

Sedgefield News

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By the villagers for the villagers of Sedgefield, Bradbury & Mordon
September 2004

New Chair for Sedgefield Primary Care Trust



Mrs Gloria Wills (pictured left) has been appointed Chair for Sedgefield PCT. Gloria has lived in Sedgefield for 33 years, with husband Brian and their twin daughters, Vanessa and Vicky.

After retiring from business due to ill health, she progressed her education, achieving a B.A.Hons with the Open University and from there a P.G.C.E. in Further Education. She is also a member of the National Association of Paralegals. Gloria's community

work and public office positions over the last 7 years include being a non-executive Director with the NHS, a Town and Borough Councillor, a Governor with Sedgefield Primary School and a Trustee of Sedgefield Educational Foundation. She is also involved with several voluntary and community groups including Friends of Hardwick and being Chair of CAVOS and a trustee of Sedgefield Development Partnership. She said, "I am very proud to be given the opportunity to take on this very important role. Our primary aim as an organisation is to make a difference to the lives of the people using the NHS, by making services more accessible and improving the quality of those services, to make Sedgefield a better place in which to live, work and bring up a family".

see page 8 for our new
Sports feature

Our readers want to know
about your sporting exploits -
from billiards to bungee
jumping!

Send **your** news to us or
direct to sports editor
chrislines@aol.com

The continuing dispute at Old Beacon Lane

If you have been following the contributions in the last few editions of Sedgefield News as well as the Northern Echo, you will agree that the issue surrounding travellers visiting Old Beacon Lane is a very contentious one.

We continue to receive contributions from all sides and this month is no exception - see the letters page this month for the views of the National Association of Gypsy Women.

However, at Sedgefield News we have agreed that we will no longer take copy verbatim from the main parties involved in this dispute. We feel that to do so would add nothing more to the case already outlined. Instead we will report major decisions and publicise any meetings on our Diary page.

Do you have something to say, a story to tell ?

If it's interesting *and legal* we could give you space!

Are you keen to start up a new activity?

We can help you find someone else who shares your interests and ambitions.

Think you're too young or too old to count?

Well you couldn't be more wrong! Sedgefield News is for everyone.

New contributors and team volunteers are warmly welcomed.

Dip your toe in the journalistic pool - you might be a natural!

We apologise to Professor John Anstee of Durham University for mis-spelling his name in our August edition.



Disabled access to learning at 'the Zone'

It was great news to be told that Sedgefield Development Partnership is moving to new premises and that there will be an open learning area on the ground floor. I was honoured when asked to visit and give my opinion as a wheelchair user on what could be done to make it as accessible as possible.

Above: Ann gives the benefit of her experience, and continues right...

Note from Sedgefield Development Partnership's Lifelong Learning Project

If you are interested in doing a course, please let us know, as we are now starting to collect names and requests again. We are in discussion with Bishop Auckland College and other learning providers, who are advising on layout and equipment, prior to starting up courses here at number 58.

If you have given us your details previously, we do still have those records, but it would be very helpful to know if you are still interested. The phone number is the same as ever - 629011, email address is sdp@sedgefieldweb.co.uk and of course you can always drop a note or call in here at no. 58 Front Street.

You will also be able to pick up course prospectuses from here for local colleges and other learning venues.



Zoe Hutchinson and Janet Mohamad of Sedgefield Learning Borough, Dave Brown of Bishop Auckland College and Bob Harris of Education in the Community, with Roger Clubley at the BBC bus on August 20th. It is expected that the bus will return in September to link up with the launch of learning in 'the Zone'.

I must admit that I approached with a little trepidation, because when it was a Jeweller's shop, I couldn't really get in because of a tight turn into the shop (I tend to take paint off walls or damage my wheelchair in tight situations). But when I arrived I was greeted by the friendly and familiar faces of Roger and Sandy Clubley, who showed round.

The turn into the shop was tight but I quickly saw that it was not going to be the problem I had envisaged – there was access through the door without having to manoeuvre my wheelchair - and I was amazed by the floor area available with all the fixtures and fittings removed.

I got in quite easily (the entrance needs no ramp) and inside I met John Parkinson, busy sizing up the toilet area, which because of its shape will need to be carefully thought out and adjusted.

