

VILLAGE VIEW

THE NEWSLETTER FOR RESIDENTS OF
GREEN HAMMERTON



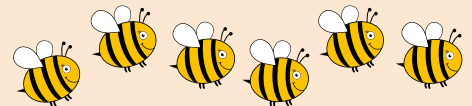
SCHOOLS OUT



Become a Nature Detective

Nature Scavenger Hunt

<input type="checkbox"/>  flower	<input type="checkbox"/>  rocks
<input type="checkbox"/>  water	<input type="checkbox"/>  green leaf
<input type="checkbox"/>  tree	<input type="checkbox"/>  grass
<input type="checkbox"/>  spiderweb	<input type="checkbox"/>  bird
<input type="checkbox"/>  sand or dirt	<input type="checkbox"/>  cloud
<input type="checkbox"/>  bug	<input type="checkbox"/>  ant
<input type="checkbox"/>  brown leaf	<input type="checkbox"/>  tree bark
<input type="checkbox"/>  butterfly	<input type="checkbox"/>  fern



JOKES TO TELL YOUR DAD
by Mason Kellett

What do snowmen like best
at school?

Snow & Tell



Why did the scarecrow get a
promotion?

**Because he was outstanding
in the field**

Knock Knock
Who's there?

Hatch

Hatch who?

Bless you





BADAPPLE THEATRE - TOURING THEATRE DOUBLE BILL! Comes to Green Hammerton Village Hall 17th September 7.30pm



Badapple Theatre are back in the village with another hilarious comedy theatre night. This time it's a double bill of thematically linked shows 'The Land Girl' by Kate Bramley and 'Yorkshire Kernel' by Danny Mellor. These two very different plays are both inspired by real reminiscences from the WW2 era.

"If you get chance to see this show do, for it is an engaging and uplifting experience" – YORK PRESS.

This continues the Badapple 2023 national tours that celebrate 25 years of touring!

Tickets for this event are now on sale at www.badappletheatre.co.uk or by phone 01423 331304.

Tickets are priced £14 Adult/ £12 Concessions/ £8 (U16's). Doors open 7pm for 7.30pm start.

More information from Claire- clairebadappletheatre@gmail.com

Do come and join us for a fantastic night of joyous performances among friends! @badappletheatre

Supported by Arts Council England distributing funds from the National Lottery

NWP Private Hire Taxis
Green Hammerton
07795387441

Neil Phillips Private Hire
Advance Bookings Only

neilphillips23@live.co.uk



BADAPPLE YOUTH THEATRE- Brand new courses for September 2023!



These were the amazing scenes at the wonderful Badapple Youth Theatre Takeover in June this year when the students performed 4 short plays they had created by themselves for a supportive crowd. Huge thanks to everyone who made that happen!

We are expanding our youth theatre classes this autumn so we can offer even more to young people aged 7-16 across three classes every Tuesday night in school term time. The sessions are led by our creative team of Becky Lennon and Sue Rosser and are open to ALL young people who want to have fun with drama, gain confidence and work as a team. As we also introduce Arts Award to our courses this autumn you can also get certificates and even at the highest level UCAS credits along the way just by scrapbooking or vlogging about the journey!

Tuesday's at Green Hammerton Village Hall YO26 8AB: Class 1 (School YR 3-5) 4.45-5.45, Class 2 (Y6-7) 5.45-6.45, Class 3 (Y8 upwards) 6.45-7.45pm. See www.badappletheatre.co.uk to book or call 01423 331304

Curly Locks
Home Hairdresser
Liz Amies-King



Salon Services in your own home

5 Ainsty View, Whitley

Tel. 01423 331729

07914080503

Liz.amies-king@sky.com

Nostalgic Corner



Jez Lowe - Long-time Green Hammerton Village Resident., musician, writer and the occasional presenter of the BBC Radio 4

I'm a musician, writer and the occasional presenter of the BBC Radio 4 series "Open Country", and a few weeks ago I scripted and presented an edition which traced a walk from Ouseburn to Beningborough Hall, via Aldwark Toll Bridge and Nun Monkton. It was a journey that legend tells us, was taken by the 18th Century Northumbrian Bagpiper and Robin Hood-type character Jamie Allen, whilst being pursued by a platoon of soldiers from Boroughbridge.

