

In Touch

The Occasional Magazine of **REVIVAL**
North Yorkshire



Issue 5 of 10 2023/2024

Hello to all our wonderful people!

As we ease into Autumn, I hope that you are as well as you can be. If you have problems that are causing you concern, Amy and Tina have lots of information, experience and contacts to help sort them out. This could range from help at home or housing issues to feeling low or making ends meet. If you, or someone you know, needs support, please do get in touch. (The phone numbers are on the back page).

Here are a few random reminders:

- Are you receiving everything you are entitled to? For example: attendance allowance.
- Don't forget to get your chimney swept!
- Flu jabs and COVID 19 boosters are now available for many of us. See inside for more details.

Also, in our exciting edition of In Touch this month, Heather tells us about bee keeping and sheep shearing and we meet Stephen Butt who worked for the BBC for many years and now lives in Castleton.

And..... Big drum roll..... The Grumpy Old Man returns, wearing two different hats. Read on!

Stay Safe

~ Debbie x

Look Closer

by Phyllis McCormack

What do you see, nurses, what do you see?
Are you thinking, when you are looking at me,
A crabbit old woman, not very wise,
Uncertain of habit, with far away eyes.
Who dribbles her food, and makes no reply,
When you say in a loud voice; 'I do wish you'd try',
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe,
Who, quite unresisting, lets you do as you will
With the bathing and feeding, the long day to fill?
Is that what you're thinking, is that what you see?
Then open your eyes, you're not looking at me.
I'll tell you who I am, as I sit here so still,
As I move at your bidding, as I eat at your will,
I'm a small child of ten, with a father and mother,
Brothers and sisters, who love one another,
A young girl of sixteen with wings on her feet,
Dreaming that soon a true lover will meet;
A bride now at twenty - my heart gives a leap,
Remembering the vows that I promised to keep;
At twenty-five now I have young of my own,
Who need me to build a secure happy home;
A woman of thirty, my young now grow fast,
Bound to each other with ties that should last;
At forty my young sons will soon all be gone,
But my man stays beside me to see I don't mourn;
At fifty once more babies play round my knee;
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead.
I look at the future, I shudder and dread,
For my young are all busy, with young of their own,
And I think of the years and the love I have known.
I'm an old woman now and nature is cruel,
'Tis her jest to make old age look like a fool.
The body it crumbles, grace and vigour depart,
There now is a stone where I once had a heart.
But inside this old carcass a young girl still dwells
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.
I think of the years, all too few - gone too fast,
And accept the stark fact that nothing can last.
So open your eyes, nurses, open and see,
Not a crabbit old woman, look closer - see ME.

Volunteer of the Month...

~ Lauren ~

A big thank you to our junior volunteer **Lauren Farmer** for her on going support of Revival. With her mum, Amy's guidance, Lauren has helped us more than ever over the summer holidays. She attended both Danby and Egton shows, selling tickets to passers-by to guess the names of our mannequins Sid and Florence. She also prepared our In Touch magazines for posting.

During the school holidays you will often find Lauren helping out at activities and events and delivering magazines.

Thank you so much and well done Lauren!

P.S. Revival won 'Best Stand' at Egton Show!



Top right: Lauren pictured with the delightful Florence on our stand at Egton Show.
Bottom right: Tina and Amy proudly pictured with our winning rosette!
Bottom left: Tina on our 'prize winning' stand at Egton Show.



Nothing we do would be possible without our amazing team of volunteers.
Who is your volunteer of the month and why?

Please contact Debbie 07970 955407

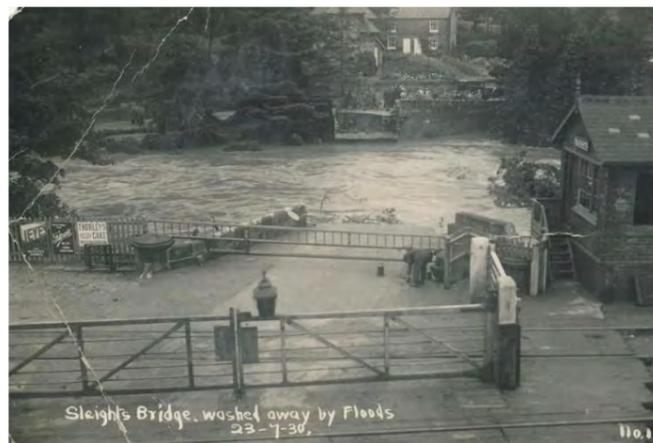
Sleights in Days Gone By

A selection of photographs from Rosemary Upton

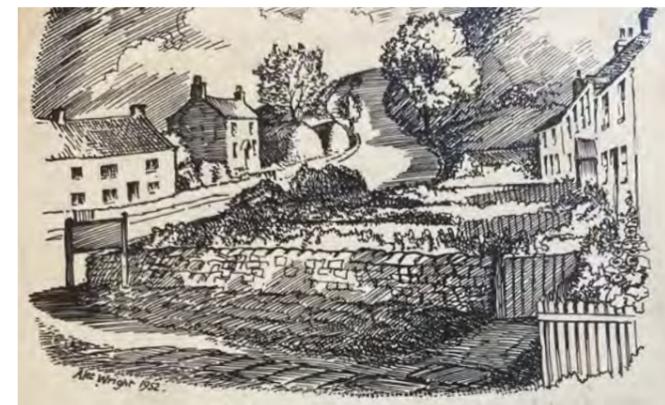


Did you know Sleights had its own Whalebones?

