



# ADEL BELLS

Parish Magazine 70p



Church flowers throughout the seasons



## June 2025

**Adel Green Fair**  
**See p. 8**

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**The Parish Church of St John the Baptist, Adel**  
 Enquiries including Home Communions, Baptisms, Confirmation,  
 Weddings, Funerals; please look at the church website  
[www.adelparishchurch.org.uk](http://www.adelparishchurch.org.uk)

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### Parish Registers Baptisms

**20th April**  
 Melanie, Aryan and Seren Parast  
 Anne-Katrin Pygall  
 Carol Whittington  
 Jordan Thorpe  
 Sarah Brennan

### Burial of Ashes

**19th April**  
 Dorothy Frost

### Funerals

**22nd April**  
 Vera Mather

**25th April**  
 Emily Playford



### Festivals & Feasts

**8th June**  
 Pentecost  
**19th June**  
 Corpus Christi  
**24th June**  
 Birth of John the Baptist  
**30th June**  
 Peter and Paul, Apostles

**Our world:** It is the duty of every Christian to care for God's wonderful creation – the Garden of Eden that humanity has consistently ransacked for its own ends.



### A prayer for the environment

Your plundered earth,  
 with its rich variety  
 of endangered species,  
 is crying out for healing.  
 Help us to be instruments of that  
 healing, O Lord,  
 and to redeem the harm we have  
 done to the planet.

**Amen**

Do your part – come to our  
 Green Fair on 28th June.



Association for Church Editors

**Church Open for Visitors**  
 Monday and Saturday 1.45pm to 3.45pm



Part of Christ's family, welcoming everyone, sharing God's love and being a voice of hope

## From the Editor

At Adel Church we are so proud of the part played by the younger members of our congregation, not only taking an increasingly more active part in our church services, but also in writing for this magazine about their experiences. On page 14 you can read about their excitement at taking part in imaginative, bible-related and fun activities for Easter. We hope to hear more from them in future editions.

A small group of us has been planning activities for our Green Fair this month, but we do rely on your help to make it a success. If you can donate goods to us, it will be possible to bring your items to the Stables on the Friday afternoon. However, I suggest you contact me if you intend to do so and I can make sure that the Stables is open for you. Otherwise I suggest you bring your goods to the churchyard on the Saturday morning between 11 and 12 and take them straight to the stalls. See p. 7 for a list of what we need.

It is a very sad fact that there are so many people in our world only too

ready to deceive, whether it's by email or phone. Caz Vee, who very generously gives of her time to open up the church to visitors, has written some advice as to how to deal with persistent rogues who just want to part you from your money. You will find her piece on page 16. I advise you to study it carefully. She will return to the subject next month.

This month Rev'd Ian writes about being a creature of habit. I am sure many of you will recognise similarities with how you lead your lives. I remember once asking a relative who regularly did something I thought was quite unusual why she did it and received the surprising answer "I have always done it that way." But my question is, can we change? Ian has some interesting suggestions as to how changing some of our habits can be very good for us and for the people we share our world with. I will certainly give this idea a few moments of reflection, as Ian has suggested. Perhaps you might do the same.

The 100 club was not drawn last month because of illness, so there should be the results of two draws available for you to read next month.

**Marjorie Cole, 0113 2610069**

## Rector Alison's Letter

Dear Friends

The month of June sees our church Patronal Festival when we celebrate the birth of our patron saint, John the Baptist. His birth has been remembered on June 24<sup>th</sup>, six months before the birth of Christ, since before the 4<sup>th</sup> century, and celebrations take place all around the world.

In many places they involve the lighting of fires, which may have a variety of origins. In the bible, John is described by Jesus himself as a 'burning and shining light'. Fires might also signify a new start in Jesus, with some communities using them to burn old rubbish to symbolize casting away the old and embracing the new.

The festival also coincides with the summer solstice when the sun is highest in the sky and the days at their longest. In pre-Christian days this was marked with fires to honour the sun and ward off evil spirits.

Mostly though, it seems to have been a good excuse to get together and have fun. In many countries families gather to share special food and play games. In Sweden 'midsummer poles' (like maypoles) are put up, midsummer flower wreaths made, and people feast through the day and night.

In coastal parts of Ireland new fishing boats and nets were blessed and bonfire ashes scattered on the crops for good luck. Celebrations often involved rival villages competing to make the largest bonfire, and young people jumping over the fires.

Apparently in Yorkshire it was the custom for any family who had come to live in the parish during the last year to put a table outside their house with bread, cheese and beer, and to offer this to anyone who passed by. In this way they got to know their neighbours!

Since our church is dedicated to John the Baptist, we try to think of some way to mark the occasion each year. This year on 28<sup>th</sup> June we are holding a 'Green Fair'. There are more details elsewhere in this magazine. We will steer clear of bonfire jumping, but it will be a chance to come together as a community and possibly get to know our neighbours better.

On Sunday 29<sup>th</sup>, Bishop Arun will be joining us for a confirmation service where some of our young people and adults will confirm for themselves the promises as followers of Jesus made for them at their baptism. It seems very appropriate that this should take place as we remember John the Baptist. His part in our Christian story was to prepare people's hearts and minds for Jesus.

John said, 'I must decrease and he (Jesus) must increase', which fits with a celebration on the longest day of the year. It is also a useful statement for us to remember as a church as we seek to follow our patron saint in pointing not to ourselves, but to the love of Jesus today.

Do join us for our Patronal Festival events, or for our weekly services. Everyone is welcome. With love and prayers

Alison

### Dates for your diary

**7th June**  
**9.30am**

Rake, Cake and Chat

**28th June**  
Adel Green Fair  
See p. 8

**29th June**  
Service of Confirmation  
led by Bishop Arun  
as part of our  
Patronal Festival weekend

**6th July**  
Eccup 10 Race  
Some road closures  
See p. 32

**Friday 11th July**  
**7.30pm** Concert  
by Northsong  
(formerly North8)

### Also in June . . .

**Prayer Meetings**  
**10am every Wednesday**  
**In church or at home**

Junior Church & Church School  
Fabric & Health & Safety  
Committees  
Parish Bible Study Group

**Bible Study**  
**10 am in the Stables**  
Thursday 12th June  
Thursday 26th June

### A Reminder

For our Green Fair on 28th June we need donations of the following:

Cakes  
Books for adults & kids  
Toys  
Board Games  
Jigsaws  
Clothes for adults & kids  
Baby equipment

**We also need to borrow**  
Gazebos  
Garden chairs

Please consider helping on a stall on the day.

Do let Alison, Tang, Sue or Marjorie know if you can help  
Or email [adelparishchurch@gmail.com](mailto:adelparishchurch@gmail.com)

**In Adel Churchyard  
and  
the Old Stables**



**12 noon to 3pm**  
**Saturday**  
**28th June**



Helping us all go green . . . .

**Vegan Food Stall, pre-loved items (clothes, toys, books etc), supporting local businesses, enjoying nature, recycling advice, children's activities, recycled greetings cards, cakes, refreshments**

**And even more**



Also featuring:  
Caring for Life, York Gate  
Adel Gardeners' Club

All  
Welcome



## Rev'd Ian Reflects

### Me? A creature of habit?

I was at a hospital recently for an outpatient appointment. The consultant asked me whether I was a man of routine. "Yes," said Jacqueline somewhat emphatically, before I had had a chance to consider the question. What he meant was, was I a creature of habit? I hadn't really thought much about this but it turns out that this is not a bad description of me.

