

Dates for your diary

Wednesday 4th October - Walking Group

Swaledale 10.30 am

details and updates by email and WhatsApp

Friday 6th October - IT Club

2pm Sycamore Hall

Thursday 19th October - Monthly Meeting

7.30 pm Helen Guy (change of speaker)

Lead Mining in the Dales

Bainbridge Village Hall

Saturday 21st October – David Driver

Podcast recording

Details to come soon in a Newsflash

Monday 23rd October - Soup and Sweet

12 noon Bainbridge Village Hall, £5

Tuesday 7th November – Lunch Club

Coghlands Tearoom in Barningham 2pm.

£28.95.

Garden Club

Date and Place TBC

Tuesday 14th November – Book Club

7.30 pm Sheep Scar Thornton Rust

Events at Sycamore Hall

Monday 9am – 11am Post Office

2pm Knit and natter

Tuesday 10.45am Quiz or Bingo

Wednesday 9am – 11am Post Office

10.30 Wellbeing coffee morning – second

Wednesday of each month

Thursday 10.30am Coffee morning

2.00pm Bridge

Friday 11am Gentle exercise

BAINBRIDGE WOMEN'S INSTITUTE

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Federation Events

See Federation Newsletter for full detail

Tuesday 24th October

Beginner's Watercolours

Alma House 9.30 – 3.30pm £12 + £5 materials

Thursday 26th October

Returner's Watercolours

Alma House 9.30 – 3.30pm £12 + £5 materials

Tuesday 7th November

Wacky Christmas Wreaths

10am – 3pm £12 + £5 per wreath

Thursday 9th November

Wacky Christmas Wreaths

10am – 3pm £15 + £5 per wreath Hellifield

Institute

Thursday 23rd November

Christmas Food and Flowers

10am – 3pm Darley Memorial Hall £32.50

Thursday 7th December – Carol Service

Holy Trinity Church Skipton 2-4pm £2.50

Other Events

Flower Club - 18th November 2pm

Christmas flower demonstration
by Alex Gracey.

£20 includes refreshments.

From the Committee

We continue to keep our WI schedule full of activities and events and, as president, I want to thank everyone who has helped in any way to 'keep the show on the road' over the last ten months.

It is now that time of year where we ask for nominations for the Committee for the coming year. You can nominate yourself or another member, all you have to do is email us, phone us or pop a note in the suggestions box at the meeting. We are a great team - enthusiastic, friendly and we get on really well! Am I selling it?

However, apart from the 'official committee' we do have many tasks that don't require you to be a fully serving committee member such as helping with the Soup and Sweet lunches, baking for fundraising events, delivering cards and newsletters, organising trips etc etc. When the new committee is voted in at the AGM we will be asking for volunteers for these jobs so please have a think about how you could be involved as the more members are involved, the easier it is for everyone.

Monthly Meetings

We were delighted to welcome 30 of our own members and 18 guests from Thoraby and Newton-le-Willows WI and residents from Sycamore Hall for an open meeting in the village hall. This involved a demonstration by a local Circle Dance group based in the dales followed by our guest speaker, Amy Fairburn of the Rosemary and Twine shop on the High Street in Leyburn.

Amy gave an excellent demonstration of autumn flower arranging and all her creations were raffled at the end of the evening.

Amy used fresh and dried flowers, many of them she has grown herself. She runs a busy flower shop in Leyburn and her variety of



arrangements were enjoyed by all. A good supper was shared, and several went home with flower displays from the evening.



Next month's meeting on Thursday 19th October at 7.30pm is a change to the advertised programme and we are looking forward to welcoming Helen Guy from the Keld Resource Centre in Swaledale who will be giving a talk about

the past Lead Mining industries of the Dales.

Soup and Sweet

After a break over the summer we restarted the Soup and Sweet lunches at Bainbridge on Monday 25th September.

We had 18 guests enjoying Spicy Mediterranean Vegetable, Leek and Potato and Pumpkin soups, Bread and Butter Pudding and Jam Roly Poly. The Spicy



Mediterranean Vegetable soup was particularly well liked! It was lovely to welcome back our regulars who told me how much they had been looking forward to the lunch.

NYWF International Day 2023

This year Ukraine was the focus for the International Day on Saturday 16th September at Darley Memorial Hall, Nidderdale. Margaret Thompstone and Susan Freer



attended this event where they enjoyed a wonderful day.

