

Manor House Sedgefield: Offices to let

Offices at this magnificent building at the heart of Sedgefield have become available for rent. There are 17 offices which can be let as individual offices or suites to create larger facilities.

This is a unique opportunity, as it is unlikely that so many offices will become available simultaneously again for rent in the future.

Furnished and unfurnished offices are now available.

Facilities for business include meeting room, coffee room, car parking and archiving space. Business support is also available if required.

The Manor House is a historical building that was built in 1707 and has been used as a school, council offices and magistrate's court.

Being located in the Manor House, overlooking the village green, means being a part of the history of this impressive town.

For more information or to make an enquiry see

www.manorhousesedgefield.co.uk or contact the new owners, Manor House (1707) Ltd. on 01740 62 99 99.



SDT reception and the Sedgefield News survey

There was a good turn-out at Sedgefield Development Trust's reception on November 24th. A stirring speech from Peter Barron, editor of the Northern Echo, got the evening off to a very positive start. He talked from his own experience of how individuals and groups of motivated people can make a difference, and it helped boost our enthusiasm for the current projects and for seeking out new challenges for the future.

The reception also launched the Sedgefield News Survey which has also produced a good response, and some welcome offers of help in. Tony Magee was at the reception, having already volunteered to help with Sedgefield News following the retirement of current editor, Sandy Clubley. A summary of the findings of the survey is given below, but in order to ensure that the News continues after February we do need to put other people into a team alongside Tony.

The people who completed the survey were amazingly complimentary about the News. Over 90% of copies were read by more than one person and 98% read the News as a paper copy although almost 10% of read it online – yes, about 7% of you seem to read it twice!

Readers thought the content was either excellent or good right across the board; in fact in every type of content over 90% of you classed them as excellent or good. The Trust hoped you would value Sedgefield News but would never have expected such a massive endorsement.

There was also great appreciation of the adverts; over 62% of readers regularly use the adverts to find local suppliers. There was some support for the idea of grouping the adverts together more than happens at present.

Overall 61% of you rated Sedgefield News as excellent and 32% of you as good. Only one (anonymous) individual thought the paper was poor; who are you? You should be on the new editorial team!

We are trying to contact those who said they were prepared to help, but as things stand now (just before Christmas) we are looking for volunteers for these roles:

Someone to deal with advertsing.

Someone to put the paper together, using "Publisher" or similar.

Someone to organise the diary page.

Finally, SDT will be in touch soon with the three lucky winners of our free draw; they were Julia Bowles, Doreen Kenny and someone who signed themselves simply Tate (could you send us your contact details please?)

Our AGM is to be held inside the beautifully refurbished Manor House. Please come and meet the team. You won't be browbeaten into volunteering and it may even inspire you, as it does those of us who are already involved in such projects as Days In Days Out, Energy Switch, the Farmers' Market and of course, Sedgefield News.

Sedgefield Energy Switch

As we have reported, the scheme has been quite a success. Those who have already joined in have helped to produce the rather stunning result that in Sedgefield, the average rate of take up was almost double the average over all the other schemes in the country. It has been described as formidable!

The next registration period is underway and you can join at any time up to February 2nd. Go to www.sedgefieldweb.co.uk/energyswitch to register online, or call 07980 132 594 for assistance.

Sedgefield Development Trust Limited

Notice of Annual General Meeting

This is to give notice that Sedgefield Development Trust Limited will hold its Annual General Meeting on

Monday 16th February 2015

at 7.45 pm, in the Manor House.

The business part of the meeting will be short, leaving plenty of time for discussion afterwards.

This AGM is an open, public meeting.

SDT is owned and controlled by the community. Any special or general resolutions proposed must be with the Company at its registered office, 7 Melgrove Way, Sedgefield, TS21 2JN, no later than 12 noon on Friday 13th February 2015.

All nominations for Directors must be with the Company Secretary by latest, noon Friday 13th February 2015.

Sedgefield Development Trust is a company limited by guarantee;

Company Number: 4312745 and a registered charity,

Charity Number: 1100806

Social media

The @sedgefieldnews Twitter account has been around for some time, but recently we launched a Facebook page. Much to our delight, it has already had hundreds of 'likes' already.