My producer Helen Lennard and myself met up and interviewed several local people along the way, including Brian Halling (a volunteer on the Nun Monkton ferry), Dudley Valentine (head-man at the Aldwark Toll Bridge) and Kate Harpin (owner of Nun Monkton priory). We chatted about local history and traditions.

The programme, entitled "Chasing Jamie Allen", was broadcast on April 27th but is now available to listen to on the BBC website - <https://www.bbc.co.uk/programmes/m001l9dx>

VILLAGE NOTICEBOARD

GREEN HAMMERTON LIBRARY @ LIBRARY COTTAGE

Children, young people and adults in Green Hammerton and surrounding villages will be able to enjoy reading and literacy activities from July 24th during the school holidays. Families can borrow new books, for themselves and their children, take them home, read them, write a book review and get a fun reward when they return books by the due date. The Library @ Library Cottage may be the smallest Library in England, but it makes big provision for all. (The smallest library is replacing Jane's Hair Design, next door to the Village Club on Boroughbridge Road).

Library Provision

* Read & Play : Stay & Play to support and celebrate the care provided by grandparents, parents, guardians, child carers, nannies and governesses as well as statutory main provision. * Primary school and day nursery visits (in small groups) * Junior Scrabble Club (6-16 years) * Junior Chess Club (6-16 years) * Lego Club (6-16 years) * Work from Home * Small group meetings & conferences * English conversation Group * Ramblers Rest Space * Photocopying & Printing

Opening Times for children young people and families:

Mondays, Tuesdays, Wednesdays
9.30- 11.30 closed for lunch then 2.00 -4.30

Opening Times for Adults

Thursday, Friday, Saturday, Sunday
9.30-9.30 p.m.

Library sessions and activities are free, but your donations will go to a charity of our choice. If you would like to book in advance for Read & Play: Stay & Play or junior clubs or you are an adult wishing to book a space to complete the Times crosswords (concise and or cryptic), in silence, please contact Rita Lister on 01423 368886 or 07984 972 495.

PARISH COUNCIL NEWS

We welcome our new Clerk and Finance Officer, Jane Merriman. Jane has been our Locum for the past few months and will be a great permanent addition to the team. Her email address is clerk@ghpc.uk This replaces any earlier email contact address.

We hope to have our new website and individual Councillors' emails available by the time the Village View is distributed. This will replace the previous redundant website. Watch for details on the notice board and the Village website and Facebook. Also, we continue to provide the basic Parish Council services in addition

to the special projects of the Cycle track and Helenfield. A successful Parish Meeting was held on 31 st may as well as the usual 'surgery' which is held at the monthly coffee mornings in the village hall.

We have a vacancy for a co-opted Councillor. Any community minded person who would like an opportunity to be considered please contact our clerk.

ARE YOU WILLING AND ABLE TO CONTRIBUTE TO VILLAGE LIFE?

Several voluntary organisations in the village are in need of support and new members. Not everyone will fit the skills profiles, but if you feel you can contribute, and would like to be considered, please see the contacts below from whom more details can be obtained.

Co-opted Parish Councillor – clerk@ghpc.uk -
Governor . Green Hammerton C of E Primary School
admin@greenhammerton.n-yorks.sch.uk or
CofG@greenhammerton.n-yorks.sch.uk

Supporting Helenfield – clerk@ghpc.uk

Organising and/or participating in a litter pick and 'tidy up'
around the village – clerk@ghpc.uk

Join the Church cleaning rota (once or twice every few months)
– annabellepolito@gmail.com

Grant and charity fund raising coordinator – all and any of the
above!!!

