

SEDGEFIELD NEWS

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

September 2019

Deadline for next edition, 15th September

Plotting for the Future

A new series by Carole Lawford

Photos from left: Carole, Andy & his volunteers, and young helpers, Dylan & Thomas.



Welcome to my new regular column. You won't always find me on the front page, but I'll see you inside next month. I'm Carole, I live in Sedgefield, and I've recently been diagnosed with Multiple Sclerosis, an auto-immune disease where the immune system attacks the brain and spine, as if they are a disease.

Becoming disabled earlier this year has been a huge learning curve, so I've taken control of my life in a positive way, by taking something I love and developing it.

In my professional life, I work to support and rehabilitate military veterans and to deliver training on Alzheimers and Dementia. I plan to combine those aspects with my love of growing, at my allotment plot in Butterwick Road.

I need a rollator to walk, so my plot isn't safe for me now; it needs adapting to raised beds and good paths. I'm sure there will be other people who perhaps had a plot, or would love a plot, but can't manage it now. It's my passion to make my plot accessible so they can enjoy it too. The raised beds and paths that make it safe for me, will make it safe and welcoming for others too.



The benefits of growing, the fresh air, peace and quiet, handling the delicate plants, soil, and produce will all help me rehabilitate after my treatment. I've always found joy in growing as relaxation from my busy and stressful work life. I'm fortunate to come from an allotment family. From the feeling of wellbeing to the complex trauma of PTSD, being involved in something gentle, physical and sociable can be enough to make a difference for many people. My plot will be amazing! Andy Shepherd from AJS Home & Gardening Services is project managing the project in his own time and without payment. Heroes don't always wear capes! If you see him, please tell him he's doing great work, because he is. I'm raising funds through a funding page at <https://gofundme.com/f/growing-to-adapt-to-multiple-sclerosis> I'm already in talks with fantastic organisations like Walking with The Wounded, BLESMA (veteran amputees) and Alzheimers Society. The plot needs finishing and risk assessing by the organisations. This regular column will both help my rehabilitation and raise awareness of the plot, I want to share it with others who will benefit, including Sedgefield residents of course.

Recently I was made very welcome



by our own Sedgefield Veterans group. Thank you Kevin and Millie. I'm grateful to Sedgefield Town Council for their patience. The plot is a huge undertaking, relying on volunteers and donations. It is taking time to make progress, as I'm in treatment too, but the volunteers are hard working and supportive, and my thanks go to them.

I'm planning lots of fun initiatives, nurturing wildlife, encouraging young gardeners, conserving the environment, reusing plastics etc. I'm working with the Soil Association towards being organic and sustainable. No sprays or chemicals and companion planting to work with nature, will keep our produce delicious and healthy, and the polytunnel will increase the length of the season for growing our goodies.

So this is a new chapter for me and I'm very grateful for the opportunities I'm enjoying.

If you see me out and about, feel free to say hello - I'm the blonde with the wheels - and if you can donate tools or materials, would like to help build the plot, or to visit later, then you can contact me for anything at carole.lawford1@btinternet.com I know the village will welcome and support my friends and visitors as they enjoy the facilities here.

Sedgefield News from the past

by Martin F Peagam, The Time Traveller, on behalf of Sedgefield Local History Society

192 years ago, in September 1827, the Duke of Wellington visits a friend

The 127 feet tall Wellington obelisk towers over the Wynyard Estate. It is a testament to the friendship shared by the 3rd Marquess of Londonderry and one of the greatest military commanders, the Duke of Wellington.

The obelisk was erected in September 1827, to honour Arthur Wellesley, 1st Duke of Wellington, who visited Wynyard Hall on the 24th September, during a triumphal tour. He was one of the leading military and political figures, serving twice as Prime Minister. His victory against Napoleon at the Battle of Waterloo in 1815 puts him in the first rank of Britain's military heroes.

The two men were companions-in-arms during many military ventures in their younger days.

However, the obelisk also reveals another side to their relationship.