Both media will allow us to be in touch with you, and you with us, throughout the month.

Farmer's Market update

January's market will be smaller than usual, but the basics of vegetables, meat, bread and baked goods will be there and there may well be more.

The community stall will be the National Animal Sanctuaries.

From now on, stalls will be protected from high winds by stabilising weights on the feet.

House of Eden



'Little things that count'

Children's Nursery

www.edennursery.co.uk

Bishop Middleham:

Manager, Natalie Richardson

01740 651224

Fishburn: Manager, Carol Woods

01740 620683



Sedgefield Bowls Club Player of the Year 2014

Joan Gibson lives in Fishburn and has been a member of Sedgefield Bowling Club for sixteen years. This year she beat all the competition to become our player of the year. A great tactical player, Joan also Skips one of our teams in the Durham County Community Carpet Bowls League. Despite being one of our older players Joan remains fit and active and plays two or three times every week. New players are always welcome and can play for fun and exercise or join in the competitions. Information about our opening times are available on request from the club secretary Sheila Sutherland. Call 01740 622532.



Chairman Norman Teanby presents Joan Gibson with her trophy.

Ceddesfeld Hall



Home of Sedgefield

Community Association (SCA)

Much continues to happen at Ceddesfeld Hall, and groups have been busy with special Christmas events and social occasions.

Just to list a few events; Sedgefield Gardening Club and the Ladies Club held their Christmas parties, and the very talented Lirica performed their 'Autumn Song' to a packed house.

Sedgefield Ladies Escape enjoyed a festive evening making Christmas cards and local choirs have been busy rehearsing for their Christmas concerts. Never a dull moment! A group of members met one Sunday morning to decorate the ground floor of Ceddesfeld Hall. A large decorated Christmas tree accompanied by Santa and 2 reindeer can be found in the entrance hall. Smaller trees and garlands add a festive look elsewhere. These will all stay in place until the traditional date of 6th January.

2015 is set to be another busy year at Ceddesfeld. The SCA are holding a Burns Supper (details below) and Ceddesfeld bar is open every Sunday to Friday evening, with real ale and a selection of wines sold at very competitive prices! Please pop in if you're out and about.

Hardwick Park volunteers' update

The Volunteers' work on the shrub beds continues. They have completed a large fencing job at the plantation as well as planting 300 young trees and continuing to keep the Park tidy. The annual clean up of the Serpentine is under way and work has also been carried out on the East Park. Many of the volunteers provided assistance with the Halloween Event day on the 29th October.

The Autumn and Winter activities have been a great success, the Toddler Tales & Trails and the autumn and winter themed school visits proving especially popular (with children and adults alike). The park has engaged an artist who is making a willow sculpture of the Gruffalo. It will be hidden in the woodland and a self led Gruffalo trail will be developed to lead children through the woodland to find him.

Volunteers will soon be seen in their new corporate uniform. If anyone is interested in becoming a volunteer, either outside or in the Education Department, please contact Sara on 01740 621505.

Suzanne Hopper Education Volunteer

Youth Café at Toshach's

This new youth project has been judged a success so, happily, opening has been extended into the New Year, beginning on January 9th. We would very much like to thank the owners of Toshack's Cafe for being so supportive and agreeing to continue, now on a weekly basis. So far, between 13 and 27 young people have attended on the evenings we have been open, with table games and a quiz available. We hope that, as the Cafe becomes more established, the young people will contribute to the organisation, and suggest events they would enjoy.

Ceddesfeld Hall

Home of the SCA



Burns' Supper

Saturday 24th January

Drinks reception 7pm, Dinner 7.30pm

Mrs Sutherland's Scotch Broth,
Haggis Neeps & Tatties; Roast Beef,
Sweets, Cheese board; Coffee & Mints,
Whisky or Port

Traditional Address To The Haggis,
Verses and Toast To Immortal Memory
Tickets £23 from Ian/Sheila 622532,
John/Maxine 620042, David/Wendy
620206, Pat/Dudley 620607 or
Sedgefield Town Council offices

Sedgefield Village Neighbourhood & Crime Watch Panel

Flask in the Fridge: This scheme aims to ensure that the Emergency Services called to a person's home can determine the patient's prescribed medication if the patient can't provide clear and accurate information at that point. Please remember to update the information in your flask if your medical situation changes. Accurate and up to date information will help the Emergency Services to help you.

