



Sitlington Parish

Incorporating Middlestown, Overton, Netherton & Midgley

## WINTER 2025

In this issue:

- Christmas colouring competition
- All your Christmas dates



## COXLEY NEWS: information for contributors

**Coxley News:** Launched in 2007, Coxley News, Coxley Players and the Scarecrow Walk all operate under the wider community project umbrella of Coxley Live. It covers Sitlington parish (Netherton, Middlestown, Overton & Midgley).

### Issues:

*Spring* (March, April, May) – deadline around 15<sup>th</sup> January

*Summer* (June, July, August) – deadline around 15<sup>th</sup> April

*Autumn* (September, October, November) – deadline around 15<sup>th</sup> July

*Winter* (December, January, February) – deadline around 15<sup>th</sup> October

**Articles:** We love to hear from you! Parish groups and events have priority, each group may have up to two pages.

**Advertising:** covers all printing costs, so takes up half of each issue.

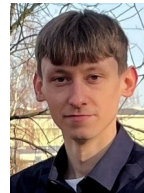
**Charges:** One-off layout fee if needed, £10. A quarter page - £15; half - £30; full page - £60. Formats such as pdf and jpg are accepted, please check with Wendy. We don't include flyers or inserts as they are time consuming and add extra weight for our team of volunteer distributors.

**Distribution:** 2,600 homes in Sitlington, all delivered by volunteers. Join the distribution team! Contact Joan (07734) 872215 for Middlestown/Overton and Wendy via [wendy.coxley@talktalk.net](mailto:wendy.coxley@talktalk.net) for Netherton/Midgley.

**Editors:** We are volunteers too. We may edit content for clarity, accuracy and length. All editors' decisions are final.

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## **Coxley News team**

**Editorial:** Shirley Jones, Wendy Woodhouse, Helen Moretti, Pete Fearnside, Joan Fearnside.

**Design and Production:** Helen Moretti.

**Advertising:** Wendy Woodhouse.

**Delivery:** Cast of many but **we would love to hear from you if you can help!**

## **Editorial comment**

Season's greetings to all our readers!

As we reach the end of this century's first quarter, why not commit to making your family's festive traditions more sustainable into the next quarter and beyond?. Read our tips to get started!

There are also lots of Christmas dates for your diary in this issue, including Santa's visit on the 23rd. Then, as we lean into the shorter, darker days of winter, bring a splash of nature and colour into your home by creating a flower arrangement at one of Ossett Flower Club's monthly classes. Finally, although summer is a distant dream, make sure you have your say about next year's Scarecrow Festival - find details inside.

We'd love to hear from you for the Spring issue which will cover February, March and April. Send your copy by January 16th please.

### **Contact the Coxley News team by**

**E-mail:** [coxley.158@btinternet.com](mailto:coxley.158@btinternet.com) **Phone:** 01924 276545

### **Adverts**

**Email:** [wendy.coxley@talktalk.net](mailto:wendy.coxley@talktalk.net)

## **How to Contact the Parish Council**

The contact for the parish council is the clerk, Mrs Julia Talbot.

(07771 113258) [clerk@sitlingtonparishcouncil.gov.uk](mailto:clerk@sitlingtonparishcouncil.gov.uk)

Parish Office, Stevenson House, 139 Netherton Lane, Netherton, WF4 4HQ

**To book Netherton Village Hall contact Parish Clerk.**

## **Netherton Film Club**

The film club meets at Netherton Methodist Church on the 3rd Friday of the month. Whilst we have been showing a film per month over several years, numbers have been falling in recent years especially since the pandemic.

We try to show a variety of different films (usually 12+ or below) with an occasional certificate 15 film shown at our Film Club Extra with a discussion afterwards. In October we showed the film Lee in the Extra slot as well as the latest and final Downton Abbey film which was still out in cinemas at the time. We try to show British films but occasionally have BAFTA/Oscar nominated films. In September we showed Conclave.

Why not come along and enjoy an evening out? We would welcome new people. Refreshments are served during the interval and whilst there is no charge for the film, any donations to running costs are always appreciated. Further details can be obtained from Christine Hewitt on 07931 353082.

## **Netherton Walking Group**

Obviously, it's been such a dry summer which has meant that it's been easy going on all the walks, although sometimes the ground has been a little too hard. Ironically, the only day when we were going for an all-day walk, was the wettest Monday of the summer!

We had a wonderful evening in July for our annual BBQ, nobody needing to go indoors for warmth even at the end of the evening. We're currently planning our Christmas lunch at the Kaye Arms.

The group continues to thrive, our walks have been a mix of local and slightly further afield, usually within 30 minutes of the Village Hall by car. Recent more distant walks have been around Scholes, Clayton West, Emley & Silkstone. We're looking forward to our Autumn colours walk near Honley in late October. Whilst we have around 35 regular members but we usually have around 18 walkers each week, we're always happy to see new faces.

If you'd like to join us, please contact [kathgibbs7@gmail.com](mailto:kathgibbs7@gmail.com) to establish the time of the next walk, we start from the village hall at 9.00 or 9.30, depending on our destinations.





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## Santa is a Leeds fan

I'm never quite sure when the Winter edition of this Coxley News goes out but pretty sure that Christmas will be around the corner... by which time my team Leeds United will either be reasonably safe in the Premier League but more likely fighting for survival... it's the hope that kills you. In the seasonal Autumn/early Winter run up I will have been to see:

- “Goodnight Mr Tom” (October) at Ossett Town Hall - a brilliant effort by both the actors and director (Chris Harrison) of Jaba Inc Productions. My niece was balling her eyes out by the end and I must admit to having a tear in my eye too.
- “A Christmas Carol” (November) at the Lamp Room Theatre in Barnsley performed by the ‘Don’t go into the Cellar’ theatre company.
- “A Grand Christmas Concert” (December) at the Penistone Paramount - a fine example of an Art Deco cinema featuring the New Mill Male Voice Choir and the brass band of Skelmanthorpe!

