

e's Together

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St Jo

St John's Church



Christian Aid Week: 14-20 May 2023 see page 10

May 2023 50 pence

St Luke's Church



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Dear All,

Over the course of the last few weeks something that God seems to have repeatedly placed on my heart, through various conversations and situations, is the prevalence of mental health illness in our own town and in wider society. Covid 19 has had a huge impact on



mental wellbeing - mostly exaggerating existing mental health struggles, but there has also been an increase in the number of people experiencing anxiety and stress for the first time. Loss of community and support networks during lockdowns has compounded feelings of loneliness, isolation, anxiety, relationship breakdown and financial insecurity.



And then, within this uncharted sea of emotional vulnerability and depleted resilience, we are hit by the wave of the cost of living crisis. And these are just the 'waves' that crash around us all, there will be many other personal 'waves' - of varying size - that crash around us on a daily basis. The steep rise in the

numbers of people seeking mental health support (not to mention the numbers of people suffering in silence) is worrying, yet largely unsurprising.

What has surprised me is the misconception that people of faith are less likely to struggle with their mental health. Of course, having a faith can be of huge benefit. Prayer re-centres us on the presence of God, and reminds us that we do not have to rely on our own strength. By expressing gratitude

to God for the blessings we have received, we might find ourselves more able to shift attention from the things going wrong to the ways that God has been at work for good in our lives. Furthermore, as Christians we are encouraged to be part of a community, the body of Christ. Genesis 2:18 reminds us that it is not good for



man (or woman) to be alone. We were created for community and we can find strength within community.

But it is really important to acknowledge that mental health illness, just like physical health illness, can affect absolutely anyone – even those who have a strong faith, a robust prayer life and strong community links. The book of Job reminds us that even someone God called 'blameless and upright' couldn't escape pain, illness and immense struggle. Whilst we live in a broken world, suffering, pain and illness will always exist. If we are

struggling with our mental health then it doesn't mean we have done something wrong. We have not failed, we are not being punished and we are not weaker than other people. Just as we can sometimes become physically unwell, likewise we can also become mentally unwell. The problem is, stigmas that still exist in our culture often make it harder to talk about mental illness than about physical illness (evidence suggests that men still find it especially difficult to talk about mental health illness). Some people who are struggling with mental health illness will not have told anybody and will be suffering in silence. Many people experiencing anxiety, stress or depression will feel a deep sense of shame, guilt, low self-worth and lack of identity.

We know Jesus does not want this for us. In the story of the haemorrhaging woman (Luke 8:40-48), who is not only physically unwell but who has been shunned from society and filled with shame over her situation, Jesus responds with deep compassion and tenderness: "Daughter, your faith has made you well. Go in peace." Not only is this woman physically healed, she is also



freed from shame and restored into community. Jesus knows that our mental health, our sense of identity and our place in community is just as important as our physical wellbeing and both are addressed here with equal compassion.

So what can we do, as followers of Jesus, to address the avalanche of mental health problems in our midst? This month includes Mental Health awareness Week ($15^{th} - 21^{st}$ May). One small thing that we could do is look at the website and explore the information on offer about the effects of mental health illness and ways in which we can support mental health charities. Another thing we can do is check in with people. Call in to see a neighbour, send someone a card, invite someone along with you to one of our groups (Thirst, Wellbeing Café, Comfort Café, Little Fishes). The people

most at risk of mental ill health are those who are often already marginalised; the isolated, the unemployed, people living with disability, people from the LGBTQIA+ community, those living in poverty and those with long-term health conditions. Is there someone you know who might benefit from a reminder that they are

valued, that they have a place in the community, that they matter and that someone is interested in their life? Never underestimate the value of being kind. Smile at someone, offer someone a word of encouragement, chat to someone in the queue at the post office. We never really know what people are going through, what challenges they face, and acts of kindness can make such a big difference to a person's self-esteem and sense of worth.

And what if you are experiencing mental health difficulties yourself? Then you are by no means alone. At least one in four people will struggle with their mental health during their lifetime. If you haven't done so already, please talk to someone you can trust. Your GP is often the best starting point, but you can also talk confidentially to the **Samaritans** at any time of



the day or night by calling **116 123**. Details of other organisations are listed below, including local services.

