

THE

Estate

ECHO

November Edition 2024



**Greatwood & Horseclose
Community Centre
Christmas event
15th December
1-4pm**

**Santa's Grotto, Face painting,
Kids Festive arts and crafts.**

Hot Refreshments

Small selection of stalls



We would love to hear from more people, so we are launching the Friends of Greatwood & Horseclose. We realise not everyone wants to be a trustee or sit on a committee but will have ideas and skills to share, so please join up on the website or call the Community Centre

W: greatwoodandhorseclose.co.uk

T: 01756 228120

SEE MIDDLE PAGES FOR THE ESTATE MAP



GREATWOOD & HORSECLOSE WELLBEING CAFE

**Drop in for a warm welcome!
Grab a cuppa, have a chat,
some cake and a dash of
creativity!**

Here to support you
Greatwood and Horseclose
Community Centre. BD23 2SR

Every Wednesday
1pm - 3pm
For more info contact:
office@pioneerprojects.org.uk








YOUR COMMUNITY HEALTH CONNECTOR



Hi - I wanted to introduce myself and tell you a little about my role. My name is Emma Nicholson and I am the Community Health Connector for Greatwood and Horseclose and also for Broughton Road.

I am part of a project looking at improving health and wellbeing for people in this area. I will be engaging with the community, getting to know people and developing trusted relationships so as to signpost people to services to enhance people's health and wellbeing.

We want to understand what affects people's health and wellbeing and what the barriers are. We want to hear from residents about what matters to them and what their

experiences are. We also would like to understand how people would like to be supported to improve their health and wellbeing. This information will be used to help understand how services could be improved for people and what activities people in this area would find helpful. I would like to talk to people about their experiences.

Funding for the project comes from Bradford District and Craven Health Care Partnership (BDCHCP) and our partners include North Yorkshire Council, the local GP practices and Yorkshire Housing and voluntary organisations who provide activities and support to local people. I am employed by Skipton Step into Action which is a local charity.

I have lived on the Greatwood and Horseclose Estate for most of my life. I am a mum of 5, my youngest being 6 and my oldest 25 and have a baby grandson who is very special to me. In my spare time I enjoy socialising with family and friends, watching live bands, reading and learning new things.

I am on the board of Trustees at Greatwood and Horseclose community centre and have had various roles within the community from volunteering to running a business and have experience working with a range of age groups.

continues over the page

With a listening ear, care and compassion, respect and encouragement, I will support the community to do more 'by' themselves and will be delivering events and activities that promote good health and wellbeing.

How could you help?
I would like to hear about what is important to you.

If you would like to be more involved please get in touch. I will be at the community centre most Tuesdays from 10am–2pm or you can contact me on my Facebook Community Connector page: www.facebook.com/profile.php?id=61560815266883.

Alternatively, you can email me. Being more involved could be by providing more information or by getting involved in an activity or by volunteering. Do you have ideas for activities in the area - do you have a skill or a hobby you would like to share with others - please let us know. Please tell your friends and family about the project and ask them to get in touch. We particularly want to hear from people who find it hard to access activities and services.

If you would like to talk to me or would like any further information:

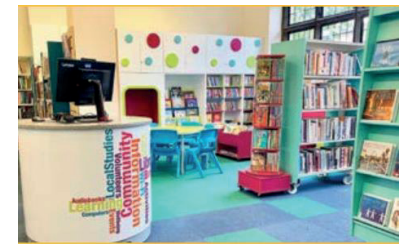
Email: enicholson@ssia.org.uk
Mobile: 07387 294433

Welcome to Skipton Library



Library Membership information:

- Up to 30 items can be borrowed at any one time and returned to any North Yorkshire library
- Items can be renewed using our app online, by phone, or by visiting any North Yorkshire library
 - Items can be requested from other libraries
- FREE Internet access, wi-fi and wi-fi printing - print off your own device!
- Access Family History websites, Ancestry and Find My Past for FREE at your local library



Children and young people

- Buzzy Bee reading scheme is FREE and rewards under 5s who borrow books with stamps, stickers and a certificate.
- Summer Reading Challenge - takes place annually and encourages 4 - 11-year-olds to keep reading through the summer break with prizes and rewards.
- Free Rhymetime, Storytime and Stay & Play sessions.
- Free Lego and Coding Clubs
- Class & Nursery Visits - groups of all ages are welcome to make pre-arranged visits the library.

24/7 Digital Library

- Download our FREE libraries app and access your account online
- Borrow up to 8 books and audio books from our digital platforms Borrowbox, Libby and uLibrary
- Read digital newspapers and magazines for FREE via digital platforms, PressReader and Libby with your library card
- Access a range of FREE Online resources, including Encyclopaedia Britannica, Oxford Online, Newsbank and Theory Test Pro

Home Library and Information Service

- We deliver books, audiobooks, DVDs and information to anyone who finds it difficult to get to their local library.
- Friendly volunteers deliver the books once a fortnight. Contact the library to access this FREE bespoke service.