You can use the most recent medication script in your flask provided it details your current medication or, if you have moved to the paperless system, simply call the GP practice and they will happily provide you with a copy prescription.

Home Security - a Brief Reminder

Bogus Callers & Walk in Theft: Make sure you confirm the identity and credentials of any caller to your house. Police and N/H Watch advise you not to buy from unsolicited callers.

Remember any open window, or unlocked door is possibly the one chance a thief or burglar needs. Make it your habit to keep doors and windows locked even when you are in the house.

After Dark: Make sure your home appears occupied. Use timing switches to turn on lights and radios while you are out,

Cars: Keep them locked, even on the drive; and don't leave valuables inside or on display.

Don't be complacent – think security! Build this simple advice into your security routine! Phoning '101' to inform Police of unusual or suspicious vehicles, persons and activities that cause concern can help identify patterns of criminal behaviour that might lead to prevention of crime or conviction of criminals.

Next Meeting: Tuesday 10th February in the Fletcher Room, Parish Hall

Residents Forum Jottings

No scheduled for December and we are still hoping that volunteers will come forward to manage the Forum into the future. To date we have had no offers so the January meeting may be the final meeting of the Forum. Please consider giving some of your time to supporting the future of the Forum. It is really important that residents have a venue to discuss issues and gain mutual support - it gives us all a voice.

The January meeting is on the 5th at 7pm in the Fletcher Room of the Parish Hall; why not come along and find out what is happening?

A very happy and peaceful Christmas and New Year to everyone.

Do you know someone who deserves a medal?

Durham County Council are looking for individuals or organisations that have done something special for their community. If you know of anyone or group who deserves to be given the opportunity of being awarded a DCC Chairman's Medal now is the time to act.

The Chairman's Medal is presented to individuals and groups to recognise significant achievement and outstanding effort in all walks of life. It's the highest honour the council can bestow and Area Action Partnerships (AAPs) are looking for nominations from across the county in the run-up to a major presentation event next year. The awards ceremony will take place in March and the closing date for nominations is Friday 16th January.

Citizens' Advice Bureau - Adviceline Numbers

Monday - Friday 10am - 4pm

From a land line 08444 111 444

From a mobile 0300 330 06 50

TYPETALK users 08444 111 445

From PC Keith Todd

Further to my report last month, regarding a male youth who had been caught on cctv causing damage to the flower tubs on the village green; this crime was dealt with by means of the Restorative Justice procedure. Basically, the youth was required to attend the village green with a parent and undertake 1 hours unpaid gardening work under the supervision of Steven, the council gardener. This is not a soft option but is designed to teach him a lesson and to understand how his actions had affected residents who work hard to keep the village a pleasant and colourful place to live in and visit. I would like to believe this is a one off incident and most youths would respect their surroundings.

Crimes reported recently include a garage in Eden Drive having been broken into and two motorbikes stolen. In the Winterton estate, two unconnected incidents have seen a vehicle damaged by having it's tyres slashed and paint stripper thrown over it. The other vehicle had its bonnet scratched. A male was arrested and charged with damage to doors in the Black Lion pub and damage was caused to a notice board on the high street.

Pub Watch

A meeting was held recently at the Hardwick Arms. One incident was recorded in the Black Lion. The male has been banned from all member premises until the next meeting on 5th January 2015.

P.A.C.T.

A meeting was held directly after the Neighbourhood watch meeting recently. It was agreed that the priority for this month would be parking issues at the entrance to Salters lane industrial estate where there is expected to be an increase in traffic.

Until next time, Keith

Police Numbers

Local Police - 101

CPO Duncan Gill 01325 742714

Parking Shop 0191 3846633

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Sedgefield Village Veterans Association Update

As many of you will know, the Village Veterans have lost two of members in recent weeks; our Chairman, Tim Spearey, passed away suffering from cancer, and more recently we lost an honorary member, Grace Wilson, a stalwart from our Raffle stall.