The whalebones dating from between the two World Wars graced the entrance to a field until 1970, when it became the village car park. Almost immediately opposite the car park is a branch of Bothams, the famous Whitby Baker's. Elizabeth Botham began her business as a widow in 1869 selling from a pie cart. Later she set up in Skinner Street, Whitby where the company's main shop and restaurant is. She also ran a beer house called The Hole in the Wall in 1890, which by 1903 she had given up.



In 1930 the bridge was washed away in a flood - in July!



Greetings from SLEIGHTS, Yorkshire.

Pleasant village between R. Esk and moors, noted for gardens. Partly in ancient parish **ESKDALESIDE-cum-UGGLEBARNBY**. Name once **SLECHETES** from slacks or slopes, as village lies between two valleys. Eskdaleside and **BRIGGSWATH** (bridge house on the wath) older than Sleights.

Past. **ESKDALE CHAPEL** ruin on site hermitage where **HORN-GARTH** ceremony originated (1158 A.D.). **FEATHERBED LANE**, 12th cen. trod to Aislaby (reputed narrowest highway in England) **SLEIGHTS BRIDGESTONES** on moors (unique Bronze Age circle). Once noted for **PLOUGH STOTS** (dancing team).

Of Note. **MONKS TRODS** leading to Abbey. Several village choirs. Quoits, Cricket, Football, Bowls played.

Try to Visit MOORS via Blue Bank or Aislaby, when Ling in bloom. **GOATHLAND** (fine scenery—**LILLA CROSS**) **AISLABY** via Woodlands or Featherbed Lane. **WOODLANDS GARDENS** on Open days. **RUSWARP** by boat from River Gardens. **SNEATON** (unique cresset beacon) **LITTLEBECK** (Noted ecclesiastical wood-carver). **FALLING FOSS** (waterfall) **GROSMONT** by Monk's trod N. of Esk. **SANSEND** (via Newholm and Dunsley). **WHITBY** (on Ascension Eve for ancient **HORN-GARTH CEREMONY**).

Sample Heather honey, Bilberries, Turf Cakes.

D. A. Olevierly

This is Potted History Card No.11 - Sleights



Above: An interesting little post from 'Facebook' shared by Barry Smith.

The shop halfway down Sleights' village on the left has been in the past a shop, country café and a post office. It is now used as a showroom by Gibson's Joinery.

This photo shows Mrs Mary Clegg with my mother Sarah Eileen Smith - (nee Brown). Mrs Clegg taught my mother hairdressing. (Photo - mid 1930s)



Left: The Salmon Hotel in Sleights which is now called The Salmon Leap.

THE INTERVIEW

Steven Butt

This month we interviewed Stephen Butt from Castleton. Stephen and his wife Linda moved to Castleton in 2019 from south Leicestershire where Linda had been a university archivist and Stephen had previously worked for the BBC.

Stephen, what attracted you both to live in Castleton?

Although I was born in Somerset, we had some connections with North Yorkshire. Linda's family come from Sunderland and in earlier generations, from the coastal towns of Northumberland. If pressed, I claim I am descended from the Lords of Raby of the thirteenth century but I'm not sure how well that would stand up to scrutiny! Linda and I met in Durham when we were students and my great grandfather also studied at Durham. We have long-standing friends in Glaisdale who were very helpful when we were looking for a house in the area. On student trips back in the early 1970s we had many happy days out to this area with our friends. This was also the time of the three-day week when there were scheduled power cuts to conserve coal supplies. I seem to remember we would look for pubs that could serve real ale and food by candlelight! Bill Maynard, aka Greengrass in Heartbeat is another, perhaps rather obscure connection I have with North Yorkshire. Bill lived a few miles from us in Leicestershire and presented various programmes for BBC Radio Leicester where I worked for many years. He was as much a character in real life as he was on Heartbeat.

And your family?

