

SEDGEFIELD NEWS

Produced by volunteers for the people of Sedgfield, Bradbury, Mordon and Fishburn

October 2019

Deadline for next edition, 15th October

Sedgfield Rangers Explore the World

This is the story of three incredible journeys by four amazing young women that started at the Sedgfield Scout Hut and ended in Canada, Bermuda and Nepal.

Pictured L-R, Abbie Walker, Kate Wallace, Jenny Walker and Katelyn Craig, are all Sedgfield Rangers and their journeys all began when they attended a Girlguiding UK selection event.

After a series of assessments and application forms, the girls were chosen for three different international camps. Katelyn and Abbie would head to Canada, Jenny was chosen for Bermuda, and Kate selected for a trip to Nepal. But this was only the start of their adventures, as the small matter of £8,450 needed to be raised to fund the trips. Keen readers of Sedgfield News may remember some of their sponsorship activities - a fashion show with Betty's Boudoir; musical performances at Sainsbury's; a sponsored swim; climbing Scafell Pike; and many others. With the kind generosity of local people, the money was raised. The girls began to pack.

Canada

Katelyn and Abbie travelled to Canada to join 1,200 other guides at Doe Lake in Huntsville. They were the only English group in their section and everyone loved them, particularly their wonderful accents. They were made to feel at home, and given some handy tips on how to prevent bear visits! As well as camping, they also spent a lot of time on the lake, with canoeing, paddleboarding and white water rafting just a few of the activities they tried. There was also time for sightseeing in Toronto and Montreal, with highlights including climbing the CN Tower and visiting Niagara Falls.

Bermuda

Jenny's trip was part of the celebrations for one hundred years of girl guiding on the islands. One hundred guides were selected, six from England and the rest from other British Overseas Territories including the British Virgin Islands and the Cayman Islands.

At the opening ceremony, attended by the Premier of Bermuda, traditional Gombey dancers with multi-coloured costumes, masks and

drums provided the entertainment. There is only one place in Bermuda you are allowed to pitch a tent, Paget Island, and this became their base. The local police department ran many of the activities including high ropes, raft building and a tour of the spooky naval fort in total darkness. There was also time to catch the tourist sights with visits to Gibbs Hill Lighthouse, the aquarium and the Crystal Caves. One of the highlights of the trips was snorkelling on the unspoilt coral reef.

Nepal

Kate's adventure took her to Nepal, volunteering at a local school. Five classrooms needed to be painted and decorated with murals. Once the decorating was complete they planned and delivered lessons to the children. Their original plan was to teach English but it quickly became apparent they were fluent, so instead they taught them about crafts and dental hygiene. After all their hard work they visited Kathmandu and Pokhara. One journey involved an arduous, slightly terrifying, seven hour bus ride through mountains. They visited beautiful temples including the Monkey Temple (Swayambhunath Stupa). Kate's favourite experience was watching the first rays of sunlight creep over the Himalayan peaks.

The girls will keep in touch with their many new friends through social media, and they have all made memories that will last a lifetime.



Rangers, part of Girlguiding UK, give young women aged 14 - 18 the opportunity to take part in a range of fun activities, which the group decides on the activities. The Sedgfield group has a healthy interest in food, so recent events have included Come Dine with Me & Bake Off competitions, alongside the more traditional camping, adventure and community activities. If you are interested in joining, check out the website, www.girlguiding.org.uk or contact Marie Walker (marie.walker1992@gmail.com).

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GREENER SEDGEFIELD Tackling food waste



Every year up to 10 million tonnes of food is wasted in the UK, and about 1/3 of all food produced across the globe goes to waste.

The UN reports that 35% of global fish catches are wasted. UK supermarkets throw away 240,000 tonnes of food every year. Where uneaten food ends up in landfill it produces considerable amounts of methane, a reported 3.3 billion tonnes of greenhouse gases annually.

An average UK family bins £450 worth of edible food every year. Whilst the financial loss might be the one that strikes us most noticeably it should be understood that food waste is also a huge waste of all the natural resources, like water and energy, that have been utilised for growing, processing, packaging, transporting and marketing all this food. Although it is inevitable in our busy everyday lives that not all meal times go according to plan and we will not always be able to consume all groceries before their expiry date, there is a lot that we as individuals can do to cut down on waste.

- Storing items correctly in the first place will extend their shelf life and keep them fresh and hence more appealing for longer.
- Free food sharing sites and apps like OLIO offer platforms which connect people who have surplus items with those who could put those to a good use.
- Love Food Hate Waste website by WRAP (the Waste and Resources Action Programme) offers a varied selection of recipes of how to get most out of your leftovers. What about savoury bread and butter pudding to use up stale bread?
- Unfortunately food waste collections do not take place in our county as yet, but by composting our veg peelings and apple cores etc. we can feed nutrients back into the soil.
- Anyone whose fruit trees in the garden or whose allotment has been more generous than you expected - passers by will always thankfully pick up excess garden produce from a surplus box that you have kindly left by your gate. *Siri Tenno-Marshall*



Congratulations to SCC's 2019 Year 11 students

Once again, students at Sedgefield Community College have been celebrating yet more exceptional GCSE success. The school, which is recognised by OFSTED as 'Outstanding' in all respects, is no stranger to success of this magnitude, having been one of the North East and Cumbria's highest performing secondary schools for a number of years. However, the challenge to maintain this standard has clearly not prevented students at the college from performing as this year they have not only matched the performance of previous years but actually surpassed it and broken all previous records!