Tim's funeral at Catterick was well attended by the Veterans and Boundary 500 Club members, who formed an Honour Guard along with many friends and relatives. However we hope to hold a memorial service for Tim at St. Edmunds sometime after Christmas, to enable all his friends and associates from Sedgefield to attend and mark our respect for the work that Tim did in and around Sedgefield in the last few years. It was a sad loss, made more so by the fact he had only recently retired to enjoy life.

The Veterans Association will be holding appointments for the Officers at the AGM on Monday 12th January at Ceddesfield Hall. Nominations are being posted and added to a list which is displayed on the notice board at Ceddesfield Hall.

Grace Wilson's funeral was also well attended at St. Edmund's church, the Veterans again forming an Honour Guard for Grace, who was a Woman's Land Army Girl during WW2.

Sedgefield Village Veterans will hold our usual Coffee Mornings through the year, and hopefully there will be no more repatriations from Afghanistan or elsewhere! Like many associations, we too are looking for new members and fresh ideas, so if you qualify and would like to join we would be more than happy to see you on 12th January. *John S. Dale*

Bereavement Support

A weekly drop-in support group is open from 3 to 5pm every Thursday at St. Edmund's Church, for anyone needing to talk about their bereavement. Trained listeners will be present to offer mutual support for those who have lost someone close to them. Everyone is welcome - this is open to people of all faiths and none.

For further details, please contact Panny Pighills on 01740 620909.

*In future, Bereavement Support will appear in **Regular Meetings**, p6. Ed*

Diane Carr

B.Sc. (Hons). S.R.Ch., M.Ch.S.

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Golden Charter Funerals

January Events

New Generation Church Sundays in January at 11am in the Parish Hall. Everyone is welcome.

Friday 2nd January

Sedgefield & District U3A 2pm, Parish Hall. Julian Harrop 'Beamish Museum Past, Present & Future'. Members Free, Guests £3. For more information call Brenda on 01740 629574

Sunday 4th

Sedgefield Farmers' Market from 8.30am on the Village Green.

Monday 5th

Sedgefield Local History Society Ceddesfeld Hall, 7.45pm. Speaker, Robin Daniels: The Medieval Town of Hartlepool

Wednesday 7th

Sedgefield WI Parish Hall at 7.15pm. Aerobics from your chair with Sue Smith. Members' Competition, a scarf brooch. Visitors always welcome

Thursday 8th

Sedgefield Show 8pm in the Nag's Head

Friday 9th

Youth café at Toshach's open from 7 - 9pm and **every following Friday**

Saturday 10th

Cricket Club Quiz Night starting at 8pm.

Monday 12th

Methodist Wives & Friends 7.30pm Carrier Bag Sale

Sedgefield Village Veterans AGM and Appointments for Officers at Ceddesfeld Hall.

Tuesday 13th

Ladies' Club Ceddesfeld Hall. Food Bank talk by Michael King

Friday 16th

Live Music Night Sedgefield Cricket Club 7.45 pm. **Mambo Jambo** plus Easy Life, John Weighell & John Wrightson Band. £11, including buffet. Tel 621347

Monday 19th

Meditation Group Meets in The Welcome Room at St Edmund's 7 - 7:30pm. All welcome for a short time of reflection.

Wednesday 21st

The Health Bus is visiting Sedgefield Community Hospital. 9.30am -5pm Free Check4Life health checks for all.

Friday 23rd & Saturday 24th

Sedgefield Winter Beer Festival With bands, 101 (Fri) & the Q Jumpers (Sat). Tickets £5 per night from the Post Office

Monday 26th

Methodist Wives & Friends 7.30pm Alison Hodgson - The Poor People of Sedgefield

Tuesday 27th

Ladies' Club Evening out.

Saturday 31st

Sedgefield in Bloom Dance 7.30pm, Parish Hall. Dancing to Eric Leighton (50s, 60s, C & W) Tickets are £9, including pie & peas, from the council offices - call 621273. Bring your own drink & glasses.