NEWS FROM THE VILLAGE HALL

Coffee Mornings and Book Exchange

Don't forget our Coffee mornings are held on the second Saturday of every month. September's morning coffee and teas will be served with freshly baked scones, cream, and jam. Or if in a hurry, just take away some home baking. It is an excellent opportunity to meet and chat and pick up a book.

Green Hammerton's Dog Day Afternoon – October 1st Save the Date!!

We are holding our first fun dog show. No dog needed to come – we are hoping it will just be a great family day out. Flyers with all details will be dropping through your letter box shortly.

Volunteers Needed

We desperately need volunteers to help with our calendar of events.

If you would like to help with: -

Baking, Cooking and Sandwich making - please contact Sue Holden 07877 548886
Dog Show – Setting up, Bar, Car-parking, Ticket Gate – please contact Gill Singleton 07770576402

Hall and Sports Field Hire

Don't forget the Village Hall and Sports Fields are for hire.

A perfect venue for Parties, Clubs and Meetings
For details please contact Claire Jeffrey 0777366216

BARRY WHITE SOUL & TAMLA TRIBUTE EVENING

- 🍷 Drinks Reception
- 🍖 Hog Roast Supper
- 🍷 Bar
- 🎟 Auction of Promises

On: Saturday November 4th
From: 7.30pm until late
At: The Main Company,
The Green, Green Hammerton,
YO26 8BQ.

PRICE: £35

This is a charity fund raising event
by Hammerton Entertainment
with all profits going to:



TICKETS AVAILABLE FROM:
The Post Office, Green Hammerton, YO26 8BQ.
Libby Ben (Killinghall Area): 0785 0832472
Gill Singleton: 0777 0576402

FOR TABLE RESERVATIONS & TICKETS:
PSN Services
Kirk Hammerton,
YO26 8DT.
01423 339389

BRIDGE AFTERNOON

In Green Hammerton Village Hall

A guaranteed excellent afternoon of Bridge!
Thursday 19th October at 1.30pm prompt

This is a charity fundraising event for
Martin House Children's Hospice
and
Green Hammerton Recreational Charity
(supporting facilities for the village hall and sports fields)

Tickets £12.50 per person
Includes a delicious homemade afternoon tea
prize for the highest scorer
2 magnificent hampers to be won.

To book please contact either:

Chris Turner

c.turner2011@btinternet.com
07889 904 333

Sally Walker

davidandsally9@tiscali.co.uk
07968 733 249

Lindsay Councell

lbcouncell@btinternet.com
07970 233 102

When booking let us know if you will need a partner or 3 other players,
a bridge cloth/bidding boxes/cards and any dietary requirements.



Charity number: 523618

Martin House
Children's Hospice

Charity Number: 517919



The Unsung Heros

This is not so much a piece about two German Shepherd dogs that were abandoned in the Romanian countryside and left to fend for themselves, but about the wonderful people who rescued them and brought them to the UK to start a new life.

Sam and Bonnie were found on the streets and rescued by German Shepherd Dog Rescue (GSDR), a charity founded in 2001 by Jayne Shenstone who still heads the organisation. GSDR is manned completely by unpaid volunteers who fit any rescue work around their own paid jobs and families and carry out home checks, dog assessments, transporting, walking kennel dogs, etc in their spare time.

GSDR works with a wonderful lady called Henna Nuutinen who rescues dogs that have either been dumped in Romania/Serbia or have ended up in a kill shelter. Once in a kill shelter the only way out is rescue. Back in 2019, Henna posted a picture of a pair of German Shepherd dogs that had been abandoned. GSDR stepped in and funded them to be kept in a safe place in Romania until arrangements were made for them to be brought over to the UK. Once in the UK they continued funding them in a kennel for several weeks until they found them a forever home. That home is here in Green Hammerton with Maureen and Jim Veitch. Sam and Bonnie (thought to be father and daughter) are wonderful, gentle companions who just want to play and please. To you all at GSDR, a huge thank you for saving them. GSDR says: We are in particularly challenging times currently with more and more dogs needing help or rehoming and sadly not many homes coming forward.