Because, it is true that I like my daily routines. And I am a person for whom everything has a place and everything must be in its place, including particularly in the dishwasher. And it turns out that being a creature of habit is good for maintaining my health, so being this way turns out to be beneficial and somewhat important.

Habits are interesting. The word 'habit' comes from the clothing worn by monks, reflecting their habit of prayer. Some habits are good - teaching our children to clean their teeth - and others not - smoking.

Habits are character-forming, they become part of who we are. We develop habits with practice and persistence; it takes a bit of effort. Equally, it takes effort to change them - ever tried to give up smoking? So, if we want to improve our character we often need to develop habits of

behaviour that bring this change about.

Now, it might seem odd to say that we need to practise at being a better person, but let's take as an example becoming more attentive to other people, not just the people we know but strangers or homeless people in the street, seeing Christ in them all. Unless this comes to us naturally, it's something we need to remind ourselves to do (and notice when we don't do) until it becomes, yes, a habit. Paying attention to others is a way of showing our love for them - a great habit!

As habit-forming is character-forming, choosing the right ones is essential! Habits that we Christians look to form include prayer, making time to spend with God; reading the Bible and reflecting on what we read; coming to church to share the Eucharist. You can think of others. Spending a few moments thinking about our habits and which ones we need to develop and which we might want to change is a way of reviewing our Christian lives and how we live them. Well worth a few moments reflection.

**Ian Johnston**

## In Brief

### In our churchyard

As many of you know, the churchyard is a peaceful place, with plenty of opportunity for you to sit and rest. If you look to your left as you walk up to church from the Old Stables you will see the remains of a beech tree. A new bench has now been installed around the stump. For many of us, it will always be known as 'Sylvia's bench', although it was Sylvia who had the first bench installed in memory of her husband Tony and the original plaque has been placed on the new bench. Perhaps if you do the activity suggested on page 15 you might choose this as your place of preference.

### Snippets from the past

Rector Donald Thompson spoke of changes that had happened during his 14 years in the parish: the development of a full Holy Week, the institution of a Christmas Midnight Eucharist, building and enlarging a new school and installing a porch to protect the precious carvings. His last words in Adel Bells were "Adel has a great future."

### Sad news

We have received sad news about Ann Ambler, who lived in our community for over 50 years and was an active member of many local clubs

and organisations. Ann moved into a care home in Pannal a while ago and passed away peacefully there at the end of April with her family beside her.

### Confirmation Service

Bishop Arun will be officiating at this service at 10am on **Sunday 29th June**. It will form part of our Patronal Festival weekend and we are delighted that it will be taking place in our own church. We anticipate a very full church on this occasion.

### Time for a smile

"Hey you! Pull over!" shouted the traffic cop. The old lady had been speeding on her way to church and felt very embarrassed.

Shortly afterwards she was fined £50 and paid by cheque. Her conscience troubled her and she was very anxious because she didn't want her husband to find out and she knew he had a habit of going through the cheque book stubs.

Then inspiration struck and she wrote on the stub - "One pullover. £50"



# Letter from Lily

Hi Everyone,

Hope you are all well, enjoyed the lovely sunshine and kept warm when it turned cold. I had to have words with my Mum – I *did not* want to wear my winter coat! I don't like it as it squashes my lovely curls, which I don't like, particularly when I've had my hair done!

Well! What a month I've had since I last wrote to you. For starters, I just want you to know that I have been very brave and have slain a dragon. No, I must be truthful – I raised the alarm, got onto my windowsill and then left the rest to the grown-ups! I'll explain: we had an 'in-comer' – it made a lot of noise but we couldn't find it. Then, one evening when I was just settling down for a doze, I saw it and bravely raised the alarm. Again, I must be truthful – it wasn't *really* a dragon – but it might have been! My Mum told me about St George and the Dragon, so you'll understand why I thought it was one. I've learned *another* lesson: don't jump to conclusions – my Mum didn't like it either. It was huge! Crawling over the carpet *towards my bed!* My Mum sorted it, but I wanted to warn you in case you get one in your house – I don't want you to be attacked. She said it was like a great giant black wasp – once she said 'giant,' I didn't feel silly about being scared.

Talking of being attacked – we were! There we were, just walking along through the Adel Wood estate to one of my favourite walks down by the farm, when this nasty, snarling big brown dog did its best to eat me! I've never seen such a big mouth with so many teeth. I was so scared. Thankfully, Mum picked me up, its owner came out and took it away. So, please be careful round there. My favourite postman told us this dog had been after him too.

Another day, we were walking down the farm path and this HUGE big woolly thing came bounding over to the fence. He was about fifty times my size so, yes, I was scared! He put his head through the wire fence so I backed off. Anyway, we ended up having a nose-sniff. He seemed to be friendly and challenged me to a grass-eating competition – no prizes for knowing who won with a mouth that size! He was like a lawn-mower!!

Anyway, the life lesson I've learned this month is: it's not a good idea to be judgemental without all the facts: I must forgive the dog because her owner should have looked after her better, I didn't know the sheep wanted a friend and the in-comer made a BIG mistake coming in uninvited! Hope I see you around! Woofs & Lix,

Lily

# My Church Journey

My parents were devout Christian Scientists so my childhood was spent attending the Sunday School at the Christian Science church in Rawdon. It was a lovely building, and on the front wall was the quotation from John, chapter 14, verse 6, "I am the way, the truth and the life". This has stayed with me throughout my adult life. I also attended a service at the former Christian Science church on Headingley Lane, which is now The Golden Beam pub. It is lovely to see that the organ pipes have been preserved.

In 1966 I married my husband, Andy, at St John's Church in Roundhay, and we started married life in Kippax. We had two boys, Robert and Neil, born in 1968 and 1970. While I was pregnant with Robert I met Jennifer Darvill at the ante natal classes in Garforth as our babies were due at a similar time. I visited Jennifer and George at Kippax vicarage and we became friends. After Robert and Neil were baptised by George at Kippax church I decided that I wanted to be baptised as well, as this wasn't an option in the Christian Science church.

I was duly baptised by George and confirmed by the Bishop of Knaresborough, both ceremonies taking place at Kippax Parish Church. In 1973 we moved to Spennithorne Avenue, which was in the parish of St



Chads, in Headingley, so I attended church there, also helping out at the Sunday School. Eventually the boys joined the Cubs at St Paul's, Ireland Wood, so I started attending church there in the late 1970s. I belonged to St Paul's Players for several years, taking part in musicals and revues. I was also part of the church choir. I moved away from Leeds in 2000, but still went to Sunday services at St Paul's on a regular basis.

In 2013 I moved to Orchard Court in Headingley and resumed attending at St Paul's on a regular basis. I knew that a few of the congregation had moved to Adel Church, so a couple of years ago I decided to start attending services at St John's. I like the setting of the Norman church and I feel at home here. I have enjoyed the traditional services and have made many new friends.

**Sue Allerton**

# Environmental News

## Summer is here!

This June, join us to celebrate our patron saint, Saint John the Baptist, known for baptising Jesus. He lived a simple lifestyle out in the wilderness, in tune with nature, and dressed in clothes made from camel hair, eating locusts and honey. I'm not about to suggest we do the same. I think clothes made from camel hair will be very itchy, and I don't think there are a lot of locusts around Adel anyway, but there is a lot to learn from him. We can all live sustainably by forgoing fast fashion and buying new. We can enjoy local seasonal food rather than eating exotic food that has travelled halfway across the world, increasing the carbon footprint.

