

Welcome to the March 2024 edition of the Badger, Beckbury & Ryton Newsletter



If you would like to receive this monthly newsletter online please email Heather on heathert806@gmail.com. Or if you cannot access it online please request a paper version which will be delivered to you. Either email Heather or phone on 07938544804. **But please only request a paper copy if you really can't access it any other way as we wish to minimise the amount of paper we use.**

Hello there,

I am the Six Parishes Dementia Friendly co-ordinator.

It is 10 years come this May that I will have lost my mother-in-law Dorothy to dementia, and can remember to this day when I realised she had memory loss, it was at my son and daughter-in-law's wedding, her attitude was all me, me, me and couldn't take in the bigger picture. I felt bad knowing I could do nothing for her.

Also, now my late wife Fiona's brother William who has Down's is now with dementia and as a family it is very tough for us all.

So on Saturday May 25th I will be walking in the North York Moors from Whitby to Robin Hoods Bay and back in aid of the Alzheimer's Society covering 13 miles.

I hope you can bring yourself to sponsor me, my just giving page is as follows:

<https://www.justgiving.com/fundraising/trek26northyorkmoors202413miles-johnwebb>

Craft Day

In January, Alma Petford from Badger and her friends organised a craft day in the Village Hall, funded by a Beckbury Community Shop grant.

It was a chance to have a go at all sorts of traditional crafts, it seems from the photos that young and not so young all enjoyed themselves. Here are just a few snapshots.



I hear there were calls for a similar event next year, but this time over **two** days!

GOOD FRIDAY 29th March

There will be a service of Hymns, Readings and Prayers at 1pm in Badger Church.

Sue Pearce and Rock Battye

An extract from a book by Sally Mitchell

On Touch

As babies, we crave the touch and reassurance of our caregivers. As mothers, we long for the feel of our baby's skin next to our own. I still remember the hours spent feeding my own daughters, their hands reaching up to grasp mine- tiny fingers wrapping carefully around my own. In those early days, whether human or animal, touch is so important, an instant communication between mother and young. Perhaps, with dementia, we return to our animal instincts, intuitive contact taking on a greater importance to make us feel safe.

As my daughters grew, so did their confidence. Those hands that once clutched tight to mine on the way to and from school now wanted to strike out on their own. They're still night-time hugs or cuddles when the day had got too much for them, or if there was something to celebrate. The truth is that we never grow too old to forget the importance of human touch. Except for the fact that, apart from with my daughters, I was never a very tactile person. Dementia changed that: suddenly I found myself wanting to hug everyone that I met, or at least the people who I knew by instinct that I liked. I see people as kind or not kind, and for those who show kindness, in return I wanted to hug them to show my gratitude. Their kindness means much more than they can imagine. I suddenly found myself hanging on to my daughters for longer and harder. Was it lost inhibitions that were to blame? A new neediness I hadn't been brave enough to admit to? Or perhaps a hug represents an inner emotional reserve: maybe touch cuts through moments when words grow complicated or hard to find, instantly communicating that someone cares.

It could also be that living alone plays a part in my new reliance on touch. For me there is no arm to comfort when I need it. Is it any wonder that sometimes I want to hold on to my daughters and not let them go? I have become used to many role reversal's in my journey with dementia-it is now my daughters who want to know where I am, or what time I'm expected home- and it's now me who needs their touch for safety, reassurance, to know that I am not alone.

John Webb

Dementia Friendly co-ordinator for the Six Parishes



Just a reminder that Beckbury Village Hall AGM is at 8:00pm at the village hall on Thursday 21st March. Everyone is most welcome to attend.

After an extremely busy 10 years, some Trustees will be stepping down this year, so we will be seeking new people, from any of the parishes. We have space for people with a broad range of skills, particularly: social media, finances, marketing, admin etc etc. Please consider joining the team who meet every 6 to 8 weeks.

At the meeting you will hear about what was achieved in 2023 and our plans for 2024 and the future.

Please come!

If you would like to stand for election to the trustees, please do come along and nominate yourself on the night, we would be very pleased to hear from you. Or if you are unable to attend please contact me via the contact details below.

Thank you.

ONE LITTLE THANK YOU!

The communities in which we all live are enriched by the many individuals who contribute so much of their time and energy to 'making things better' in some way, I thought it would be good to dedicate a section of this newsletter each month to thanking those people, not by name, but by mentioning the things they have done to make things better.

As a start:

- the people who planted the daffodils at the entrances to Beckbury
- the individuals from Burnhill Green and Beckbury and others who litter pick around our villages
- the people who keep the shop and village hall running
- the individuals who give lifts to get residents to hospital appointments etc
- the person who installed the 'dog stick library' at the entrance to Higford Lane which makes me smile every time I pass
- the people who clean, keep the grounds in order and arrange flowers in our churches
- all our Parish Councillors
- the person who produces the delightful scenes on the top of the pillar box

THANK YOU!

There are many, many more. It would be good if you sent in your suggestions for people to thank for inclusion each month in this newsletter. It might even be someone you would like to thank who has been a good neighbour to you in a small or big way, or someone who has made your community better in some other way. No names, they will know who they are, just tell us how they made/make things better.

Please send your suggestions to me via the contact details at the end of this newsletter.

Heather Thomas

A message from Dee Holes:

Just to let you know that the book tree that Dee and Clive instigated near the entrance to the playing fields in Beckbury and from which children could borrow books, has now been dismantled as it wasn't being used. Dee has donated all the books to a charity shop.

Please send items for the April newsletter to Heather at: heathert806@gmail.com by 18th March. Thank you.

The paper version of this newsletter is generously printed, free of charge, by Adfield to whom we are extremely grateful. Thank you.