God sees you, God knows you and God loves you. You are his beloved child, made in his image. You do not have to do anything to earn his favour, his love or to be

of infinite value in the kingdom of God. You are loved and valued simply because you exist – that is always enough.

"I will not forget you, I have carved your name on the palm of my hand" Isaiah 49:15

Blessings,

Laura

Mental Health Week Information - <u>Mental Health Awareness Week 2023 | Mental Health Foundation</u>

Samaritans - Contact Us | Samaritans (Phone: 116 123)

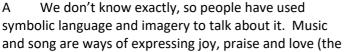
Shout Crisis Line - Free, 24/7 mental health text support in the UK | Shout 85258 (giveusashout.org) Text "SHOUT" to 85258 or text "YM" if you're under 19

NHS North Yorkshire self-referral support - https://northyorkshireiapt.co.uk/ NHS Five Steps to Mental Health wellbeing - 5 steps to mental wellbeing - NHS (www.nhs.uk)

Local Mental Health Support and Therapy Services - Wellspring Therapy & Training
Bereavement Support - Just B: 01423 856 790 children or 01423 814 480 adults
Church of England Resources - Mental health resources | The Church of England
Mind Mental Health Services - Mental health crisis services - Mind
Safeline men's mental health support - https://safeline.org.uk or 01926 402498

QUESTION CORNER

Q. What do you think Heaven will be like? I'm not musical and I don't like the idea of continual singing – or playing a harp.







essence of heaven). But you don't literally have to picture yourself as an angel playing a harp! I'd rather play a piano, but I don't imagine those in heaven! Not non-stop music either, but surely times of peace and tranquillity. Above all, heaven is a loving relationship with God with Jesus and with others.

Again, in picture language, Jesus said 'My Father's house has many rooms I am going to prepare a place for

you' (John 14, 2). This is a way of saying that heaven is a place of great variety, with different things to suit different people, so that (in the best possible way) we will feel 'at home' – truly 'a place for you'.

In this life we can't understand or appreciate the kind of glory and transformation which is to come in that resurrection life. I'm reminded of a particular cartoon – two caterpillars are on a branch of a tree. They are



looking up at a beautiful butterfly fluttering above them. And one is saying to the other 'You'll never catch me going up in one of those things'.

David



thanks

Pam Mills would like to thank everyone for their help and good wishes during her recovery from her hip replacement operation. Company, lifts, shopping, greeting cards have been a great support and encouragement. Thank you all!

PASTORAL CARE UPDATE

Thank you to our recently established Pastoral Team who have undertaken



over 100 community pastoral visits since November - fantastic! Penny, Jean and Anne have now also completed a ten-week pastoral care course which I am told was challenging but also inspiring and valuable. We continue to have a pastoral lead person in each of our groups and teams, who receive regular communications

from the Pastoral Team. They truly are the hidden saints, quietly responding to pastoral need week in, week out and caring for each other.

Of course, there are many other people who contribute to the pastoral care within our church community and beyond. You are being a pastor every time you share encouragement, ask someone how they are, phone someone up or check in with someone. When we work together we can achieve so much more, so thank you for all that you do as we seek to offer the love of Christ to all.



If you would like to join one of our friendly small groups or one of our many ministry teams (Little Fishes, Green Team and Thirst to name a few) then please do get in touch with one of the clergy or with the church office!

Laura



HAVE A HEART!

Many thanks to all who bought Valentine hearts or donated; a total of £351 towards costs of Tockwith House on the Polish/Ukrainian border housing refugees from the conflict. —

Mair Pugh

Thanks to Mair for her beautiful Easter/Spring hearts which raised well over £100, contributing to the fabulous £900 raised at the coffee morning for our Youth Worker.

JOINT FESTIVAL EVENSONG

Our choir is being joined by other local choirs at St John's on Sunday 21st May at 6.00pm for worship to celebrate the Coronation. Everyone is welcome to come along and worship with us.





We are looking for you!

The Green Team welcomes new members from across all areas of St John's and St Luke's No previous experience necessary, just enthusiasm and a willingness to try something new

From little acorns grow mighty oaks

Grow further in your own zero carbon journey by working as and learning as a team
Please contact Claire for more information
Clairelg80@gmail.com

WHAT IS A DIGITAL CARBON FOOTPRINT?