As happy students and parents opened envelopes to reveal their results.

Head teacher Dave Davies remarked, 'It's so rewarding to see so many happy faces in school this morning. It's always so pleasing for everyone concerned to see so many students overcome with joy as they see the results of years of hard work. It is something that I personally never tire of despite the consistently high performance at Sedgefield over the years. I want to congratulate our students and their parents on another record breaking set of results. I am absolutely delighted for them. I would also like to congratulate our truly fantastic staff team who have also worked tirelessly to ensure that all students achieve their potential.



Sedgefield Plan approved

In a community referendum on 12th September, almost 93% of those who voted expressed their support for The Sedgefield Plan, the draft Neighbourhood Plan for the parish. Turnout in the referendum was 25.8%, high for a vote of this type.

The Sedgefield Plan will now become a statutory planning document that Durham County Council and other authorities must refer to when determining development proposals in the area. Developed by Sedgefield Town Council and community volunteers, the plan contains policies about land use until 2033, which will influence the quantity, type, density, design and style of future housing, along with community and sports facilities and open spaces, amenities for young people, and other matters relating to land use in the town. The plan also includes a Built-up Area Boundary (BUAB), which maps out where future development in Sedgefield should be allowed, with the policies setting out limitations on what will be permitted inside and outside that boundary.

Cllr Mel Carr, chair of Sedgefield Town Council, pictured below, comments: "Sedgefield Town Council is delighted with the result of the referendum.

"The town council is very grateful to everyone who contributed to the development of the plan, and to all of those who voted for its approval in the referendum."



Sedgefield News - more help needed please!

I am looking for someone to deliver Sedgefield News to The Orchard and Orchard Close (64 copies).

John and Linda Maddison are retiring, but will go round with new volunteers, to show them the route.

Please get in touch on
07899 984464 or email
mail@toddshousefarm.co.uk
Many thanks, Judith Edgoose.



Sedgefield News from the past

by Martin F Peagam, *The Time Traveller*, on behalf of Sedgefield Local History Society. Painting by Richard Carlile. Manchester Library Services

In October 1869 – 200 years ago, The Peterloo Massacre took place at St Peter's Field, Manchester, Lancashire, England on Monday 16 August 1819. It was recently the subject of a major feature film. At St Peter's Fields in Manchester, armed cavalry charged into a peaceful rally of 60,000–80,000 who had gathered to demand the reform of parliamentary representation. The attack resulted in '15 deaths and over 600 injuries' to men, women and children.

The Peterloo Massacre has been called 'one of the defining moments of its age' and a key moment in development of universal suffrage, giving everyone a political voice. But that is not how it was viewed in County Durham, including Sedgefield, at the time.

On Tuesday 19 October 1819 the newspapers carried an announcement by the High Sheriff of County Durham, William Keppell Barrington, from his residence at Sedgefield, expressing concern on behalf of 'the nobility, clergy, and freeholders'. They demanded that an enquiry should take place into the 'late melancholy events' in Manchester. They were not concerned about the actions of the cavalry but into why people had gathered to protest.

After all, as the resolution said, whilst 'we admit that many classes of the community may now be suffering distress', that did not justify them protesting about it.

Skerne Medical Group: Flu Campaign 2019

Thank you to everyone who attended the clinic on 14th and 28th September (if you are receive this before the 28th, the clinic is from 8:30am-11:30am for patients aged 65years & over at Sedgefield and Fishburn surgeries).

On 12th October we are holding another 'walk in' flu vaccination clinic, for patients 65 years and over.

ALSO any other patient (excluding children) who is eligible to receive the free flu vaccine; and ...

patients with a serious medical condition, those with a weakened immune system, pregnant women. Also, patients living or working in long stay residential homes & carers.

The clinics at Sedgefield and Fishburn surgeries will be open between 8:30am & 11:30am. Please come along, no appointment necessary.

NB. We are unlikely to have received the vaccine for children in time for this clinic - please check the practice website <http://www.doctorsnhs.co.uk>

Fun, Friendship & Fundraising at Church BBQ



In early September residents of Sedgefield and the surrounding villages were invited to attend a Family BBQ at the Rectory on Durham Road. Seventy people enjoyed sunny weather, BBQ'd food and good company, and the children had plenty of space to play.

Organised to bring the community together, the event was a great success and enjoyed by all. Money was raised for local underprivileged children. Please contact Alex on 01740 623557 if you are aware of families that may benefit (anonymously) from such funds.

Our thanks to local businesses that generously donated food and raffle prizes: The Dun Cow, the Co-op, Number Four, Tickety Boo, Loft to Loved, Bolam's & Sainsbury's - and to our willing volunteers who made it a fantastic day.

To be repeated next summer. Watch out for the date!! *BBQ friend*

CHESTER has been missing since 06.08.19

Sandy/beige coloured male tabby with a white tip to his tail. Neutered & microchipped, with no collar. Please help us find him - he is desperately missed.