Events and activities include:

- Book Groups**
- Craft Groups**
- Ancestry 121**
- 121 IT Support**
- Writing Group**
- Therapy Pets**
- Author Talks**
- Coffee mornings**
- Dementia Cafe**
- Volunteering**

The library opening times are:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9.30am - 7pm	Closed	9.30am - 7pm	9.30am - 7pm	9.30am - 5pm	9.30am - 1.30pm	Closed

Telephone: 01609 534548

Email: skipton.library@northyorks.gov.uk

Ladies Social Group

Every Thursday 9.30am-12pm
at Greatwood & Horseclose Community Centre



<p>Community Centre</p> <p>1</p>	<p>Monday Community Drop-In</p>	<p>Scoff Cafe Tuesdays, 12.30pm - 2pm</p>	<p>Wednesday Wellbeing Cafe</p>	<p>Greatwood Primary School</p> <p>2</p>
---	--	--	--	---



<p>Vicki Cartman Millennium Green</p> <p>3</p>	<p>Middletown Allotments 01756 794357</p> <p>4</p>	<p>Canal Bridge to Tesco & Skipton</p> <p>5</p>	<p>To Middletown, Spa & Post Office</p> <p>6</p>	<p>Kyber Pass</p> <p>7</p>	<p>Cawder Ghyll</p> <p>8</p>	<p>Whinny Gill Reservoir</p> <p>9</p>
---	---	--	---	-----------------------------------	-------------------------------------	--



Care and Support for Life

Dementia Forward is your local dementia support charity. They have a Helpline, 03300 578592, which is open Monday to Friday from 9am to 4pm, where anyone affected by dementia can receive free, confidential advice and support. The charity also runs local weekly wellbeing services. Please get in touch for full details:

Welcome Wednesday Wellbeing Cafe, The Three Links Club, Skipton BD23 1ER, 1pm-3pm every Wednesday. A drop-in group for anyone living with dementia, or concerned about symptoms of dementia, and their carers.

EAT, MOVE, BE HAPPY

We help people live better - whatever that means for them. We specialise in helping people change their daily eating and exercise habits to help them improve their overall health. The focus is very much on one small step at a time, making changes doable without people feeling overwhelmed. This way, new habits can be maintained which means people feel the long term benefits of a healthier lifestyle. We also provide specialist support and coaching for people who typically face more of a physical and psychological challenge to exercise and activity. They might be living with chronic medical conditions (eg stroke survivors, arthritis, fibromyalgia, chronic pain etc) or have poor mental health. Again the focus is on what people can do, no matter how small this seems. We love the mantra Better is Better. We are proud of our successes with our health coaching. We have lots of wonderful

Gargrave Hub Club, Tuesdays, 10am to 3pm. A day service providing a full day of activity for people living with dementia and respite time for carers. Please note this is a paid service and an assessment is needed before attending.

Time Out Together, Thursdays, 10am to 3pm. An outward bound group for people living with young onset dementia to enjoy a day out in their community. Please contact Dementia Forward to find out more.

Helpline: 03300 578592

Website: www.dementiaforward.org.uk

Join our Numbers Club today!

From just £2 a month!
Monthly chance to win cash prizes
Supporting your local dementia charity
[Click here to find out more](#)



stories from people who are living very different lives now than when they first started with Eat, Move, Be Happy. Often these people face multiple issues impacting their health, for example obesity, chronic medical conditions, low mood, financial hardship etc. This interlinking tangle can be overwhelming and can create situations where people are feeling helpless and lack confidence to even try to improve their health.

We can help! Joining one of our programmes or exercise classes not only helps people to experience the benefits of eating better and moving a bit more, you will also benefit from the friendly support of others in the group.

Changing lifestyle habits is not about everyone being the same, doing the same. It is a very personal experience. We encourage people to consider their own health goals, set their own targets and areas of focus. After all, better is better!

www.eatmovebehappy.com

SCOFF'S CAFE UPDATE

Hi everyone!

Our regular customers are known as SCOFFERS. To become one you can join us each Tuesday for our weekly lunch. This is served at 12.30pm and consists of a main course a drink and usually a sponge pudding with custard (the puddings are made by Dianna Cookson). We unfortunately had to increase our price to £5.50, this being the first increase for nine years. All the staff are volunteers and qualify for a free lunch as payment for giving up their time to help. At Christmas we give our profits to Skipton-based charities and good causes put forward by the customers. One of these chosen was Skipton Juniors under 12 girls football team, which I'm pleased to announce won their league. We always donate to Skipton food bank and have supported Skipton Men In Sheds and the staff fund at

Airedale Hospital among others.