Looking ahead: Monday 16th February

Sedgefield Development Trust AGM & open meeting. 7.45pm in the Manor House

Regular Meetings

NECP Concertina Workshop 2nd & 4th Sun 1pm, Ceddesfeld Hall. 01642 588197

Eddies@4 Sundays For 2-6 yr olds. 4pm, Welcome Room, St Edmund's. 621125

Bridge Club Ceddesfeld Hall Sun & Tues 7.30pm. Beginners welcome. Jen 620434

Sedgefield Players Parish Hall, 7.30pm Sun & Wed. SPYS Sunday 6.30pm. 620091

Ceddesfeld Hall Pre-School Mon, Wed, Fri mornings; Children 2+years 620934

Sedgefield Playgroup Methodist Hall, Mon, Wed, Thurs, 9:15-11:30am tel. 620893

Fishburn Art Group Youth & Community Centre, Butterwick Rd. Monday 9.30am-12

Community College Bowls Mon 6-8pm. Carpet/Short Mat Coaching All ages 623198

Sedgefield Mags 1st Mondays, Nag's Head, 8pm 07966029434

Tai Chi Tuesdays, Parish Hall, 10 - 11 am.

Sedgefield Carpet Bowls Tues & Thurs 8.30am-12. Ceddesfeld Hall. Beginners welcome. Call 622532

Fishburn Taekwondo Club Tues & Thurs 6pm, Fishburn Youth & Community Centre. Mike Britton 07743455065

Sedgefield Pop In Club for elderly & disabled. Ceddesfeld Hall. Tues 9.30-12 Wed 10-12.30 Thur 1-3.30

Sedgefield Art Group Tues 6.30-8.30pm Methodist Church Hall. Tuition, all welcome

Craft Club Swinhoe Rm, Ceddesfeld Hall, 2nd/4th Tues 7.30-10pm. 620656

CAB Advice Fortnightly Sessions Wednesdays 10am-1pm Sedgefield Advice & Information Centre

Sing for Health 2nd & 4th Weds, 1-2pm, Methodist Church Hall

Toddler Club Wed term time 1.15 to 3pm, Ceddesfeld Hall. Joan Brennan, 622385.

Sedgefield Handbell Ringers Wed 7.45pm Ceddesfeld Hall (Mon1st wk of m'th) Beginners welcome. 621292

Rotary Club of Sedgefield Wed 7.30pm Call Bob, 07831270892; Mel, 07530315331

Sedgefield Acoustic Evenings 1st Friday & 4th Wed. Ceddesfeld Hall, 8.30pm Informal singaround, all welcome.

Round Table 1st, 3rd & 5th Thursdays. New members welcome. Carl; 07775644598

Bereavement Support Group 3-5pm Thursdays, St. Edmund's Church

Ceddesfeld Hall Art Group Small friendly group 10am -12 Thursdays

Café@St Catherine's Friendly chat & Fishburn gossip! Fridays 9.30am-12noon:

Lyrics Choirs Fridays in Ceddesfeld Hall. SLYC 6pm Adults 7.30pm All welcome.



The Health Bus is here for YOU!

Wednesday 21st at Sedgefield Community Hospital from 9.30 - 5pm

Residents of County Durham are being encouraged to move more, eat well, stop smoking, drink less and live longer by hopping on to the Check4life Bus for a Check4life Health Check. No need to book an appointment – simply turn up on the day for your free check.

The check involves a few straightforward health tests and some simple questions about your medical history. There will be time to discuss the results with a Check4life Health Advisor afterwards.

Everyone is at risk of developing heart disease, stroke, type 2 Diabetes or kidney disease. But these diseases can often be prevented, and a Check4life Health Check can help you by assessing your risk and giving you personalised advice on how to reduce it.

The Check4life Bus is an excellent opportunity for people in Sedgefield and the surrounding area to have a Check4life Health Check, free and on your doorstep!

Sedgefield Rock & Blues Club

The next gig is on **Friday 16th January** and, on a rare trip this far North, we have Tim Aves WOLFPACK supported by the Hokum Hotshots. Tickets are £12 from **07957104434** or online at www.sedgefieldblues.com.

DIDO Christmas Party

There was a great turnout and a fantastic atmosphere in the Parish Hall, as well as the tables groaned with more food than you could possibly imagine! Singing ventriloquist Jeff Wright and his Little Friends were brilliant and when Gloria Wills sang, the whole room seemed to be singing with her. Great party!

