasonal refreshments

Please send items for inclusion in future editions of this Newsletter (next one will be in NOVEMBER 2022) to: Alex Wilkinson, Scar View 01931712367 email to AskhamHelton@proton.me

Askham and Helton Village Newsletter

OCTOBER 2022

Welcome to the autumn newsletter I hope that you enjoy it and find the information useful.

If you'd also like to receive an e-copy please contact AskhamHelton@proton.me Also, please send any items for future newsletters to this address.

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

ASKHAM - "the place of the ash trees"

Our village has had this name since the Norse arrived here but we are now in danger of losing our ash trees. In many parts of England "ash die-back" disease has resulted in the death of over 90% of trees and several in our village are already showing signs of "die-back", This means it is likely that we will lose all our ash trees in the next couple of years. Fortunately, disease resistant strains are being developed so perhaps we should begin to plan a planting schedule as soon as we can?

VILLAGE GREENS

The cutting season has now ended but huge thanks to the volunteer team who have done such a wonderful job in mowing and maintaining the village greens over this past summer.

There has been some further subsidence of one of the lower village greens, opposite the Old School House. A rider was unseated when her horse stumbled into the hole. Residents are reminded to take care. A cone marks the largest of the holes, and Lowther Estates have been advised.

VILLAGE HALL

We are in the process of updating the village hall website and this will include bookings diary, hourly rates etc but in the meantime please note the following changes. Bookings can now be made by emailing:

adcc.bookings@outlook.com

Or by phone to Alex Wilkinson 01931712367 or 07974646855

Mike Slee is no longer responsible for bookings but many thanks for his work in undertaking this job in recent years.

MOVE IT OR LOSE IT!

'Move It or Lose It'.

I often hear, "I'm far too old to start exercise now, all that sweating and getting down on the floor, it's not for me".

Well, I have a lady that joined my class at the age of 92 years old and what's funny is that she didn't mean to join the class, it happened by accident. She popped her head in the class looking for a friend and I thought she was here for the class. So I invited her in to sit down, she then started to participate in the exercises and 8 weeks later she is still coming to class, loving it and wished she'd started earlier on in her life.

Her family can't believe it! Considering she has never exercised in her life but the great news is, the seated exercises are helping her with posture, back strength and mobility.

You see, it's never too old to start and for it to make a difference to your health. Exercise can truly be our medicine.

If you're thinking of joining one of my community classes then do send me a message to talk through your interest. paulineireland291@yahoo.com or 07788979640

All Classes - Askham Village Hall

Monday - Move It or Lose It - 10.30 - 11.30am

Monday - Strength with dumbbells and bands - 6.30 - 7.30pm

Tuesday - Beginners to Exercise - 6 -7pm (this class is a step up from the MILI class)

Thursday - Stretch/Balance/Core - 6.30 -7.30pm

Cost - £5.50 - £6 If you like to know more email paulineireland291@yahoo.com. Tel 07788979640

Best wishes *Pauline*

ASKHAM LADIES CLUB

We now just meet on the second Wednesday of each month when we just have tea, cake and a natter just to keep in touch with friends. It is a lovely way to spend the afternoon and anyone wishing to come along will be very welcome.

We have just taken a short break for the last three months but we plan to begin again on Wednesday 12th October @ 2 p.m.

For information contact mariemacadam@aol.com

Val Thompson & Marie Armstrong

THE HEALTH BARN OPEN DAY

Sunday 23rd October 2022- All welcome!

It will be two years since both floors have been fully completed and refurbished

Come along and meet our team of practitioners and teachers. We will be showcasing our treatments, classes and workshops through taster sessions and demonstrations.

Therapies which we offer at The Health Barn include:

Clinical Reflexology, Sports massage, Chiropractic care, Flotation therapy, Facial and TMJ (Jaw) treatments, Cupping, Pamper treatments, Yoga, Aerial yoga, Meditation, Pre- and post-natal yoga as well as Mum and baby sessions and much more.

Doors open 10am - 5pm, no need to book just pop in and say hello.

We look forward to welcoming you!

Chris, Ceris and The Health Barn Team 01931 712300 www.thehealthbarn.co.uk

CINE NORTH in ASKHAM * NEW EVENT! *

On Wednesday 2nd November, 7.00 p.m. we will be holding a CINEMA NIGHT in Askham Village Hall with the screening on the big screen of **“TOP GUN—MAVERICK”** 12A

All are welcome and if it is well attended this will become a regular event during the winter months

Tea, coffee, soft drinks and snacks will be available to purchase (or BYO)

The cost is £5 per person and no need to book - Just turn up! Doors open 6.45 p.m.

A WARM PLACE

From Tuesday 4th October the village Hall will be kept open after the Tuesday Café (which will continue to open from 11 a.m. until 1 p.m. - last orders 12.45 p.m.)

You can either stay after lunch or, if you prefer, arrive at 1 pm. where there will be a nice warm space with enjoyable company and optional activities like games, cards, bring your own knitting, jigsaws or just a chat (and even that is not compulsory!)

This means that we can turn the heating down at home, enjoy company, fun and a chat and a warm space. You can even enjoy a cuppa and a biscuit.

No need to book and no charge— just come along or stay after the café. See you there?