To help promote a greener lifestyle, our church will be holding a green fair celebrating local arts, crafts, and food. We will have second-hand stalls with clothes, toys, and items looking for a second (a third, or more) home. We will have repurposed greeting cards, crafts, tasty vegan food, which has less impact on the environment, and various things going on.

Also making an appearance is Hello HipHop. They will be there a little earlier, setting up, showcasing a live demonstration in spray can art, followed by engaging workshops and performances in deejayin', graffiti, and breakin' from 12 pm to 3 pm. Also,



throughout the event, there will be creative doodle tables for the kids, while parents can unwind, enjoy the atmosphere, and listen to good music. This is an experience you definitely won't want to miss!

But with all this, we will need your help. We need donations. On the day, please bring cakes for our cake stall. If you have any good, unwanted clothes for all ages, please donate them to us. We are also looking for any complete toys, games, board games, jigsaws, books and any good baby equipment; please save them for us. You can email me at [adel.eco.church@hotmail.com](mailto:adel.eco.church@hotmail.com), and I can collect it if you are unable to bring it to church or the Stables. Also we would like some volunteers to help, maybe run a stall, and especially to help tidy up at the end, and if you have any gazebos and garden chairs you could lend us, that would be great too! So this summer, let us all get together to celebrate our patron saint and raise some awareness.

See you on the 28<sup>th</sup>!  
**Tang, Julia and River x**

# Kids' Corner



On Good Friday we had a fun event inviting local families to come to the Stables and join in lots of different activities. You didn't have to be a member of the church to come along and we saw lots of new faces.

## We painted a palm leaf using our hands!

The family event was suitable for children of any age. Some of the older kids helped to set up the stalls, tidy up afterwards and even run the stalls. We ran a stall where you painted a picture of a palm leaf using your hands dipped in paint and then you 'high-five' the paper. It worked really well and lots of kids had a go. Although some didn't want to get too messy so used a paint brush instead.

On one stall there was a long sheet of paper on the floor which had written on it 'walking with Jesus'. After taking off your shoes and socks there was a sponge to paint the soles of your feet

any colour you wanted and then you could walk along the paper marking your footprints.

There was then the opportunity to have your feet washed clean just like Jesus washed his disciples' feet.

We love gymnastics so instead of walking on our feet we dipped our hands in the paint and walked on our hands in handstands across the paper.

The weather was nice, so we were able to do a scavenger hunt outside. We matched pictures that were hanging around the Stables garden to the pictures on our sheets.

There was also a bonus mystery picture which we had to draw on our sheet, this was a hot cross bun.

After the crafty activities we waved our palms and sang 'sing hosanna' while we walked up to Church for a small service with Alison, then we went back to the Stables for hot cross buns and drinks.

## Isabelle and Sophie Amos (age 11)

## Being in Nature

### The healing effects of nature

Many people walk through our peaceful churchyard; some are visiting a grave, others are walking a dog, but a few make time for some quiet moments sitting on one of our many benches.

Whatever you do, spending time in nature will be good for your health and help to put a sense of calm back into your life.

Here is a suggestion for something you can do on your next visit. Whilst on your way, pick up a common wild flower: a dandelion, buttercup or daisy, something that there are plenty of. Find a quiet spot in the churchyard and make yourself comfortable. Think about how you are feeling: restless, tired, anxious? But don't dwell too long on it.

### The first of its kind you have ever seen

Now have a look at the wild flower you brought with you and hold it in your hand. Feel how heavy it is. Look at it, trying to see it as the first of its kind you have ever seen. How does its colour make you feel?



Move it around on your palm and notice its texture. Now smell the flower. Holding it near your nose breathe slowly and deeply several times.

Close your eyes and picture the flower. What thought comes into your mind? Let that thought go and assess how you feel. Are you more relaxed? Do you have a sense of being more connected to your surroundings? You have just experienced the calming effect of nature.

Try this exercise again on another occasion, but it doesn't have to be a flower - it could be a twig, a pine cone or even a blade of grass.

**Marjorie Cole**

## Modern Scams

### How to avoid them.

Over the next few issues of Bells, I will be talking about the sad issue of 'scams', and how we can protect ourselves. Scams have become evermore complex and difficult to spot and are often targeting the most vulnerable members of our society. My immediate advice now and throughout these articles remains:

**If something doesn't feel right, trust your instinct!**

**Do not share any personal or financial information with anyone you don't know, or don't trust.**

Genuine companies and professionals will always understand your scepticism and take measures to prove who they are. Most will not ask for personal or financial information over the phone or via email.

All the frauds I will describe come under Section 2 of the Fraud Act, Fraud by False Representation. They involve the criminal lying or misrepresenting a situation. This is referred to as Social Engineering, which is defined as 'the clever manipulation of the natural human tendency to trust'.

Quite often, the scammer will seek to prey upon emotion and / or place the victim under pressure to make a decision. Even if we feel suspicious, it often feels difficult to say 'no'; it is worth practising some responses such

as 'I cannot make that decision now, let me get back to you.' Or 'I won't be making any decisions without speaking to my family'.

My advice is to stick to these responses. A genuine caller will accept this. A scammer will often become aggressive. In this case, you should hang up and block their number. The vast majority of all frauds involve computers or technology in some way.

So how do we protect ourselves?

Be careful about the amount of personal information you post online. Keep privacy settings on your social media accounts up to date, and tight. Choose passwords carefully. Using your date of birth, anniversary date, pet's name, child's name etc, can all be guessed once they accessed your social media account (if your privacy setting was 'public'.) Select strong and separate passwords for different accounts. Install anti-virus software and keep it updated. Ensure devices are secured with a screen lock.

In the next edition I shall talk about more specific fraud / scam types. If anyone would like a digital copy of West Yorkshire Police's 'Little Book of Big Scams', please contact the editor with your email address. I am unable to supply hard copies of this booklet, but you are able to print it at home if you wish.

**Caz Vee**

# Adel Gardeners' Club

Adel Gardeners' Club is known to many of you, whether because you're members, or perhaps through our annual Show (**30<sup>th</sup> August** this year!), or perhaps through our two annual plant stalls. What you may not know is that we've been making changes to bring the club in line with modern gardeners' needs, encouraging new and less experienced gardeners and offering all sorts of information about gardening in a more sustainable way.

Lots of us now garden to actively support nature too; I know there is always something in flower in my own garden, right throughout the year, providing support for insects - plus plant materials and berries are strategically included and left in place to help our birds. We've recently had talks on "Climate Change and Gardening" and "The New Way to Garden", looking at reducing water usage and adapting to heatwaves and droughts.

The freshest  
of vegetables  
and fruit  
you've just picked

Lots of people look at food miles when they're shopping, but gardeners can look at food metres instead; it's a great feeling, walking outside whilst a

meal is cooking and bringing back indoors the freshest of vegetables and fruit that you've just picked!

Gone are the days when our meetings were about just sitting and listening; we now have a "garden bench" session as the second half of every meeting, when members share what jobs they're doing in their gardens that month, people can ask for help with garden problems they're having or recommend anything that's working well for them in their garden. It's great to see beginners learning and experienced members enjoying sharing their expertise!