Reward for his return. Call **07727267941**



Sedgehogs

With beady eyes, pointy face and snout, Sedgefield's Hedgehogs, are out and about.

Around our gardens they do roam,
Looking for a cosy, warm dry home.

Help them out with a box of plastic,
Filled with straw, they will think it's fantastic!

A bowl of water and a tasty treat,
Cat food is what they like to eat.

Look after them as they start to hibernate,
Your prickly friends will think you are great

As they wake next year and leave their den,
Don't be sad - they will visit again.

Richard Fearnside



Sedgefield Drama Festival - the results are in!

From 10th - 14th of September, Sedgefield Players (*right*) hosted the 43rd annual Sedgefield Drama Festival - and what a fantastic week of theatre it was, with drama, comedy, murder, intrigue, titillation and a lot of laughs!

Teams from around the North East, including Durham, Saltburn, Richmond and Scarborough, performed 8 plays, with adjudicator Jan Palmer-Sayer noting that the standard was very

high. Sedgefield audiences were treated to 4 original plays amongst the 8 competing. Saltburn 53 Youth Theatre won the Audience Award for their production of Sue Pierce's original play 'Maggots'. Sue also won Best Director and the production won the Youth Award, Most Effective Set, the Ensemble Award and Best Individual Female under 21 for Hannah Whiley.

The Best Individual Male Under 21 was won by Kieron O'Donnell, a member of SPYS (*below*) playing the role of Sam in Lucy Atkinson's 'As it was', another original play for which Lucy also won the New Writing Award.

The adult Players did well in the acting categories with Rosemary Jones and Jacqui O'Meara winning the Cameo Award for their small, but incredibly comedic roles in Tom Guest's 'The Twa Sisters', which also came second in the Festival winning the Runner Up to the Best Production Award. Tom also won the Best Actor award for his role as 'The Man' in the Sedgefield Players Production of 'The Spy'.

Best Actress went to Sue Wilding of Statement Drama Company for her role in 'Crab Cakes' by Joan Lipkin, while the award for Endeavour went to Holmside Productions for bringing an almost forgotten play back to the stage.

But it was Richmond Amateur Dramatics Society who swept the board with their production of 'Being Rose' by Richard James. The play won the Technical Award, Most Effective 30 seconds, the Costume Award, and Best Supporting Actor and Actress for Scott Fenney and Jennifer Roberts respectively. Director Katherine Talbot won the award for Originality for taking on a difficult and challenging play and developing it into something interesting and intriguing. The play won overall, the first time that RADS have done so.

Lastly, the adjudicator's award can be given for anything that the adjudicator wishes to recognise, and this year it was won by Emily Legender of SPYS, both for her role as Ruby in 'As it was' but also for her continued presence and exuberance during the festival.

An excellent week of theatre all round. TG



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SATURDAY NIGHT
AT THE MOVIES

SEDGEFIELD PARISH HALL
SAT 5 OCT
7:30 PM
TICKETS: £5 / £3 (U16)

TICKETS AVAILABLE IN ADVANCE FROM SEDGEFIELD TOWN COUNCIL OR CALL 07145 705466

KEITH JAMES IN CONCERT The Songs of Leonard Cohen

Sunday 6th October

Keith James returns to



The Manor House with his concert of Leonard Cohen's amazing material, performed in an intimate, sensitive style. Includes performances of Cohen classics 'Famous Blue Raincoat', 'Sisters of Mercy', 'Suzanne' and 'Hallelujah'.

New Pineapple Bar in the cellars open for the first time for a gig.

Doors 6.30pm Begins 7.30pm

Tickets: £15 from

www.ticketsource.co.uk/
[keithjamesconcerts](http://keithjamesconcerts.com) or

The Manor House, 01740 629264

More info at

www.manorhousesedgefield.co.uk
and Facebook 'Manor House Gigs'



Sedgefield Rock & Blues Club: 18th October

Blues & soul are inextricably entwined in the voice of award-winning singer-songwriter, **Kyla Brox**. Her raw talent has seen her described as "the finest female blues singer of her generation".



Winner of the 2018 UK Blues Challenge, Kyla represented the UK in Memphis at the 2019 International Blues Challenge and was the European Blues Challenge Winner earlier this year. So when we invite one of only three British singers privileged to be included in the 50 Women of the Blues Spotify playlist, we know we are in for a special night.

Support is from the local band, The Rain Kings. For tickets, call Garry 07957 104434 or buy online at www.sedgefieldblues.com

