

In Touch

The Occasional Magazine of **REVIVAL**
North Yorkshire



Issue 4 of 10 2023/2024

Hello to all our
wonderful people!

I hope everyone is keeping as well as possible.

In this edition I have a little poem I wrote and would like to share with you. It was written to remind us all that many people have hidden disabilities and illnesses and we all need to remember to simply *Be Kind* to everyone.

Enjoy the rest of your summer!

Stay safe.

~ Debbie x

Be Kind...

All of us are different, some of us seem strange.
We may be shy and timid or like a tiger in a cage.
Some of us are quiet and some can talk all day
And often, as our memory slips, we don't remember what we say.

We can be sharp and nasty to the people that we know.
This makes them feel very sad and leaves them feeling low.
We can see a broken bone or a cut across your skin.
We can't see your heart and mind if you're struggling deep within.

When memory loss becomes advanced it can take us away
And sometimes there seems no sense in what we do or say.

Please try to understand us and also please be kind
I'm still in here somewhere, I can hurt - in heart and mind.

The Good Old Days ~ Egton Show

Joyce Harrison of Sleights shares some memories of Egton Show where she was secretary for 30 years from 1973 to 2003.

Egton Show started in 1889 and is one of the largest village shows in the country. It is always held on a Wednesday before the August bank holiday. It first started as a horse fair - home of the heavy horses. When goats were introduced, there was always a separate tent for them with two pens - one pen for the goats and one for the owner to sleep in as the goats must be milked early in the morning. Rules came in from the European Union stating that sheep and goats were not to jump over 18 inches! How do you stop a goat from leaping out of the back of a van?

The show had a class for mice for a few years but the mice were always hiding so there was never much to see. The judge for the mice came from Middlesbrough and wanted to travel to the show by plane. I had to set up a flight plan for the judge! The plan was to fly to a landing strip at Lady Cross Plantation; however, it was a waste of time as the judge ended up driving to the show!

My husband, John, was president of Egton Show. He made dozens of cups of tea for everyone on the subcommittee when they came to the meetings at our farm. It always used to be mainly men on the committee but now there are more women.



Joyce when she was president of Egton Show

Local police would come to the farm to discuss parking matters for the show. The neighbours were straight on the phone to see what was going on and I would say, "Don't worry I haven't shot him!"

....Continues page2.

Fred Mortimer kept his livestock on the field when it wasn't being used for the show. Fred wasn't happy about the grass being cut for the trade stand so it was bagged up and given to him; he was surely happy with that!

There have been a number of memorable visitors to the show including Hannah Hawkswell and Mo Mowlam; there was a lot of security needed for those visits.

The show field takes about a week to set up but is all dismantled the day after the show. It was all put up by hand but now there is machinery and scaffolding which makes it much easier.

The refreshment tent was run by the community but now they have outside catering. There were gas boilers for hot water; I brought in paper cups to save on washing up.

Egton was one of the first shows to have toilets; someone once stole a porta loo on the back of a pick-up truck but the police found it!

I went from being secretary of the Egton Show to a Page 3 girl!



Joyce and her husband John

It's not how it sounds. The monument on the green in Egton had lost its head and a local stone mason made a new one. I was pictured alongside the repaired monument which was on page 3 of the Whitby Gazette.

Happy Days!



These two photos of Egton Show were taken a good while before Joyce's time! The photo on the right are thought to be first and second prize at Egton Show. Does anyone recognise this man?

Welcome to Connor!

Revival gives a warm welcome to Connor who joined our team in May. Connor is our part time administration and accounts' support. Connor has a background in care and trained at Doncaster College and York Hospital. He is certainly making a huge difference to our work and is managing to juggle lots of tasks at the same time, which is always a huge asset at Revival!

Connor lives in Castleton with his partner and their Bedlington Whippet Bella. He has just mentioned that he used to enjoy acting so hopefully we will get him to join in with some of our activities in future!



Connor and his dog Bella

Yorkshire Day

Volunteer Val Rowe from Sleights commemorates Yorkshire Day - 1st August

On Yorkshire Day people throughout our glorious county will gather together to celebrate their 'Yorkshire-ness'. Brass bands, bread and dripping, whippet racing, pie and peas and flat caps are just some of the clichés often associated with 'God's Own Country'. But a glance at a list of famous past and present Yorkshire folk is quite inspirational, amongst them women diverse in unique skills, talents and achievements including: Saint Hilda, the Bronte sisters, Hannah Hauxwell, Lady Boothroyd, the Calendar Girls, Jessica Ennis, Dame Judi Dench and Kate Rusby. The list of eminent men is equally inspiring and includes: James Cook, David Hockney, William Wilberforce, Titus Salt, Alan Bennett, Fred Truman, Michael Palin and Henry Moore.