The foundation stone of the obelisk originally read 'Wellington, friend of Londonderry' but now simply reads 'Wellington'. Disappointed not to be given a place in Wellington's cabinet in 1828, Londonderry had the other words removed!

However, on the death of Wellington in 1852, he learned he had awarded him the Order of the Garter and Londonderry acted as pall-bearer at Wellington's funeral.



Below. Words of friendship removed, leaving the plinth looking a little sad.



GREENER SEDGEFIELD

The plastic bag charge and reports of damage to the environment has led to a huge shift in consumer behaviour. Plastic is a big issue but there are many other products that require lots of energy, water and trees, all limited resources, in their manufacture. Alternatives are becoming more accessible and popular, so what can people do at home to be more sustainable?

Zero waste stores are becoming more common and have refill stations where you can top up on products such as shower gels, detergents and food products, using your own containers. Supermarkets are often happy for you to take clean containers along for purchases from the deli, fish and meat counters. A simple bottle of water refilled time and again saves money and waste.

The production of kitchen roll and toilet paper uses an enormous amount of water and trees.

Old clothes and towels can be repurposed as washable alternatives to kitchen roll or wipes. If you prefer

kitchen roll, bamboo ones are made from a sustainable source and can be machine washed. Toilet paper made from recycled materials is sold in many supermarkets.

Cling film is single use, but beeswax wraps are handy alternatives for sandwich wrapping or covering food. They can be re-used and are compostable when past their best. Need a book? **Borrow a good read**, from the library or have a look at second hand shops supporting a good cause.

A bar of soap is as effective as hand wash pumps without all the packaging. Again, refills are available for hand wash if you prefer them. Shampoo and conditioner bars can last much

longer than bottles and just like deodorant bars remove the need for plastic.



Yoga4Health

Starting 3rd October in Sedgefield

The NHS have realised that society needs more than medication for total well-being. Stress is a major cause of long-term ill health, absence from work/education and accounts for a huge proportion of doctor's appointment time. Medication may work but what patients often require is a way of coping with general life and the daily challenges that arise.

Public Health England and Parliament have joined with leading Yoga Therapists and approved a 10 week course. The Yoga In Healthcare Alliance is training Yoga teachers to deliver the course over ten 2-hour weekly sessions.

Students will receive a manual detailing what is covered each week which can also be used for home practice and future reference.

If you suffer from Stress, Anxiety, Low Mood, want to Lose Weight, are concerned about Diabetes or Heart Health, please consider this course as the first step to a healthier and happier You. Local doctors will be happy to advise if this course is suitable or you can self-refer. All participants will be screened to make sure it is safe and appropriate for them.

Your local Yoga4Health Teacher is Cristina Moreira. For more information call 07463292899 email info@casayoga.co.uk website: www.casayoga.co.uk



Colgate estimates the UK uses 264 million toothbrushes a year - a staggering amount of plastic that is usually thrown away. A rechargeable toothbrush would produce less waste; bamboo ones can be composted when worn out. Even chewable toothpaste tablets exist, removing much plastic and paper packaging.

Rechargeable batteries can be used hundreds of times, compensating for the initial cost.

Lastly, in a lifetime a woman will use around 11,000 menstrual products. Most contain plastic and sadly, most are not disposed of correctly. Washable pads, sanitary knickers and menstrual cups could save money over time and reduce the environmental impact.

Many things can be swapped, refilled or repurposed. Only a few have been mentioned here. **What works for one may not for another, but even one swap makes a difference.**

Skerne Medical Group

Public Consultation

I attended one of the events during the 8 week consultation, to hear the presentation from the partners at the Skerne Medical Group.

The purpose of the engagement is to propose the future structure of the Practice and the delivery of service, while considering Patients, Practice Staff, Finance and Facilities. Five scenarios were put forward for consideration.