DIARY OCTOBER 2019

Submit events to diary.sedgefieldnews@hotmail.com

- Tue 1st** **Sedgefield Tea Dance**, Sedgefield Parish Hall 1-3pm, £2.50 including refreshments. Everyone welcome. For information, call Joyce 622601 or Ann 629070.
- Wed 2nd** **Sedgefield Women's Institute**, Sedgefield Parish Hall, 7.15pm. Cyber Security with Katie Caine.
- Sat 5th** **Drop in surgeries**, Cllr John Robinson. Bradbury & Mordon Village Hall 9-9.45am, Sedgefield Library 10-11am.
- Sun 6th** **Sedgefield Farmers' Market**, village green, 8.30am-12.30pm.
- Mon 7th** **Sedgefield Local History Society**, Ceddesfeld Hall, 7.45pm. Roman excavations in Sedgefield by David Mason.
Sedgefield Methodist Wives & Friends. Talk on India by Tamsin. Contact Margaret Dickerson 621093 or Jennifer Mason 620296.
- Fri 4th** **Sedgefield and District U3A** at Ceddesfeld Hall, 2pm.
Veterans Coffee morning, Sedgefield Parish Hall, 10am-12pm.
- Tue 8th** **Ladies Club**, Ceddesfeld Hall, Bingo Night.
- Thu 10th** **Macmillan Coffee Day**, Sedgefield Library, 10am-12pm and 2-4pm. Tea, coffee, cakes, biscuits and a tombola.
- Fri 11th** **Quiz night**, Sedgefield Cricket Club, 8.30pm. Quiz master Ray Lower
Country Market, Sedgefield Parish Hall, 10-11.30am. Cakes, crafts, plants, refreshments, everyone welcome.
- Sat 12th** **Sedgefield Area Churches Coffee Morning**, 10-11.30am at St. Edmund's Church Welcome Room. Everyone is welcome.
- Tue 15th** **Ferryhill, Sedgefield & District Flower Club**, Sedgefield Parish Hall, 7.30pm. 'Flowers from the musicals' with Pamela Alexander. Free for members, £5 non-members.
St. Edmund's Church Coffee Morning. Sedgefield Parish Hall (main hall), 10am-12pm.
Sedgefield Tea Dance - details as Tue 1st.
- Wed 16th** **Sedgefield Neighbourhood Watch Meeting**, Sedgefield Social Club (upstairs room) from 7pm.
- Thu 17th** **Sedgefield Memory Café**, Sedgefield Fire Station, 10.30am-12pm. For dementia clients and their carers only.
- Fri 18th** **Live Music Night**, Sedgefield Cricket Club, 7.30pm. The Haley Sisters plus support. Admission £11, for tickets 621347.
Sedgefield Blues Club. Kyla Brox Band & The Rain Kings. Details at www.sedgefieldblues.com.
- Mon 21st** **Sedgefield Family History Group**, Sedgefield Methodist Hall, 7.15pm. The Horse Keepers Daughter with Jane Gulliford Lowes.
- Tue 22nd** **Ladies Club** Ceddesfeld Hall. Hannah's Story & Book. Margaret Hedley
Mordon & District Ladies Circle, Mordon Village Hall, 7.30pm. "A Prickly Subject".
- Fri 25th** **Sedgefield in Bloom Coffee Morning**, Sedgefield Parish Hall, 10-11.30am. Refreshments, cakes & scones, tombola and raffle.

Film: The War Room (PG)

On **Saturday 19 October** in Sedgefield Parish Hall, Sedgefield Area Churches Together will show The War Room Doors. Doors open at 6.30pm and the film starts at 7pm. Entry free, tickets from Tickety Boo, local churches or on the door.

Sedgefield Racecourse hosts Singers Showcase

Join us for an evening full of entertainment, to help raise funds for The Prince's Trust. You can dance the night away, or sit back and admire the vocals from five amazing local singers - Aryana, Toni Anderson, Olivia Irvin, Chelsea Morison and Kelly Freeman.

The evening includes a fantastic raffle, with prizes such as an overnight stay at Redworth Hall Hotel & Spa! A guest speaker from The Prince's Trust will inspire you with their journey and give a real insight into how the money raised will help local young people who may be struggling to develop the skills needed to thrive both in their career and personal life. A great evening to inspire & impress!

Sedgefield Library

Tel: 03000 269521 **Opening Hours:**

Wednesdays: 9.30am - 12.30pm

Thursdays: 10am - 6pm

Fridays: 1pm - 7pm

Saturdays: 9.30am - 12.30pm

Basic computing, tailored to your needs:
Thursdays 10.30 - 12.30

'Boogie Beat' pre-school session:

Thursdays 2pm: Booking essential

Craft Group: 1.30pm 2nd & 4th Friday

Book Circle: 3rd Friday 2pm: new members always welcome.

Children's workshop with illustrator

Sarah Gibbeson, Saturday 5th,

ages 7-12, £1, please book

Performance & workshop with poet

Julia Darling, Friday 11th, £1

The Hub

@Sedgefield Community College

New Dance Generation - Monday

U9s 5-5.45pm. Over 9s 5.45-6.30pm

Clubbercise: Tues 6pm

Zumba: Tues 6.30pm & **Thurs** 7pm

Blade Taekwondo: Sat 10.30am

Call **01740 617882** for all enquiries.

October at

Sedgefield Social Club

Saturdays 5th, 12th, 19th & 26th.

Also Country Night, Monday 13th.

No further information is available as we go to print.

Sew Easy Sessions in October

Mon 7th, 14th, 21st: 6.30-9pm

Venue: Parish Hall Boardroom.

Ceddesfeld Acoustic Group

First Friday & last Wednesday of every month. All instruments welcome.