Sedgefield Library

Wed 9.30am-12.30pm Thurs 10am-6pm
Fri 1pm - 7pm, Sat 9.30am-12.30pm

Tel: 03000 269521

Craft Club: 10am-12 noon on
Thursdays 8th & 22nd

Sedgefield Library will re-open on
Wednesday 7th January at 9:30am,
when normal hours will resume.

On behalf of all the library staff we hope
you had a happy festive period.

Do U Like To Dance?

Ballroom & Sequence Dancing
Tuesdays January 6th and 20th
Sedgefield Parish Hall from 1-3pm
£2.50 including refreshments.

New group is open to men, women,
singles or couples. Call Ann, 629070,
Joyce, 622601 - or just turn up!

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SPORTS UPDATE with CHRIS LINES

Well, that's it for another year. As ever, there has been plenty of great sporting news from Sedgefield to celebrate during 2014, with the latest below. And I have no doubt that 2015 will bring a lot more for these pages. Thank you to everyone who has sent me contributions – all are much appreciated and additional correspondents will be welcomed (news to chrislines@aol.com please).

As we look forward to the 2015 sporting calendar, I can already see plenty of potentially fantastic events on the horizon, in every month of the year. For now, I for one am going to briefly relax and, inevitably, turn my attention to the game of darts while it has its brief moment in the national spotlight. But before that, I'll reflect on the BBC Sports Personality of the Year Award, which has just been handed to Lewis Hamilton. That world title certainly came in handy during the public vote. Impressive though Mr Hamilton's achievements have been, I thought that the contenders who came second (Rory McIlroy) and third (Jo Pavey) were more deserving of the award. However, that's just my opinion! Talking of awards...

Sedgefield Village Games

It has been a busy year for the Sedgefield Village Games (SVG) and the organisation is preparing for much more in 2015. During 2014, SVG awarded three bursaries to talented young sports people in Sedgefield – para-climber Esme Hart, cyclist Ben Hetherington and athlete Abie Hearmon. The contributions from SVG helped all three achieve major objectives during the year. Young people can apply for a bursary at any time by visiting www.sedgefieldgames.com/bursary-application.html and downloading an application form to complete.

SVG also organised and supported events in Sedgefield, including the family fun and games afternoon in September. However, probably the most significant development was the provision of a defibrillator to the community, which is now attached to the external wall of Sedgefield Surgery. Funding for the equipment came from SVG and from Sedgefield Rotary, Sedgefield Ladies Escape, Right Lines Communications, Sedgefield Squash Club, Sedgefield Harriers and Sedgefield Surgery. In partnership with the North East Ambulance Service, SVG also organised a series of free awareness and training sessions, including one for students at Sedgefield Community College.

Sedgefield Village Games is an organisation that is open to everyone in the community and is keen for more individuals and clubs to get involved. There is plenty in the pipeline for 2015, but SVG would like to hear from anyone who has ideas or is interested in contributing to the work that SVG does to promote sport and active lifestyles in Sedgefield. For more information, visit www.sedgefieldgames.com.

Squash

At the half way point in the Durham and Cleveland leagues, Sedgefield Squash Club's six teams have all had a tough first half to the season, which is perhaps to be expected, given that all four men's teams have achieved promotion in the last two years, and the club is the only one in the leagues that is fielding two ladies' teams.

The men's first team has made a good solid start in the Premier Division, playing against the best players in the area, and in many cases, 'ringers' brought in from further afield. Their record so far of three wins and six defeats needs to be put in the context that they have played the top three clubs twice already – expectation is that the end of season results will look far more balanced. With home grown players such as Stephen Rowsby, Rob Pearce and Oliver Walls as regulars, Sedgefield should be very proud of this team's achievement so far, and support at home games has been fantastic. The second team has probably fared best of all of Sedgefield's teams. With a record of three wins and four defeats, they sit third in Division 3, still with a possibility of promotion at the end of the season. The newly promoted third team has won two and lost five matches in Division 4, although all games have been close and they hope for a mid-table finish. While the fourth team has lost all matches so far, all but one were very close 3-2 defeats. The results haven't really reflected performances and the players hope to start recording victories early in 2015.