1. Extend Harbinson House, Sedgefield and retain and extend Trimdon Colliery Surgery.
2. Extend Harbinson House, and build a (larger) new surgery in Trimdon (Village) to accommodate 7,000 patients (plus retain Trimdon Colliery until 2027).
3. Build a new surgery in Trimdon (Village) for the entire practice, plus retain Trimdon Colliery until 2027.
4. Occupy a single site at Sedgefield Community Hospital plus retain Trimdon Colliery until 2027.
5. Extend Harbinson House, retain Trimdon Colliery and Fishburn.

The presentation is available on the website. Several points were shared from the process so far.

Some new staff have been recruited, including GPs and clinical staff. They will need to be located with their mentors and support staff wherever possible.

Movement of staff between sites loses patient appointment time of 30 minutes for every staff member per journey.

When consulted, the Practice Staff view is one site is preferable.

The presentation was followed by questions from those attending.

The meeting closed following reassurance from Dr Hearmon that they are looking at all options from the perspective of patients, staff and Partners, and want to find an option to serve the community and provide the best care, so that the practise will 'survive and thrive'.

Carole Lawford

2 new Heads at Sedgefield Community College

Eight students were nominated for the role of Head Boy and Head Girl at Sedgefield Community College. They all took part in a formal interview, which mimicked the intensity of a professional job interview.

The selection panel, made up of Headteacher Mr Davies, and Assistant Headteacher Mrs King, chose Ethan Wrightson as Head Boy and Lois Ireland as Head Girl. Both students demonstrated that they have the qualities that are required to represent the values and ethos of the College.

166th Sedgefield Show by Paul Savage

A combination of holidays and my other job as children's taxi driver had meant I'd missed the last few Sedgefield Shows. This year I had a few hours before the taxi was booked so I hurried down to the Robert Brown Showfield at West Park to see what I had been missing.

The sheer scale of the event, and the organisation required, always impresses and this year was no exception. With classes from "pedigree beef" to "dog with the waggiest tail" and displays including vintage tractors and cars, there really was something for everyone. My favourites were the incredibly well behaved, goats and the baby alpaca.



The equine classes took place in the main ring and there were tents with vegetables, flowers and home & handicraft sections.

The funfair is always a big hit with the children and there was plenty of opportunity to sample food and drink. The signs provided by a local estate agent were great fun and kept you from getting lost.

One of the really enjoyable things about the show is the way it brings people together and you only seem to walk a few yards before you're chatting with a friend or someone you know. I had a great time and will be back again next year, this time with the children.

Planning for the 167th Show is already underway, and more volunteers are always needed. The first meeting is at Sedgefield Social Club at 8pm on September 12th.



Church Calendar launched

Sedgefield Show proved an ideal venue for the Friends of St Edmund's Church to launch sales of their eye-catching 2020 Calendar. It didn't take long before copies were being snapped up, and one of the first at the sales stall was Sedgefield's Mayor, Cllr Leo McCormack, and his wife, Sandra.

"We were delighted by the comments from locals and visitors", said Friends' membership secretary, Brian Mutch. "All the signs are that the Calendar will prove just as successful as last year's."

The slimline, month-per-page Calendar with colour and monochrome pictures, shows scenes and events from the past year, taken by 9 local photographers. Cellophane-wrapped, they are on sale at £6 (£6.50 with a sturdy card envelope for posting to friends and relatives) from secretary Alison Hodgson (01740 620912), Brian Mutch (01740 622302), Toshach's Tea Shop or members of the Friends' committee. Profits will be used to help maintain the fabric of Sedgefield's ancient parish church. **As the Friends of St Edmund's would tell you - it's an ideal Christmas present!**

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The selection panel, made up of Headteacher Mr Davies, and Assistant Headteacher Mrs King, chose Ethan Wrightson as Head Boy and Lois Ireland as Head Girl. Both students demonstrated that they have the qualities that are required to represent the values and ethos of the College.



Head Girl, Lois Ireland and Head Boy, Ethan Wrightson.