St John Fisher Catholic Church Weekly Mass Times

Weds & Fri mornings, 9.45am

Sunday 10.45am

Adoration on Thursday at 7pm

Legion of Mary, Friday am after Mass
parishsecretary1961@btconnect.com

New Generation Church

Sun 6th at Bethany Centre,

Newton Aycliffe, DL5 4UD

Sun 13th, 20th & 27th at

Sedgefield Parish Hall

Sedgefield Methodist Hall Non-Profit Playgroup

Mon, Wed & Thursday 9.30-11.30am in term time. For children aged 2 to 4.

Contact Barbara Smith 01740 620923 or Jane Jones 01740 620893

Just another Flu Jab Reminder!

Yes, again! It's so important that we can't say it too many times. The next clinic is on October 12th - details are on page 3, so no excuses! **#SaturdayFun!**

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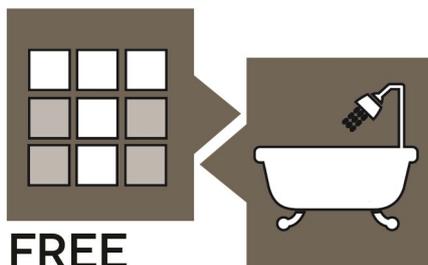
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SEDGEFIELD VILLAGE NEIGHBOURHOOD WATCH

As Autumn arrives...

Summer is over but we can look forward to winter fun too. Halloween, bonfire night and, as some 'wag' recently observed, 'Christmas will soon be here'. However, Autumn's arrival means that the days grow shorter and soon the clocks will be changing. This means longer nights, which are attractive to criminals operating under cover of darkness. As the nights close in, here are a few actions you can take to prevent criminals spoiling your winter fun:

- Adjust settings on light timers so lights come on as soon as it is dark outside.
- Ensure external lights keep your property well illuminated.
- Ensure light timers keep your property interior well-lit so that if you are still at work when night falls it looks the property appears occupied.
- Keep blinds tilted however, so that the interior of your house does not become a showcase to prospective burglars.
- Make sure equipment, toys, bikes and other items used during the day are safely and securely stored indoors before it is dark.
- Make sure your car is secure and if possible parked off the street, preferably nose first on a drive, or better still, in a garage.
- Always keep entrance doors, gates, garages & outhouses securely locked.
- Take garden furniture, barbeques, hose pipes and other summer garden items indoors for the winter.

Bicycle Crime

Valuable items such as bikes are targets for theft generally but especially on dark nights. Those without a secure lock are an easy target so make sure you lock it with a good quality secure lock such as a chain and padlock, D-lock or cable lock. Keeping your bike indoors is the most secure solution but if you need to park your bike on the street here are a few tips:

- **Avoid Dark Alleys:** even if it is locked a thief will have an ideal opportunity to break through the lock.
- **Butterfly Racks** - avoid parking which only allows you to secure your front wheel to the stand. Even if you do not have quick release wheels, a thief will find it very easy to detach your wheel and make off with the rest of your bike.
- **Avoid short posts** or even tall posts that a lock can fit over. Your bike will be lifted over the top. Even if there is a sign on top that the lock can't fit around, remember, a determined thief will unscrew the sign and lift your bike over
- **Avoid drainpipes** - these are easily shattered or removed.
- City or Town Centres overnight - avoid leaving your bike in these locations even if there is CCTV coverage.

Security Marking. By security marking your bike you will greatly increase the chance of police identifying & returning your bike if it is stolen. It also acts as a visible deterrent to thieves by making the cycle less attractive to steal.

Operation Spoke. Cycle shops in County Durham & Darlington are working with Durham Constabulary with a joint aim to mark and register every cycle in the County. Go along to any cycle shop to have it marked and registered for free, now.

The Bike Register is used by all Police Forces in the UK to reunite stolen goods with their owners.

Police Report

Our Beat Team have reported that in August / September the following crimes occurred in Sedgefield:

- Regular shoplifting in Sainsbury's and Co-op
- Trolley dash in Sainsbury's (leaving without paying)
- Fuel theft at garages on A689 (leaving without paying)
- Numerous vehicles systematically stripped of parts in the temporary overnight car park at 'Hardwick Live'.

Investigations are ongoing.

Remember, crime isn't as common as you think... but don't be a victim. Please lock up, stay safe and sleep well.



To contact Local Police, call 101

Report concerns, seek advice or pass on information.

Always keep notes and ask for an incident number.

CPO Rona Stocks rona.stocks@durham.pnn.police.uk

Police Community Cohesion Officer Faye Callan - 101 Extension 742317. Faye.callan@durham.pnn.police.uk

Confidential email address - John.lamb@durham.pnn.police.uk.

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Have you spotted it yet?

If you didn't know that you needn't wait for the first Sunday of next month to stock up on your favourite pies, it's probably because of what's known in the trade as a soft opening. The proprietors of Charlie's Country Kitchen, one of the most loved stalls at Sedgefield's Farmers' Market, decided to take it slowly when they opened a new delicatessen, Needful Things. Just like Charlie's famous pastry, they are determined to get the shop just right, as a recent change in the balance of products demonstrates.

A shop was a long time coming for Charlie & Duncan. Before, it was all market stalls, starting when they lived in Spain and Charlie decided to use her spare time to try her wares at the local street market.