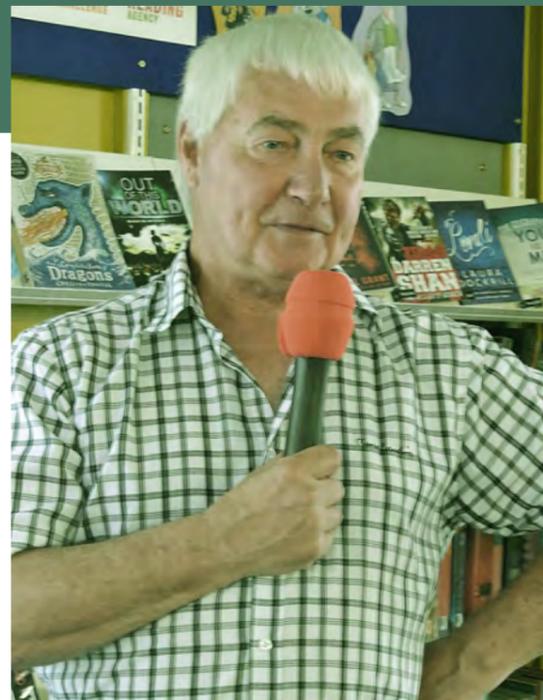
Moving to North Yorkshire meant we moved closer to our daughter and her family near Leeds and our daughter-in-law's family near York.

You launched a Facebook group about the history of Castleton?

Yes. When we moved in, we knew very little about Castleton and the other Esk Valley villages. Our new neighbours were very welcoming, but just as we had unpacked and decided to explore, the first Covid lockdown occurred which stopped us from getting out and meeting people. I thought a Facebook group might be a way of learning about Castleton and the surrounding area. I had my doubts at first but it's been a great success because we all have our memories of the past that we want to share. We now have more than 800 members with a few more joining every week and, needless to say, I have learned a great deal. Some members of the group have entrusted me with their photograph albums and other memorabilia. I have promised to look after them and to make sure that they are deposited in a secure archive for the future.

Where were you educated?

My school days were spent in Weston-super-Mare where I was born. First a primary school in a village called Uphill and then the local Grammar School. I gained a degree in Psychology at St John's



Stephen Butt PM Talk 17.08.17

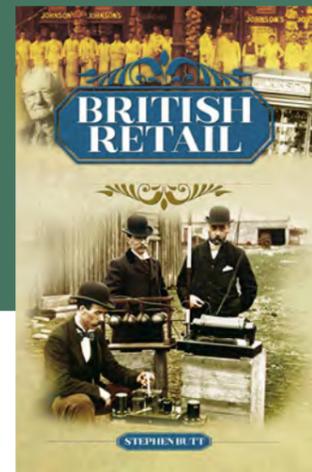
College, a constituent college of Durham University, and later as a mature student, managed an MA in Regional and Local History at Nottingham University.

Was the BBC your first job?

Yes, apart from Saturday and holiday jobs in almost every shop in Weston-super-Mare's High Street! Those were the days of Littlewoods, John Collier, Fine Fare and Keymarkets. Worryingly, all of them closed after I worked for them! I became interested in broadcasting in Durham. During the Freshers' Week, new students were invited to join various societies including a group that produced a weekly half-hour programme on BBC Radio Durham. I joined up and learned a great deal. The BBC staff trusted us to respect their station and allowed us to work evenings unsupervised. One of the earliest interviews I recorded was with the late Dr David Bellamy about climate change. Controversial but still relevant today. I also interviewed some of the groups of that time including Fleetwood Mac and the Strawbs. I remember a Strawbs' concert being interrupted by an unexpected power cut. Keyboard player Rick Wakeman kept everyone entertained at the grand piano – in complete darkness - until the power returned.

So, what did you do at the BBC?

My first job was as a Programme Operations' Assistant at the BBC World Service which meant operating the mixing desk and recording equipment for programmes. This was in London at Bush House in the Strand. It was an amazing place and I have yet to find anyone who didn't thoroughly enjoy their time there in whatever capacity. Whereas Broadcasting House was providing four networks (Radios One to Four), Bush was transmitting forty, and in numerous languages, all round the clock. I then moved to the other end of the broadcasting spectrum, from international to very local and joined BBC Radio Leicester, initially in the same sort of role, moving later into production and then management. BBC Radio Leicester was the first local station in the UK. It was pioneering in many ways, discovering what type of programmes worked with the local



Above far left: Stephen's book about High Street brands, past and present, was published by Barnsley-based Pen & Sword in 2018. Above centre: On the catwalk. A member of BBC staff modelling an outfit she created for just £10, with everything purchased from charity shops. Above right: The former BBC Radio Durham studios photographed in 1971.



community. In 2009 I took a sabbatical from the BBC and joined the independent production company Mayavision International, working on TV historian Michael Wood's ground breaking 'Story of England' series for BBC television. It was an absolute joy and privilege working with Michael and his team, so much so that I went back in 2012 for his follow-up series "Great British Story" which took me on assignments around the country including filming the Caribbean Carnival in Leeds. My last job was as the Manager of the BBC Open Centre in Leicester. The aim was to bring people into the studios by organising events such as gardening shows, antique valuations and exhibitions. We had great fun with a Dr Who exhibition including daleks and cybermen wandering around the building. One of the best events was a Charity Fashion Show. We linked the radio station's presenters with fashion design students from the local universities and gave each pair ten pounds to buy recycled or pre-loved garments from local charity shops – and to model them on a catwalk. It was great fun. My young team did an amazing job turning our foyer into a glitzy venue at absolutely no cost to licence payers. Many of my broadcasting colleagues, presenters, reporters, journalists and engineers, volunteered and posed on the catwalk we built, sending a strong message about protecting the environment. All the local charity shops sent representatives, as did the participating universities.