Over the years we have donated thousands of pounds which means everyone who eats at SCOFFS is also fundraising for their COMMUNITY groups. The weekly menu is posted on our facebook page.

So why not come and join us for a meal, good company plenty to drink, a natter and good banter? Best regards and wishing everyone a Happy Christmas and a brilliant 2025, from all our volunteers.

KEEP SCOFFING!

Ray



NATIONAL LOTTERY GIVES £20,000



Skipton Town Council has been successful with a grant from the National Lottery for £20,000 for an adult fitness frame on the recreation area at Middletown. The picture opposite shows the first part of the installation, with more equipment to follow.

A second grant has been put into Sports England for more adult gym equipment for the North Parade recreation area.

SIGN UP AND START BORROWING NOW!

Share Skipton is a Library of Things: a collection of useful items available to borrow. By choosing to **become a member and borrow** from Share Skipton, you not only **save money** but also **reduce waste** and **save space**.

Visit our website www.shareskipton.org to find out more!

**BORROW DON'T BUY**

Power Tools Sports Equipment
Cookware Camping Gear
Garden Tools Carpet Cleaners

MEMBERSHIP BENEFITS

- 70+ Free Items to Borrow
- £3 of Borrowing Credit
- Access to 200+ Items

**Opening
Hours****Tue 4-7 & Sat 10-1**

48 Newmarket Street, Skipton, BD23 2JB

www.shareskipton.org | email: hello@shareskipton.org

Share Skipton is a registered charity number 1204371

CALL FOR MORE MEMBERS

Greatwood & Horseclose Residents Association have been around in one form or another since 1952. Its purpose is to promote the interests of all residents on the Greatwood & Horseclose Estates and open to all residents despite tenure.

The Residents Association is currently a registered charity but desperate for trustees to enable them to remain a charity, especially the secretary role and events and marketing type interests new trustees could bring.

This year the handful of trustees have held a Yorkshire Day event which was a fantastic community free event where Ray from Scoff Café cooked Yorkshire favourites. We had free face painting and bouncy castle and balloon animal modelling. We were also lucky to have bunny rabbits and ponies attend the event for cuddles and walks.

The Residents Association also funds the Estate Echo and community website www.greatwoodandhorseclose.co.uk and, up until recently, subsidised the cost of dog bags to residents

but unfortunately North Yorkshire Council have stopped selling them. Tool hire equipment has all been donated to the Share Skipton project in the former SCAD shop on Newmarket street (see the advert opposite).

Other events include the table top sale and breakfast refreshments to support the litter pick Skipton Town Council organised for the estate.

Trustees are busy organising the community Christmas Event advertised on the front of the Echo so please come and support the community.

**GREATWOOD GROCERY AT GREATWOOD SCHOOL**

Greatwood Grocery is our way of aiming to reduce food waste and food poverty in our local community. We wanted to provide an affordable way for families to have healthy nutritious meals at home. Every Tuesday between 9am-3.30pm we open our Greatwood Grocery to members of our school, local and wider community – everyone is welcome! We work with Craven Food Partnership, FareShare, local businesses and suppliers to divert good quality food from landfill. Instead, we provide it to families through our community grocery scheme. A bag of 10

items in our Grocery is £5 and there are also special buys and various toiletries available for differing amounts. After feedback from our customers, we now also have frozen foods available. Cash and card are accepted, and we ask that people bring their own bags.

It is a non-profit operation, and any funds raised go directly back into stocking up the grocery and buying equipment for it such as fridges, freezers and shelving. We are so grateful to the many volunteers who give up their time to keep the grocery open and full of wonderful products.

Christmas Word Search

G Q C E L V E S Z L I G H T S
D C Z L F J S R V N U L B Z B
C E L E B R A T E W M J E Y F
Q F D C W G N R E I N D E E R
P F Z E H J T G C O O K I E S
G R A N C R A I R I W B I H C
O M E M N O I U K S F V A Z A
R I I S I N R S N D O H J D N
N M M S E L E A T E C Q B W D
A G Z D T N Y C T M J C P R Y
M I I U L T T W I A B T E C
E V H N Z W E S S Q O S B A A
N I E N A Q Q T F T P N J T N
T N G E P Q I C O P Y Z S H E
D G A R J W D E Q E Y P E B S

Decorations
Celebrate
Lights
Giving

Candy Canes
Ornament
Presents
Dinner

Christmas
Reindeer
Family
Wreath

Mistletoe
Cookies
Elves
Santa