Moving to Britain, though not home to the West Country, a chance comment overheard at their first stall at Newcastle Quayside, became their tagline - "I Love Pies Me". Soon though, they made the move to real food markets, Durham & Sedgefield - and the rest is history.

Baking may be their mainstay, but there are other good things to explore in the delicatessen. Having set out to sell the best cheeses, they now have a growing reputation for exactly that. See for yourself with a stroll along Sedgefield's lovely old High Street. Needful Things is open from 9am - 4pm, five days a week.

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STEVE'S NATURE DIARY OCTOBER

I recently did a holiday club for children based in a church in Stockton. Luckily the church had a small garden and we had the opportunity to have a look for what we could find outside. We found the usual slugs and snails, woodlice, lots of spiders and a number of insects. **We used sweep nets and sampled the trees by gently brushing the leaves into a white tray and the find which excited everyone was the Green Shieldbug, pictured right.**

This group of insects can be identified by a distinctive triangular shield shaped section on their back. It is well named, at least in the summer, being bright green and stippled with tiny black dots in spring and summer, which changes to greeny-bronze in autumn. Its wing tips are dark brown. It grows to a length of about 15 mm, and the antennae have five segments (as opposed to the shorter, four segmented antennae of most other groups of bug).

Found in hedgerows, grasslands and woodland edges, the Green Shieldbug is also common on horticultural crops and in nearby roadside vegetation. Adults hibernate in grass tussocks or leaf

litter and emerge in May. Females lay clusters of small, barrel-shaped eggs on the undersides of leaves. These hatch into wingless nymphs, which crawl between plants to feed, and become the new generation of adults in September. These bugs can often be seen basking in the sun during late summer before they hibernate. Both adults and nymphs suck plant sap.

Their alternative name, the Green Stink Bug, refers to the smell that it leaves as a trail over fruit and vegetation. If it is present in large numbers, this can taint and spoil a crop. The insects also produce this smell if handled or disturbed.

Two species of Green Shieldbug can be found in the UK - one native (the Common Green Shieldbug) and one that arrived very recently from Europe (the Southern Green Shieldbug).

The Common Green Shieldbug is bright green with tiny black dots and dark wings, while the Southern Green Shieldbug is uniformly green in colour and has pale wing



membranes.

Common Green Shieldbugs do not damage plants by drawing their sap, but the recently arrived Southern Green Shieldbug may damage some vegetables, especially runner and French bean pods. However, this species is most numerous in late summer, after the cropping period, so gardeners don't need to worry just yet about its presence in the country.

There are around 30 species of Shieldbug in the UK and they can be found in a number of habitats. Some are relatively common, like the Gorse Shieldbug and the Hawthorn Shieldbug, whilst others are confined to particular habitats in particular geographical areas. Keep your eyes open for them!

Plotting for the future by Carole Lawford

Welcome to October. I love this time of year, the harvest festivals, the shorter days and atmospheric evenings. It's a time of change.

My change is my puppy Honey, who is now 12 weeks old. You may have seen or met us already - she's a Cockerpoo and my assistance dog. We're more familiar with Guide Dogs who help people with sight issues. They come to their owner at 2 years old when they've been trained before they're matched.

Honey has been with me from 9 weeks old, and is getting to know me and my routines; our routines. I bought her a smart carry bag so we can move around safely before she had her injections; but she decided she didn't like it, and preferred my Sedgefield Farmers Market bag instead! I think she likes the smell of the jute. We've amused lots of onlookers as she sits poking out of the top of it in the basket of my walker.

When we're trained, her role will be to learn my routes home from the village shops, my plot, whatever adventures we undertake. She will help with bringing me things I need, or drop, reminding me of specific things, taking my keys out of the door, closing windows, laundry jobs etc., the small but important jobs I did without thinking, but that now have serious consequences when I forget them.

It's wonderful, I'm learning how MS affects my brain and thinking, and Honey is already helping. We're grateful to Lucy and Cate at Clifton Lodge Vets for their support and advice. It was a strange feeling when I recognised myself on the front page of the Sedgefield News in the surgery waiting room.

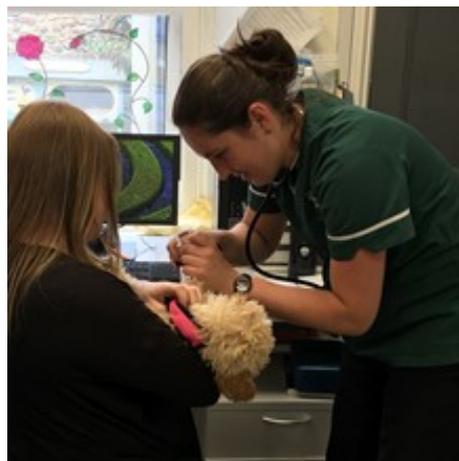
Work on my plot has been delayed by the time of year. People have holidays booked, and childcare responsibilities to manage. We had some sand delivered and several companies are considering donating materials. In the meantime, I started my treatment with some recovery time, and as the season comes to a close, I can plan and look forward to next year with some excitement.

Heritage varieties really appeal to me. I have a nice stash of seeds of heritage varieties and unusual varieties of familiar produce - rainbow coloured carrots, golden beetroot, multi-coloured chillies, and other treats. I like the experimental aspect of growing. Plant it, nurture it, and watch with anticipation as Mother Nature and Father Time do their thing. I love it.