The digital transformation has brought many benefits that have had a positive impact on the fight against climate change and in reducing carbon emissions. But the production, use and data transfer of digital devices causes more emissions than you might expect. Our collective consumption of data has an impact on our carbon footprint. There is some data to suggest a blog post or e-book could potentially have a larger carbon footprint then its printed counterpart because of the 'always on' nature of digital media.

Every single search query, every streamed video and every type of cloud computing requires energy and increases carbon emissions. Cloud computing (where you store your documents and photos on a remote server such as icloud or Dropbox) has been the subject of much debate with respect to sustainability. The data is stored in a data centre which requires vast amounts of electricity to run and be kept cool, batteries, and coolant chemicals, but many of these centres now invest heavily in

renewable energy and have ways of reusing the heat. The alternative is local storage, but this requires individual batteries and devices, so from the current literature small amounts of data should be kept local but larger amounts, especially items which do not need to be regularly accessed, benefit from the larger data centres.

The greatest impact is from video streaming including Netflix and amounts to 75% of global traffic data. Downloading is much less energy intensive.

Of com has some helpful suggestions to help us manage our digital carbon footprint:

Stream as a team – try to watch videos with others.

Play your games and apps offline – doing so sometimes will reduce your footprint.

Think about your emails - Do you really need to send that email? Do you read all those newsletters and subscription emails? Take a short audit of your inbox and unsubscribe from those you do not want to receive anymore.

Unplug it if you're not using it - a plugged in device uses electricity even while on standby. When charging, keep an eye on the device and unplug when fully charged (this will conserve your long term battery life too). Unplugging devices will save you money on your electricity bill.

Recycle - or repair - your devices - can the battery be replaced? If it's not working correctly, get an expert opinion on repair. Could you hand it on to someone you know or to a charity who can benefit from money from the components?

ANNUAL PARISH CHURCH MEETING (Sunday 21st May after the service) AND MEMBERSHIP OF THE CHURCH ELECTORAL ROLL

Everyone is invited to our churches' annual meeting to hear about the previous year, and about plans for how the church family can share God's love with our neighbours locally and further afield.

But to be able to vote at the meeting, or be elected to any position within the church, you need to be over 16 and have your name on the church electoral roll. Please pick up a form from the back of either church, and return it to the church office or one of the clergy by 6th May. Existing members don't need to reapply this year.



CHRISTIAN AID WEEK 2023

The focus for 2023 is on communities which are paying a harsh price for the global cost of living and climate crises. Farmers in Malawi struggle to get a fair price for their

goods and have been battling climate change, with rising temperatures and regular floods making it tough to grow crops. But one plant is hardier than the others: the pigeon pea is a small but mighty seed which is drought resistant, soil-revitalising and high-protein.

The money raised during Christian Aid Week will help the charity's partner agencies in Malawi with projects to combat the effects of climate change on crops and ensure farmers are paid a fair price for their produce. The aim is to help people find practical and sustainable ways out of poverty, including gaining the skills to grow more resilient crops, restore soil fertility, increase harvests and to join cooperatives to earn more for their crops.

Your gifts this May will continue to support the pigeon pea project and other vital work around the world. This is how the money raised during Christian Aid Week can help:

- £50 could provide pigeon pea seeds and farming tools for a family;
- £70 could buy a bicycle so an experienced farmer can reach others in remote areas and teach them essential business skills:
- £250 could pay for a cooperative oven, supporting more than 800 people to turn their pigeon peas into profit by baking bread;
- £1000 could pay for a fish food processor, so co-operatives can turn their pigeon peas into fish food and raise fish to sell.

Christian Aid works in some of the world's poorest communities. We act where there is great need, regardless of religion, supporting people to live a full life, free from poverty. Through you, we will be there long after the flood waters recede, helping families build back.

As well as making a donation yourself, you could

- deliver envelopes in your area (You don't have to collect them in!)
 Vicky Iley is looking for volunteers v.iley@hotmail.com
- support our coffee morning on 10th June by donating prizes or by coming to help or just to enjoy coffee and chat after browsing the stalls. More details next month.



Libraries are not just for books!

As a library member you have free access to hundreds of e-books and magazines,

Ancestry, and many other resources.

We offer regular Book Groups, Storytime, Scrabble Club, Knit and Natter, IT support, Local History, Coffee Mornings, occasional Craft Mornings and much more.