It'll be a race against time to get there for 7:30pm that night as I'll be representing Stevenage FC ('up North') along with my brother away at Stockport County. Well, when there's the best seats in the ground, food in the Directors' Board Room and free parking... it's a welcome relief from following my boys. We've got Wigan before that in November and Barnsley in late January too!

On November 1st I ended up driving to the Locomotion Museum in Shildon - as recently featured in the TV programme “The British Train that Changed the World” with Guy Martin. For some reason the Trainline App wouldn't give me a return journey on the day I wanted to go. It turned out a good thing as I re-arranged to go on a weekend instead and that happened to coincide with a Lego exhibition taking place in the Main Hall. Big trains and Lego trains - my work is done. Hopefully by the time anyone might be reading this I'll have just about finished work for the Christmas period (mid December through to early March ha ha).



I was never a fan of Sam Smiths beer but I was recently dragged into my local “Star” pub in Netherton. A revelation! The beer is still something I’m trying to like but the pub itself after its makeover a year or two ago is right up my street. It now has an Olde Worlde charm with separate rooms, exposed real fires and even, I believe, William Morris wallpaper. The Landlord is a top bloke and the regulars are a good bunch of well seasoned campaigners. If you see me in there over Winter buy me a pint - I need to keep trying the beer to maybe one actually day liking it ha ha! And remember.. Santa is a Leeds fan!

## **Classic Car Bike and Dog Show**

Well, what a lovely day it was for the 5th annual Classic Car, Bike and Dog Show! It just gets bigger each year, with so many local and visiting supporters of this great event. It really does make all the hard work worthwhile.

- Duncan Long needs a big thank you for his work on the further increase of classic bikes from near and far.
- Yorkshire Thoroughbred Classic Car Club again pulled out all the stops to make a turn-out of over 150 cars.
- Jackie Dix and her team worked hard in keeping the dog owners happy with a lovely show.
- DJ Rocket Robbie looked after the live music and laid down some good music to keep everyone happy.
- The club committee and bar staff were kept busy caring for the large crowd.

It does take a lot to organise this event each year, but without the help of local businesses it certainly would not have been so good.

Therefore, many thanks must be given to Sitlington Parish Council, our lovely primary school, top and bottom shops, and last, but not least, Earnshaws Fencing for generously supplying posts and pegs needed to mark out the show grounds.

So, it just remains for me to say thank you to all who supported the show. See you next year!

Tony Lane

## How about a visit to Ossett Flower Club?

Ossett Flower Club is a friendly and vibrant club who meet on the 2<sup>nd</sup> Monday evening of each month. We employ experienced demonstrators to come and entertain us by creating wonderful arrangements with fresh flowers and foliage. They have fascinating stories to enthral us throughout the evening. The beautiful arrangements are the raffle prizes, which many people are then fortunate enough to take home. At the end of the demonstration, you can chat over a cuppa and piece of delicious cake.

We organise social events such as 'Beetle Drives', various craft workshops and outings to flower shows. Each year we hold a tombola stall at local galas. You may have seen us at Horbury or Ossett and won one of the flower arrangements.

Experienced members of the club hold flower classes on the 3<sup>rd</sup> Monday evening of each month, at a cost of £10 a session. Anyone can come along if you book a place with Kal. ([karolinatunningley@gmail.com](mailto:karolinatunningley@gmail.com))

No experience is necessary as you will be helped to create a beautiful design for your home. We send you a list of what to bring and a photo of what the arrangement could look like. No two turn out the same, but all look special!

A date for your diary is our meeting on **Monday 9<sup>th</sup> February** when we have a demonstration of bee keeping, and also how to make arrangements using silk flowers. It should be a 'honey filled' evening. No need to book, just come along and you will be most welcome.

- Venue – Ossett Central Club on New Street, Ossett WF5 8BH
- Time – The meeting starts at 7.15pm and finishes at 9.30.
- Cost – visitors £8 per meeting.
- The demonstration lasts about 90 minutes.
- If you need more information, contact our chairman ([hazelbell45@hotmail.com](mailto:hazelbell45@hotmail.com)) or find 'Ossett Flower Club' on Facebook.

Flowers brighten your room, especially as the winter days get shorter. Here are a few tips to make your flowers last longer in a vase.

- Usually, they come with flower food which feeds the flowers so they last. Add the sachet to a litre of water in a clean container. You won't need a litre in the vase, just a depth of 3" or 8cm. The rest you can use to top up the vase later. Just like us, too much food isn't good for them!

- Always cut 1" or 2cm off the bottom of each stem, then put the stem into the water in the vase. The stem gets dry once it is out of water and a seal forms, so the flower can't drink. Ensure you remove all the leaves which would be underwater.
- Cut each stem at a slope as it helps it take up water more easily.
- If you have carnations, don't cut at the bumps on the stem, cut between the bumps, or again the flower can't drink.
- If you have chrysanthemums then remove as many leaves as possible before cutting and adding the stem to the vase. The leaves die much more quickly than the flowers.
- Amaryllis flowers have hollow stems. Cut these stems straight and only leave 1" or 2cm of water in the vase, topping it up as needed. The stems can go very soft in too much water.

We would be delighted to see you at one of our club meetings, or at our flower class evenings. The club has about 30 members and there are about 16 people attend the classes. We say 'fun and friendship through flowers'.

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## Santa

Santa is looking forward to visiting Netherton again this year. His elves are busy planning the family fun day at the village hall, which will be on the 7th December and he will be driving round the village with his merry bunch of helpers on the 23rd December.

He cannot wait to see you all then!



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## **St Luke's, Overton/Middlestown and St Andrew's, Netherton**

Greetings from St Luke's Overton/Middlestown and St Andrew's Netherton! We are always glad to welcome visitors, and so far this year we've enjoyed two Songs of Praise services – a chance to join with friends to sing some favourite hymns – and also celebrated harvest, again enjoying welcoming others to join us for tea, coffee, cake, soup and for harvest services to thank God for all his good gifts.