My heroine has always been Amy Johnson and this is my tribute to her.

ODE TO AMY JOHNSON

'Amy, wonderful Amy', the music hall artist sang
Our Queen of the Air and Hull's national treasure
Blighty's symbol of adventure and heroism
For many years you mesmerised the globe
With your love affair of speed and danger
This your only true love
Your hunger for life
Allowing girls to dream of lives other than marriage
No twin set and pearls for you
As you trusted yourself to the skies
Whilst we could only watch with knuckle-biting tension
Our reassuring emblem of Britain's power in the air
"Let no one grieve for me or wish me any other fate," you wrote.
"Grieve if I never have the chance to try."
We may never know how you ended your journey
In biting sleet, freezing winds and choppy seas
Lie asleep now in England's all protective keep
Waves washing gently over your watery grave



Amy Johnson - the first woman to fly solo from England to Australia in 1930

Revival Celebrates Yorkshire Day



Tina and Leanne's homemade Yorkshire puddings!

Yorkshire Day was celebrated at Cuppa and Catch Up in Sleights with a visit from Zoe Metcalfe, North Yorkshire's Police, Fire & Crime Commissioner, who joined in the exercise class! We also had a talk by Claire Stones from the Captain Cook Memorial Museum on Yorkshire's most famous person and of course Yorkshire Puddings made by Tina and Leanne!



The Endeavour in Whitby Harbour

THE INTERVIEW

Our Local Heroes

Part 2

This month we continue with part two of our enthralling interview with Craig Sewell who is Medical Officer for Cleveland Mountain Rescue Team and discuss their very valuable work



Craig Sewell

Craig, describe one of your most complex rescues.

Last year we attended one the most complex rescues I have been involved in that lasted nearly 5 hours. A call came in just before 5pm that a man had fallen 200ft, with his dog, into Crunkly Gill which is a half mile long gorge carved by glacial melt waters near Lealholm. He had remained undiscovered for over 24 hours with quite severe injuries. Luckily, his dog had been heard by some campers who raised the alarm. An ambulance crew, air ambulance, coastguard helicopter and Mountain Rescue were in attendance. We came up with five different plans to get him out of there. These ranged from helicopter winch, float down the river on our raft, cross the river and up the other side, rope rescue back up the steep slope he came down or stretcher carry the way we struggled in to get to him! All were ruled out apart from a stretcher carry the way we came in. This was only possible after some chain sawing by the camp owner to clear a better path. It was a huge team effort from everyone, including the campers who provided dog biscuits, water and eventually a table picnic in the camp field when we had finished around 10pm. Luckily, the man and dog have recovered from their ordeal. You can find out more about this incident if you watch 'Close Calls – Caught on Camera' presented by Nick Knowles to be aired later this year! Sorry, I had to mention this because I got interviewed for it so I may appear!



The Mountain Rescue Ambulance

Presumably you have to train on a regular basis?

To provide the service we do, we have to keep our expertise and skills current and this takes a lot of continued training. Our core training takes place every Wednesday evening and on five full weekends a year. Additional to this, we have specialist training in key areas of our operations. This includes technical rope rescue (dangling off cliffs), water and flood rescue (jumping in rivers and lakes), response driving (blue light driving), helicopters (being winched in and out) and, most importantly, medical training. Medically, the team is very highly trained and I'm not just saying that because I am the Medical Officer. Half of our

members are trained to the Mountain Rescue England and Wales (MREW) Casualty Care Certificate level. This means we can deal with any illness or injury, transport/carry the casualty safely to a road or helicopter and then hand over to the professional statutory services for further treatment. We carry a range of drugs to treat certain conditions including asthma, allergic reactions and pain, a variety of splints for injured limbs and an abundance of dressings for wounds. Our team also has some doctors and paramedics who are available to back up our personnel with the more complex conditions casualties may have.

How is the rescue team funded?