John seems willing and able to overcome any obstacle.

I gave a little input, but I have no worries because he has everything under control.

Seeing how things were coming on, I signed up verbally for a computer course, only to be told by John that I'm *second* on the list!

Joking apart, I was very impressed. Nothing is ever going to be perfect; the offices are upstairs (some things are unavoidable) but I know that if the people working in the office are as accommodating as those working to get everything up and running, they will take having to come downstairs to see less able bodied people, in their stride.

I am really looking forward to the grand opening and to resuming my learning opportunities. I add my thanks to Barclays and the team of volunteers who are working so hard to get the work done.

Good luck to everyone involved in the venture!

Ann Stephenson.

Pensioners urged - *PICK IT UP, IT'S YOURS*

Pensioners in the Sedgefield area of County Durham are being urged to pick up a new pension credit. A '*Pick It Up, It's Yours*' campaign was launched in the Sedgefield Borough in August to ensure pensioners claim money to which they are entitled.

Organised by County Durham Partners Against Poverty the campaign aims to reach pensioners in the Sedgefield area who have not yet made a claim for Pension Credit. An 'Information Bus' will visit villages in the Sedgefield borough area over the coming weeks.

Councillor John Davies, Durham County Council Cabinet Member for Community Development said "This campaign is aimed at all the people who still have not claimed the Pension Credit to which they may be entitled. Estimates suggest that 25% of pensioners already in receipt of Housing and Council Tax Benefit living in Sedgefield have yet to make their application for Pension Credit."

The new Pension Credit can be claimed by people who have savings or a small works or private pension. To make a claim by telephone, ring 0800 99 1234. Those with speech or hearing difficulties can textphone 0800 169 0133.

Hydrotherapy centre for dogs launched at Butterwick Boarding Kennels

The area's first purpose built hydrotherapy centre for dogs opens on 1st September. With the 14ft by 10ft pool and grooming department, the centre offers a range of exercise rehabilitation and pampering programs for dogs of all levels of health and fitness. The heated and filtered hydrotherapy pool is an ideal way for dogs to enjoy exercise, its controlled environment making it ideal for rehabilitation after an operation or illness. The anti-swim jet controls allow the water resistance to change from slight current to white water. Buoyancy aids are available for nervous or very lame dogs, which can access the pool via a ramp or a specially developed hoist. To add extra support they can be joined in the pool by the kennel's qualified hydrotherapist. After the pool dogs can enjoy a post-swim pampering session, with bathing, drying and clipping.

The centre is run by Mark and Francesca Harding, who offer boarding for 55 dogs and 16 cats, 365 days a year with fully qualified staff on hand 24 hours a day. It is one of the few kennels which offers secure

dog walking facilities and care for animals that may be on medication or under veterinary supervision. Francesca said "We want to be more than just a run-of-the-mill boarding kennels. We offer people's pets the best care and attention possible. The hydrotherapy pool together with the grooming salon is a real chance for dogs to get valuable structured exercise and the kind of pampering everyone, human or animal, loves to receive." The response from customers has been positive, people recognizing that exercise is important to dogs - muscle wastage can occur after just 3 days of a dog not being exercised. Swimming is a gentle way to regain fitness and the hydrotherapy pool provides an alternative way for dog owners to keep their pets fit in a controlled, high quality environment. It is ideal for dogs that are hip displasic, pre & post surgery and/or overweight.

Mark adds "It is shocking and worrying that 50% of dogs in the UK are clinically obese. The right diet, exercise and care can work wonders; just ask your vet!"

Community Safety

Sedgefield Village Neighbourhood & Crimewatch Panel

Minutes of Meeting held on 10th August 2004

Minutes of Previous Meeting: (08/06/04) approved.

Secretary's Report: Details of correspondence issued and received. Points of note were: 1) Rent for Hall is to increase due to addition of VAT. 2) Council require details of our Insurance cover. 3) Cheque for CO monitors received. 4) Panel is affiliated to National NHWatch & is covered by their "umbrella" Ins. policy. 5) Nat. NHWatch is presently in funding difficulties & is at loggerheads with the Home Office.