December is always a busy month for us. Do look out for details of the dates/times for **Lighting Up at Netherton**, with the Netherton School Choir singing outside St Andrew's church beforehand, and refreshments served in church afterwards.

At **St Luke's, the Lighting Up** opposite church will follow our popular **Christingle** service at church – so do watch out for the date for this.

Also at St Luke's, we'll be open as part of the **Christmas craft fair** organised by the Black Swan on Saturday 6th December, and then on Sunday 7th December we're delighted to be welcoming back **Skelmanthorpe Male Voice Choir** for an afternoon concert – watch out for the details of timings and ticket prices nearer the time.

Later in December, on Tuesday 16th December at 6pm we'll be holding our **Christingle** service at St Andrew's, with the Netherton School Choir back again to share some wonderful singing during the service. In Overton, St Luke's are holding their **Community Carol Service** on Thursday 18th December at 6pm. Middlestown School will be joining us – with some fantastic singing and reading – and everyone in the community is invited to come along.

### **Here are our Christmas Services:**

Christmas Eve (Wednesday 24th ): 5pm Carol Service at St Andrew's  
8pm Christmas Communion service at St Luke's

Christmas Day (Thursday 25th ): 9.30am Christmas Communion service at St Andrew's

Everyone is always welcome to join us – whether for special events or for our regular services. We promise we're a friendly bunch, and enjoy seeing new faces.

Sundays at St Andrew's – worship each week at 11am.

St Luke's: 1st & 3rd Sundays, Service of the Word at 10am

2nd & 4th Sundays Holy Communion at 11am

Do get in touch for further information or if you'd like to arrange a christening or wedding, or need help with funeral arrangements.

Wishing you all a very happy Christmas – may you know God's peace and joy as we celebrate the birth of his Son.

Revd. Hannah Hobday and all at St Luke's and St Andrew's

## **Middlestown Primary Academy**

December is always a busy time in a Primary School and that will be no different at Middlestown Primary Academy. The events that will take place in the lead up to Christmas include a whole school trip to the pantomime, a charity reindeer run, Christmas lunch and Christmas parties. We also host the annual Fayre which will take place on Thursday 4<sup>th</sup> December and we finish the term off with the Middlestown and Overton Carol Service at St Luke's Church at 6pm on Friday 18th December. It is such a special time of year and the children will be fully immersed in the build up to Christmas.

In January and February, we start to plan our day and residential trips for the children to enjoy. Year 4 visit Nell Bank in Ilkley for a night where they focus on outdoor activities including orienteering, den building and pond dipping. Year 6 then go on their residential to Robinwood where they get to experience rock climbing, archery, canoeing and the giant swing (to name a few). We think it is important for our children to experience a vast range of activities and events and these residentials fully support that.

One of our favourite events of the year will be when the school choir alongside Year 3 will travel to Sheffield Arena for the annual Young Voices concert. Not only is this an opportunity for them to sing with hundreds of other children, they also get to see live acts and performances from singers, dancers and musicians.

In February, the children will take part in the NSPCC Number Day. The children will take part in a range of activities related to numbers and maths as well as raising funds for this important charity. As a school, we raise money for local and national charities including Children in Need, mental health charities and Wakefield Hospice.

## Mine's a Pint or Der mijn is een pint

This time, the pub review is coming to you from Olivier's Biercafe in the Dutch city of Utrecht, half an hour on a speedy Dutch train south of Amsterdam. Everything in the Netherlands seems clean, new and efficient. All the people are very tall and there are bikes everywhere, which you never hear coming.

This pub, or bier cafe, is an amazing converted church - we have visited three times in our weekend visit. There is an organ loft, complete with organ, at one end, and religious statues at the other. The conversion from a house of prayer to a house of beer



has been done with a light touch. It specialises in Belgian ales, and of course the monastic tradition of brewing in Belgium is an ancient one. Most of the world's few authenticated Trappist Ales - beers brewed and bottled wholly by monks in a silent order - come from Belgium. (Though we have one in England just down the M1 from us at Mount Saint Bernard in Leicestershire, well worth a visit for any beer lover).

The first time we came here I had a bottle of La Trappe - beer from the very first Trappist monastery, and this time I've chosen a gold Carolus, which is not a Trappist beer, but still has the same strong, heavy, unctuous style. These beers are ones to linger over, all strong (8% and upwards), so all in small 33cl bottles. Beers in England used to be more like this, stronger and smaller, until the First World War when changes in duty on strong ale, intended to stop workers in weapons factories getting too drunk, began our national habit of drinking pints of weaker beer. But these Trappist Ales are some of the best beers in the world, and Oliver's biercafe is one of the best and most atmospheric places I've ever found to drink them.

There's also an extensive food menu with a Belgian theme; lots of toasted sandwiches and sausages, but we just had plates of fries, with mayonnaise, naturally. Don't want to distract from the beer.

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## Friends of Hartley Bank

Like many people this summer, we have enjoyed a quiet season at Hartley Bank field, just soaking up the sunshine outdoors where the field offers a short stroll with extensive views and regular benches to rest and gather your thoughts.

In the pavilion are friends to share a table game if you like. We are open for refreshments every Monday and Wednesday mornings 10:30 to 12:30. Come and join us at the Pavilion down Balk Lane, off Blacker Lane.

We are always happy to invite those who would like to join the gardening group who meet on Monday mornings. Equipment is provided if you would like to come along to this informal community group.



We were pleased to hear earlier this year, that the Parish Council is in meetings with local groups and architects with a view to the future development and improvement of the pavilion facilities.

For now, our growing saplings are turning to the colours of autumn but, you can still enjoy a drink and chat at the outside tables or join us indoors for a cuppa and a chat with the cards and dominoes.



Wishing you a kind autumn and a happy Christmas from the Friends.