The hall was decorated with Ukrainian flags and there were lots of displays of Ukrainian handicrafts, art and food. Apart

from the catering the whole day had been organised by the Bradford branch of the Association of Ukrainian Women in the UK.

Members of the Association were dressed in traditional costume featuring beautifully embroidered blouses. After coffee each table was asked to complete a Quiz with questions all about Ukraine. Our table did very well although we were very surprised to learn that the biggest export from Ukraine is sugar.

There were various presentations about the work of The Association of Ukrainians in Great Britain which was founded in 1946 by Ukrainians who came to this country after the end of the second world war. We heard speeches from women who had recently sought refuge in this country because of the war in Ukraine. The women used interpreters and their speeches were very emotional. One young mother struggled to hold back her tears whilst she was telling her story.

There are branches up and down the country. They are all working very hard to support Ukrainians in these difficult times

After lunch, which was prepared by Julie Clarke and her helpers, we were treated to music and dancing. A teenage boy and girl dressed in traditional costume performed a dance for us followed by a choir of young women sang two traditional folk songs. We were then invited to try our hands at various activities. I made a traditional Christmas tree decoration made from string, wool and ribbon. Others decorated eggs, painted a greetings card or painted on glass.

Each of us was presented with a gift bag containing a Ukrainian Halva biscuit, a Ukrainian black tea teabag, a blue and yellow heart motif and a laminated recipe card for Vegan Borscht.



At the end of the day the WI members sang both verses of Jerusalem and the Ukrainian contingent sang their National Anthem. It was a long drive home from Nidderdale to Wensleydale but well worth it. A very interesting, informative and enjoyable day

Susan Freer

Christmas Crafts

Saturday 14th October, 10.30am – 1pm

Sycamore Hall.

In last month's newsletter we asked you to 'save the date' for this event. Now here are the details.

We will be making felt hand sewn tree decorations and brooches, upcycled curtain ring hanging decorations, cards, and recycled card baubles. You can do as many or few crafts as you wish. There is no admission fee for the event. Materials will be provided but please bring along your own scissors (fabric and paper) and needles (various sizes).

We are making items to sell at our meetings and the Sycamore Hall Christmas Craft Fair. If you would like to take away any items you have made, you can do for a small cost.

The event is open to members and guests.



If you have any unwanted craft materials you would like to donate these would be very welcome, particularly ribbons, buttons, wool, embroidery threads. We would also like to collect your old birthday and Christmas cards and thin cardboard such as cereal boxes. Please let Nicola know if you would like them collecting or just bring along on the day.

An Evening with Adam Frost

On 20th September eleven of us went along to Tennants for 'An evening with Adam Frost'. He was billed to talk for 45 minutes but actually spoke for twice that long. He talked about his life - the ups and downs, the challenges and the inspirations. His love for family as well as gardening came across strongly and he is incredibly funny with it! It was a very enjoyable evening.

Trip to Dalemain Mansion and Gardens.

19th September must have been one of the wettest days of the year but seven intrepid Bainbridge WI members and one guest ventured out!

At the mansion we were allocated our own guide for a tour of the house which lasted over an hour. We heard about the family, how they acquired the house and developed it. Like many old houses that are added to, modernised, and tweaked by successive generations or owners, this one has been too. It is fully furnished with articles from across the generations, so we got to see the history illustrated. The family live in a private wing but the public rooms do get used from time to time, which must be an experience!



After a tasty lunch in the café, we did have a walk around the garden while trying to take shelter from the rain.

Walking Group

Early September was the warmest weather since June! We started out with low cloud to keep us cool but it wasn't long before we had climbed above it and soon after that it cleared so we had great views from the highest points of the walk. Four of us walked from Thornton Rust, around the back of Addlebrough to Carpley Green with a great view of Semerwater and the hills beyond.

We had a short break and picnic of drinks and cakes before walking along the front of Addlebrough back to Thornton Rust.

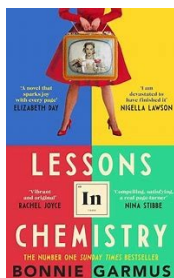
Thank you to Janet for leading us on a lovely walk. Our next walk is on Wednesday 4th October (weather permitting) in Swaledale.