Representative Reports: Village Constable:

Apologies received, no report available. **CPO:** Neil gave details regarding burglary (his special area of responsibility) & improvements to investigating & recording aspects; more use of civilian employees – some uniformed; of delivery of CCTV vehicle; recent SPARC meeting. Neil further advised that use of one telephone number nationally to call your local (nearest) Police contact station was gathering favour within the force. Chair queried whether this would remove the need to hold back on replacing the "Phone stickers" due to be replaced as a result of recent "local" phone change – to be followed up.

Neighbourhood Watch Co-ordinator: Apologies received. Neil gave details of Sarah's work to support Durham Enterprise School's summer school.

Community Force: Tim distributed copies of Task log, which includes our Village, responded to queries, & described improvements for future reports.

Members thanked him for Community Force's rapid response & his personal contribution within the village. Following members concerns about lack of Police support to residents' requests, Chair asked if Community Force would become proactive in the Park View area (tree fire damaged & foil wrappers left in area). Tim was thanked personally for the extra help he provided to her, in sourcing & fitting security to suit her particular door problem.

Ring Round: It was stated that this system, set up by the Police and designed to "Notify residents quickly of events that are of urgent need for notification & circulation" is simply not working. This was resoundingly confirmed by all present. A vigorous debate ensued, the Chair pointing out how DCI C Pearson had promised all Officers to be trained & to resolve this ongoing problem 2 years ago; & with Neil raising the prospect for a few nominated N/H/Watch members possibly being trained to initiate messages. There was only one member present willing to "consider" this means to resolve the ongoing communication downfall in our village.

Life Membership: Chair gave details of this award following July Executive meeting and how he had the pleasure of issuing the first such award to Stan Moyle in his home last week. He recorded how appreciative Stan was of the Panel for the unexpected recognition.

Phone Stickers: Chair to follow up with Sarah.

Personal Alarms: It was agreed these should be offered free to all residents over 70 who apply.

School Walking Bus: Chair following suggestion from Tim proposed sponsorship for reflective clothing for children. A member said this already exists and offered to liase with C/man re this topic.

Thorpe Thewles NHWatch: Chair gave an update of assistance given to some residents following contact at Medieval Fayre; confirming that they would be totally independent of our Panel.

Constitution Change: C/man gave notice of intended change at AGM re membership.

Resident Thanks: A member present wished to record their personal gratitude to the Panel for effort and assistance given regarding door security and told of how beneficial this has been.

Raffle Held after the meeting raised £16.00.

Next Meeting- includes AGM:

Tuesday 12th October at 7pm in Parish Hall .

The Driver

Why, in a 70mph zone, drive at 80mph - in a 60mph zone, at 70 - in a 40mph zone, at 50, in a 30mph zone at 40? Is it because you need to prove to yourself you're quicker than anyone else? Well, you're not unique. Most people do the same! Psychologists have been trying to fathom this out for years, with little success.

Why drive so close to the vehicle in front? Well, most people don't know what "too close" is. Most haven't been in a situation where they've had an accident - yet - but they might. So **please observe the 2 second rule**. Check the vehicle in front against a stationary object - a lamp post or traffic sign (don't forget to read it as well) then count to 2. If you pass the sign before you can say "ONE, TWO" you're too close. It doesn't matter what the speed is, it is compensated in the 2 seconds.

Finally this month, a question for the Government. How do you cut the number of deaths on the road and save fuel at the same time? **Answer** - all vehicles should have a MAXIMUM SPEED set at the Maximum Speed Limit.

Life Membership for Stan

Stan Moyle, a long standing member of Sedgefield Village Neighbourhood Watch & a “regular” at all Panel meetings, suffered severe health problems earlier this year which have unfortunately prevented Stan from continuing active involvement.

To recognise Stan’s circumstance & his valued involvement over the years it was decided that he should become the first to be awarded “Life Membership”. Chairman Ken Saiger visited Stan & his wife Jenny at their home to make the award in person. Stan was genuinely taken aback with the presentation but most pleased to accept the Life Membership Award. Stan thanks all his friends & fellow members for their support & for the recognition provided through the award & confirmed his continued commitment to Sedgefield Neighbourhood Watch Group. He is determined to keep in touch in so far as his health will allow.



Sedgefield Web - are you on it?