You've also written some history books?

Well, when I was studying for my degree in local history, I created a very basic website about the history of Leicester. A book publisher was looking for someone to compile a book of old photographs of Leicester, saw my website and asked me if I was interested. That was in 2005 and amazingly it still sells a few copies from time to time. Alan Sutton, who ran that and several other publishers, moved on and set up Amberley Publishing. He contacted me and invited me to work on some further local history publications. I now have twenty-eight local history books in print, mostly about towns in the East Midlands.

Do you keep in touch with Leicestershire?

We have many friends and contacts there and some come to visit and sample the delights of the North Yorkshire countryside. I've been working on a heritage project for Leicester City Council which involves installing interpretation panels near buildings and locations of historical importance. I've been asked to research a small number every few months and I was honestly amazed to discover that over the past seven years I've written the text and sourced the images for more than 150 panels.

You now work with town and parish councils?

Yes. Soon after I retired from the BBC, I saw an advertisement in our village newsletter about the parish council needing a new clerk. I

applied and discovered that I was the only applicant! Later I took on a few more small councils in the same area. Realising I knew very little about the job, I thought I should have some training, so I studied for CiLCA, the Certificate in Local Council Administration. I consider myself very lucky in having worked with a lovely group of councillors and I am still in touch with many of them. They helped me when I was learning the ropes and I was later able to guide newly elected councillors in the same way. I now work for Local Council Consultancy which is a not-for-profit organisation providing support for the 10,000 town and parish councils in England. The work is varied and sometimes surprising. Last year it took me back to my birthplace to undertake a survey of public conveniences! I have also worked with several councils in North Yorkshire.

And in your 'spare' time?

We love our garden and we like growing things. A garden is, of necessity, a work in progress and there's always something more to do - but it is also rewarding every day. Fresh air (of which there is plenty in this area!), exercise and the satisfaction that comes of tasting the fruits of our labours are just a few of the benefits. I'm also the honorary treasurer for the Parochial Church Council for Danby, Castleton, Comondale and Westerdale and I am a trustee of Esk Moor Caring.

Do you think local councils and organisations have a role today?

Definitely. In my experience, parish councils have a vital role to play in supporting their communities because they are the closest tier of local government to us, the people. It's about listening to people and understanding what they are most concerned about and then working with them to make life better. We are very lucky in this area because we still have a local GP practice, thriving primary schools, churches that are open and local shops that are responding to local needs - but in many other areas these services have gone. In recent years we have seen the closure of local amenities and services that made us a community, such as banks and shops. To my mind, the local shop, school, bakery, pub and church all reaffirm our identity. We are treated as individuals by the people behind the counter, the bar or the lectern. They live near us and know us by name. They experience the same issues as we do, the weather and roadworks. We benefit mentally and physically by being with them and being recognised. I also believe that when it comes to looking after our villages and neighbourhoods and by working together we can make good things happen.

The Good Old Days

Sheep Shearing and Bee Keeping

John Randles shares his memories of sheep shearing in New Zealand and his passion for Bee keeping with Revival's Support Worker Heather Wort.

John Randles has lived in the Westerdale area for most of his life, having moved to High House Farm with his family in 1939. His father served in both World Wars: in the First with the Royal Engineers and the second with the Merchant Navy, but it was only after moving to Westerdale that the family turned to farming. He remembers his childhood fondly: attending Westerdale School and sneaking off with the other boys when the teacher wasn't looking.

The winter of 1947 was especially memorable. There was so much snow and it was so cold that it was possible to walk straight across the fields as it was hard and high enough to walk over the top of the walls. There wasn't much school that winter!

Similarly, John remembers the winter of 1963. He had an Austin A40 pick up (which cost him £25!) that was used to transport milk from the farm to the station at Castleton, where it went by train to Middlesbrough. The poor Austin was completely invisible, buried in snow for ten whole weeks! The cows still needed milking and the milk taken to the station, so it was fortunate that they were able to use their tractor, a Ferguson T20. A hazardous journey still in those conditions.

John spent four years in New Zealand where he worked on a mixed farm with several hundred head of cattle, five thousand sheep and a few dairy cows and raised a family, having three of his four children there with his late wife, Pauline. She was rather dubious about the idea of moving out to New Zealand; John had been in contact with a man from Ireland - Mr Ash - who became his employer when they arrived but they knew very little about him or their destination.