All the areas of expertise we provide require the latest specialist equipment, so fundraising is a fundamental part of our continued existence. On average, it costs around £42,000 to remain operational annually. This includes buying sticky plasters (20p each) to kitting out an individual team member to be a Swift Water and Flood Rescue Technician (£1,200+). We don't receive any central Government money so all our funds have to be raised by generous donations from the public, grants applications for specific projects and occasional sponsorship from companies. All the funds raised stay within our team and are used to keep our three frontline vehicles and other



Swiftwater rescue training at the Tees Barrage, Stockton



A successful rescue

equipment operational. We currently have two identical frontline Land Rovers and the third vehicle which is like a transit van that we use as a control vehicle during searches and a base when we provide medical cover at a variety of events. We have been very fortunate in the past few years that Mercedes Sytner, based in Stockton, has loaned us one of their 4x4 cars to use as a support vehicle. We also have a trailer to carry our water rescue rafts and equipment. All of this is stored at our team base just outside Great Ayton.

Obviously severe weather puts added pressure on the rescue team?

A few of our call-outs happen when everyone else is safely inside at home due to extreme weather events that catch some people out. During the Beast from the East, we assisted the North East Ambulance Service in the East Cleveland area by using our 4x4 capabilities. We also transported district nurses on their home visits so patient care could continue. When the snow had really started piling up, we were called to the Kildale village hall to assist with evacuating over 100 very cold long distance runners back to their cars in Guisborough. Some of them were so cold, they had to be treated by the ambulance service before being released.

Do you involve the Air Ambulance?

Another extreme weather event was at the Seated Man when the winds were 80+mph and the temperature was just above freezing. We were called to assist with a very poorly patient who was being treated by the ambulance service. The air ambulance took several attempts to land and then the pilot kept the engines running in case she had to stabilise the helicopter by taking off! As all this was happening, the ambulance door was ripped off its hinges by the wind so another one was called to assist.

Do you work in co-operation with other rescue teams?

Back in 2016, we assisted Scarborough and Ryedale Mountain Rescue Team with the York floods. We were tasked with going door to door and assist families to evacuate their homes due to rising flood water. We also evacuated a coach party from their hotel at seven in the morning. This was one of the more surreal rescues I have been involved in. Imagine some elderly people stood on one of our blow-up water rescue craft singing 'I am sailing' while we move them to safety on dry land. The elderly ladies were keen for the rescue to continue because they were being held onto and steadied by young army squaddies!

Being part of Mountain Rescue is very rewarding when we help someone in their time of need and I get a lot of pleasure in doing that. The downside is the amount of time you have to dedicate to call-outs, training and fundraising events but this is all worth it for the fun and experiences we get. So, want to join? You must be a minimum of 18 years old (our eldest is currently 80+!) and have your own motorised transport, be a fit hill walker, competent navigator using a map and compass and, most importantly, love being outdoors...in all weather conditions!



What's been happening at Revival's Cuppa and Catch Up recently?

There has definitely been something for everyone at our weekly activity sessions recently. *If you haven't been before, give it a try!*



Afternoon Tea at St Hilda's Priory



Concentrating on being Creative at the Craft session!



Talk on the Rohilla Lifeboat at Sleights Cuppa and Catch Up



Whats in the Box!



Roger's clever craft creation



Flower Arranging at Danby Cuppa and Catch Up



Good Old Days - reminiscing Festivals and Summer Fun



Full House for Bingo including Fire Men!



True Flowers with India



The Tillermen visit Sleights

Just Because

Peggy Hurst from Glaisdale submitted this poem written by her cousin, Andrew Cooper. He wrote it in memory of Peggy's husband.

Just because you can't see me, doesn't mean I am not standing right in front of you.
 Just because you can't reach out and touch me, doesn't mean you can't feel me.
 Just because you cannot detect the sound of my voice, doesn't mean you cannot hear me.
 Just because I do not respond to your questions, doesn't mean you don't already know the answers.
 Just because I do not come through the door at night, doesn't mean I am not there with you.
 Just because I am not standing by your side, doesn't mean I am far away.
 I am not gone, I am still in your heart and I am whatever I was to you.
 These are feelings that can never be taken away.
 Do not grieve for me; be happy that we shared the life we had.
 Throughout our time together, each new day we made new memories.
 As we moved from dawn to dusk, whether we were together or individually,
 We would share them and commit them to memory.
 It is these experiences that mean so much and they will never fade
 Just because I am not there to share them, doesn't mean you should stop making memories.
 You are the observer of new times, the keeper of these new memories
 And it is now you who must pass them on to those who want to know.
 History does not stop but is passed down.
 Those who have made a history are never forgotten by those who love.
 Call on me when you need, but if you truly loved me let me roam.
 Let me come and go as I please, don't hold me in one place.
 I am learning to, and I can see what you see, feel what you feel.
 At the end of the day tell me what has passed, how you have been
 And if you listen, in the stillness I will tell you of my day.
 Talk of me with pride and not with sorrow, with joy in your voice.
 If the mention of my name brings you pain,
 You have forgotten the happiness we had together.
 Look to this happiness when you are sad and laugh not cry.
 This is the happiness that must be told to others
 For them to experience through our past
 And you are the only one who can pass it on.
 I am with you every second of the day -
 Look to you heart and you will see
 My memory lives on.