## Our part in Adel Green Fair

Adel Gardeners' Club is delighted to be running a stall at the Green Fair on **28<sup>th</sup> June**. We aim to show how local gardeners can work more sustainably in their gardens and we'd also like to encourage the community's youngsters to have a go at gardening; we know many of them already do. If you'd like to know more about the club, we'll be able to tell you that, too.

We hope to see you there on June 28<sup>th</sup>!

**Barbara Hodkinson**

# Adel Neighbourhood Plan

## Protecting our village character and our historic areas

The Adel Neighbourhood Plan has been produced by a group of local residents who have developed detailed policies using input from community consultation events over the past ten years. Once our Plan is adopted by Leeds City Council, they are obliged to take account of it in future planning decisions as it becomes part of the Council's own planning policies.

This gives Adel residents a voice in making sure planning officials take account of local priorities, thereby protecting our green spaces, our village character and our historic areas. We cannot stop development in Adel, but the adoption of the Plan will help to prevent development on important green spaces and will help us to argue that any further development should be designed to fit in with the existing character of the area.

On **Thursday 5th June** the Council will be holding a Referendum on the Plan and it will be adopted by the Council following a simple majority vote. All registered voters who live in the Adel Neighbourhood Plan area will receive their polling cards or postal voting forms from the Council

in the same way as for any local or national election and on the day polling stations in the area will be open as usual for residents to cast their votes.

Don't leave it  
to others to make  
it happen

With no downside the Plan is overwhelmingly favourable to residents... so make sure your voice is heard by voting '**YES**' in the referendum. Don't leave it up to others to make it happen and please encourage your friends and neighbours to vote as well; we hope to have a large turnout.

More information about the Plan (and a copy of the Plan itself) can be found on the Forum's website at: <https://adelneighbourhoodforum.org>

And if you have any questions about the Plan or the voting process then please contact us by email on: [anf.chair@gmail.com](mailto:anf.chair@gmail.com)

**Submitted on behalf of the Adel Neighbourhood Forum**

# Words from Joyce Hill

## The 1700<sup>th</sup> Anniversary of the Nicene Creed

This year sees the 1700<sup>th</sup> anniversary of the Nicene Creed, which is said in Eucharistic services following the gospel reading. Although it has been modified since 325, the original Trinitarian emphasis and firm assertion of the divine and human nature of Christ gave the Creed its distinctive theological character.

The Council of Nicaea (modern Iznik, Turkey), the first great ecumenical council of the church, was held at the instigation of the Emperor Constantine. Until 313 people across the empire celebrated their own religions as they wished. Christianity benefitted from this, with their communities developing an annual cycle of public worship in permanent buildings. Constantine was baptised on his deathbed, but he favoured Christianity and supported its development as the expression of the spiritual aspect of his empire. He realised that not all Christians believed precisely the same things. Christianity had developed under the radar as it was previously at risk of persecution. The beliefs and practices in Christian communities across the empire were influenced by their local cultural and religious contexts. Constantine wanted a clearly defined system of belief. In 325 Constantine summoned the church leaders to a

council; in his opening address he made it clear that doctrinal unity was required. The Patriarchs and Bishops recognised that a statement of faith defining orthodox belief would identify as heretics those who could not accept every element.

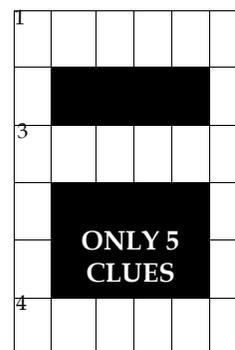
A doctrine prominent at the time was Arianism which, while accepting that Jesus was in a certain sense the Son of God, denied that he was divinely co-eternal with God the Father. The Nicene Creed had this heresy very much in mind, concluding with formal curses, which were regarded as being against Arianism.

The curses were later removed. Statements about the status and work of the Holy Spirit were added and also assertions of belief in the Church, Baptism, the Resurrection of the Dead and the Life Everlasting. It is this modified form, adopted at a Council held in Constantinople in 381, that is known as the Nicene Creed.

In the sixth century, the Western Church added a phrase stating that the Holy Spirit 'proceeds from the Father *and the Son*' as an essential clarification. However, this addition was not adopted in the Eastern Church and so it became one of the bones of contention when relationships between East and West soured at the time of the Great Schism in the mid-eleventh century.

# Puzzles

## GENERAL KNOWLEDGE CLUES



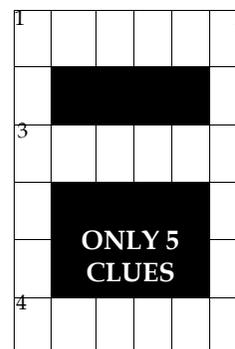
### Across

1. Extreme fear
3. Marine shellfish
4. Aegean island

### Down

1. Brief sample (of food)
2. Fast flowing river section

## CRYPTIC CLUES



### Across

1. Plenty of dogs free from lead
3. Gathers flowers, say
4. Inventor is done with invention

### Down

1. Place of work no longer slipping
2. Song bird found by sibling and family

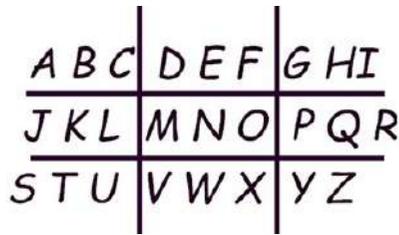
**Solutions on p.47. Each puzzle has different answers.**

# The Secret Message

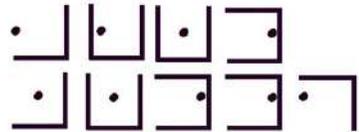
During a rainy Easter holiday day, I found the perfect way to keep two mischievous granddaughters, seven-year-old Emilia and eleven-year-old Olivia, entertained with a bit of playful mystery. I proposed an adventure in secret messaging.

Emilia’s eyes lit up at the very mention of “secret,” a word that promised intrigue and excitement, even after our secret steps adventure ( see April Adel Bells Page 16). Olivia, on the other hand, is currently in training to become a teenager, with only two years left to master this transformation. I’m confident she’ll nail it, and all those charming childhood traits we adore as parents and grandparents may recede into the distant past.

“This isn’t some old-fashioned thing, is it, Grandad?” they queried, their voices tinged with both amusement and challenge. What did they mean by “old-fashioned”? Was it an era when telephones had rotary dials, or when televisions displayed black-and-white pictures, all completely alien concepts to this generation. Let’s not dwell on the details. Drawing inspiration from my childhood reading of Enid Blyton stories, I introduced them to a simple substitution code. Our method was charmingly uncomplicated: a noughts-and-crosses grid, each box assigned three letters.



I would write a message by replacing each letter with its corresponding section of the noughts and crosses grid marked by a dot to indicate its exact position within the box. I doubt the Bletchley Park codebreakers would have lost any sleep over our system, but it served its purpose and was something to bridge the age gap and entertain our two scribes.



Both the girls grasped the concept, their initial hesitance melting into enthusiastic participation. They made their own messages and sent them to friends on their smart phones. In that small, rainy afternoon, we discovered that the charm of a simple game could weave together the past and the present, reminding us all that every generation has its own way of communicating and creating magic.

### Trevor Brown

*Can you work out the message? Answer on p. 47*

# Editing Adel Bells

### Part 2

At the beginning of each month I make a start. But in our house we have a bit of a ritual to go through before I can do that. As soon as I sit down in front of my computer my miniature schauzer rushes up to demand some treats. After all, she knows she’s not going to have my attention for at least two hours! I have the whole magazine visible on my computer, but a lot of pages are empty. Some pages remain the same, or more or less the same, each month and just a little editing is needed to update them.