"Owning a new puppy is great. Maureen and I have had that pleasure many times over the years. However, rescuing a dog, or in our case two rather large ones, is more rewarding than we had ever imagined. It's certainly worth considering, and less expensive! To all you dog (and cat) rescue organisations out there, keep up the good work."

Berry Orange Smoothie

An easy weekday breakfast ready in minutes

SERVES: 1

TOTAL TIME: 5 mins

- 1 cup frozen mixed berries
- 1/2 cup low fat plain yog
- 1 tsp. grated orange zest
- 1/4 cup orange juice



puree all ingredients in a blender until smooth

Serving size: 1 1/2 cups / 167 calories

2gms fat (sat 1g) 7mg cholesterol

31gms carbs; 24gms total sugars (added 0g)

8g protein; 5g fibre; 86mg sodium;

415mg potassium



Coming up in the next issue

Test your general knowledge
with

"The Village View Quiz"

Discover Ambretone Park, by Avant Homes

Home to sell?

Take advantage of a stress free move with Part Exchange. Or we'll pay your Stamp Duty up to £15,000 on selected homes.

Stunning 3, 4 and 5 bedroom homes from just £359,995 with upgrades included!

Over 70% Sold!

Don't miss out on your chance to buy!

Enquire now!

Call: 01423 594407

Visit us at: York Road, Green Hammerton, York, YO26 8BS

Opening times:
Thursday - Monday
11am – 6pm



Coffee



VILLAGE SHOP & CAFÉ

Open 6 days a week, the village shop provides a great selection of your daily essentials. The café offers indoor and outdoor seating, serves freshly ground coffee & delicious light bites. We are dog friendly and for something special, why not try a glass of wine

POST OFFICE

New Amazon Returns Service

Amazon Customers can now bring in their unboxed, unlabelled items to the P.O. with a returns QR code. Quick and Easy and no need to pack up your parcel!!!

Closed Sundays and Bank Holidays
<https://www.facebook.com/GHPostOffice>



The Hammerton Ashes

Sunday 30th July 1pm start including BBQ and Raffle

Green Hammerton Cricket club

V

Green Hammerton (ex players and local cricketers)

In memory of Dougie Mack
 Please come along to help raise money for the Cricket Club
 Interested in playing? you are very welcome please message me on
 07795387441 Neil Phillips



Health & Wellbeing

An article written by GP Partner Dr Richard Tatham
 from Springbank Surgery



I remember a school lesson about materialism, in which we were asked to draw or write about our most prized possession. I drew a picture of my bed, for no other reason than I loved sleep! Now I have teenagers myself and I plead with them to take their own sleep seriously. Bed times get later and later as their circadian rhythm shifts more towards that of an owl. Getting up for school would be easier if evening classes were an option!

Today's children have the added challenge of resisting the addiction the Machines of social media on their phones, with the dopamine hit of instant gratification, or perhaps the fear of missing out. It's not surprising that these factors outweigh the short term disadvantages of poor sleep, like tiredness the

next day; let alone the long-term risks of poor sleep, like obesity, diabetes and dementia. It's likely, therefore, that technology has had a part to play in the growing concern about insomnia. We even hear that the blue light these screens emit might impede sleep, by reducing a brain hormone called melatonin: the signal our bodies look for to say it is time for sleep. If we can't put our phones down in the evening, it's best we leave them downstairs. Our sleep falls broadly into two categories: REM (rapid eye movement) sleep and non-REM sleep. When we fall asleep, we hopefully drift deeply into a non-REM deep sleep. Then, as the night progresses, we have periods of REM sleep, which is when we dream. In REM sleep, our eyes can move randomly and rapidly, hence the name. However, the rest of our body is effectively paralysed, perhaps so we don't act out our dreams in our sleep!