Did you see... TV Review

Annie Kirby reviews some interesting programmes

MONEY FOR NOTHING

BBC1 Series 14 episode 14 with Sarah Moore

Or as my sister calls this programme . . . "They saw you coming."

Sarah says she loves old stuff (she should come round here – there's plenty of that). She has turned her passion of upcycling things into a business. She finds things that nobody wants so they are throwing them away and then sells them and makes a profit.

I first became interested when I saw the beginning of one programme which takes place at a Recycling Centre. I thought they said it was in Whitby so I really perked up but what they actually said was Witley, and I'm not at all sure where that is - in fact I've never heard of it. However, I thoroughly enjoyed watching the skilled craftsmen at their work improving the item, even though I raised an eyebrow at their projected costs.

In this particular episode Sarah approached her first donor by saying, "My name is Sarah and I'm attracted to your rubbish," which I thought was quite a good line, if a little unusual. She came away with three items.

An old wooden trolley was revamped and made a profit of £390. Excellent.

Sarah herself upcycled a collection of thirty lampshades, using paper and felt tips and made it look so easy that you might think, "I could do that!", especially as this profit was £380!

When the previous owner is shown a photo of their old item in its new splendour, I've often thought I bet they want it back now.

But a complete surprise was an old record-player in a cupboard, which was taken to pieces, painted black, lined with pink satin and had graffiti style lettering in luminous paint to adorn it. Ghastly. BUT..... and this is a shocker..... it made £600 profit! They saw you coming!

ESCAPE TO THE COUNTRY

BBC1 series 23: Episode 9 North Yorkshire

Ian was the lucky person in this programme who had decided he would like to move to North Yorkshire, after having lived and worked for many years in Hong Kong. He was now moving from Tunbridge Wells to be near to two of his daughters. He was looking forward to beautiful countryside, to being not too far from the coast and to somewhere that was so different from anywhere that he had lived before. So where else would he choose but



North Yorkshire! He had £350,000 to spend and wanted at least two bedrooms, a garden and to be close to local amenities. This was a modest amount to spend on a house but I only say that because sometimes the people have the most enormous amounts of money to spend and I think . . . really?

Ian was on his own and wanting to make new friends. Well, he was going to have to cheer up a bit if that was going to happen but then perhaps he was nervous with the camera crew and being on the television.

The first house was near Scorton, a 19th century farmhouse which I thought was OK, but only OK. Although he had said what his limit was and he knew the presenters always try to stick to that target price, he guessed it was worth more and I think it is a sure sign that thinking somewhere is more expensive than it actually is, is a measure of how much they like it.

The second house was a much smaller place in Kirby Malzeard and his friend was suggesting extensions. Now Ian is 75 and who wants to start building work at that sort of age? Not Ian.

The third place was the mystery house – a bungalow in Middleham. It was newly modernised and very tasteful. The presenter liked it, his friend liked it, I liked it . . . but Ian didn't!

He surprised us all by choosing house number 1, the old farmhouse and I can't help thinking that it might have been because it was a lot of house for his money.

MASTERCHEF

BBC1 Series 19 Episode 20

I'm not a fan of this programme at all, mostly because I'm not a very enthusiastic cook. In fact I'm not a cook at all. However, when I started to watch it and heard the brief, I thought I've got to see this!

The instructions were to make a dish that was so wrong, it was right. Pardon? Make a dish that is so wrong it's right. Now, what does that mean?

And what's more they had an hour and a half to waste. Oops, I mean an hour and a half to 'create' and so began a flurry of activity and a vocabulary that I had never heard before: gu chu gack, halwa flavours, sriracha and onion jam and vanilla tuille. I thought tuille was a kind of fabric but this was a semi-final so I suppose the contestants knew their stuff especially as the judges loved it. This was all except for the eggs with chocolate sauce which one judge thought, 'didn't work.'