## Emley AFC

### EMLEY AFC HOME FIXTURES 2025-26

#### December

Saturday 13 3pm Blyth Town  
Friday 19 7.45pm Bradford Park Avenue

#### January

Thursday 1 3pm Ossett United  
Saturday 17 3pm Hallam  
Saturday 31 3pm Brighouse Town

#### February

Saturday 14 3pm Blyth Spartans  
Saturday 28 3pm Dunston

#### March

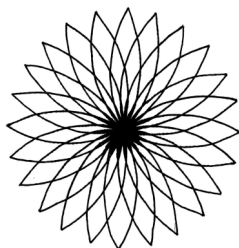
Saturday 14 3pm Heaton Stannington

#### April

Saturday 4 3pm Redcar Athletic  
Saturday 11 3pm North Ferriby  
Saturday 25 3pm Newton Aycliffe

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for updates Visit [emleyafc.co.uk](http://emleyafc.co.uk) or follow Emley AFC on social media.



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## **News From Trinity Methodist Church, Netherton**

### **Advent and Christmas at Trinity**

Please take note of the special events and services planned for the Advent and Christmas season at Trinity Methodists, to which all are cordially invited.

**Advent Fair** Saturday 29th November, 10am to 1pm. Sale of Christmas cards, cake stall, etc. Tasty snacks served throughout.

**Advent Sunday**, 30th November. United Service with St Andrews and St Lukes at Trinity Methodists, 10:30 am. Service led by Colin Ride.

**Christmas Lunch Stop** Wednesday 3rd December 12 for 12:30. Booking essential (see below), will include visit by children from Netherton school.

**Family Candle-lit Carol Service** Sunday 21st December, 4pm, followed by seasonable refreshments. Special welcome to families and children. The service will be led by our new minister, Rev Thomas Phiri who joined us in September from Jamaica.

### **Christmas Day Service 10am**

We would love to see you at all or any of our regular activities, which are as follows:

**Sunday Worship** every Sunday at 10:30 for about an hour, followed by the chance for a chat over a cup of tea or coffee.

**Knit & Natter Group** meets every first, third and fifth Monday at 1:30pm in church.

**Chapel Cafe** every last Saturday in the month (except December), 10 until 12. Come and enjoy the company with a changing menu of tasty snacks every month. If you wish to use the openness of Chapel Café to promote a charity, we can supply you with a stall from which you can advertise and raise money.

**Film Club** on the third Friday of each month at 7:30 (doors open 7:15). Admission is free (donations appreciated), with refreshments on sale. In addition, there is an occasional Film Club Extra. Please contact Colin for details of what films are coming up.

**Trinity Lunch Stop** every first Wednesday of each month at 12 for 12:30. Booking is essential through Carole and Andrew Shaw.

**Bible Fellowship** on Wednesday evenings, generally second and fourth, but please check with Colin for exact dates, times, and details.

**Trinity Methodist Friendship Club** on the afternoon of the third Wednesday of the month from 1:30pm until 3:30. Come along to share in various activities or just to chat and meet friends. Contact Carol Smith (07940 864708) for further details.

For further information about any of the above contact: Sandra & Colin Ride 01924 271553, Alan Wood 07399 194736, Carole Shaw 01924 275414, Christine Hewitt 07931 353082.

## **Netherton And District Women's Institute**

Just been finalising the Agenda for our AGM tonight where we look back at the year just gone and forward (always!) to the future. We are a pretty cosy group now having lost 2 of our members but we soldier on! Lots of room for you to join us and be made very welcome. You don't need to be able to make jam or bake fantastic cakes or have any particular craft skills. You just need to enjoy socialising with like-minded ladies – and you might learn something from our inspiring speakers!

To do Afternoon Tea in August instead of lunch and ramble was definitely the right decision. We were booked in at the Seed Room and boy was it good. I think we all brought home a doggy bag – just couldn't eat it all. It was a particularly enjoyable afternoon – lovely atmosphere and great staff. September's speaker was Nathan Garbutt-Moore from Second Chance Headway Charity who provide specialist support for people with brain injury and deliver help and advice to their families and friends. It was founded nearly 50 years ago at Pinderfields General Hospital and was visited many years ago by Princess Diana. I was lucky enough to see her on that occasion as I worked at the hospital. The charity has no government funding and relies completely on donations, receiving generous support from local volunteers some of whom are former users of the service.

On the 11th November we welcome Jenny Fenwick who is going to tell us all about Mary Quant who was a British fashion designer and icon on the swinging sixties scene. One not to miss!

We look forward to December cos it's party time – and Christmas Lunch as well. We do like to eat and play silly games at our Christmas party. We are all still young at heart!

On the 13th January our speaker is someone from the Wakefield Recovery and Well Being College. They offer a range of courses and one-off

workshops (both face to face and on-line) which all aim to improve wellbeing through learning. Sounds really interesting.

On the 10th February we have Bronwyn Harrison coming to speak to us. Bronwyn is an author and her debut novel is "Lost at Sea" and is set in 18th century Bristol. She spent 30 years' service in the police force which has influenced her writing. Looking forward to welcoming her to our WI.

We have the wonderful Lizzie Jones and her husband once more on March 10th. The title of her talk is The Winter Queen. Having googled her (the Queen, not Lizzie!) it appears she was Elizabeth Stuart and briefly Queen of Bohemia as the wife of Frederick V of the Palatinate - and George I of Great Britain was one of their grandchildren. (If I've got all that wrong Lizzie I apologise in advance and stand to be corrected!!)

Our programme for the rest of 2026 is coming along nicely with Vicky Birks from Temple Spa beauty products in April and many more interesting speakers to follow. Watch this space for details.

Still meet on the second Tuesday of the month at Trinity Methodist Church on Netherton Lane in Netherton at 7.15pm. £2 on the door with light refreshments. Always available for a chat on 07790 199257.

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## Colouring Competition

Start the festive season by entering the Coxley News colouring competition open to all ages. Send us the results by December 31st.