North Yorkshire Council provide books and some IT support, but there are many other expenses. Thanks to the church for their support (see poster)





THANK YOU!!!

The choir would like to thank Jan Johnson and Pam Else for replacing our wornout surplices. Jan paid for the fabric and thread etc needed and Pam took on the massive task of making them all. With no pattern available, she took apart an original, made a pattern and then made a full set! String players are renowned for their discipline, determination and consistency - Pam has certainly proved these attributes in giving us surplices that will last for the next 50 years!

CELEBRATING EASTER



"EASTER SATURDAY"

Sunny Spring weather raised our spirits as we prepared for the Easter Trail and coffee morning, and brought customers flocking in! Youngsters enjoyed the trail, especially the prize of chocolate coins!

The hall was buzzing with conversation as folk, having stocked up on cakes, preserves, books, cards and jigsaws as well as tombola prizes and raffle tickets, settled down for a chat over drinks and biscuits or hot cross buns. It was a happy occasion.

Thanks to everyone who helped in any way - we raised a whopping £900 towards the Youth Worker Appeal, which has now reached £30 000!

Thanks especially to the young folk and their parents who swelled the ranks of volunteers. You were invaluable!





HE IS NOT HERE, HE HAS RISEN,

JUST AS HE SAID Matthew 28:6

The children in Bright Sparks and Little Sparks recently enjoyed a joint session learning about the Easter story. The children had a wonderful time painting, sticking and drawing to create a fantastic

display recounting Jesus's triumphant

entry into Jerusalem through his death on the cross to his resurrection. Special thanks to Helen Tennison for organising the activity for the children.





PEOPLE



FUNERALS/ MEMORIALS

We extend our sympathy to the families of those who have recently died:

Jessie Rutter

Audrey Chiddy

SHINE LADIES SEMINAR!

SAT 20TH MAY 11am to 5pm

Queen's Suite Cedar Court Hotel Park Parade HG1 5AH Linda Ojiakor – Host Dr Kanwa Ekwegh Brenda Lewis

To register: www.womenoffaithtoday.com

Shine is a lively and interesting day for women, organised by a Harrogate-based Christian ministry.

More info on the website or from

Cathy@mchutchon.net

CHORISTERS AT THE FESTIVAL

Ruth invited the choristers to tell us about their experience. Some reports were in the April magazine, but Sophie missed the deadline. She writes: 'I felt excited but also nervous. Ruth played the piano while I sang 'To God Be the Glory'. It was a competition so there was 1st, 2nd and 3rd. All different choirs were doing it. I feel it is a good experience for anyone who is a Christian and likes singing.'

SUNDAY 14th May is Copy Date for

JUNE 2023 Focus

Items for inclusion to: SJSLFocus@gmail.com

or Editor, 6 Old Trough Way, HG1 3DE

or leave them in the drawer at the back of St John's Church

St John's & St Luke's

CHURCH OFFICE OPENING HOURS

MONDAY, WEDNESDAY, THURSDAY
9.30am to 1.00pm
TUESDAY 11.30am to 1.00pm
FRIDAY CLOSED

565129 (+ Answerphone)

church@stjohnsandstlukes.org.uk



Harrogate, Wetherby & North Yorkshire

We are very happy to come out to meet you and your relatives to discuss our services. Please call us at any time for more

information about how we can help you.

01423 608 760

www.radfieldhomecare.co.uk harrogate@radfieldhomecare.co.uk





Outings & activities

- Household tasks
- Medication support
- Wellbeing
- Dementia care

Personal care

We are extremely proud to support older people in our community to live independently in their own homes.

Our team is passionate about delivering the highest standard of care and will always go above and beyond to help our clients.