As my late husband was a rather good chef, I do know a little bit about cooking (well, more clearing away and washing up actually) and so I would like to ask a question that tells me exactly how good a chef they really are. When the meal was completed and on the table, what state was the kitchen floor in?



Mrs Beeton's Baking

Our own Amy's Cheesy Scones

Cheese Scones

I always love a good scone. And yes, I say SK-ON not SK-OWN. Plain or fruit are lovely too, but you can't beat a warm cheese scone with lashings of butter fresh from the oven.

My gran and my mum are responsible for teaching me to bake so please blame them if this doesn't go well for you. Haha!

The recipe I use is based on the one from the good old 'Bero' book but they add mustard powder (1/2 teaspoon when adding the salt & pepper) and I add maybe 1oz or more of extra cheese than they do and sometimes of two sorts. Mature Cheddar and Red Leicester combined works really well!



INGREDIENTS:

- 175g / 6oz of self raising Flour
- Pinch of salt and pepper
- 25g / 1oz margarine or butter, softened
- 75g / 3oz (plus a good handful) grated cheese
- 1 egg
- 2 tablespoons of milk

METHOD:

1. Heat oven to approx 220°C / 425°F or Gas Mark 7.
2. Grease a baking tray (or if you don't like washing up like me - put greaseproof paper/baking parchment on a baking tray).
3. Mix the flour, salt and pepper together, then rub in the margarine/butter - yes get your hands in there! (Or if you have one, chuck it all in a mixer, it's much faster).
4. Stir in the cheese (leaving plenty for on top of the scones or be prepared to grate more).
5. Whisk the egg in a separate bowl/jug/cup and add the milk to it. Pour enough of this into your scone mixture to make a soft dough (reserving a little for glazing).
6. Get those hands back involved. If it's too sticky add a sprinkling of flour, if it's too dry, add more of your milk/egg mix.

7. Sprinkle a little flour onto your worktop/board and roll out your dough to about 1/2 an inch thickness. If you have a scone cutter or a small glass cut out around 8 scones. If not, cut them into shape.
8. Place them onto your pre prepared baking tray and brush them with your leftover egg/milk mixture, then sprinkle with your leftover grated cheese.
9. Bake for about 10-15 mins or until golden brown.

....Then enjoy with lashings of butter or if you're feeling fancy add a bit of pickle. Don't forget to save one for me!

Enjoy!

Amy x

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, Leanne or Debbie** or email to: connor@revivalnorthyorkshire.com



Revival - supporting our Esk Valley communities



Rural Support Services for older and vulnerable people:

1 Keeping 'in touch'

- Phone calls
- Home visits
- Our own 'In Touch' magazine

2 Activities

- A wide range of regular activities (transport available when possible)

3 Support and Information

- Organising prescriptions/shopping
- Disability (blue) badges
- Social care needs/benefit assessment referrals
- Housing issues, finding domestic help
- Fire safety visits
- Dementia information

For support and information phone:

Amy
Community Support Worker
Upper Esk Valley 07458 314552

Tina
Community Support Worker
Lower Esk Valley 07458 314565

If you would like to volunteer and help make a difference, please contact us.

www.revivalnorthyorkshire.com
Revival North Yorkshire CIC



You Talk - We Listen

...You may be feeling a little low, or you may feel like you have hit rock bottom, or you may live with a mental health condition - we are here to support you and try to find the help you need (all ages).

...You may need someone to talk to or help to organise practical tasks to make your life just a little bit easier.

Drop in to The Information Station, Danby on Mondays or Church House, Sleights on Tuesdays

or contact:

Amy - Upper Esk Valley
T: 07458 314552
E: amy@revivalnorthyorkshire.com

Tina - Lower Esk Valley
T: 07458 314565
E: tina@revivalnorthyorkshire.com



KEEPING OUR COMMUNITIES SAFE

BE AWARE OF SCAMS!

Recently one of our own staff has been the victim of a scam. A payment of £160 was taken from their card under the description of 'Holland and Barrett' when they had not shopped there recently or ever! Luckily they have had the money refunded after speaking with their bank but this is not always guaranteed.

Please do be cautious of calls, emails and texts that may appear to be suspicious but remember to also be cautious at all times. If something raises your suspicion then **STOP, THINK and QUESTION.**

If you need to contact your bank but are unsure of the number and want to contact them safely and securely then you can use the number 159 and someone will help you be put through to your bank.