The winners will receive £10 book tokens. Send a photo of your design to [wendy.coxley@talktalk.net](mailto:wendy.coxley@talktalk.net)

Name	Age	Address
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# LEARN TO SEW

## BEGINNERS TO ADVANCED SEWING WORKSHOPS

Are you getting a sewing machine or overlocker for Christmas but no idea where to start? Join me, Sam, owner of **Stitch Make Create**, your local sewing studio & discover the joy of sewing with a variety of hands on classes in Horbury town centre. Below is just a sample of classes - more are regularly added to the website - sign up to my newsletter for updates.



### UPCOMING WORKSHOPS THIS WINTER

**LEARN TO SEW IN A DAY** SUN 7<sup>TH</sup> DEC/SAT 10<sup>TH</sup> JAN/SAT 7<sup>TH</sup> FEB/SAT 7<sup>TH</sup> MARCH 10-4  
**CHRISTMAS GIFT WORKSHOP** TUES 9<sup>TH</sup> DEC 4-8 & FRI 12<sup>TH</sup> DEC 10-2  
**4 WEEK BEGINNERS CLASSES** STARTING MON 5<sup>TH</sup> JANUARY 10-1  
**OVERLOCKER MASTERCLASS** FRI 23<sup>RD</sup> JAN 10-4  
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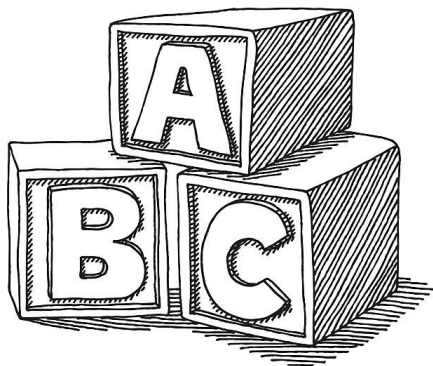
We welcome Families/Carers to our toddler group, based in Netherton at the Methodist Church.

Monday mornings 09:00 - 11:00 am, £1 per head

There will be refreshments and snacks for the children.

The morning will include playing, singing, story time & a chance for you to unwind with a coffee/tea and a nice chat with new people

Any queries, please message the group,  
Lisa 07969 853522 or Lorna 07827 767974



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7 Kingsway, Ossett, WF5 8DA

**Tel:** (01924) 271 612

**E-mail:** [funerals@efbox.co.uk](mailto:funerals@efbox.co.uk)

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# Middlestown Patient Participation Group

## New GP contract

You may have seen much in the news in recent months about the introduction of the new NHS GP Contract from 1<sup>st</sup> October 2025. The Practice Manager, Tony Nicholas, writes the following –

*“The GP contractual changes will have little effect or impact on the services we already provide and the patients’ experience!*

*Your GP practice has and will continue to remain open Monday to Friday 08:00 – 18:30.*

*We are committed to providing the NHS services patients need, offering both same day urgent care appointments and more routine care appointments bookable in advance. Our experienced reception staff are on hand to navigate your need to the most appropriate service so will ask you the reason for your call. This may include, for example, asking you to send a photo of a skin complaint, sending a leaflet to help you self-care, put you down for a home visit or direct you to attend a pharmacy, walk-in centre, optician or dentist. In some cases, you may be signposted to A+E for urgent care. Signposting to other services is to ensure you do not experience unnecessary delays in getting the right care, diagnostic assessments and treatment by the most appropriate service. Please remember that we are here to help you. All we ask is that our patients act reasonably and are considerate of the demands they make of us.*

*If you feel unwell in the evening or at the weekend and it’s something you would usually contact your GP about, you can contact GP Care Wakefield. Call the practice telephone number (01924 237100) and when the practice is closed, your call is automatically diverted to GP Care Wakefield when they are open. All calls are answered by a friendly care navigator who works in Wakefield, usually within a few minutes. Explain your symptoms as clearly as you can so the care navigator can book you into the relevant service.*

*GP Care Wakefield is open: Monday to Friday 5pm – 9.30pm; Saturdays 9am – 5pm; Sundays 9am – 1pm. Bank Holidays 9am – 3pm (including 25<sup>th</sup> and 26<sup>th</sup> December and 1<sup>st</sup> January)*

*Between 10pm and 8am the next morning patients should call 111.”*

## GP Practice survey

The results are in! This year’s GP Practice Survey results can be found by searching the internet for GP Practice Survey, then for Middlestown. The results are impressive, with Middlestown being above average under the majority of the headings. Overall good experience at Middlestown is 85%, with the national average being 75% and in West Yorkshire 77%.

304 surveys were sent out to Middlestown patients who had had a recent appointment, and 40% were returned, which is 5% above the average.

Practice Training Days 2026: 14 January, 11 February, 11 March. On these days the surgery will close at 12 noon until 8am the following day. If you need same day assistance, call 111.

### **Join PPG**

We have a small, dedicated team but we would really like you to join us if you can. Make your voice heard by coming to join us. If you are interested ask at reception at Middlestown, Emley or Flockton surgeries. You can complete the online form under *Have Your Say/Patient Participation Group* on the medical centre website, or you can email: [Middlestown.Surgery@nhs.net](mailto:Middlestown.Surgery@nhs.net)

### **Did you know you can now self-refer for physiotherapy?**

Access online at <https://physiowakefield.co.uk/physiotherapy-self-referral/> Or call 01924 898784

Musculoskeletal (MSK) physiotherapy involves the assessment and treatment of muscles, tendons, ligaments, bones, joints, nerves and other structures to:

- improve your movement and strength
- help you to do more of your normal activities
- help you to understand and manage your condition.

We do not recommend self-referral if you have any of the following symptoms for which we advise contacting your GP:

- You feel acutely unwell, including unexplained weight-loss, persistent cough, or current fever
- Visual disturbance
- Severe constant headache
- Nausea or vomiting
- Problems with speech or swallowing
- Dizziness and blackouts on movement

### **Have you served in the armed forces?**

Do you consider yourself ex-military, a veteran or are you a family member of someone who has served in the armed forces? Middlestown Medical Centre is accredited by the Royal College of General Practitioners (RCGP) to offer improved care for armed forces personnel and their families, to understand their unique needs and ensure the practice meets its obligations under the Armed Forces Covenant. Please get in touch and help staff identify, understand and offer appropriate support and refer to specialist healthcare services designed

especially for you.