The ladies' first team again has also had a tough start to the season, losing a couple of players, while other teams have become stronger. Having won two and lost five matches, they hope to retain their position in Division 1. The ladies' second team has won once so far, but all games have been against other clubs' first teams. However, being able to put out a second team demonstrates the high number of ladies playing squash at Sedgefield. Overall, it has been a shaky start to the season, but small improvements in the second half should yield significant results.

Northern Echo Local Heroes Awards



Individuals and clubs from Sedgefield have enjoyed a fair bit of success at the Northern Echo Local Heroes Awards over the years, and the latest event proved to be no exception to that rule. Young modern pentathlete Sadie Abel (the sport comprises fencing, swimming, shooting, riding and running) was crowned Most Promising New Talent at the glamorous awards event in Darlington on 11th December. Sadie, from Fishburn, is a member of Sedgefield Harriers and Sedgefield 75 Swimming Club and won the under 15 British pentathlon title earlier in the year. She is pictured above at the awards, (sorry about the mobile phone quality!) with sisters, Carla and Kate, and guest of honour, Steve Cram. Congratulations Sadie!

Racketball

Sedgefield Squash Club held its second annual racketball competition in November.

continued on next page

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Racketball continued ...

The final was a repeat of last year's, with Peter Redshaw holding onto his title, by beating Simon Hill 3-1. Both players felt that their racketball had improved significantly since 2013, and that they had got to grips better with the fact that the game does require a different approach and technique to squash.

Athletics

The winter cross country season is well underway and I will highlight performances by Sedgefield athletes in future updates, but for the moment I have exciting news about an event that will take place about a year from now. The North Eastern Counties Athletic Association (NECAA) has confirmed that Sedgefield Harriers will host the 2015 North East Cross Country Championships. The event is a key date on the region's sporting calendar and, alongside other running events, has been growing in size in recent years. Over the decades, the championships have been a proving ground for some of the region's most successful athletes, including Brendan Foster, Mike McLeod, Steve Cram and, most recently, Laura Weightman. The best junior and senior cross country runners from all over the North East take part every year, with over 1,000 athletes competing this time around, cheered on by a good crowd and the likes of big names from the sport such as Steve Cram.

The 2015 North East Cross Country Championships will be held in East Park. In announcing the news, Archie Jenkins, cross country secretary of the NECAA, said: "Where possible, the NECAA cross country committee tries to alternate championship venues between the north and south of the region and with many new clubs joining in the past few years, we encourage them to consider hosting this most prestigious winter event. Approaching its tenth birthday, Sedgefield Harriers certainly ticks both boxes. Since its foundation, the club has been proactive in all athletic disciplines, in the development of a thriving junior section and in supporting and organising events."

That's all for this year. To repeat myself, as always, please send any sports news to chrisjlines@aol.com.

Christmas Race Day raises £41,000 for hospice

Recently, Sedgefield Racecourse and Wynyard Park hosted a fundraising and awareness raising day in aid of **The Hartlepool and District Hospice**. As the only adult hospice in the Hartlepool and East Durham area, their comprehensive range of services is both unique and vital to the communities they serve.

Wynyard Park, founder members of the Hospice's Guild of Patrons, have a proud record of support over many years, donating over £60,000 to the charity and lending generous support. For more information on fundraising at Sedgefield Racecourse email info@sedgefield-racecourse.co.uk or call 01740 621925.

Resolution day's a-coming!

I'm nearly finished the December edition, it's almost the end of the year and it's getting close to the end of my term as editor, so thoughts of the future in the form of New Year's resolutions are occasionally getting in the way of my concentration! I wonder, what resolutions have you made, and will you still be resolute by the next deadline date? I'll reveal mine if you'll ... you know how it goes! It might fill a few column inches in my final edition, so answers on a postcard please or, more practically, in an email, to sedgefieldnews@hotmail.co.uk. Deadline 15th January.

Happy New Year! Sandy Clubley

Paul Dinsley

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Foodbank

Foodbanks have been in the news a lot recently, partly due to the recent report sponsored by the Archbishop of Canterbury and the increase in usage by members of the public.