Be Scam Aware

Scammers are clever. We're all worried about money - don't let them take yours.

If you think you've been a victim of an online scam or fraud you can contact Action Fraud. If you think you've lost money or been hacked because of an online scam or fraud and you're in England or Wales you can report online - either sign up for an account or continue as a 'guest' or call 0300 123 2040. If you believe that you have fallen victim to, or have spotted a scam, then you can report this via email to report@phishing.gov.uk or alternatively text 7726.

HAVE YOU HAD A SAFE AND WELL VISIT FROM NORTH YORKSHIRE FIRE AND RESCUE SERVICE?

Several Fire Officers have joined Revival at events recently to say hello and pass on important information and encourage people to have Safe and Well visits.

We found out that 18% of the referrals received from organisations for Safe and Well visits have been classed after the visit as being at very high risk of fire and 21% at high risk. The occupants have all been given safety advice to reduce the risk of fire starting and will have created a plan to stay safe if the worst was to happen.

IN TOUCH SUBSCRIPTIONS

We publish 300 In Touch magazines each month - so far 99 people have paid their subscriptions, some have given very generously and we have raised £1355. It costs over £3000 a year for the design and print of 10 editions. If you haven't managed to give your subscription yet we would be most grateful. - Thank you.

In Touch Subscriptions, due in April 2023 for 10 editions to March 2024 help with cost of printing. (£10 delivered by hand or £20 to receive your copy in the post.)

WHAT IS ADVOCACY ALLIANCE?

If you have an issue that is important to you and you feel your voice is not being heard, Advocacy Alliance may be able to help.

Advocates will listen to you and help make your voice heard. Advocates will NOT tell you what to do or give you their opinion or advice.

ADVOCACY ALLIANCE CAN PROVIDE SUPPORT WITH:

- Meetings
- Making phone calls
- Writing letter and emails
- Helping to get people to listen to you
- Speaking to professionals
- Complaints



ADVOCACY ALLIANCE CAN NOT PROVIDE SUPPORT WITH:

- Benefit applications
- Tribunals and appeals (benefits)
- Legal advice
- NHS complaints

You can either refer yourself by contacting via phone on 01723 363910 or email office@advocacyallianceyorkshire.org.uk. Alternatively you can speak to Amy or Tina and they can help refer you.

WHAT IS A SAFE AND WELL VISIT?

The visit to your home to offer fire safety advice includes:

- how to reduce and prevent fires
- looking at any possible fire risks in your home
- information about bedtime routines to help keep you safe at night
- helping you to think about an escape plan
- checking you have working smoke alarms and know how to

HAVE YOU HAD YOUR SAFE AND WELL VISIT YET?

Phone 01609 780150 or ask Amy or Tina to refer you.



Payment details as follows:

Bank Details: Co-op Bank, Bank Sort Code: 08 92 99
Bank Account: 65 79 42 67

Post to - Revival North Yorkshire CIC, New House Farm, Westerdale, Whitby, North Yorkshire, YO21 2DY

By Hand - please give your subscription fee to a member of staff or volunteer.

Many, many thanks to those who have already paid and for your other generous donations.



QUIZ! TIME!

ANAGRAMS: FABRICS

1. CODE LENDER
2. ST NIPPIER
3. HENS SPIKE
4. NORA ZAG
5. WIND CACKLE
6. DUE TEST E
7. ADORING E

8. WET YET NICE
9. OLIVE
10. A GROAN
11. NOPPIL
12. STAIN
13. DIPLA
14. KADMAS

15. NOT OCT
16. OFF CHIN
17. FAT FEAT
18. CHEER SAM
19. LISK
20. MINED
21. CHOSE THE CEL
22. R SEEKS CURE

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.
Leanne Weatherill Revival North Yorkshire	07957 987431	Lower 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.
NYCC Income Maximisation	01609 780780	Option 2 - Help to find out if you are getting all the benefits and support you are entitled to.

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

20. DENIM 21. CHEESECLOTH 22. SEERSUCKER

9. VOLE 10. ANGORA 11. POPLIN 12. SATIN 13. PLAID 14. DAMASK 15. COTTON 16. CHIFFON 17. TAFFETA 18. CASHMERE 19. SILK
QUIZ ANSWERS - 1. NEEDLECORD 2. PINSTRIPE 3. SHEEPSKIN 4. ORGANZA 5. CANDLEWICK 6. SUEDETTE 7. ORGANDIE 8. WINCEYETTE