Is your society or club on the new community website? If not, don’t hesitate! It’s **free** for non-commercial local organisations. Flag up meetings & events or just tell the world what you’re about!

**So log on to
www.sedgefieldweb.co.uk**

Local business details can also be posted free

Message in a Bottle is a scheme designed to support older people in their home by providing useful information to the emergency services in the event of an accident or illness. It is not intended to replace any other support services. The aim is to complement existing services caring for older people in Sedgefield Borough.

Anyone who would like a Message in a Bottle pack please ring the **Age Concern Sedgefield Locality Office on 01388 770505**

Your chance to quit! The Passport to Health Smoking Cessation Project has helped over a hundred people to stop smoking since January, running courses in community settings to offer support and advice for smokers who want to quit the habit.

Annie Pluse explains “When you book a course, you fill in a form telling me what kind of smoker you are. Then I can advise you of the best type of product to use to help you stop, for instance, a patch, some gum, or even Zyban, which could be discussed further with your GP. You are given a Nicotine Replacement Therapy Voucher which entitles you to your first month of product for the price of 1 prescription. You then collect your product and set your own quit date. You will be able to try out new ideas and meet other people experiencing what you are going through”.

If you would like support and advice to help you to stop smoking, just pick up the phone and give Annie a call on 01325 329 931 or 0781 684 8774. **She could be running a course in your area.**

Citizens Advice: banking

“I’ve been told I need to open a bank account so that my benefits can be paid into it. But I’m really worried that I will go overdrawn as I’m not very good with money. What are the options for me?”

Some bank accounts can help you to take control of your money. Although a full current account with debit card and overdraft facility can be more difficult, the ‘basic bank account’ is simple to manage. You can pay money in, set up standing orders and direct debits and get money out using a cash card. **Most importantly you cannot go overdrawn.** You can even withdraw money from some basic bank accounts at a Post Office counter.

It costs nothing to open a basic bank account but if you do not have enough money in it to pay direct debits that have been set up, you could be charged. Another option may be a Post Office card account. Almost anyone can open one of these but they can only be used to collect benefits, tax credits and state pensions. You can’t pay any other money in, can’t go overdrawn and you can only use your card at a Post Office.

If you have an overdraft on your current account or debts to your bank and you open a basic bank account at the same bank or building society, they may use money in your new account to pay this off. Open an account in a different bank or building society or use a Post Office card account if you’re worried that your benefits may be swallowed up in this way. There’s more about looking after your money at www.adviceguide.org.uk and if you have problems opening or using your account, contact your local CAB at: Sedgefield Advice & Information Centre, on Thursdays from 10am to 1pm

High praise for superb Summer Teas

As part of the Charity money Linda Maddison raised last year for the elderly of Sedgfield, two Afternoon Tea Parties were held for our Senior Citizens. On the Saturday along with their afternoon tea the guests were entertained by Vera Davidson who sang popular songs from the shows, whilst on Sunday entertainment was by Charlie Young from Darlington who had them all singing along to his accordion playing. Here is a 'hymn of praise' from one very happy participant.

I had the privilege of going to one of the "Summer Teas" at Ceddesfeld Hall which were, I believe, initiated by Mrs Linda Maddison. When my friend asked me to go I was very apprehensive, but decided if people take the trouble to organise these events then we should support them. How glad I am that my friend mentioned it. What a lovely afternoon we had (thanks Ruth). We were greeted on arrival by two very pleasant gentlemen (Mr Wells and Mr Maddison) who made us feel welcome immediately. Everything looked

splendid, tables beautifully laid with lovely china tea cups, saucers and plates, and each with a very nice floral centre piece. The catering, we were told, was done by Mrs Nancy Wells and was excellent – well done Nancy, you are a star! The helpers were very good indeed, keeping us with a constant supply of tea or coffee. The entertainment was superb, the singer and pianist were great. There was even a free raffle and free bingo. Mr Wayman did an excellent job of drawing the winning tickets and there were lots of prizes. Mrs Linda Maddison, you did a wonderful job. I am sure Mrs Hodgson in her thank-you speech echoed the thoughts of everyone present (well done Mary) and the icing on the cake was the appearance of Mr and Mrs Jim Wayman, our present Mayor and Mayoress. I am certain they too enjoyed the afternoon. Thank you again to everyone involved and best wishes to you all.