In partnership with the Durham Christian Partnership, Sedgefield Area Churches Together established foodbank outlets in what is known as the Sedgefield corridor. There are currently 5 outlets; St. Alban's Church, Trimdon Grange, Trimdon Village Hall and Sedgefield Methodist Church are managed by volunteers who provide direct support to those who access the foodbank and provide three days worth of food, whilst Trimdon Station Community Centre and Fishburn Welfare Hall have 'Emergency Food Boxes' which contain basic foods for three days.

To access a foodbank, clients usually have to be referred by a support agency (e.g. Citizens Advice Bureau). The agencies will establish the need and provide an individual with a form providing details of the number of people who need food.

In the year to November 2013, in County Durham, 11,500 people received support from one of the existing 25 foodbanks. In the same period in 2014, the number supported increased to 15,000. In the Sedgefield corridor, the number supported between April and October 2014 was in excess of 300. The most common cause given for the need for food aid is benefit delay, or benefit suspension.

Foodbank relies on donations of food from the general public. Food is collected in yellow wheelie bins located in each of the Churches in the area, in the Co-op stores in Sedgefield and Trimdon Village and in Sainsbury's in Sedgefield. Donations of non-perishable food is greatly appreciated and helps to support some of the most vulnerable people in our communities.

Your Letters

Bereavement Support

I am looking to set up some training in preparation for facilitating bereavement support group, and am arranging three to four 2-hour sessions in Listening Skills, to be delivered by Margaret Charters, who is a qualified counsellor. The intention is for the groups to be run over a period of 6 to 8 weeks, with 3 to 4 'listeners' working with a small group of recently bereaved people. Following this there will be a short break before the next group is formed, ensuring that this is not an open-ended group, and enabling you, the listeners, to have a rest. If there are enough listeners, this will mean that the commitment will not be too onerous.

Panny Pighills APA-in-training.

13, The Orchard, Sedgefield. 01740 620909 / 07443423114

Sedgefield in Crisis? Or should that be Crises?

The Managing team at the Residents' Forum has resigned, and no one has come forward to take over. The Editor of Sedgefield News submitted her resignation for February, and so far no one has come forward to take on the job. Sedgefield Community Association has appealed recently for new, younger members. Sedgefield Neighbourhood Watch are in need of younger members to take on the service; the current management are all over 70 (and some!) & so need new blood. Sedgefield Village Veterans are looking for younger members to come forward to carry on the work, as the team gets older.

You can see why I am worried that all these organisations, vital to the wellbeing of the Village, may soon be no more. This would be a bad thing as they all do an excellent, important job. So PLEASE, younger Sedgefield people, look to the future and make your presence felt NOW. Sign up and help these groups to survive, before it is too late! Watch for the dates of their next meetings in the Diary Page.

David Hillerby

:) I thank David for his support and blunt assessment of the Sedgefield News situation! Happily, the new editorial team is beginning to take shape, but there are still a number of tasks for which we need volunteers.

We aim to divide the job up so that no-one is overwhelmed with work. Take, for example, the Events page. Someone could take the information as it comes in and organise it. This could be easily done on a Word document, and the new team would agree on formatting for transfer into the main document.

Call me on 07572 502 904 or email sedgefieldnews@hotmail.com to find out more. I will simply explain the work involved and leave you to judge if you would like to take it on. I assure you that you won't be pressured to agree.

Sandy Clubley, Editor

How does this read?

This is our usual font, Verdana 9 point, chosen for clarity. Its only problem is that it is quite greedy

- and far too often it has to be reduced to this, 8.5 point, which I call "busy edition"; see this month's letters for an example.

Ariel, in various sizes, used for **headlines**, *photo captions*, some adverts and on the events page, is great where space is at a premium.

Back to Verdana; in this edition I have put some new styles to the test. There are 2 different fonts on the front page, as follows.

Book Antiqua, used for the poem, is much too ornate for general use ...

... but could Calibri 10 point, used for the Foodbank article on this page, and Sedgefield in Bloom (p.1) be a contender? Simplicity is the key here.

Lines are widely spaced, giving an airiness; it takes less space but the letters are quite a lot smaller.

Below, for comparison, are two versions of the same paragraph, first in Calibri 10 then in Verdana 9:

This is great fun and I could go on all day, but there is a paper to produce! Do let me know what you think.

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