Book Club

This was held on Tuesday 12th September at Sheepscar, Thornton Rust. Our last book choice Empress Orchid was discussed. Those who had read it agreed that it was a fascinating story of the life of the mother of the last emperor of China. Most felt that they would like to know more about Chinese history after reading this book.

We had a very enjoyable evening with a Bring and Share Supper.



Our next meeting is not until Tuesday 14th November. Again it will be held at Sheep Scar and the new book title is Lessons in Chemistry by Bonnie Garmus. All Welcome

Lunch Club

We really tried pastures new for our lunch this month. We had been recommended to try The Black Bull, at Nateby near Kirkby Steven, a traditional dales pub.

Ten attended, and as usual there was lots of laughter, catching up on all the news and enjoying a really good meal. The next lunch club outing is an Afternoon Tea at Coghlan's Tearoom in Barningham on Tuesday 7th November at 2pm. Price £28.95. Please let Anne Harrison know if you would like to go: anneandmauriceharrison@btinternet.com

IT Club

We had our first meeting in September at Sycamore Hall. We are having our next meeting on Friday 4th October, 2pm, again at Sycamore Hall.

If you wish to learn more about using your phone, tablet or laptop do come along. If you have any particular questions you would like to ask, please send them to Nicola in advance so that we can research the answer!

Wensleydale Flower Club

The flower club is having a flower demonstration 'Looking a lot like Christmas' by Alex Gracey on Saturday 18th November at 2pm in Crakehall Village Hall. The ticket price of £20 includes tea and cake. Tickets available from Joan Ford 01677 450885 or wensleydaleflowerclub@gmail.com

Newsletter Entries

If you wish to have an article included in our newsletter please send it by email to bainbridgewinewsletter@gmail.com. If you do not use email, then please pass your entries to one of the committee members

October Birthdays



A very happy Birthday to:

*Heather Bradbury,
Rita Cloughton,
Christina Salter*



Hold the back page by Karen

25 Hours in the NHS

As some of you will know, I have recently had the misfortune to spend quite a bit of time in the hands of the NHS - not by choice, I hasten to add!

I started my journey at the Urgent Treatment Centre at The Friarage Hospital which I dare to suggest appears to be our frontline medical service, given the reluctance of our local Practice to see patients since Covid!

Anyway, I had a relatively good experience here with friendly and attentive staff, and not a terribly long wait to be seen. I used that time to test out my medical knowledge, listening (as you can) to the symptoms of patients in neighbouring cubicles and trying to diagnose and then prescribe for their ailments. I was quite chuffed with myself that I managed to be right in most cases, so I haven't wasted all those hours watching 'Casualty' etc on TV!! Having said that, I did find myself asking why some of these people put themselves through a journey and a wait at this medical facility rather than visit their nearest pharmacy or just treating themselves at home! There seemed to be quite a bit of common sense missing!

As always, I was impressed with the attention I received at The Friarage although I did have to ask for food and drink at one point, having not had either for some considerable time! Good job I did, because late in the evening, I was told I would be transferred to James Cook Hospital for more detailed tests! That wasn't what I had planned for the evening - in fact, I was busy planning a trip to the 'chippy' when we got out of the hospital! I am not sure what was worse - the thought of going to James Cook, or not having chips for supper!!!

Amazingly, it was only minutes before the paramedics arrived to load me into an ambulance and off we went for the short journey to Middlesbrough - and that is where the real fun started!

I am sure you can imagine what A&E looks like at James Cook late into the evening - not somewhere I would choose to be! However, this is where we found ourselves but not for too long as I was

deemed a higher priority than most waiting, thankfully (or not!).

The sights we saw were something to behold! Why is it okay for people to leave home these days in their nightmare, no matter what time of day? We saw women in their pyjamas and dressing gowns, not to mention their fluffy slippers, clopping around the waiting area. There were an equal number in tracksuits/'shellsuits' (yes, I thought they were a thing of the past too!) and flip-flops! We also had the pleasure of a couple coming to sit next to us, presumably having just finished work at their fast-food restaurant giving off a very potent smell of spicy cooking oil - yuk! Good job I wasn't already feeling nauseous!