Vote on Sedgefield's Future

It's clear from the design of their badge below, Sedgefield Town Council hope that residents will use their vote in the Community Referendum to approve the Sedgefield Plan. To help you to make a decision, details of the Plan are in Sedgefield Extra, which should arrive with this Sedgefield News. **Voting is on Thursday 12th September in the Methodist Church Hall on North End.**



Bishop Auckland Concert Series finale



Alexandra Lomeiko (violin) and Ana Gogava (piano) will perform together in the fifth and ultimate concert in the 2019 Bishop Auckland Music Society Concert Series on Friday 6th September at 7.30pm in Bishop Auckland Methodist Church.

A winner of multiple National awards in her home country of New Zealand, Alexandra Lomeiko moved to London to study at The Purcell School of Music in 2006 and, as a result, had her solo recital debut at Wigmore Hall in October 2009.

Alex is active as a chamber musician, performing regularly with Ensemble Mirage amongst others. She enjoys freelancing as a concertmaster and has led orchestras under many distinguished conductors.

Together with pianist, Ana Gogava, she visits to perform work by Greig, Bartok and Beethoven.

This is a more than fitting finale to the BAMS 2019 concert season! Tickets £13.50 (£15 on the door) Available from Brotherton's Music or from Brian Varley (01388) 606075

Sedgefield Cricket Club Beer Festival 13th - 15th September

Friday night music is from the Newcastle acoustic trio, Los Capitanes. On Saturday we have Elvis impersonator, Anthony Grey and on Sunday, the ever popular 101. There's an indoor real ale bar, with beer from local breweries, and a free bouncy castle all weekend.

Sedgefield Drama Festival: the final line up

The evenings of Tuesday 10th - Saturday 14th September see eight contrasting productions compete in the annual Sedgefield Drama Festival.

Adjudicated by Jan Palmer-Sayer, the Head of the Guild of Dramatic Adjudicators (GODA) on her first visit to Sedgefield, the festival opens with the Sedgefield Players Youth Section in their production of Lucy Atkinson's 'As it was'.

This will be followed by the Sedgefield Players who present another original play, 'The Twa Sisters' by Tom Guest.

On Wednesday 11th, Richmond Amateur Dramatic Society present 'Being Rose' by Richard James, followed by the Players again with Bertolt Brecht's 'The SPY', which you may remember featured as part of their June 2018 production of 'Fear and Misery of the Third Reich'.

Thursday sees Saltburn 53 Youth Group perform the third original piece of the week, 'Maggots' by Sue Pierce, which will be followed by Holmside Productions, with 'The Choice' by Alan Monkhouse.

The last night of the Festival includes two groups from Scarborough, firstly Statement Drama Company with 'Crab Cakes' by Joan Lipkin, then the final original piece, 'Forgive our foolish ways' by Shari Gledhill from the group Bananadrama.

On Saturday Jan will give her final adjudication, followed by the presentation of awards.

Tickets for the week are available from Tickety Boo or from the website www.sedgefieldplayers.co.uk and it would be wonderful to see lots of Sedgefield residents there, supporting local theatre. TG



Above: two of the brightest young talents in the North East present **Themeless Variations** - an evening recital, on **Saturday 21st September** in St John Fisher Church, Sedgefield.

Ranging through the Baroque, Classical, Romantic and Modern eras, a wonderful programme of flute, cello and piano duets will be performed by Megan Robinson and Tim Jasper. For tickets, call 07969 347379.

The 14th Annual Sedgefield Folk Festival : Friday 6th - Sunday 8th September

For further information on all the events and activities taking place or for the purchase of tickets, please contact the Festival Office (tel. 621347) or visit the Festival website www.sedgefieldfolkfestival.co.uk For details of festival events taking place in Ceddesfeld Hall, check out the SCA column on page 11.