PK

COOK'S CORNER Aubergine & Pepper Pasta Bake

(serves 4-6 people)

2 tbs/30 ml sunflower oil
Large onion (chopped)
4 cloves of garlic (crushed)
2 tbs dried basil
1 large aubergine (sliced)
2 peppers (sliced)
800gm/1lb tinned tomatoes (chopped)

8 tbs tomato puree
Half pint/280 ml stock
6oz/175g wholewheat pasta twists (uncooked)
*Preheat oven to 400F/200C/
gas mark 6*

Cook onions, garlic and dried basil in pan with lid, until soft
Wash aubergine thoroughly & cut slices into quarters
Add aubergines, pepper and chopped tomatoes to pan & leave on heat until just cooked
Whilst aubergine is cooking, bring pan of water to boil & cook pasta until slightly under-cooked.
Drain, rinse in cold water and add to pan
Dissolve tomato puree in stock & add. Stir gently & add salt to taste. Pour into greased ovenproof dish & bake 30 min.
(The Treehouse Cookbook)



WINTERTON PARK
Spa & Leisure

Well, the waiting is over and Christine Moore and her team are delighted to say that the rumours are true and very soon the church at Winterton Park is due to begin its conversion into a state of the art Spa and Leisure Club.

The demand for memberships at the club is very high and Christine is offering all those who are interested to find out more about the club and how it could change your life everyone to give her a call.

The Club is operating a booking system so they can spend time with you to explain what the club

*Fully equipped gym with the latest
Technogym fitness equipment
Luxury changing rooms
Relaxing health suite with Sauna,
Steam room & Spa Pool
Café bar area for food and drinks
Studio Classes for all ages and abilities
3 Beauty rooms Sunbeds*

will look like and go through the different membership options with you.

There are a limited number of founder membership packages available that are at a significantly reduced rate. Once the allocation of founder memberships are taken, the subscriptions and joining fees will increase to the full amount. There are currently some fantastic savings to be made – but only if you join early!

Please call us on **01740 623700** to book your appointment to avoid missing out on this fantastic pre-opening joining offer.



A Diamond Day for Harry and Edith

A memorable occasion was celebrated with family and friends at the Hardwick Hall Hotel on Monday 2nd August 2004 when Harry and Edith Young of Mordon celebrated 60 years of marriage. The Queen sent a card but missed a treat in not hearing Harry's speech! Harry was born in Bradbury and many will recall him, with his father and brothers visiting their Farms to thrash. It was on one of these visits to Howe Hills Farm that Harry met Edith, who was doing her bit in the Women's Land Army. Harry went from thrashing to fence erecting and the building of the jumps at Sedgefield Racecourse; he was well into his 80s before he retired. Edith, who was born in Sunderland, worked for many years at Collingwood the Jewellers in Stockton.

After sixty years together, the couple said they had everything they needed and suggested that anyone wishing to mark the occasion donate to the Park Lane Surgery, Stillington and/or the Coronary Care Unit of the James Cook University Hospital, Middlesbrough. Generosity prevailed and £540 was raised for the Surgery and £560 for the Hospital. Harry and Edith have lived all of their married life in Mordon and have been a great support to the Village through their links with the Mordon & Bradbury Village Hall Association. We wish them many more happy years together.

Sports Day fun for Bradbury & Mordon



The Annual Children's Sports at Mordon were organised by Wendy & Dave Sayers and the competitors ranged from Tiny Tots to Mums & Dads!

Events included Egg & Spoon race (all ages as you can see), Hoyoing the Welly (size of welly graded to match the age & size of the thrower) and a game of Rounders (won by the reds 'cos they had the fastest runners).

A day of sunshine and fun ended with the Tug of War and a great time was had by all!



29th Sedgefield Drama Festival of One Act Plays

Once again Sedgefield Players will host this very successful and popular event, and this year seven groups will perform nine plays, including three original pieces. The festival will be adjudicated by Mike Kaiser, GODA, who is new to Sedgefield Players, but who comes highly recommended. It begins on Tuesday 28th Sept at 7.30 pm in the Parish Hall, and ends with the Final Adjudication and presentation of awards on Saturday.