For more information visit:

<https://www.rcgp.org.uk/news/nhse-practices-veteran-accredited-remembrance>

<https://www.armedforcescovenant.gov.uk/case-study/veteran-friendly-accreditation-for-gp-practices/>

## Understanding the MMR vaccine

The MMR vaccine is a really important way to protect yourself and your loved ones from three common and serious illnesses: measles, mumps, and rubella. These illnesses can spread very easily and can sometimes lead to serious health problems like meningitis, blindness, or even hearing loss. For pregnant individuals, measles and rubella can also cause serious issues for the baby.

With measles cases recently highlighted in the news, it's more important than ever to ensure you and your family are protected. Getting two doses of the MMR vaccine offers long-lasting protection, helping to keep our communities safe. It also helps to keep those safe who can't have the vaccine themselves, like very young babies or people with certain health conditions.

You can learn more about who should get the vaccine on the [NHS website](#).

## Flu and covid 2025

Have you had your flu and covid vaccines this year? If you haven't done so yet, it is not too late. Contact the surgery on 01924 237100 for advice on where you can get vaccinated. Prevention is always better than cure!

## Horbury Singers

Horbury Singers are performing their **Christmas Concert** and supporting Air Ambulance and Wakefield Street Kitchen.



**Saturday, 13 December** at St Mary's Church, Horbury Junction at 7pm

## **Cocktail Corner**

### **Hot spiced buttered rum (A winter warmer)**

Ingredients for 2 people

- 100ml rum
- 200ml water
- 25g butter
- 1 blood orange  
zested and juiced
- 4 cloves
- 1 star anise
- 1 tsp ground cinnamon
- 1 bay leaf
- 1 tsp maple syrup/honey

### **Method**

Heat all the ingredients except the rum in a pan until hot but not boiling, while stirring. Pour in the rum, stir to mix. Let it sit for a few mins, then pour into heat proof glasses. Enjoy!

## **Netherton Village Hall**

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## **Welcome, Autumn Season Of Missed Opportunities And Mellow Idleness**

### **SPRING 'Fail to prepare: prepare to fail.'**

The words kept coming back to me time and again, like an old tune you've heard on the radio - an 'earworm', I think they call it these days. 'Fail to ....' Ok, I get the message. The gardening 'expert' on the gardening programme on tv was beginning to get through to me.

But, seriously, can you 'fail' with gardening? I mean crops can fail, I suppose, or you can make mistakes in your choice of plants, or you're planting in the wrong place or wrong time, or you can neglect to treat something properly, or the weather can play havoc with your plants. Yes, I admit, some of these things you can control, but others may rely on elements you can't control. Failure. really, doesn't come into it.

So, why worry if your crop of onions/potatoes/cauliflowers/beans/peas/leeks/sweet peas/ gladioli/chrysanthemums didn't do what they said they'd do on the packet? No big deal. The time you've spent, the effort you've made, the expense you've gone to in order to make the best of things - so, they didn't work? Tough, that's life. Get on with it.

With such feeble arguments and weaselly words, my mind wanders back to last year's triumphs and disasters. Here, in the middle of winter, in the cutting chill of an icy north wind that insinuates itself through the edges of our door, I try to account for a summer of endless sunshine - and some poor crops.

I must be the world's worst gardener. For reasons unknown to me, no peas grew in my patch. Only a few broad beans, a couple of sweet peas, some sub-standard gladioli, and a few handfuls (hands full?) of belated runner beans. As for onions, my onions were laughably petite.

There we are, then. And now it's now. That's all in the past. Move on. But this year, I'm ahead of the game. In the words of the wise man, I'll meet myself coming back if I'm not careful. Take advantage of a mild spell and be prepared, I said. So, I've cleared out the greenhouse and given it a thorough cleaning and sterilizing, inside and out. (I've wrapped up my small lemon and lime trees there to protect them from frost, and mulched them.)

I've cleaned out the shed - the spiders didn't know what hit them. I've sharpened and oiled all cutting tools, checked the batteries and chargers of the electric tools - and put them back neatly where they belong. While

there, I've checked on the condition of the stored onions and potatoes. Tomatoes and apples, also stored, look ok.

I've emptied the water butts, cleaned them out and filled them with fresh water – and covered the tops. I've hoed the borders and turned over the soil. I've prepared the vegetable plot, digging it two-spade depths – and have aching muscles to show for it.

I've weeded the paths, and got rid of moss on the surface, to avoid slipping. I've raked up and composted as many leaves as I could, and turned over the compost heap. I've scarified the lawn and aerated it. I've finished off the pruning of the fruit trees. (I've already given them their winter wash.)

I've tied up new raspberry canes to stop them loosening in the wind. I've mulched all round, particularly the rhubarb, gooseberry and blackcurrant bushes, as well as the fruit trees.

I've bought in stocks of seed compost, multipurpose compost, blood and bone, Groworganic fertilizer, and canes from **The Trading Hut**. And more 'activator' for the compost.

I've read my garden catalogues thoroughly, and I've settled on what I want for this year. Great! Very exciting! Looking forward to warmer days and enjoying every minute of time spent growing whatever pleases me.

Outside, in the border I can see snowdrops just beginning to appear. Spring, thank heaven, can't be far away. I must remember to split the snowdrop clumps and plant them up.

So many jobs.

No, it won't do, I can't get away with it. I must level with you.

Did I actually say I'd **done** all those things in the garden I mentioned earlier this winter - tidying, cleaning, sharpening, clearing, scarifying, checking, hoeing etc?

What I meant to say, actually, in truth, to make things absolutely clear, was that those vital jobs I've listed above, those essential, necessary jobs, I will definitely do, intend to do, plan to do, have scheduled to do as a top priority.