MAY'S CALENDAR

Tuesday 2 nd	9-9.30am 4-5.00pm	Morning Prayer (SJ) 4twelve (Year 7+ Youth Group) (Emma's House)
Wednesday 3 rd	7.30pm 9-9.30am 10.30am 10.30am	Time to Pray (SJ) Morning Prayer (SJ) Holy Communion (SJ) Thirst - Coffee at Dene Park Community Centre
Thursday 4 th	9-9.30am 9.30-11.30am	Morning Prayer (SJ) Little Fishes (Parent & Toddler Group) (SL)
Friday 5 th Saturday 6 th	1-3.00pm 10.00am	Wellbeing Café (SL) Watch Party for the Coronation of King Charles III (SL)
Sunday 7 th	9.00am 10.30am	Holy Communion (SJ) All Age Service (SJ)
Tuesday 9 th	10.30am 6-7.45pm 9-9.30am 10.00am 2-3.30pm 4-5.00pm	Holy Communion (SL) Youth Worship Night (Starling Café) Morning Prayer (SJ) Walking Group (SJ) Comfort Café (SJ) 4twelve (Year 8+ Youth Group)
Wednesday 10 th	7.30pm 9-9.30am 10.30am 10.30am	(Emma's House) PCC Meeting (SJ Morning Prayer (SJ) Holy Communion (SJ) Thirst - Coffee at Dene Park Community Centre
	12.15pm	Community Lunch at Bilton Community Centre
Thursday 11 th	9-9.30am 9.30-11.30am	Morning Prayer (SJ) Little Fishes (Parent & Toddler Group) (SL)
Friday 12 th	6.30-7.15pm 1-3.00pm 6.30-7.15pm 7-7.45pm	Evening Surgery in Church (SJ) Wellbeing Café (SL) Junior Choir Practice (SJ) Adult Choir Practice (SJ)
Saturday 13 th Sunday 14 th	10.00am-12noon 9.00am 10.30am 10.30am 4.00pm	Coffee Morning (SJ Hall) Holy Communion (SJ) Holy Communion (SJ) Parade Service (SL) Service to Remember and Give Thanks (SJ)
	6-7.45pm	Ignite (Year 7+ Youth Group) (SL)

Monday 15 th	9-9.30am	Morning Prayer (SJ)
Tuesday 16 th	7.30pm 9-9.30am	Baptism Information Session (SJ) Morning Prayer (SJ)
raesaay ro	4-5.00pm	4twelve (Year 7+ Youth Group) (Emma's House)
Wednesday 17 th	10.30am	Holy Communion (SJ)
ŕ	10.30am	Thirst - Coffee at Dene Park Community Centre
	12.00noon	Thirst Table at Dene Park Community Centre
	7.30pm	Finance & Buildings Committee Meeting (SJ)
Thursday 18 th	9-9.30am	Morning Prayer (SJ)
	9.30-11.30am	Little Fishes (Parent & Toddler Group) (SL)
Friday 19 th	1-3.00pm	Wellbeing Café (SL)
	6.30-7.15pm	Junior Choir Practice (SJ)
Caturday 20th	7-7.45pm	Adult Choir Practice (SJ)
Saturday 20 th Sunday 21 st	12.30pm 9.00am	Wedding (SJ) Holy Communion (SJ)
Sulluay 21	10.30am	Morning Worship (SJ)
	10.30am	Morning Worship (SL)
	12.00pm	Annual Parochial Church Meeting (SJ)
	6.00pm	Harrogate Joint Churches Evensong (SJ)
	6-7.45pm	Ignite (Year 7+ Youth Group) (SL)
Monday 22 nd	9-9.30am	Morning Prayer (SJ)
Tuesday 23 rd	9-9.30am	Morning Prayer (SJ)
	4-5.00pm	4twelve (Year 7+ Youth Group)
		(Emma's House)
Wednesday 24th	9-9.30am	Morning Prayer (SJ)
,	10.30am	Holy Communion (SJ)
	10.30am	Thirst - Coffee at Dene Park Community
		Centre
	6.30pm	Team Vicar Shortlisting Meeting (Zoom)
	7.30pm	PCC Meeting (SJ)
Thursday 25 th	9-9.30am	Morning Prayer (SJ)
	9.30-11.30am	Little Fishes (Parent & Toddler Group) (SL)
	6.30-7.15pm	Evening Surgery in Church (SJ)
Friday 26 th	1-3.00pm	Wellbeing Café (SL)
	6.30-7.15pm	Junior Choir Practice (SJ)
	7-7.45pm	Adult Choir Practice (SJ)
Sunday 28th	9.00am	Holy Communion (SJ)
	10.30am	All Age Holy Communion (SJ)
T 1 20th	10.30am	All Age Morning Worship (SL)
Tuesday 30 th	9-9.30am	Morning Prayer (SJ)
Wednesday 31st	9-9.30am	Morning Prayer (SJ)
	10.30am	Holy Communion (SJ)
	10.30am	Thirst - Coffee at Dene Park Community
		Centre