The Festival Bar can be enjoyed each evening and the festival week ends with a buffet and party in the bar. **Details on page 11**

My name is Janet and I am your local Virgin Vie cosmetics rep. If you are interested in hosting a class, please contact me on 07970 693309.

Sports Update with Chris Lines

Last month's sports column reported that the new Sunday League football season was due to kick off imminently. So it was that on the same weekend that the Premier League ignited again, several teams from Sedgefield got their campaigns underway.

As far as Sedgefield News is aware, the village has four Sunday teams competing in various leagues this year, representing St. Edmund's, the Golden Lion, the Black Lion and the Cross Hills. Please put us right if you know of others!

The first few games have brought mixed fortunes. St Edmund's kicked off their season with a resounding 11-1 victory in one of the various cups they enter, but then lost their first league game 3-2 in a hard fought mid-week game against a team from Spennymoor.

Last year, the team now representing the Golden Lion (and sponsored by Carpets at Home as reported in the newsletter) had a very difficult first season and finished bottom of the two Trimdon and District leagues. This time around, the leagues have been amalgamated into one and the Golden Lion have started in much more encouraging fashion. True they lost their first two games, but these included a

close 0-2 defeat to last year's league winners and an even closer 0-1 mid-week reverse. However, the team bounced back in their third game, in a rollercoaster encounter with Fishburn. After leading 2-0, the Golden Lion let their opponents back into the game and were 2-3 down with less than ten minutes to go. That they ran out 5-3 winners was testament to the determination within the team to make some real progress this season.

We believe that both the Cross Hills and Black Lion have got off to winning starts this season, but haven't got any details at this stage. If anyone from those teams would like to volunteer to supply up to date results, then they will appear in future issues of the newsletter.

So far then, football is dominating this sports column, but that really was never the intention. Our roving sports reporter (!?) will broaden his focus in time for next month and put together a feature that better represents the sporting life of Sedgefield.

Please send contributions on *any* sport to chrisjlines@aol.com or drop it in at 58 Front Street and we will pass it on

Lifelong Learning

Hello everyone. There have been a few changes since I last wrote in Sedgefield News. Rana Coates has joined the team and we are working together to bring learning opportunities to the various venues in the village. Enrolment Day is September 11th at Ceddesfeld Hall, from 10am to 2pm, so come along for a chat and find out what's happening. It's the time of year when cries of 'I'm bored' and 'There's nothing to do' are replaced with 'Where's my school bag?' and 'Is my PE kit ready?'

It's also start time for our new programme of courses, and this September we have a wide range on offer. We will continue the popular Computer courses at the Community College - Basic Computing, Web Design, Digital Photography and Desktop Publishing - and Dance, French, Art and DIY Plumbing, as well as Spanish on Monday afternoons. New courses this term are Aromatherapy, Arts and Crafts and Bridge - a direct response to requests from people in the community, which brings me on to another point. We do need to know what type of course you would like to do, no matter how bizarre! We will try to find a tutor, publicise and promote the course and try to get enough people interested to start the class. But this does take time and we are already looking at the programme for January, so if you have a request, phone or drop in and see either Rana or myself at the college. If you know us, just stop us in the street and ask. We look forward to seeing you on Enrolment Day. Have Fun!
Bob Harris,
Education in the Community

The Sedgefield Learning Borough Initiative

is concerned with lifelong learning throughout Sedgefield Borough. It works with groups like the SDP Lifelong Learning Project (see p.2) and many others, and is designed to give you the widest opportunities and best quality learning possible. We offer information on learning in any part of the Borough, whoever is offering it. There are a huge number of learning opportunities available so it can be difficult to know where to go. We aim to make things much simpler.

If you want to know what you can study and where, just ring Zoe Hutchinson, on 01740 657493. Across the Borough there is a wealth of learning opportunities from family learning to adult education, and the aim of the Sedgefield Learning Borough is to offer you the learning you want, where you want it, when you want it.