After opening the magazine I have a look at my emails and download the articles which I save for the time being. Now that we are using colour on the cover I need to find a picture appropriate to the month. In March, for example, I chose a church surrounded by daffodils, a painting created by Sue Pagdin. Then I sort out the service dates for the back cover. If I have already created my puzzles, I will then put them in the magazine. I really enjoy producing the puzzles but I have no idea if anyone does them. Please let me know if you do.

Once I have finished everything I personally write for the magazine, I start on the articles that arrived by email. This is a relatively easy bit, simply copying and pasting, although I often have to make them fit the page. When the magazine is finished and

Trevor has done the proof reading I need to turn it into a PDF in order to be able to send it to the printer. I send electronic copies to people who live abroad and of course that version is also on the church website.

I receive monthly newsletters from an organisation called ‘Association of Church Editors’. It often contains articles I can use but more importantly it gives advice about producing an eye-catching and interesting magazine. I have applied a lot of their suggestions to Adel Bells. In 2020 I entered a competition they run to find out the best church magazines in the country. We were still in the throes of Covid when I received an email saying that Adel Bells had won first prize, the gold award. I was sent a glass trophy which I can keep forever, as well as a certificate. I am proud of the award which is on permanent display in my lounge, but I feel it is only fair to acknowledge the debt I owe to so many people: to my forerunners in editing the magazine, to the people who write articles for us, to the advertisers whose main aim is to support the church and to the enormous team of people who help with the distribution and delivery. So from me a big thank you to all who have helped. Without them, Adel Bells would not know the success it currently enjoys.

### Marjorie Cole

# In Your Garden

*"It was June and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside"*

**-Maud Hart Lovelace**

**A**fter one of the driest Springs that I can remember (who now remembers the wettest Spring in a generation we had last year?), I am a little trepidatious as to just what to expect from this summer. As I write this in the middle of a protracted, settled sunny spell, the need for rain is becoming ever more acute. Let's hope it comes in overnight bursts, but nothing too extreme.

You do need to be attuned to your plants' need for water during intense growing times since, with an ever-changing climate, it is increasingly difficult to predict the volume and frequency of any rain. During the summer months trees, shrubs and plants draw a large amount of water out of the ground and this transpiration, together with evaporation on dry sunny days can quickly render some soils very dry indeed. Equally, it seems, it might rain every day for a month! Always ensure there is some moisture around your plants. Using a mulch is very effective, whilst also suppressing the weeds.

June is the time for the perennials in your garden to take centre stage. Whatever your chosen palette and

plants, whether it is roses or clematis, aquilegia or lupins, delphiniums or foxgloves, you can colour your garden in limitless combinations during June and the rest of the summer. If you happened to see any coverage of the Chelsea Flower Show on television then you will know the breadth of choice available is extraordinary, if not sometimes overwhelming. Whatever your own choice of plants they will all thank you for a helping hand and should reward you with fantastic displays. This might be by hoeing the weeds from around them to eliminate competition for water and nutrients, or it could be to provide stakes for taller plants or those prone to flopping like Penstemons or Knautia.

It is now a good time to prune your spring-flowering shrubs. As a general rule of thumb, if it has already flowered then it can be safely pruned at this time of year. Shrubs such as Forsythia, Camelia and Viburnum will all benefit from a tidy up. Tie in climbing roses, clematis and other climbers. If you deadhead roses as they finish blooming you will certainly extend the flowering season and will often get a second flush in September.

**George Turnbull**

enquiries@adelgardencare.co.uk  
www.adelgardencare.co.uk

# History Groups



## A History of Richmond Hill

**11th June 18:00-19:30**

The walk starts at **Leeds Minster** and follows the line of Timble Beck which provided power to the early mills of Leeds. We move on to Crown Point Bridge for a panoramic view of Richmond Hill.

Large 19th century mills front the River Aire at the bottom of Richmond Hill. The housing history of the area is of great interest, including blocks of flats planned at the same time as Quarry Hill Flats. The walk involves climbing the 'hill' of Richmond Hill.

**Tickets are essential**  
**See Civic Trust Website for booking**

Tickets are **£6** for members  
**£8** for non-members



**Abbey House Museum**  
in the gatehouse of the 12th century Kirkstall Abbey



**The 1152 Club** meet once a month on **Tuesdays** at **10am - 11.15am**, during term-time. at Abbey House Museum.

Next Meeting **3rd June at 10am**,  
*The Sheila Bownas Collection*  
*With Natalie Raw*

**11th July at 10am**  
The Evolution of Inhalers & Respiratory Care in the Home  
*with Dr Louise Atkinson.*

This is a free, friendly local history group for adults aged 55+, includes a hot drink.

No booking is needed.  
**Pat Bourne Leeds LS5 3EH**  
**0113 378 4079**

or contact

**Val Crompton**

# OPAL Activities

OPAL would like to thank everyone who sponsored Ailsa Rhodes MBE, the CEO of OPAL who ran the Leeds Rob Burrows Marathon on the 11<sup>th</sup> of May (after vowing never to do it again the last time). She did amazingly and we are all in awe of her determination and hard work.

We would also like to give a massive thanks to a group of our supporters who did the Three Peaks Challenge and raised over £500 and to Janet one of our volunteers who climbed Snowden.

All their hard work is raising vital funds we need to replace our old minibus, having our own minibus means we can offer more support to our members. It is in use all week, bringing members to activities and out on trips. If you see us out and about please give us a wave.



Paxton Horticultural Society will be holding their Summer plant and produce show on **21st June 1:30-3:30** at the Welcome In Community Centre and it looks like there will be

lots of interesting displays as well as lots of plants to buy, so why not come along and enjoy the blooms.

If members are interested in going on any of our trips please make sure you book as soon the booking opens to avoid disappointment, if you can also tell us of any additional assistance you may need on the trip at the same time it makes planning easier.

Thank you again for all your support, OPAL could not function without our volunteers and the wider support of the community.

## Contact us

If you like more information about OPAL or any of the activities we offer please contact us on 01132619103, email us on [admin@opal-project.org.uk](mailto:admin@opal-project.org.uk) or come in and speak to a member of the OPAL team at the Welcome In Community Centre (55 Bedford Drive, LS16 6DJ).

**Shelley Clark** (she/her)  
Project  
Worker  
OPAL

**OPAL**  
OLDER PEOPLE'S  
ACTION IN THE LOCALITY

# Adel Corpse Way



**Above:** Walking along the Corpse Way footpath, in 2010, from Otley Road, across two farm fields, to the old stile, - then across Church Lane to Adel Churchyard.

In the 17th century, poor families who worked on local farms - or at Cookridge Hall and lived in cottages, would carry their dead along this path (sometimes a child, in a wool body bag) - or they could borrow 'the Parish Coffin' to carry an adult. The bodies were buried, in Adel Churchyard, often with a simple, marked wooden headboard for those who could not afford a headstone. Their names were recorded, from 1606, in Adel Church first Burials Register but not their ages.

We now have new housing on the first, Adel Willows field. The farm field, next to Church Lane, is still a green space, along the boundary of Adel St John's Conservation Area. It is the valued rural setting for our Grade I listed Church,

Adel Corpse Way has become an all-weather, tarmacked, wide track across the field, next to the old stile on Church Lane.

This field, is used by deer and pheasants. It is part of Adel's green corridor with easy access from Adel Woods.