The journey to New Zealand in 1956 took a long six weeks by sea. John remembers how the ship went around Gibraltar and into the Mediterranean:

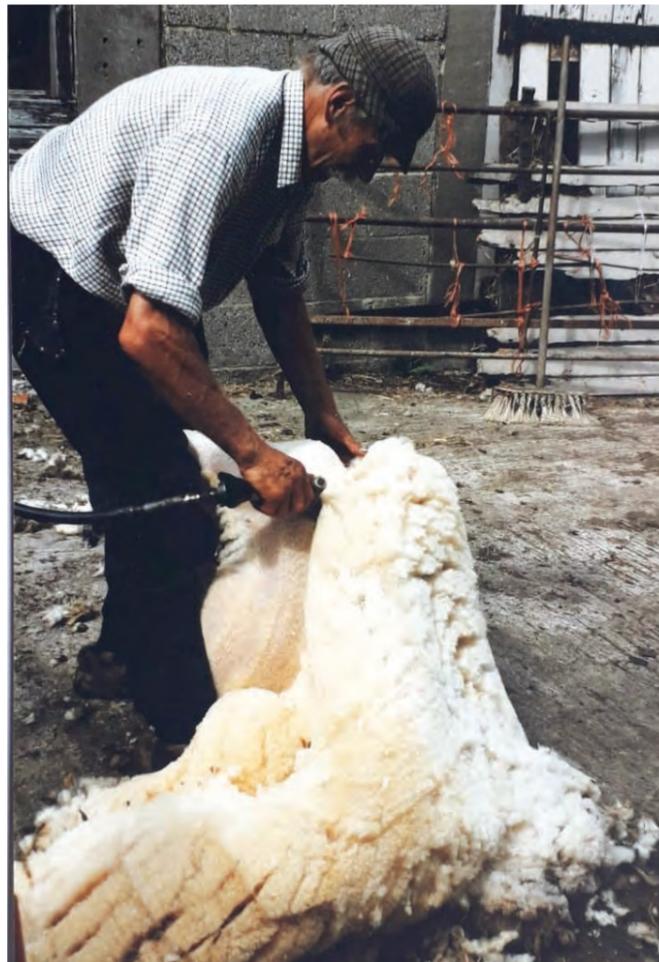
"I was on deck talking to another passenger one evening and said to him, "How come, if we are heading East, the setting sun is in front of us? We are heading West!"

"Nonsense", replied the passenger, but sure enough, it was announced later that evening that they were returning to Gibraltar as the Suez Canal had been blocked due to the Israeli-Arab war conflict. We had been looking forward to stopping off at Port Said and visiting the Pyramids but that had to be cancelled of course."

Because of the closure of the canal, the journey took rather longer and had to sail down the coast of Africa and around the Cape of Good Hope. On the plus side, they got to spend a day in Cape Town which they would never have seen otherwise.

When they arrived, John started working for Mr Ash and worked as if the farm was his own:

"The previous man had worked 9 to 5; you can't do that in



John clipping sheep.

farming - it doesn't work!" John worked whatever hours were needed to make the farm successful and his dedication paid off with pay rises and rewards.

It was here that John *really* learnt to shear sheep. He worked with Godfrey Bowen - the man who basically invented the modern method of shearing, used throughout the world to efficiently and safely shear sheep to get a good fleece. It was the first time John had used powered shears - until then all his shearing had been done with hand shears and before his move to New Zealand he had only shorn a few sheep on the farm at Westerdale. Here, in New Zealand, they had a flock of 5000. A team of shearers would come in and do the job, but there are always a few stragglers that are missed and in a flock that size, 'a few' can mean a few hundred. These sheep would turn up after the shearers had left, so it was up to John and Mr Ash to finish the job. On his first day, John sheared 100 sheep by hand and was completely exhausted. Learning to use the powered clippers was essential and, under the watchful eye of Godfrey Bowen, he became very good at the job.



John ensuring his wall is level.

(In 1953 Godfrey Bowen became world-famous in New Zealand when he broke the world record by shearing 456 full-wool ewes in nine hours at Opiki, Manawatu (a record later bettered by his brother Ivan).

The most sheep John has shorn in one day is 412 - quite a task!

At 86, John still keeps a small flock of sheep. No lambing now, he has turned to 'gimmering' - bringing on young ewe lambs until they are ready to become part of a breeding flock.

Bee-keeping is a passion of John's; he has kept bees for 70 years, having been given his first hive by the wife of Major Fairfax-Blakeborough of Low House, Westerdale when he was 16 and still at High House. He has kept them ever since, including when he was in New Zealand.

John presently has 10 hives. He started this year with just four; the others have been collected from swarms he has gathered up around the area. These days, he avoids collecting ones that are up high and require a lot of ladder climbing, but mostly they swarm quite low down so are easily collected. They are gathered by getting them into a lovely straw skep. Depending on their location, they can either be covered or knocked into it. After a while, they can then be encouraged into a proper hive and a new colony is started.

