

The Stutton Standard

Autumn 2016

Edition no 6



Presentation to Flood Support Group

Stutton Social committee members handed over a cheque for the money raised at the Auction held in February in aid of the Tadcaster Flood Support Group. Kirsty Poskitt, representing the group said..." how pleased we are with this phenomenal amount of money raised by Stutton Village and friends. Every penny goes to support the people of Tadcaster so dreadfully affected by the floods, some families are only just getting back into their homes. The support group are helping people, social groups and small businesses replace things not covered by their insurance, for example the Support Group has just helped Tadcaster Albion Juniors replace their kits which were all destroyed in the floods. This money is a vital part of our support and the people of Tadcaster are very grateful – thank you."

Paul Spurrier

Village Defibrillator

Following work with Heartsafe Communities in Harrogate, Sutton cum Hazelwood Parish Council has been able to buy a defibrillator (Automated External Defibrillator – AED) for community use.

The AED will be installed on the wall of the Village Hall in Stutton, just next to the front doors.

The AED is a small lightweight, easy to use device, which could help save the life of anyone who suffers a sudden cardiac arrest. The unit can be used by anyone, and the one we have uses voice prompts to guide the user in what to do. So nobody needs to be afraid of using an AED.

The Parish Council felt that this was a very important, worthwhile and necessary purchase for our village, particularly when considering the need for swift action if anyone suffers a sudden heart attack.

If someone suffers a heart attack there may only have a few minutes to act before it is too late. The Yorkshire Ambulance Service has a target 8 minute response time for 75% of patients, even this may be too long to wait in the event of a heart attack. So, making the decision to buy an AED for the village really was an easy decision for the Parish Council to make.



To support the installation and use of the AED we are offering a **free drop-in briefing session in the Village Hall on Saturday 8 October, between 10am and 1pm**. The session has very kindly been organised by Nicola Hill and her colleagues from the Leeds Teaching Hospitals NHS Trust.

Everyone who would like to attend the session is welcome and it will cover topics such as how to use the AED, CPR and some general first aid topics.

We all hope we will never have need to use the AED, but if we do, we now have one in the village and we will know how to use it.

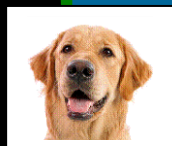
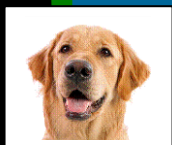
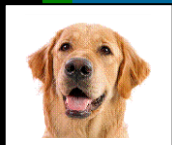
The leaflet enclosed with this copy of the Stutton Standard provides some answers to frequently asked questions about cardiac arrest, heart attacks, CPR and AEDs, please keep it in a safe place.

Paul Spurrier

Stutton 5K, 10K9 and Dog show



Thanks to Everyone



Best in show – Connie with her owners (and organisers) the Roberts family along with Judges



Jon Roberts presents trophy to winner James Hirst

Congratulations to James Hirst who set a Stutton 5K record of 22.31 to win and beat his brother and 2015 winner Andrew Hirst into second (22.43) with Liz Mould third (23.23)

Thanks to all who came and supported the Stutton Run and Dog Show 2016. We hoped you enjoyed it despite possibly picking the wettest day in September!

Special thanks to all who helped set up and helped on the day, to all our generous sponsors and, of course, to Kevin and his team at the Hare and Hounds for hosting the event.

You helped raise a fantastic £400 for the Children's Assessment and Treatment Unit at Leeds General Infirmary and Guide Dogs for the Blind.



3 Peaks Challenge



On 10 September a group of friends; Rachel Jackson, Lynsay Wigglesworth, Alex Hilton, Jonny Grayson and Stephen Longfellow all from in and around Stutton embarked on an amazing challenge - climbing the 3 peaks, in aid of St Leonards Hospice. They stuck together as a team through the highs and lows and did it all in one day! They had help from their support crew who looked after them through their preparation, before and after the climb supplying them with love, encouragement and (most importantly) homemade pies for their evening meal! If anybody would like to donate, you still can at

<https://www.justgiving.com/stuttontakesonthethreepeaks>



Granny P's recipe corner – Coffee cake

This edition we thought we'd inspire you to get baking! This coffee cake recipe has been a family favourite for years – the number one request for coffee mornings!