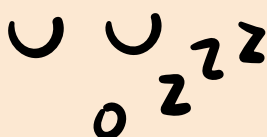
Both REM and non-REM sleep play crucial roles. REM sleep and dreaming are involved in emotional regulation, learning, and creative thinking. Non-REM sleep is also important for learning and adapting the networks of nerves in our brain, by strengthening connections. The connections between nerves are called synapses and our memories are strengthened by “pruning” unnecessary synapses. It’s a bit like having a vast collection of photographs from your life and going through them, reviewing each photograph and assessing its quality, significance and relevance. You remove the blurry or duplicate photographs, set aside those which no longer hold meaning, and finally curate your photo album. In this analogy, the photographs represent the connections (synapses) between neurons in the brain, while the act of reviewing and refining the collection represents synaptic pruning.

When we consider that much of this process happens automatically in our sleep, it is perhaps unsurprising that poor sleep is considered a major risk factor for Alzheimer’s disease. It is tempting for us to reach for sleeping tablets if we have insomnia. Sadly, these medications induce only a poor replica of the real thing. Sleeping tablets, therefore, do nothing to help prevent memory loss and may sadly make it worse. Instead, the evidence for giving ourselves the best sleep points to doing things naturally. As well as considering our nightly phone use, there are other things we can all do at any age to improve our sleep quality. Dr Michael Mosley, presenter and author, has a book called “Fast Asleep” which has some good advice, some of which I’ve borrowed here.

Ideally, sleep can be seen as a good habit and, like all habits, you can do it automatically without thinking about it. This works best if you have a regular time to go to bed and wake up. Regular sleep will more naturally follow a regular evening wind-down routine: avoiding eating after 8pm, dimming lights by 9.30pm, perhaps relaxing in a warm bath, listening to soothing music. Consider trying a “to-do” journal, simply listing the things you need to do the next day, parking the jobs there on the page overnight rather than agonising about them in the middle of the night. Then, if sleep does not come within 20-30minutes, you might try breathing exercises. A popular one is 4-2-4 breathing: breathing in for 4 seconds, holding for 2, breathing out for 4. Two minutes of this can feel very relaxing. If you are not sleeping, don’t lie in bed feeling stressed about it. Get up and sit in a different room and read a book. When you start to feel sleepy again, go back to bed. Lying awake and feeling stressed about insomnia will help no one, so you may as well do something else instead. Similarly, forcing yourself to get up earlier and thereby restricting your sleep, can help combat insomnia the following night. Getting up with the sun will make the days longer, more productive, and help you sleep at night. Perhaps this is a reason why camping is apparently a good cure for insomnia!

Then, if sleep does not come within 20-30minutes, you might try breathing exercises. A popular one is 4-2-4 breathing: breathing in for 4 seconds, holding for 2, breathing out for 4. Two minutes of this can feel very relaxing. If you are not sleeping, don’t lie in bed feeling stressed about it. Get up and sit in a different room and read a book. When you start to feel sleepy again, go back to bed. Lying awake and feeling stressed about insomnia will help no one, so you may as well do something else instead. Similarly, forcing yourself to get up earlier and thereby restricting your sleep, can help combat insomnia the following night. Getting up with the sun will make the days longer, more productive, and help you sleep at night. Perhaps this is a reason why camping is apparently a good cure for insomnia!

Another thing to try in order to improve sleep could be cognitive behavioural therapy for insomnia (CBT-I) which is available online, “Sleepstation” being a popular option. There are plenty of apps such as “Calm”, “Aura”, “Headspace”, “Balance” which have good reviews. We are constantly learning more about the fascinating topic of sleep. As well as Michael Mosley’s “Fast Asleep”, there are other interesting reads. If you want to know more about the science behind sleep, I would recommend Matthew Walker’s “Why We Sleep”. Ultimately, the answer to good sleep might be different for each person. Personally, I have a book which is the most boring in the world. I’ll avoid writing down the title here, but it’s guaranteed to make me sleep. Find your own boring book and treasure it!



Editor - Jane Kellett

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