If you want to contact me, email carole.lawford1@btinternet.com



Above: Honey out and about and below: getting her injections



CEDESFELD HALL

Home of Sedgefield Community Association

A very entertaining weekend was enjoyed by visitors to **Sedgefield Folk Festival** but now attention turns to **Sedgefield Book Ends**

The festival begins on 28th September and features



fantastic writers, poets, speakers, illustrators, musicians, performers and artists. First comes an evening of music and poetry from **Across the Pond**, with an impressive line up of top local performers.

The **Spoken Word Night** (Mon 14th Oct, 7.30pm) is new this year. With headliner Kate Fox it includes support acts from Lisette Auton, Steve and Pauline May, with Tony Gadd (Gong Fu Poets), hosting the event. Steve May, an Edinburgh Fringe First winner with Wigan Young People's Theatre, regularly performs poems and stories around the NE of England and further afield. All of the support acts are published poets and polished performers! You will not be disappointed.

Author, singer and songwriter **Jeze Lowe** will launch his second novel 'The Corly Croons'. Jeze is currently touring America but will be in Sedgefield on Sunday 13th Oct at 7.30 pm for an evening of story and song. A must for all fans.

The Norman Cornish Centenary Lecture (Sept 30th) and Michael Chaplin's talk on his father Sid, **'Home' Growing up in the pit villages of Durham** (19th Oct) will provide fascinating and poignant insight into family life in the 1920s and 1930s.

Tickets for the dinner **'Writers, Words & Wit'** (Sat 12th Oct) are available from the numbers below. The evening starts at 7pm with a drinks reception. Dinner is vegetable soup, pork with apple (veg option available), chocolate pudding, cheese board, coffee & mints and the price is £20.

The Sedgefield Book Ends pamphlet has been put through your door so you will know that there are many more activities and workshops to enjoy. Do come and make the most of what the festival has to offer. You can buy Tickets for the five highlight events from the bar at Ceddesfeld Hall, Norma (620091) or Sarah (622185) or from info@sedgefieldsca.org.uk.

Other (£3) events can be paid for at the door. Children's events are free.

The Sedgefield Book Ends 2019 Facebook page has all information. See also www.sedgefieldsca.org.uk.

For more information on Ceddesfeld Hall events, or to book a room, please call Wendy: (01740) 620206, Pat: 620607 or Sarah: 622185.

SEDGEFIELD DEVELOPMENT TRUST NEWS

Working for the people of Sedgefield, Bradbury, Mordon and Fishburn

Sedgefield Energy Switch

LAST CHANCE to register for current auction is October 7th so now is the time to join or re-register if you're already in the scheme. Previously we have been able to arrange extensions beyond the auction date but this may not always be the case, so don't risk it.

For people who registered at last year's October Auction, your contract will come to an end before the end of the year or early in January, so you're advised to re-register now to continue to take advantage of any savings.

Contracts only last 12 months, so take action before that comes to an end.

At the time of writing this article (15th Sept) only 51 people have registered for this auction. At the end of registration last year the number was 249, so many of you may still need to register.

As before, if you are happy to register online, go to www.sedgefieldweb.co.uk, open the ENERGY SWITCH section, click on 'REGISTER NOW' and follow the links to fill out your details. If you prefer to register and receive information through the post, or need any assistance, please call the Sedgefield Development Trust Helpline, **07980 134 594** and we will be more than happy to assist, or complete your registration for you.

Sedgefield Farmers' Market Sunday 6th October

As the cold weather approaches, we would like to send a huge thank you to our enthusiastic, hard-working team of volunteers. They brave all weathers throughout the year, putting out signs or stalls, and others work in the background to make this one of the best markets there is. We could not run without them.

October has always been a good market, so there should be lots of good things for you to browse, taste and buy - and speaking of buying, Honey's owner (see *opposite page*) has now had to invest in a new Farmer's Market bag! If you would like one, they are always on sale for just £4.50 at the SDT stall.

The RSPB will be here this month, with Harlequin Morris entertaining.



**Open Weekend
October 19th & 20th
10am-12pm**

After a lot of hard work by our volunteers, things are beginning to look a lot more manageable around the hundreds of trees we have planted since the project began two years ago.

We would love to show you around, especially if you have never ventured into the area before. If you find it as inspiring as we do you may decide to take up the challenge yourself, but there'll be no pressure from us.

If not, just enjoy a walk in the country and maybe spot some of the wildlife that we are discovering every season, on our little patch of heaven.



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A project of Sedgefield Development Trust

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E-mail homework@sedgefielddevelopmenttrust.co.uk or find us on Facebook.

We are particularly looking for helpers in English at secondary and GCSE level, and Spanish at GCSE level.

Thanks for helping us towards more "Aha!" moments!