JUNE

Thursday 1st 9-9.30am Morning Prayer (SJ) Saturday 3rd 12.30pm Baptism (SJ)

Sunday 4th 9.00am Holy Communion (SJ) 10.30am Parade Service (SJ) 10.30am Holy Communion (SL)

3.00pm Celebration of the life of Margaret

Manning (SJ)

6-7.45pm Youth Worship Night (Starling Café)

LOOKING AHEAD

Coffee Morning for Christian Aid Summer Fair Family Walk from Pateley Bridge Coffee Morning for Ukraine Saturday 10th June (SJ hall) 10-12noon Saturday 24th June (SJ) 10.30-2.30pm Saturday 8th July, 4.00pm Saturday 8th July (SJ hall) 10-12noon

CORONATION WEEKEND

Saturday 6th May Watch Party at St Luke's

from 10.00am

Bring food; cake and prosecco provided

Sunday 7th May Prosecco and cake after the service at both

churches



BILTON PARISH SUMMER FAIR

The date is fixed - 24th June, 10.30-2.30 - so now is your chance to offer to help with the planning and organisation.

We have arranged

- a barbecue hot dogs, burgers etc
- one or two stalls

We need

- a small planning team
- people to run stalls cakes, plants, books etc and to set things up
- someone to organise refreshments
- 'side-shows'
- many other helpers of all ages

Please offer - sign up on the sheet at the back of both churches, or contact the church office (details on page 19)

ST JOHN'S AND ST LUKE'S TOGETHER WHO'S WHO

Parish Office Phone No: 01423 565129

Parish Office email: church@stjohnsandstlukes.org.uk
For parish information including services and events
visit Parish Websites: www.stjohnsandstlukes.org.uk
www.stlukesharrogate.org.uk

www.stluke sharrogate.org.uk

www.facebook.com/groups/stjohnsandstlukes.harrogate www.facebook.com/stlukesharrogate

The Ministry Team

Simon Dowson—Team Rector

Tel 01423 561030

simon.dowson@leeds.anglican org

Team Vicar

Vacant

Laura Martin—Curate

Tel 07497 865507

laura.martin@leeds.anglican org

Emma James—Young People's

Worker

Tel 07803 586566

YouthWork@stjohnsandstlukes.org.uk

Churchwardens

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Editorial Team

Collation: Katie Burke 569563 and team Editors: Jean Burton 569907 Liz Hickling Magazine email: SJSLfocus@gmail.com

Need to get out more?

Thirst Coffee Morning

every Wednesday 10.30-12 at Dene Park Community Centre Tea, coffee and cake

Well-being Café

Fridays in term-time 1-3 at St Luke's Church Centre Home-made soup and rolls and cakes Activities - jigsaws, dominoes, art, games

Pebbles Breakfast Club

Mondays 9-10.15 at the West Street entrance to New Park School



YOUR LOCAL LIBRARY

You can use computers or find out about local events and information. We run storytimes for pre-school children and reading groups for all. YOU could become a member of our team of volunteers

We are open five days a week:

Monday 1.00pm - 5.00pm Tuesday 9.30am - 5.00pm Wednesday CLOSED Thursday 9.30am - 5.00pm Friday 9.30am - 1.00pm Saturday 9.30am - 1.00pm Sunday CLOSED

In the grounds of Woodfield School, Woodfield Road Telephone: 01423 564630 Email: info@biltonandwoodfield.org.uk

www.biltonandwoodfield.org.uk

Hubert Swainson Funeral Services Ltd. **Private Chapels** Distinctive personal arrangements by: Geoffrey Brewster Dip FD Tim Canavar

Tel 01425 504571

39 Franklin Road Harrogate David Bentley 07917815981 www.dbautorepairs.com

Onsite vehicle servicing and repairs MOT by arrangement





St John's Church Hall and St Luke's Church

can be hired for single occasions or for regular events. Contact the Church Office for more information.



30 King Edwards Drive, Harrogate, HG1 4HL.

Telephone: 01423 538445

Opening Times: 7.30am - 5.30pm Monday - Saturday