There was one memorable swarm John tells me, which was very awkward to collect. It was at Dr Horner's place and on a fence where it joins onto the post. John had tried several times, unsuccessfully, to brush the swarm into the skep, using a goose wing kept specially for the purpose but they kept climbing out. In the end, he had to ask Dr Horner to help by hitting the post hard with a rock, so they lost their grip and fell into the skep. Understandably, Dr Horner was rather concerned about getting so close to the bees without any protective gear, but John assured him that swarming bees won't sting you, so a good whack on the post and the bees plopped nicely into the skep. John puffed smoke onto the post to make it less appealing for the bees to return to and the job was done.

When bees swarm, it is with the queen. Most of the colony fly off with her and surround her whilst scout bees head off to find a new home. In the meantime, a new, young queen has hatched and flies up very high in a 'nuptial flight' to be mated by the male, stingless drones. She then returns to the hive and starts to lay eggs to build up a new colony and the whole process begins again.

John will be 'uniting' his hives shortly. This process involves putting two hives together to make one stronger colony. It is essential to use The Northern Echo to put between the two boxes when placing one on top of the other according to John. Pinprick holes are put in the paper and this means the bees can get used to the smell of each other without coming to any harm. If they were just put in together, they would see each other as intruders, fight and a lot of bees would be killed. After a day or so, the bees can safely be combined. A good hive contains around fifty to sixty thousand bees, but can be as many as 100,000!

In winter, the bees are fairly inactive, huddling together in a tight bundle in the hive, taking it in turns to be on the outside. They aren't shut in, and on a mild, sunny day will come out and about. Even in the bitterly cold winter of 1963, John doesn't remember losing any bees. From Christmas until the first dandelions appear, the bees are fed on fondant icing which John buys in bulk, although he does occasionally make it himself.

In a good year, each of John's hives will produce up to 50lb of honey in a season, a lot of which is heather honey. John tells me they are no longer allowed to call it 'pure heather honey' though, as the bees may visit other flowers in the area, it may not be pure. Before the heather comes out, the bees collect nectar from whatever they find locally. They can fly up to two miles to find nectar, but usually stay closer than that. John's bees mostly use nectar from dandelion, rosebay willow herb, white clover and sycamore to produce honey until the heather comes out.

So, if you have a swarm of bees, you know who to call!

*A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm of bees in July
Is not worth a fly.*



John inspecting some of his bees. The bottom part is the brood box and the 'supers' are the boxes on top. More are added as the combs are filled so some are taller than others.

GRUMPY OLD MAN TV Review



Unfortunately Annie Kirby who usually does our TV Review couldn't do it this month so we enlisted the help of The Grumpy Old Man! Don't worry though, as Annie will hopefully be back next month.

Well, let's start with how I mean to go on. I confess that I only watch BBC TV because all the other channels, to my mind, transmit shouty television rubbish! I call it shouty television because everyone shouts - and the women are the worst. How about that for an even handed statement? When you get to my age there are only a few situations where you feel that you still have some control and the television is one of them so its wall to wall BBC for me. My wife says that this is a contradiction because I shout at the TV - which is true but every male my age shouts at the TV - its one of the few instances left where we can pretend to exert some kind of authority!

GARDEN RESCUE BBC1

Right, let's start with Charlie Dimmock's Garden Rescue programme. The format here is that she and another guest garden designer compete to turn some hapless soul's neglected wasteland into a proper garden. (A good tidy up would be a good start if you ask me). They both design the garden and the plans are shown to the owners who decide which garden lay-out they prefer before the landscapers arrive. Spoiler alert here! Charlie nearly always wins because (a) she always does her plans in colour and (b) it is her programme after all and she can't be seen to loose too often. However, I'm very curious about the lineage of one of her fellow designers because I don't think that he is human at all! He is called Lee and takes the form of a mini Mohican. I really think that he is a product of artificial intelligence. Now a Mohican to me is a six feet tall American Indian in a loin cloth given to riding horses bareback and thwarting the United States Cavalry. This guy is five feet tall, wears shorts and has difficulty pushing an empty wheelbarrow. He also has one of those annoying high pitched voices that when you hear it you want to cough for him to bring it down a couple of octaves.

As Charley always wins, she tries to keep the guest designer involved and motivated by giving them something to do as the garden is being transformed - such as making a bug hotel. A BUG HOTEL! - How naff and useless is that? Or, the alternative is to give them something to make out of a pallet. They set to work and over the span of the programme build something that looks like... well, something that looks like a pallet.

Then it's time for the landscapers to do their stuff, so in they march. These guys wouldn't look out of place panning for gold in the American Gold Rush of 1848 - long hair, tattoos and ginger beards everywhere. The newly made-over garden is then revealed to the blindfolded owners who feign rapturous gratitude and then live happy ever after. Presumably.