To email Sedgefield Development Trust's website: sedgefieldweb@hotmail.co.uk

Facebook pages: Sedgefield News, Farmers' Market, Woodland & Wildlife, Homework Help
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**To contact the Farmers Market, mail farmers@sedgefielddevelopmenttrust.co.uk
For the charity stall and music tent, charitystall@sedgefielddevelopmenttrust.co.uk**

SPORTS UPDATE

Email your reports to chrisjlines@aol.com

In the last update, I described the England men's cricket team as being 'a little undercooked' at the time of the second Ashes test at Lord's. Well, the contest was certainly 'cooking' by the final day of the Headingley game! While I don't think anything will ever quite match the drama of the ICC Men's Cricket World Cup Final earlier in the summer, that Sunday afternoon in Leeds came pretty close and of course the common denominator was Ben Stokes, product of the Durham County Cricket Club Academy.

Lee Maddison

In previous updates, I have written about the fantastic achievements of Lee Maddison in the sport of boccia. Not content with that, Lee has now decided that he wants to participate in a triathlon and is also considering training for the Great North Run. He wants to do both to raise money for Conductive Life Services, a local group that offers a holistic therapy called conductive education which has benefited Lee massively throughout his life.

Due to Lee's condition, spastic quadriplegia cerebral palsy, he needs to buy a special walking frame to achieve these aims, and he has been quoted a price of £3,600, so first he needs to raise funds. Lee and his family are setting up a fundraising page and asking local businesses to get involved by donating prizes that can be raffled, or making cash donations. They are also keen to run stalls or tombolas at local events, so will welcome any opportunities to do that. If you can help, please contact Jill Savage and Lee on jill.savage1983@gmail.com. To donate, go to www.gofundme.com and search (top left) to find 'Lee's Marathon Task'.



Athletics

Talented Sedgefield shot putter Kate Carmichael continues to make excellent progress in the sport. Now part of the Middlesbrough AC-Teesside Throwers Squad, Kate recently travelled to Scotland to take part in the senior national championships. Although still an under 20 athlete, she competed as a senior for the first time and, with a fantastic throw of 10.51 metres, came away with a bronze medal. This was Kate's first national medal – a fantastic result in her senior debut at that level.

September was a very busy month for the Sedgefield Harriers, with many of the club's runners taking part in the Great North Run, and associated junior and mini events, plus the more recently established Great Tees events in Stockton. Two other Harriers deserve special mentions – Steve Foreman and Mark Raine, who, after both qualifying as guide runners, have helped visually impaired athletes to complete races in the North East. Steve and Mark have demonstrated great commitment to become official guide runners, and then brilliant selflessness to help others achieve their own goals.



On Sunday 15th September, the Harriers hosted the Sedgefield Serpentine race, starting and finishing in East Park outside the cricket club. Runners negotiated 10K of paths around Hardwick Park and Bishop Middleham, plus a few curious cows! The overall winner was Kurt Heron in 36 minutes and 12 seconds, while the first lady was Andrea Pfister (in 43:50), one of a group of visitors from Hamminkeln, Sedgefield's twin town in Germany. Continuing his excellent recent form, David Bentley was first male Sedgefield Harrier in 38:15 and Emma Featherstone was first female Harrier in 51:27.

The club thanks Sedgefield Cricket Club for support in hosting the event and is grateful to headline sponsor Greig Cavey Commercial, and sponsors Parsons Containers, Start Fitness, Herd & Herb, No.4 Teashop and Sainsbury's. As always, the race relied on assistance from many enthusiastic volunteers from the community and huge thanks go to them too, as well as the Herr Romanski, Burgermeister of Hamminkeln, who presented prizes.

Wheelchair Rugby

On 12th & 13th October, Darlington Mowden Park Bulls Wheelchair Rugby Club will host a regional wheelchair rugby tournament at Sedgefield Community College, involving 48 players competing over two days, spectators welcome. Organisers have issued a request for help from local companies and individuals, seeking donations towards catering for the event, of pies/pastries, healthy snacks, crisps, fruit, desserts and drinks. If you can help, please contact Dale Thompson on 07925 079507 or Nicola Napier on 07710 086132.

Outdoor Bowls

Another outdoor bowls season has been completed at Fishburn Bowls Club, with mid-table finishes in three leagues (but not quite so high in the fourth). This was a satisfactory result for what is a small club - 25 members, compared to many others that it competes against.

There were over 70 league games and Fishburn travelled as far as Wolsingham, Lanchester and Peterlee. Over 350 visiting players came to the club and the vast majority praised the condition of the playing surface and appreciated the hospitality. Fishburn welcomed six new members and they were quickly introduced to the competition involved in league games, enjoying the experience.

The next outdoor bowls season will begin in late April/early May 2020, when the club will hold an open day. Anyone with an interest in the outdoor bowls game is welcome to go along to see what it's all about and try their hand at this intriguing sport. To find out more, contact the club's secretary on 01740 238443/07446 032450 or the treasurer on 01740 621627.

Motor Racing

Late news - Sedgefield's Owen Walton has been crowned the Volkswagen Racing Cup champion for 2019. Racing very tactically in the final round at Donington, Owen finished fourth to claim the overall title and commented: "It's surreal to be honest. It's been a long six weeks, long weekend, I'm so relieved it's over. After qualifying my head dropped a bit. We didn't have a great race one, but it put us on pole for race two, which gave us the advantage going into the final race. It wasn't the greatest of start, but I still managed to keep up the front." Congratulations to Owen!

That's all for this month.
As always, please send any sports news to chrisjlines@aol.com.