An Interpretation Board, by the stile, facing Church Lane is needed.

## Val Crompton

*The new track has become very popular with dog walkers and it does create a very quick link for people to walk from Church Lane to Otley Road. Do go and try it out, if you haven't already done so.*

*Editor*

# York Gate Update

“Everyone would like to have a herb garden, a little oasis of old-world plants and delicate fragrance” -- so wrote Margery Fish in 1956 in her book “We Made a Garden,” the book which, when it came to gardening, was Sybil Spencer’s bible, according to her son, Robin. And, she continued to write, “that like a Victorian posy, it must be kept very trim to be effective.”

Last July, writing about the Herb Garden at York Gate, I mentioned that plans were afoot to completely refresh the planting for 2025. Unfortunately, the dreaded box blight had infected the iconic box balls and spirals and many of the plants had become straggly and unkempt.

Although tragic, this was an opportunity to study Sybil’s planting records, held in the York Gate Archive, and incorporate some of the herbs she had planted into the new design. Sybil herself acknowledged that “it is in the nature of herbs to need replanting every three or four years – it cannot be said that a herb garden is a very tidy place – but what a fragrant task it is.”

Scent was very important to Sybil, so lots of rosemary, lavender, thyme and sage have been planted, along with pots of various mints. One new addition chosen in memory of Sybil is a *Rosa hugonis*, or Hugo’s Rose, named

for Father Hugh Scanlan, a Franciscan missionary, who sent its seeds to Kew from China at the end of the 19<sup>th</sup> century, hence it also being known as the Golden Rose of China. It has beautiful lemon-yellow flowers and Sybil planted a standard version of this rose as the crowning glory in the centre of her first herb garden in the 1950s.

The free draining soil in the garden is ideal for herbs but in a break with tradition, a golden gravel mulch has been added which will retain the moisture and reflect the heat, and most importantly, it looks beautiful.

A garden never stands still, and the gardeners at York Gate are constantly reinvigorating the planting whilst always keeping a nod to the past. As we approach Midsummer, I hope you will come along and enjoy the scents and sounds of our new Herb Garden.

*“To walk through the Herb Garden on a sunny afternoon, or after a shower of rain, or on a summer evening, is an unfailing source of refreshment.”*  
Sybil Spencer.

**Gillian Smith**  
Heritage Volunteer

## Visit Crag House FARM Garden Nurseries



Select your favourite flowers from over 50,000 homegrown bedding plants, grown in Melcourt peat free compost using recyclable pots. Add wonderful colour to your garden this Summer.

Looking for new tools, compost, plant food, outdoor pots, planters, garden ornaments & accessories we have great ranges NOW IN STOCK



Choose from a range of pretty hanging baskets and pots, filled with our homegrown bedding, ready for you to take home and display. A great gift idea!



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# QE Corner

Here it is again..... QE (Quite Enlightening) Corner. You all know that I like trivial information, so for your enlightenment I am presenting you this month with another miscellany of “facts(?)”

Charles Dickens performed as a magician at children’s birthday parties. His act was called The Unparalleled Necromancer Rhia Rhama Rhoos.

A California sea lion named Ronan can keep time with music better than 99% of humans.

According to the Office of National Statistics, the name Steven is now less popular for baby boys than Orion, Loki and Kobe.

Three-fifths of an octopus’s neurons are in its arms rather than its brain.

The Romans used shocks from electric fish to treat gout, headaches, hysteria and paralysis.

In the 19th century, hat feathers were so popular that a single heron feather could cost as much as twice its weight in gold.

Evolution is still at work in humans. The number of people with an extra artery in their forearms is increasing.

The word ‘pink’ originally referred to a murky shade of yellow.

There are vending machines in Japan that offer free food and drink in the event of an earthquake.

In 2024, telecoms company O2 launched an AI chatbot called Daisy Harris who kept scammers on the line by talking incessantly about her cat.

In 1979, when the UK’s first successful heart transplant patient woke up after his operation, his first words were ‘Did Fulham win on Saturday?’

Research into the Dunning-Kruger effect - the theory that the less someone knows, the more they think they know - began after a 1995 failed bank robbery. The thieves covered their faces in lemon juice because they thought it would make them invisible to the security cameras.

The Indian Pacific Train, which travels across Australia from Perth to Adelaide, has its own unofficial timezone.

Sushi was invented in China.

In order to encourage people to eat potatoes, Marie Antoinette wore potato flowers in her hair.

**Trevor Cole**

# Adel Players

## Review of “Separate Tables” by Terrance Rattigan

The Adel Players production was “in the round” (or maybe oblong!). This meant that the audience were close to the action - almost involved rather than observing. The large set was impressive – two “rooms” in a private hotel in Scarborough – the dining room and lounge, with a view into the back corridor to the office and an exit into the garden. The first half was set in 1954, an era remembered through the medium of TV at least. Congratulations to the set designers, sound effects and all involved as it was a convincing setting for the drama.

The dining room was opening for dinner and as the guests took their places, we noted that they were mostly female with furs much in evidence, and all but two were elderly. Another guest was introduced – a middle-aged woman smartly dressed in fashionable clothes – no furs. We learn later she was a former model. The conversation in the dining room enabled their characters to emerge and showed how each coped with getting old, being lonely and in straitened circumstances. These insightful observations on human behaviour could have been sad, but the pace and an unfolding dramatic storyline meant it wasn’t. We watched the effect of the

new guest on the others, particularly on a male guest, who it transpired, was a former husband she had tracked. After an acrimonious and enlightening conversation, he disappeared and reappeared next morning in the lounge, exceedingly drunk. This led to further revelations and a dramatic turn of events – demonstrating the destructive power of love.

For the second half we were back to the same hotel but eighteen months later. The warring couple were absent, the hotel staff were unchanged – a put-upon waitress and a very charming, wise, female hotelier and the two young people were now a married couple with baby (a very realistic, if quiet, one). Two other guests had appeared – an army Major and the daughter of one of the elderly female guests. Much of the action in this half took place in the lounge – and basically centred around the unmasking of the Major as a fraud and sexual predator and how it was dealt with. But there were other issues explored too – the effect of a dominant woman on her daughter was one. This doesn’t sound as if there was much room for humour, but there was plenty, which lightened the tension and relaxed the audience.

I thought it a wonderful play – allowing us to observe and have a greater understanding of some aspects of

human behaviour via a performance rather than life and suggesting we should not jump to conclusions and judgement. A valuable lesson! The Adel Players did the play full justice, with superb performances from cast of twelve – quite some achievement.

Most parts required were demanding verbally (some physically) and it is testimony to their performances and production, that we were quite shocked when we realised that it had kept us engrossed for the best part of three hours (less the interval).

### Ann Lightman

Unfortunately, you will have to wait until October for the next production by Adel Players.

They will be starting their new season with **'The Incident Room'** by Olivia Hirst and David Byrne, a tense play about the biggest police manhunt in British History, the hunt for the Yorkshire Ripper.

It will be on from **Wednesday 15th to Saturday 18th October**



## What's On

### Headingley Flower Club at Bramhope

**Wednesday 4th June**

Workshop

7pm Guests are welcome.

Bramhope Village Hall,  
Old Lane, Bramhope. LS16 9AZ

Contact Mrs Jean Money

Tel 01924 468714



### Sunday 22nd June Adel Fête and Open Day

**12noon to 5pm**

At Adel War Memorial

Association's grounds and halls in Church Lane.