Rest assured, make no mistake, absolutely, I say this with complete confidence, these tasks will be thoroughly explored and expedited when the time is right, when this icy wind ceases to blow, when I feel in the mood, when the weather warms up, when I can stir my old bones.. or when the moon turns blue, in the fulness of time..

I wonder if I'm too old to go into politics.

'Fail to...'

Jay Whittam

---

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## Sitlington Parish Council

Dear Residents,

As your Parish Council, we're committed to working on behalf of the community to maintain and improve our local area. We manage lots of different spaces in the parish, including Hartley bank community field, Emroyd common and woods, cemeteries and allotment sites to name a few.

### **Netherton Play area**

We are currently working with different contractors to produce displays of new play equipment for the play area at Netherton.

Once this is complete, we intend to liaise with the youth club at Netherton and the school to engage with the children that will use the equipment.

### **Parish Allotments**

Our parish is home to three allotment sites:

Upper Lane, Netherton

Netherton Central (at the top of Church Crescent)

Overton, located behind the Black Swan

All three sites currently have waiting lists, so if you're interested in joining, please contact the Parish Office using the details below to register your name.

A big thank you to all our current tenants who attended the October allotment meeting — it was wonderful to see everyone and hear your feedback. We plan to hold regular meetings going forward to keep the conversation growing! 🌱

### **Netherton Youth Club**

The Netherton Youth Club operates through Horbury Churches Together, with the Parish Council funding a youth worker to help ensure the club continues to thrive within our parish.

The club is always looking for volunteers to support its activities — if you're interested in getting involved and making a difference for local young people, please get in touch!

## **Cemeteries**

Our parish has two cemeteries — one in Netherton and one in Middlesbrough. Burial plots can be pre-purchased, and anyone seeking further information is welcome to contact the Parish Office.

For current grave owners, please take care when placing ornaments, tributes, or plants. As both cemeteries have lawned graves, it's important that our grounds maintenance team can work safely and efficiently. To prevent damage to memorials and ensure the area remains well-kept, planting directly on graves is not permitted. We appreciate your cooperation in keeping our cemeteries respectful and accessible for all visitors.

## **Parish Council Grant Applications**

The Parish Council is committed to supporting local voluntary organisations that make a positive difference within our community. We welcome applications for grants to help fund community projects and initiatives within the parish.

A recent grant application came from the Netherton Adult Football Club, requesting funding for new bins at the Netherton Sports and Social Club playing field.

If your group is interested in applying for support, please get in touch with the Parish Office for more details on the application process.


## **Grit Bins**

We're hoping that by the time you read this, winter has been kind to us and we've avoided any major snowfalls! However, as we all know, the weather can still take us by surprise.

In response to residents' requests, the Parish Council has ordered four new grit bins — one for each village — to be placed in areas of particular concern. These will help ensure our communities stay safe and accessible during icy conditions.

## **Contact Information**

Parish Clerk: Mrs Julia Talbot

 07771 113258

 [clerk@sitlingtonparishcouncil.gov.uk](mailto:clerk@sitlingtonparishcouncil.gov.uk)

## **IMPORTANT NOTICE-Pavilion project.**

The Parish Council are in the consultation process of re-building the pavilion at Hartley Bank. We are looking for views of residents on the designs and how this facility could best suit the needs of the community.

We are having a public consultation on Saturday 6<sup>th</sup> December at Netherton Village Hall. 10am-2pm.

**Come along to see designs and give your feedback on what the community wants from the pavilion. Refreshments will be provided.**

### **Netherton Village Hall**

The Parish Council acts as the sole trustee of Netherton Village Hall, which is managed by a committee and supported administratively by the Parish Office

You can now view availability and make bookings online at:

🌐 [www.nethertonvillagehall.co.uk](http://www.nethertonvillagehall.co.uk)

The website provides full details of classes and hall hire options—it's a fantastic venue for children's parties and events.

For booking enquiries and any questions, please use the Parish Office contact details above.



## Festive Style: Sparkle, Comfort and Confidence This Christmas

As the festive season approaches, our diaries fill up with gatherings, dinners, and cosy nights in. Whether you're dressing for a Christmas party or simply want to feel a little more special at home, this time of year is about balancing comfort, confidence, and a touch of sparkle.

**Add a little shine:** Metallics, sequins and soft satin fabrics are everywhere this winter, but you don't need to go head-to-toe glitter to feel festive. Try a subtle shimmer in a scarf, a gold earring, or a metallic shoe to lift your look without feeling overdone.

**Play with texture:** Chunky knits, velvet, and faux fur bring warmth and luxury to any outfit. Mixing textures – like a soft jumper with a satin skirt or tailored trousers – adds depth and interest, while keeping you comfortable through long December days.

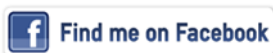


**Keep it personal:** True style isn't about following every trend, but choosing what feels like *you*. A favourite colour, a bold lipstick, or a statement accessory can make all the difference. If you've ever had your colours analysed, now's the time to lean into your winter palette – rich jewel tones like emerald, ruby, and navy come alive in festive lighting.



**Sustainable sparkle:** Before buying something new, consider how you can restyle what you already own. Layering, accessorising, or swapping pieces with a friend can give outfits a fresh twist while being kinder to both your purse and the planet.

However you celebrate this Christmas, remember that style is less about what you wear and more about how it makes you feel. Confidence is the best accessory of all – and it goes with everything.



Lucy-Roberts-Personal-Styling



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Our team are experienced musicians and educators who love helping people grow in confidence and creativity.

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We're a fun, vibrant and welcoming community where people come to feel good, express themselves and discover what they're capable of.

Whether you're six or sixty, our students come to Fanfare Music not just to learn an instrument or improve their voice – but to build confidence, find joy in making music and be part of something supportive and inspiring.

If you've always wanted to play, sing, or just give music a go – now is the perfect time to start.