We heard all sorts of tales of why people were there as they all felt the need to 'phone a friend' and tell them very loudly where they were and why! An 'interesting' woman sat behind us at one point, soon to be joined by a friend who heard (as we all did) that she had been picked up by the 'Bobbies' who found her walking down the middle of a road into oncoming traffic!?! These 'Bobbies' were apparently lovely enough to bring her straight to the hospital, which presumably saves them some paperwork and passes the problem to others! Anyway, we then had to listen to all her woes and very quickly concluded that she had some 'issues'! Our suspicions were heightened by the number of visits she made to the toilet, gripping her supermarket shopping bag with her every time. We presume this contained either alcohol or drugs! She was certainly a 'lively' character!

Shortly before midnight we were joined by a young couple (again, more interesting nightclothes!) and were intrigued to overhear that this woman had significantly burned her hand by grabbing hold of the hot end of her curling tongs?!?! Why?!?! And anyway, why was she curling hair in her nightclothes at that time of night?!? Perhaps best not to ask!

What a relief it was to finally be called through to a cubicle and be able to lie on a trolley rather than

the most uncomfortable seats ever in the waiting room (who designs these things?!). From this point on, our 'entertainment' was the writhing, screaming and very loud patients in the neighbouring cubicles. Never a dull moment!

Once again, we had to ask for food and drink as neither were available in the hospital at this hour of the night. There was the usual waiting around for test results etc but we held onto the thought that eventually we would be free and able to head home. Imagine the shock then, when around 5.00am I was told that I was being admitted as it was not safe to send me home!! This certainly wasn't in the plan! I was terrified at the thought of being stranded in that place and Tim was worried about how he would find his way home, having never driven to or from the hospital before, and having had no sleep! Tensions were high!

Around 5.30 am I found myself deposited in a ward that quite frankly I would have expected to have seen in a war zone! What a mess! I was wheeled to a bed by the window in a six-bed room, swiftly followed by two 'nursing' staff who turned on all the lights and proceeded to interrogate me for their paperwork, whilst chatting about their plans for the weekend! I was staggered! What about all the other patients trying to sleep?!

The poor woman in the bed next to me was writhing in pain and later told me that she had not had any medication since arriving eight hours earlier and was in agony. She asked everyone who came in for painkillers which never appeared! Her language was 'fruity' and quite frankly, I can't blame her! Meanwhile, I was benefiting from the 'air-conditioning', otherwise known as a gale from the window! When I managed to get the attention of a member of staff, I asked if something could be done as I was cold and the curtains were billowing several feet into the ward! I was brought a blanket but told that the problem was caused by an Xpelair that could not be closed?!?! A towel had been stuffed into it, but this was not sufficient to prevent the gale outside from cooling our increasingly rising tempers inside!

At this point, someone came to replace the jug of water on my trolley which I could neither reach, nor use as there was no glass for it!! I couldn't call

for help as no-one had given me a buzzer and I was surrounded by patients groaning in pain, snoring or throwing-up!! Tim was keen to head home but I told him in no uncertain terms that he was not leaving me in this dreadful place!!! The only caring face I saw on this ward was the sister who arrived for the day shift and came to see if I had all I needed, at which point I told her that I definitely didn't! She addressed all my issues but the gale force winds! Then, just in the middle of breakfast being served (sadly not a full English!), I was told I would be moving and before I could finish my limp toast, someone had come to collect me. Thank God! I couldn't get out of that place soon enough!

From there, my surroundings and care improved dramatically and all I can say is if you ever find yourself on the Same Day Emergency Care Department, you are in the right place. Given that, by this stage, we were into a day of strikes by junior doctors and consultants, I cannot praise the staff highly enough. There were lots of them (apparently, most coming in on their holidays or days off to cover for the doctors), they were all friendly, efficient and cheerful. Even the food and drink was free-flowing here! My stay was longer than I would have liked, but the care was exceptional and, eventually I was released - hoorah!

So, in this experience I think I saw the worst and the best of the NHS. I certainly felt the need to bring back the Matron to get a grip on the staff and the surroundings in some places, but in the main I can't really complain. It is just very clear to anyone that this wonderful institution has suffered from years and years of under-investment and now appears to be the 'poisoned chalice' that no government wants to tackle - or perhaps even knows how to tackle! My suggestion would be to start by getting rid of all the Chief Executives and spend the money where it really matters - at the 'coal face'!! Maybe it is time we all stood up to fight for the future of the NHS as I am sure none of us want to think about the alternative should it all fall apart! I am sure there are very few of us who could actually afford to pay for the treatment we receive.

To those truly dedicated, caring and hard-working staff in the NHS - THANK YOU!