This year's fête will be themed to commemorate the 80th anniversary of the end of the Second World War. We are planning some 40's themed fancy dress and a kid's ration book treasure hunt.

There will be the usual chance to have a go at various sports, visit stalls, buy ice cream and enjoy a barbecue, to name just a few of the delights on offer.



## Eccup 10 Race

On **6<sup>th</sup> July** this year the country lanes around Adel will be clattering with the feet of over **800** runners as they set out on the **32<sup>nd</sup>** staging of the Hollybank Eccup 10 race. The 10 mile race is the main annual event for the North Leeds based Abbey Runners and is one of the most popular road races in the region.

The race's origins were as a three day event which saw competitors run 5k on Friday, 10k on Saturday and 10 miles on Sunday. The 10 mile race was the runaway success though and no wonder, as the route is tremendous. It sets out from the picturesque village of Adel passing the iconic Adel St John the Baptist Church and York Gate Garden and then wends its way out towards Golden Acre and along King Lane to Eccup Reservoir. The section around the reservoir is particularly special as it follows a woodland trail deeply shaded by trees before bursting out to an open view of the water. The route then follows an undulating path around Eccup Moor Road, Eccup and Black Hill Lane. There is a bit of fun involved at Five Lane Ends as the runners pass this point three times during the race, each time taking a different path, before the final uphill dash back to Adel.

The Abbey Runners are a family friendly club with a very lively junior section so we try to make sure the

day gives something for everyone. In addition to the main 10 mile race there are junior races on and a fun run on the adjacent Bedquilts Fields. Then of course there are the famous homemade cakes and tea served in Adel St John Primary School.

One of the main aims of the race is to raise funds for charity. The race has been associated with the Hollybank Trust since 2011. The trust provides education, therapies and care for young people and adults with profound and multiple disabilities. In addition club members nominate a local charity to receive funds, this year it is St Vincent's Centre in Leeds.

We are very grateful to our sponsors: Addleshaw Goddard, the Grammar School at Leeds, Grant Thornton, Mr John Hall, Hallam Solicitors, Otley Garden Centre, Adel St John the Baptist School and Yorkshire Water. We would love to invite local residents to join in, whether it's to run, bring the children or cheer.

**For information;** The main race begins at 9:30; road closures will be in place from 9am to approx 12:30; further information is available on the Abbey Runners webpage <https://www.abbeyrunners.co.uk/races/eccup-10/>; main race entry at <https://racebest.com/races/2rfeg> junior races at <https://racebest.com/races/tq9xa>

# Barry Anderson

## Cricket Square, Bedquits

A number of residents noted that the cricket square had been severely damaged whilst the grass was being cut. I've just received confirmation from Parks Department that this is due to be replaced in May, and hopefully by the time you read this it will have been and you will have enjoyed playing on it.

## Lithium Batteries

I have been approached about the issue of how to dispose of lithium batteries. The current response from the Council is: "We are in the process of reviewing the acceptance of these batteries at the council's Household Waste sites. Factors to take into consideration are the health and safety implications for our operations, the sustainability of recycling arrangements we could put into place and the wider context of where obligations for this waste stream lie. It's a complex issue that needs a strategic approach, we are working to clarify our position."

## Lawnswood Update

I have received an update on the current position with the work on the Lawnswood Roundabout: "Utility companies Vodafone and Northern Powergrid have both now completed their advanced works, and landscapers

are working on tree relocations and site clearance. Yorkshire Water are currently undertaking investigatory works. Depending on the outcome of this work, they may have to return to undertake follow-up works. With regard to the main works contract, the tender period will close on Friday 2nd May. Once the evaluation period has been concluded and a contractor is appointed, we will issue a further update with the proposed start date."

## Travel To School

There is a consultation underway on secondary school transport. The link to take part is [www.yourvoice.westyorks-ca.gov.uk/school-travel](http://www.yourvoice.westyorks-ca.gov.uk/school-travel). This runs until 11<sup>th</sup> June. The Authority have advised that this information will help agree a new policy, which will affect the secondary school bus services they contract from September 2026 onwards at the earliest. The survey does not apply to transport for children with special educational needs or disabilities.

## Holt Lane/Otley Road junction

I have been asked by a number of residents if anything can be done about the problems at the above junction with cars being stranded in the middle of the junction making it difficult for pedestrians to cross as well as other issues for drivers. I took

## Please support our advertisers and mention Adel Bells

this up with the Highways Engineer and have received this reply in April:

"I have proposed to introduce a yellow box marking on Otley Road, to give space for traffic from Holt Lane to pull into, in busier periods. This would give space for some vehicles and allow a more regular flow of traffic. I am clearing this with colleagues from Urban Traffic Management Control to ensure it does not impact the sequencing of the signals themselves but unless I advise otherwise, we will be taking this forward. I would anticipate approximately 6-8 weeks to implementation, based on current contractor workloads."

## Residents-Only Parking

I often get requests for resident-only parking. There is strict criteria for this. To consider residential permit parking there is a 3-stage criteria, all of which

must be met to warrant such intervention. This is to ensure that the public highway, which is available for all to park upon, is managed in a fair manner to ensure that parking availability is provided for all, unless there are unreasonable and extenuating circumstances. The criteria is: 1) There is an all-day parking problem linked to a major traffic generator such as a hospitals, university or shopping centre, 2) residents do not have any off highway parking spaced within their homes and 3) residents are unable to park in close proximity to their homes when they return to the area

## Cllr. Barry Anderson

Adel & Wharfedale Ward  
Direct Dial 0113 3367742  
[www.barryanderson.org.uk](http://www.barryanderson.org.uk)  
Twitter/X @barryanderson19

# Billy Flynn

Hi all

## Home Security - be aware

Now that better weather is here, notably the early Indian Summer we are having as I write this in early May, please be aware that although you are very unlikely to be targeted by criminals, they are about. The following advice may seem obvious, but it is amazing how often we all make silly mistakes, me included.

Please do not leave windows and doors of your home or garage unsecured if you are in the garden or outside of the house. It only takes a few minutes for ne'er do wells to be in and out of the house. Similarly, if you are gardening or doing work outside of the house, please do not leave tools unattended. Thieves will take advantage of the slightest opportunity to take equipment left unattended even if left for a few minutes. You often see caged flatbacks

touring the area and they may resemble council vehicles. While most are performing a decent service of removing old white goods or unwanted metal, the odd one or two may not be genuine. It only takes a few seconds for valuable tools to be removed, and the thieves are rarely seen. Just to stress that this is very unlikely to happen to you but there is no point in inadvertently providing an opportunity for the random thief.

### **Covid 19 – Spring Vaccination/ Booster programme**

Do not forget that the current vaccination programme runs until 17 June. It covers the over 75s, care home residents for older adults and those with a weakened immune system who qualify. NHS advice is that residents who are still waiting for the vaccination should take the initiative to book an appointment rather than wait to be contacted, although someone may well get in touch with you too. The National Booking Service can be accessed via the following link, [nhs.uk/bookcovid](https://nhs.uk/bookcovid) or if you do not wish to or cannot book online, you can ring 119 free of charge.

### **Local services – a library or community centre?**

I mentioned last month the multitude of services offered at the Holt Park Library now called the Holt Park Community Hub and Library to reflect the wide number of services and events on offer. A monthly timetable

of what is on offer is now available. For example, in May they range from the NHS – maternity services, dietician, counselling - as well as smoking cessation and many others, including digital drop ins for advice on how to make best use of IT. If you would like a copy of future programmes of events please let me, know and I will forward them on.