ESCAPE TO THE COUNTRY BBC1

Now for Escape to the Country. I have to confess that I have been a regular viewer of this programme since it started twenty-one years ago. It's all about finding a new home for people who want to escape from the town and forge an idyllic life in the country. Their budget

is announced and the search begins. Two or three houses are found for the contestants plus a mystery house to choose from. However, most of the searches are always in the south-west or the Cotswolds, never anywhere else - especially in the north!



The houses are shown to the prospective house owners who show an amazing delight at each property. The mystery house always is something they didn't specify, such as a converted church. In the earlier programmes the mystery house was always a converted church. To help bulk out the programme the punters are shown activities that they could do in the area such as paddle boarding, cheese making, glass blowing, barrel making or sheep shearing. Now I don't know about you but all the estate agents that I have ever dealt with keep these activities quiet. The prospective buyers who look around the houses always make the same inane comments such as: This room is a good size; Imagine Christmas in front of that fire; It ticks all the boxes; I can see myself sitting there with a glass of wine (If it was me, I could imagine sitting anywhere with a glass of wine); This is the Man Cave - after this last comment I want to put my foot through the screen. One such couple in a recent programme viewed a detached house and used the word WOW thirty-five times as she walked from room to room. Every alternative word was WOW - I know because I re-ran the programme and counted. (Here is where I dazzle you with my knowledge of the English language and give you an etymological nugget that I have been saving, like a special chocolate bar, until the occasion is right - and here it is): The interjection WOW as a natural expression of amazement is not as recent a word as you may think. Its first use was in 1510. Yes, you read that right, it dates back to the early 16th century - wow, how about that?

Now, here's the thing, no-one ever buys any of the houses that the presenters find for them. Despite all the expressions of wonder and amazement, no-one ever buys anything - well, very rarely anyway! Years ago, when this programme first started, there used to be a compilation programme at the end of each series where they visited the new owners after they had settled in and showed viewers how the house had been adapted. Now there is no such programme because no-one hardly ever buys any of the properties selected!

The above programmes can all be viewed on BBC's iPlayer where you can find a host of other programmes that you are glad that you have missed.

Well, I have enjoyed doing this review, in spite of my wife insisting that I am the ultimate boring critic because I constantly shout at the television and criticise every single thing on the box. Of course, I don't agree with that in any way as I'm just giving constructive comment. As an example, we were watching an episode of The Repair Shop when some bloke brought in a clock for repair and I said, "Well, he looks like a Bank Robber for a start!"...What? ...What?

Mrs Beeton's Baking

A special recipe by the
Grumpy Old Man

This month we asked the Grumpy Old Man for one of his favourite recipes.

This is what he sent us:

BANANA BREAD

INGREDIENTS:

- Banana
- Bread



*If you have a recipe you would like to share with us all, please send them in.
(Our contact details can be found on page 10.)*



VOLUNTEERS - WE NEED YOU!



Join Revival North Yorkshire as a Volunteer and make a real difference in your community!

Volunteers are needed to help with prescription and magazine deliveries, provide transport to appointments and engage in a variety of meaningful and fun activities that we provide to our participants. By becoming a volunteer, you'll also have the chance to receive valuable training that could enhance your future career prospects.

The best part about volunteering is that YOU decide what you'd like to help with, nothing you do is too small; we appreciate any help anyone is willing to provide! Join us today and be part of something impactful!

Learn more at www.revivalnorthyorkshire.com
or contact us on 07961671289 or by email to:
connor@revivalnorthyorkshire.com

Your time and effort can truly change lives.

What's happening in Sleights...



INGHAM CLOSE COMMUNITY CENTRE

WHATS ON?

- ✓ **Mon 2nd Oct - Information Station - Open to all 1-3pm**
- ✓ **Mon 9th Oct - Knit & Natter 10-12 Men without a Shed 1-3pm**
- ✓ **Mon 16th Oct - Coffee Morning 10-12. Information Station 1-3pm**
- ✓ **Mon 23rd Oct - Knit & Natter 10-12. Ladies Social 1-3pm**

No Charge - Donations Welcomed

FOR MORE INFORMATION CONTACT:
TINA: 07458 314565

In Touch **WE WANT YOUR THOUGHTS!**

Here at Revival we love to hear from our participants, their friends and families so why not **SEND A LETTER TO THE EDITOR!**

Have you read something in In Touch that you want to comment on or is there something you just want to get off your chest? Or if you have a story or pictures you would like to share please contact us via **Amy, Heather, Tina or Debbie** or email to: connor@revivalnorthyorkshire.com



KEEPING OUR COMMUNITIES SAFE

As we head into autumn and the Cost of Living Crisis continues to impact all of us with high fuel and food costs, this is a good time to consider if you are getting what you are entitled to.