Expert Patients Programme group celebrates



At the end of the 20th century the British Government faced a dilemma. The number of people living with chronic conditions had escalated and an effective and cost-efficient service was needed to improve their lives. A task force was set up to design an Expert Patients Programme, and in Sedgefield locality it was launched in 2002, supported by The Pioneering Care Partnership and Sedgefield Primary Care Trust.

Since then over 100 people have completed the six week course, 4 volunteer tutors who also live with chronic conditions have been trained and fully accredited. The course is free and held over six weeks for 2 ½ hours per week for people living with long-term health conditions such as Heart Disease, Arthritis, Multiple Sclerosis, Diabetes, Back Pain,

Mental Illness, Asthma, HIV and others.

Five skills are taught: Problem solving, Decision-making, Using resources, Effective links with health care providers and Taking action. Benefits include a significant reduction in pain, depression, breathlessness and 'lack of energy' and an increase in confidence levels and preparedness for consultations with health care professionals. Days off work show a significant reduction too.

In July, around 20 participants celebrated successful completion of the course and were awarded certificates by Gloria Wills, Sedgefield PCT Chair.

If you are interested in joining the next Programme course, please contact Maxine Lee or Claire Kippin on **01325 321234**

September DIARY

Announcements on this page are free to non-commercial organisations

Sedgefield W.I.

meets at
Sedgefield Parish Hall
on **Wednesday 1st Sept**
at 7.15pm

Speaker is Dulcie Lewis
"Down the Pan!"

Competition for members is a
Toilet Roll Cover

Tiny Steps at St Edmund's

restarts September
Singing & Stories
for pre-school children & carers

SLYC! Lyrics Youth Choir

Friday practices start again on
September 3rd - 6pm-7.15pm
at Ceddesfeld Hall

If you can sing in tune & are
between 9 & 18, you're welcome.

Town Councillor Surgery

Monday 6th September
in the Fletcher Room,
Parish Hall

Local History Society

Monday 6th September
at Ceddesfeld Hall

Janet Brown on Ulgham

An illustrated talk on the history
of a Northumbrian village -
Guests & new members welcome

Sedgefield Garden Society

Tuesday 7th September
at 7.30pm
in Ceddesfeld Hall

Spring flowers in Crete
a talk by **Dr Alan Pearson**

All Welcome

Saturday 18th Sept

Trip to Harrogate

Autumn Show

cost (inc. admission) **£20**
deposit (non returnable) **£5**

Information / booking
01388 722 245 (after 6pm)
or **621 504**

WI Market - now Country Markets Ltd

restarts **Friday 3rd Sept** from
9.30-11.00am in the Parish Hall
Still the same excellent value
home baking, eggs, garden pro-
duce & crafts.

Tea & Coffee served

Education in the Community

Enrolment Day

Monday 11th September

from 10am to 2pm
at **Ceddesfeld Hall**

Sedgefield Farmers' Market

Sunday 12th Sept.

9.30am to 1.30pm

Local traders always welcome

Please contact Bob Harris on
07977 231815 for details

Northumbria in Bloom

Presentations

at Hardwick Hall Hotel on
Wednesday 13th September
from 8am - approx. 1.30pm

Afternoon Bingo

Monthly session at Ceddesfeld
Hall on **September 17th**

Sedgefield Rose & Flower Show

at the Golden Lion

Open to the public

6 -10pm on **Saturday 18th**
& 12 noon - 2pm and 6pm - 9pm
on **Sunday 19th September**

Sedgefield Family History Group

meets at

Ceddesfeld Hall

on **Monday 20th Sept.**

at 7.45pm

**"Houses and Castles of
Northumbria"**

by Mr George Flynn

*New members interested in
Genealogy are always welcome*

Sedgefield Cricket Club

Home fixtures in September

A Division:

Sat 4th v. Mainsforth

B Division:

Sat 11th v. Langley Park

Sedgefield Races

Next meeting on Sept 28th:

First race at 2.30pm

Ferryhill, Sedgefield & District Flower Club

Cynthia Scott demonstrates
'Something Stylish'

Tuesday 21st September

at 7.30pm in

Sedgefield Parish Hall

Everyone welcome

Sedgefield Drama Festival of One Act Plays

in Sedgefield Parish Hall

**Tuesday 28th - Saturday 2nd
September**

starting at 7.30pm

Tickets **£5 (concessions £4.50)**

on Tuesday - Friday

£3 on Saturday night

Bargain season ticket

(Saturday night buffet included)