### GET IN TOUCH

Fanfare Music  
Ossett

hello@fanfaremusic.com  
www.fanfaremusic.com

Find us just out of the town  
centre at RCM Business  
Park – parking available

Book your lesson  
slot today!

## Netherton Scarecrow Walk



We have a brand new email address, so please add us to your contacts. It's [nethertonscarecrows@gmail.com](mailto:nethertonscarecrows@gmail.com)

We are seeking feedback from current and previous makers as well as visitors to the Scarecrow Walk so please watch out for our email if you are on our mailing list or alternatively you can complete the short survey on our Facebook page. We'd love to hear from you.

You can also contact us in the usual ways:

Message on our Facebook page [www.facebook.com/NethertonScarecrowWalk/](https://www.facebook.com/NethertonScarecrowWalk/)

Via our website [www.coxleylive.org](http://www.coxleylive.org)

Email [nethertonscarecrows@gmail.com](mailto:nethertonscarecrows@gmail.com)

Work is progressing behind the scenes on the “winners” bench. We hope to be able to unveil something very soon.

## Poppy Wreaths

Sitlington Parish Council would like to offer a huge thank you to the wonderful ladies in the Parish who have crocheted poppies for our wreaths this year. They are beautiful.



You will notice that purple poppies have been included to represent the millions of animals killed in conflict.

Thank you to everyone who contributed.





# Master the menopause!

Brain fog, mood swings, irritability, hot flushes, night sweats, weight gain, low libido, joint pain, UTI's, period changes, sleep issues, anxiety, palpitations...just some of the common symptoms!!

Sound familiar?

Want to learn how to master your menopause?

Come join us...every 3rd Monday of the month at Lupset Health Centre  
or 3<sup>rd</sup> Tuesday at Ossett Health Village

5.30pm-6.30pm

(you don't have to be a patient to attend)

For more info contact Sheena

**07543315239**





# HOME OCCUPATIONAL THERAPY SERVICES

- TROUBLE MANAGING AROUND YOUR HOME?
- FEAR OF DOING DAILY ACTIVITIES?
- FREQUENT FALLS HOLDING YOU BACK?
- UNABLE TO GET OUT AND LIVE YOUR LIFE?

## **YOU NEED AN OCCUPATIONAL THERAPIST!**

- HOME ASSESSMENTS
- AIM TO ASSESS WITHIN 2 WEEKS OF ACCEPTED REFERRAL
- AVOID LENGTHY WAITS

IF YOU FEEL YOU OR A LOVED ONE NEED SUPPORT  
TO MAXIMISE THEIR SAFETY AND INDEPENDENCE AND  
REGAIN CONTROL OF THEIR LIVES,

**CONTACT OT4LIFE:**

INFO@OT4LIFE.CO.UK / WWW.OT4LIFE.CO.UK  
07967648543 OR SCAN THE QR CODE -----



SCAN ME

YORKSHIRE BASED OCCUPATIONAL THERAPY PRACTICE  
HELPING YORKSHIRE "MAXIMISE THE ABILITY IN  
DISABILITY"

# Holistic Support For Mind, Body & Energy

- Coaching conversations
- Support for stress, overwhelm & burnout
- Reiki to integrate your inner work



**Book Online Today**  
In-Person in Middletown or Online  
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Donna 07724 665 925



## Stopping by Woods on a Snowy Evening By Robert Frost

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.

# **Horbury & District Historical Society**

## **Speakers and Talks**

Meetings held at the Methodist Church  
High Street, Horbury at 7:30pm

December 3rd

Eric Jackson: Barnbow Munitions Works in WW1

**2026**

January 7th

Philip Sands: The History of Woodsome Hall

February 4th

Simon Cork: Andrew Carnegie

March 4th

David Gardside: The History of Milestones

Annual membership £20.

Individual meetings £4 on the door for non-members.

For further details please contact: Chairperson: Irene Brown 07940  
297011 Email: irenebrown207@gmail.com

## **How to have a more sustainable Christmas**

As we approach the festive season, it's the perfect time to re-think our Christmas routines and embrace choices that benefit both people and planet. According to WWF UK, simple yet powerful changes can make a real difference.

### **Gifts with purpose**

Rather than aiming for volume, choose **quality over quantity**. Many of us receive unwanted gifts—so selecting fewer, well-made items promotes longevity and avoids waste. Consider gifting **experiences** instead of tangible goods; outings, vouchers or your time are meaningful and far less resource-intensive. When physical gifts are chosen, check materials—opt for items made from recycled or FSC-certified wood and paper, skip single-use plastics and glittery finishes,

and consider pre-owned or refurbished options. Wrap gifts in recycled paper, avoid plastic ribbons and tape, and reuse bags, ribbons or gift tags year after year.

### **Seasonal food, minimal waste**

Food production drives much of the world's deforestation and emissions, yet waste remains high. Plan realistically for meals, use up leftovers, and store them wisely to avoid throw-away. Shift part of your festive menu towards **plant-based options**—livestock farming accounts for a large share of man-made greenhouse-gas emissions. When shopping, look for certifications for responsible options: RSPO for palm oil, MSC/ASC for seafood, Fairtrade or Organic for chocolate, coffee and tea. Choose locally produced and seasonal vegetables—root crops, winter greens, UK apples and pears—rather than items flown in from far away.



### **Decorate thoughtfully**

Festive décor can carry environmental cost too. Pick crackers made from sustainably-sourced paper and avoid toys or items that quickly end up in landfill. Use LED lights, switch them off overnight, favour plug-in rather than battery-powered options, and recycle or repurpose old decorations. If you are purchasing a Christmas tree, ensure it's FSC-certified or consider renting a potted tree for re-use. If choosing a plastic tree, plan for at least ten years of use to lessen its footprint.

### **Get outside & reconnect**

The festive season is also a chance to reconnect with nature and each other. A winter walk in your local park, nature reserve or countryside offers fresh air, perspective and well-being value. and for those Christmas get-togethers inside borrow, share or repair clothing instead of buying new for one-off events—reuse is deeply sustainable.