### **Adel Square development – almost ready**

The development is now well advanced with show houses open for viewing, and the first homes ready for occupation this summer. The care home onsite is rapidly taking shape and is much larger than I anticipated. Advent, the developer intends to hold another open day at the site to allow local residents to see how the site is progressing.

If you would like further information on the issues above or have questions about anything else in the ward, please do contact me.

Telephone 07810 640282

or email [billy.flynn@leeds.gov.uk](mailto:billy.flynn@leeds.gov.uk)

The advertisement for CareYourWay features a purple and white color scheme. At the top left is the logo 'careyourway' with a leaf icon and the tagline 'Our family caring for yours'. At the top right is a circular award badge for 'TOP 20 HOME CARE GROUP' for 'AWARD 2024' from 'homecare.co.uk'. The main headline is 'Expert-Quality Care at Home' in a white script font. Below it, the text reads 'by our family-run, award-winning team.' and 'Welcome to CareYourWay, a family-run, award-winning home care provider committed to delivering the highest quality care. Inspired by personal experience nearly two decades ago, our CEO and her husband set out to improve care standards after witnessing the inadequate care her father received during his battle with terminal cancer. They believed they could offer the same level of care they would want for their own family.' The phone number '01133 227736' is prominently displayed. A quote from a 'Daughter of Family' says, 'No words can truly express the level of support you've given us.' The bottom of the ad features a photo of a caregiver in a purple uniform and an elderly woman in a white sweater holding a white mug. The website 'www.careyourway.co.uk/area/leeds' is shown in a white rounded rectangle at the bottom.

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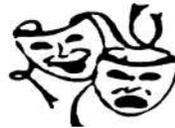


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m: 07841 436765



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St Winefrids School*

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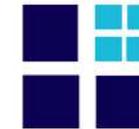
*"The facility is exceptional."*

*"Every member of staff shows kindness, support and care."*

For more information, or to arrange an appointment to view either Adel Manor or Guiseley Manor, please call the team on the numbers below or email [enquiries@newcarehomes.com](mailto:enquiries@newcarehomes.com)



Guiseley Manor Care Centre Otley Road, Guiseley, Leeds LS20 8FE Tel: 0113 323 0200  
Adel Manor Care Centre Adel Gardens, Otley Road, Leeds, LS16 7FP Tel: 0113 841 1000  
[newcarehomes.com](http://newcarehomes.com)



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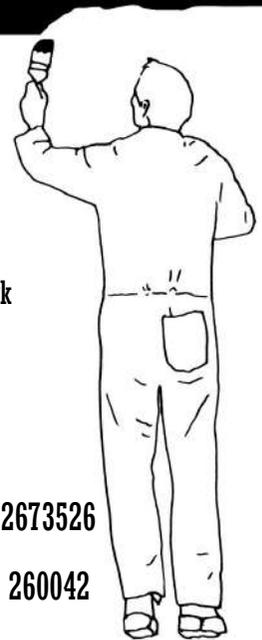
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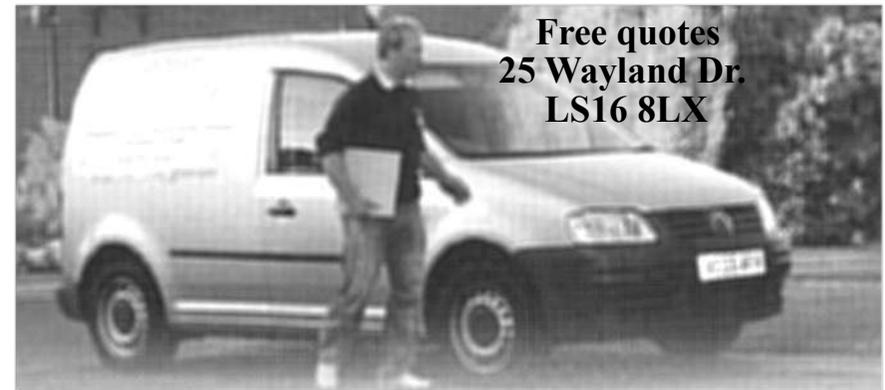


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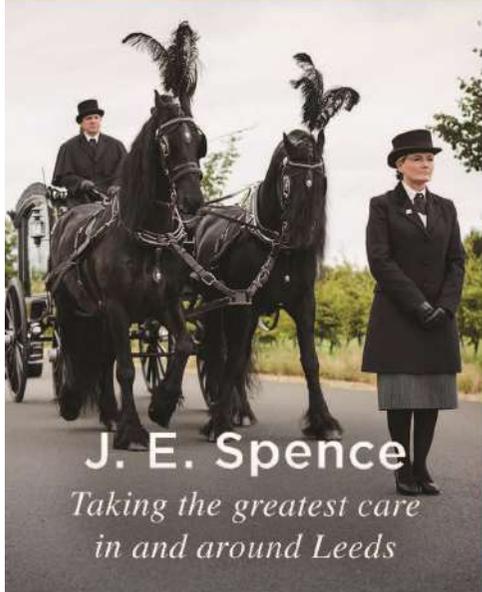
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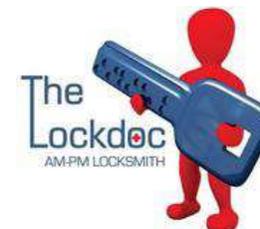
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## **Church Services in June**

<b>Sunday 1st</b>	<b>Sunday after Ascension Day</b>	<p>8.30am Holy Communion (BCP)</p> <p>10am Parish Communion</p> <p>6.30pm Evensong</p>
<b>Wed 4th</b>		<p>11am Holy Communion followed by coffee &amp; biscuits</p>
<b>Fri 6th</b>		<p>1.30pm J Js (for the under sixes)</p>
<b>Sunday 8th</b>	<b>Pentecost</b>	<p>8.30am Holy Communion (BCP)</p> <p>10am Parish Communion</p> <p>5pm ACE meeting in the Stables</p>
<b>Wed 11th</b>		<p>11am Holy Communion</p>
<b>Sunday 15th</b>	<b>Trinity Sunday</b>	<p>8.30am Holy Communion (BCP)</p> <p>10am All Age Service with Communion</p> <p>6.30pm Choral Evensong followed by light refreshments</p>
<b>Wed 18th</b>		<p>11am Holy Communion</p>
<b>Thurs 19th</b>		<p>3.15pm Holy Communion in the Stables, with tea &amp; coffee</p>
<b>Sunday 22nd</b>	<b>First Sunday after Trinity</b>	<p>8.30am Holy Communion (BCP)</p> <p>10am Parish Communion</p> <p>5pm ACE meeting in the Stables</p>
<b>Wed 25th</b>		<p>11am Holy Communion</p>
<b>Sunday 29th</b>	<b>Patronal Festival</b>	<p>8.30am Holy Communion (BCP)</p> <p>10am Parish Communion with confirmations</p>

**Junior Church** is held during term time, but not on the 3rd Sunday when there is a 10am All Age service, with communion, and children are welcome for the whole of the service in church.

**ACE** is a group for school year 4 and above. We meet in the Stables in term time to discuss our faith and play silly games. Ace+ start s at 6pm on 2nd Sunday of the month in church (at the Ace communion) and 6.15pm on 4th Sunday of the month in the Stables.