- £15 (concs £13.50)

Tickets from Selections or ring
Haydn on **620091**

Sedgefield Methodist Church

is used throughout the year, not
only for services, but also for
many other activities including

Play School and charity

Coffee Mornings

The **Table Tennis Club** runs on

Tuesdays from 7.30pm

Mums & Toddlers can get

together on Mondays from

1.30 - 3pm during term time

Special events this month-

Harvest Services on Sunday

26th followed by the Harvest

Supper on Monday 27th

Dropped Kerbs - 2 replies

I built a drive-way next to my home in Elm Avenue and use the dropped kerb next to my house to access the drive, so I do not have to park on the road near a junction for safety reasons. If I parked on the road outside my home, any car user coming down Elm Avenue would not see the dropped kerb or anyone wanting to use it, because my car obscures the view. We do agree with you about the council dropping kerbs in the wrong place, but the drive is to our land and we need access to that. It's not an issue of saving money at all. Builders are working here now and we intend to extend the dropped kerb. As for people parking over the dropped kerb whilst visiting us or anyone else, this has nothing to do with us. They park where they like. We never have and never will, willingly block the dropped kerb.

G & J Lennox

As a Sedgefield person (4th generation) I feel quite saddened that we no longer seem able to talk over problems face to face. I refer to the letter 'I have rights too' (Aug). I am sure that no one was out to personally get at Mrs Stephenson by parking over a disabled access, but surely a courteous knock at the door and a friendly word would have resulted in the car being moved and an apology from the owner. Most people are guilty at one time or another of not thinking and perhaps we do need to be made more aware of disability issues, so why not work together as a community, talking to one another to gain knowledge and understanding. Then perhaps we may have a more accessible and understanding village.

Rana Coates

Old Beacon Lane: the voice of the Gypsy Women

The National Association of Gypsy Women would like to reiterate our position and make clear to all on the Beacon Lane issue that contrary to local media speculation, under no circumstances would we be in agreement or favour of blocking off Beacon Lane.

As we stated at the meeting in Sedgefield parish hall on the 14th July 2004, this would only be acceptable if there was a designated safe alternative to Beacon Lane targeted for Gypsy Travellers to go to when coming to the area. This would allow them to pursue their cultural way of life without interference or discrimination. We have spoken to village residents and discovered that some people who are coming to Beacon Lane are causing a disturbance, residing in 'buses' and 'old transit vans'. These people are not of our culture, but are from the non Gypsy Traveller Community.

The national association of Gypsy Women would be happy to help, speak to the Gypsy Traveller communities when they come to stay in the area and reiterate to them an expected code of behaviour. As with the non Gypsy community there are good and bad in all cultures. Our community are reasonable and are willing to work to come to an acceptable conclusion for all concerned. We seek only reasonable, peaceful and good relations with the wider communities and work endlessly to achieve this end.

Rachel Francis-Ingham

for the National Association of Gypsy Women - Sylvia Dunn (President)
Catherine Beard (Chairperson)

The curse of wind farms!

I was appalled recently to receive a glossy communication through my door entitled "Walkway Wind Farm". This proposes the building of another eight 130 m high turbines on a site near to the Castle Eden Walkway. We already have 3 of these monstrosities, sited near to Elwick, which are very visible from the walkway. Another eight would be a visual disaster.

Dr David Bellamy is totally opposed to the epidemic of wind turbines, as are a number of other academics who have realised that global warming is, largely, a natural phenomenon which is little affected by man's activities. Wind farms are a very expensive way of generating electricity, the cost being at least 4 times that of conventional methods. France has quietly lead the way in green electricity generation; it has many nuclear stations which not only satisfy its own needs but supply a large part of Italy as well as exporting to this country. This, surely, is a much more effective (& non-carbon dioxide producing) alternative to coal, oil & gas. I would request your readers to formally object to the building of this wind farm which will be a blot on the local landscape with minimal benefit to Sedgefield residents.

J H Fitzpatrick

*Copy for October by
September 16th please, to
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snews@sedgefieldweb.co.uk
or 01740 629011*

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