Also - don't struggle alone - if anyone needs immediate support with food etc we can help - ask Tina or Amy.

PENSION CREDIT

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. It is made up of two parts, Guarantee Credit (for people on low incomes) and Savings Credit (extra money for those with some savings).

If you receive Pension Credit you can also get other help, such as:

- Housing Benefit if you rent the property you live in
- Cost of Living Payments
- Support for Mortgage Interest if you own the property you live in
- A Council Tax discount
- A free TV licence if you're aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for hospital appointments, if you get a certain type of Pension Credit
- Help with your heating costs through the Warm Home Discount Scheme
- A discount on the Royal Mail redirection service if you're moving house
- Special rates on Broadband and telephone packages from certain providers

YOUR INCOME

When you apply for Pension Credit you will need to be means-tested. Also if you have a partner, your income is calculated together.

Pension Credit tops up:

- Your weekly income to £201.05 if you're single
- Your joint weekly income to £306.85 if you have a partner

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

ATTENDANCE ALLOWANCE

Attendance Allowance helps with the extra costs if you have a disability severe enough that you need frequent attention from somebody to help look after you. It is non-means tested or taxable.

You could get £68.10 per week if your need help during the daytime or £101.75 a week if you need support day and night.

You can get Attendance Allowance if you've reached State Pension age and the following apply (unless you might have 12 months or less to live):

- You have a physical disability (including sensory disability, for example blindness) and/or a mental disability (including learning difficulties) that requires frequent attention from another person.
- Your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety.
- You have needed that help for at least 6 months and are likely to need that help for at least 6 months into the future.
- You are currently not in receipt of Disability Living Allowance (DLA) or Personal Independence Payment (PIP)

If you would like to find out if you are eligible, please ask Tina or Amy who will be able to organise some advice for you.

COVID 19 & FLU -ARE YOU COVERED?

Flu Jabs are available from the **11th September** as are Covid-19 Boosters.

Covid 19 priority people for this Autumn are:

- Residents in a care home for older adults
- All adults aged 65 years and over
- Persons aged 6 months to 64 years in a clinical risk group
- Frontline health and social care workers



ANAGRAMS: SPORTS & GAMES

- | | | |
|-------------------------|-------------------------|------------------|
| 1. CRY HARE | 8. LOB FLOAT | 15. KEY CHO |
| 2. ABEL SLAB | 9. HI GOBBLES | 16. GAIN CONE |
| 3. SENT IN | 10. VALUE PLOT (4,5) | 17. ROSKONE |
| 4. ITCH SLATE | 11. PART MING LION | 18. LUC GRIN |
| 5. NIT AND MOB | 12. TO WAKE DON (3,4,2) | 19. FLOG |
| 6. GRASS WOOD INN (4,8) | 13. NURSE ROD | 20. USE LOB |
| 7. BOA CRIES | 14. A GOURMET IN NINE | 21. CUTE OR Q |
| | | 22. MISS C TANGY |

Useful Telephone Numbers

Debbie Revival North Yorkshire	07970 955407	Help and support. Information for our In Touch magazine.
Amy Farmer Revival North Yorkshire	07458 314552	Upper Esk Valley Community Support Worker.
Tina Dixon Revival North Yorkshire	07458 314565	Lower Esk Valley Community Support Worker.
Heather Wort Revival North Yorkshire	07458 314556	Upper Esk Valley Support Worker.
Emergency	999	Fire, police and ambulance.
Non-emergency Police	101	To give information or to report a minor incident.
NHS Direct	111	Urgent medical problem and you're not sure what to do and Covid-19.
Whitby DAG Disability Action Group	01947 821001	Help for people with a disability.
Citizens Advice Bureaux	Scarborough: 01723 368710 National Helpline: 03444 111444	Free confidential advice: • Housing • Benefits • Faulty purchase • Money • Law
Dementia Forward	0330 0578592	Supporting people affected by dementia across North Yorkshire.
Carers Plus Yorkshire	01723 850155	Support for unpaid family carers.
North Yorkshire Council	0300 131 2131	Inc. Benefits and Cost of Living Support etc.

Disclaimer: We have done our best to provide you with the most accurate information we can. We apologise in advance for any discrepancies.

Image Acknowledgements: Page 12 - Question-mark-sign-speech-bubble-style: Designed by starline / Freepik

QUIZ ANSWERS - 1. ARCHERY 2. BASEBALL 3. TENNIS 4. ATHLETICS 5. BADMINGTON 6. SNOW BOARDING 7. AEROBICS 8. FOOTBALL 9. BOBSTEIGH 10. POLE VAULT 11. TRAMPOLINING 12. TAE KWON DO 13. ROUNDERS 14. MOUNTAINEERING 15. HOCKEY 16. CANOEING 17. SNOOKER 18. CURLING 19. GOLF 20. BOWLES 21. CROQUET 22. GYMNASTICS