Ingredients

175g (6oz) soft margarine
175g (6oz) light muscovado or caster sugar
175g (6oz) self-raising flour
1 tsp baking powder
3 eggs
3 tsp instant coffee, dissolved in 2 tsp boiling water

For the frosting

75g (3oz) butter, room temperature
150g (5oz) icing sugar, sifted
3 tsp Instant coffee, dissolved in 2 tsp boiling water
50g (2oz) dark chocolate (optional)

Method

Beat all of the ingredients in a mixing bowl or a food processor until smooth. Divide the mixture evenly between 2 x 18cm (17inch) sandwich tins, greased and base-lined with oiled greaseproof paper, and spread the surface level. Bake in a preheated oven, 180°C (350°F) gas mark 4, for 20 minutes until well risen, the cakes are browned and spring back gently pressed with a fingertip.

Leave the cakes for a few minutes then loosen the edges, turn out onto a wire rack and peel off the lining paper. Leave to cool



Frosting

Put the butter and half the icing sugar in a mixing bowl, add the dissolved coffee and beat until smooth. Gradually mix the remaining icing sugar until pale and creamy.

Put one of the cakes on a serving plate, spread half the frosting then cover with the second cake. Spread the remaining frosting over the top. Pipe or drizzle swirls of melted chocolate on top, or alternatively add chocolate buttons or walnuts, whatever you fancy.

This cake can be stored in a cake tin for 2-3 days in a cool place.

If you have any family favourite recipes and you would like to share them with us all, please email them to me at wrigglesworth291@btinternet.com
Lynsay Wigglesworth

MacMillan coffee afternoon

Come and join us on **Saturday 8 October from 2-4pm at the Village hall** for a drink and a piece of cake and support a fantastic cause at the same time. All profits go to MacMillan Cancer support.



As well as lots of cake there will be a Temple Spa representative, a Jewellery stall, a raffle and a performance from the Stutton Singers ladies choir!

All cake donations gratefully received.

Your village needs..... Your Bulbs

Community Village Bulb Planting Scheme In Partnership with the Parish Council

We are looking for donations of Daffodils, Crocuses, Snowdrops or whatever you can offer.

We plan to plant them on Sunday 2nd October from 10am (meet at the village hall) so next spring our village will look bright and colourful.

So keep the morning free and bring everyone along for this wonderful village event, and after all that work we'll have tea and cake!

Don't forget next time you're at the garden centre.....remember bulbs!

You can drop them off at the railway arch at the bottom of Green Lane or please call Lynsay on 01937835039/07771613177 and I will collect them.



Spotlight on Stutton



Name: Miss Faye Medlycott

How long have you lived in Stutton? 18 years (Dec 1998)

Whereabouts do you live in Stutton? Sugarhill Farm area.

What do you do for a living? Army - Royal Artillery.

What do you like doing in your spare time?

Travel/socialising/riding/dogwalking.

What brought you to Stutton? Parents/home

What is the best thing about living in Stutton?

The community and the pub.

What is the worst thing about living in Stutton?

Not sure there is a bad thing!?

If you could change one thing about Stutton, what would it be?

To have a village green with a pond!

Please tell us something about you that might surprise us!

I used to have very short peroxide blond hair! 😊🌟

Stutton is.....a truly wonderful village with a fantastic community.

My best memory of Stutton is....Being in the pub, and laughing so hard for so long that my face hurt.



Upcoming Events

Date	Event	Venue
2 October (10am)	Bulb planting	Village hall / village
8 October (10am-1pm)	Defibrillator training	Village Hall, just drop in, no need to book
8 October (2-4pm)	MacMillan coffee afternoon	Village Hall
31 October (5:30-8pm)	Halloween pumpkin competition	Put your creations on your doorstep
5 November (From 6pm)	Bonfire night – including Guy competition	Stutton Village, Weedling Gate
11 December	Christmas event	St Aidans church

Please pop into the Hare and Hounds or speak to a member of the committee for further detail or email the social committee either at the email address below or through Facebook.

Electronic copies of the Stutton Standard and notes from the social committee meetings can be found on the Parish council website.

Diary of regular events

- Sing for fun (Ladies only) – Every third Monday of the month 8-9:30pm St Aidans
- Bridge club – Every other Thursday at the Hare and Hounds
- Mindfulness- Tuesdays from 6:45-7:45pm
- Quiz night at the Hare and Hounds every Sunday from 8:30pm
- Stutton Social Committee meetings – every third Thursday of the month
- Parish Council meetings – every second Thursday of the month

Local links

Stutton Parish Council website – <http://www.stuttonpc.org.uk>

Facebook pages for Stutton Community and Hare and Hounds

Contact details

Stutton social committee – stuttonsocialcommittee@gmail.com