- Sun 1st** **Sedgefield Farmers' Market** on the village green, 8.30am-12.30pm.
- Mon 2nd** **Sedgefield Local History Society** at Ceddesfeld Hall, 8pm. Wooden Boats and Iron Men by David Hastings. Free, donations to RNLI.
- Tue 3rd** **Sedgefield Tea Dance** in Sedgefield Parish Hall 1pm-3pm, £2.50 including refreshments. Everyone is welcome. For information, call Joyce 01740 622601 or Ann 01740 629070.
- Wed 4th** **Sedgefield Women's Institute** in Sedgefield Parish Hall, 7.15pm. The Role of Women in the DLI, talk and interaction with artefacts. Competition - an item of wartime memorabilia.
- Fri 6th** **Sedgefield and District U3A** at Ceddesfeld Hall, 2pm. Tracey Bowstead - Great North Air Ambulance. Visitors £3.
- Mon 9th** **Farm Watch Meeting**, 7pm at Hopper House Farm.
Sedgefield Methodist Wives & Friends. Bingo and cake.
- Thu 12th** **COMMUNITY REFERENDUM for the SEDGEFIELD PLAN.** Details in Sedgefield Extra & on p3 of this edition. NB Voting takes place in Sedgefield Methodist Church Hall.
Sedgefield Show Committee Meeting 8pm upstairs in Sedgefield Social Club
- Sat 14th** **Sedgefield Rugby Club** first team are playing at home.
- Mon 16th** **Sedgefield Family History Group** meet in the Methodist Church Hall, 7.15pm. Margaret Hedley's talk is 'Hannah's Story'.
- Tue 17th** **Sedgefield Tea Dance** in Sedgefield Parish Hall 1pm-3pm, £2.50 including refreshments. Everyone is welcome. For information, call Joyce 01740 622601 or Ann 01740 629070.
- Wed 18th** **Sedgefield Neighbourhood Watch Meeting** in Sedgefield Social Club (upstairs room) from 7pm.
- Thu 19th** **Sedgefield Memory Café**, 10.30am-12pm at Sedgefield Fire Station. For dementia clients and their carers only.
- Fri 20th** **Sedgefield Women's Institute** coffee morning and raffle in the Parish Hall 10am-11.30pm.
Sedgefield Blues Club. Paul Lamb (Blues Harmonica) & The King Snakes: plus How Askew Band. Details www.sedgefieldblues.com
- Tue 24th** **Mordon & District Ladies Circle** at Mordon Village Hall, 7.30pm. Harvest home with a bring and buy stall.
- Sat 28th** **Children's Workshop**, 'Creating Characters and learning about illustration with author Holly Stirling at Sedgefield Library.

Sedgefield In Bloom

After an action packed year, Sedgefield in Bloom volunteers plus council gardeners Stephen Young and Ben Gray were happy to extend a warm welcome to Britain in Bloom judges Keith Jackson and Lee-Anne Bone. On a beautiful August day, Sedgefield was looking at its best, with colourful displays in tubs, baskets and beds on the green, as well as the many Bloom projects elsewhere around the town. Volunteers have worked hard to develop further areas of garden in Ceddesfeld grounds, which has (*continued on p9*)



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 reqd.
Craft Group: 1.30pm 2nd & 4th Friday
Book Circle: 3rd Friday 2pm: new members always welcome.

The Hub

@Sedgefield Community College
New Dance Generation - Monday
9s 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.

September@

Sedgefield Social Club

Sat 7th: Lukas James
Sat 14th: Stenna
Mon 16th: Country Night
Sat 21st: Kevin Royale
Sat 28th: The MojoMen

Sew Easy Sessions in September

Mon 2nd, 9th, 16th, 23rd, 30th: 6.30-9pm
Wed 4th, 11th, 18th, 25th: 10.30am-1pm
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 1st, 8th, 15th, 22nd at Bethany Centre, Newton Aycliffe, DL5 4UD
Sun 29th at Sedgefield Parish Hall

Sedgefield Methodist Hall Non-Profit Playgroup

Mon, Wed & Thursday 9.30am-11.30am in term time. For children aged 2 to 4.
Contact Barbara Smith 01740 620923 or Jane Jones 01740 620893

Family BBQ Charity Event

Saturday 7th September from 3pm at The Rectory, 2 Durham Road, Sedgefield. All welcome, adults bring own drinks.
Tickets £3.50 adults,
£3 children (includes drinks & food)
Tickets available from:
Alex 01740 623557, Julie 01740 622391,
Anita 01740 621638

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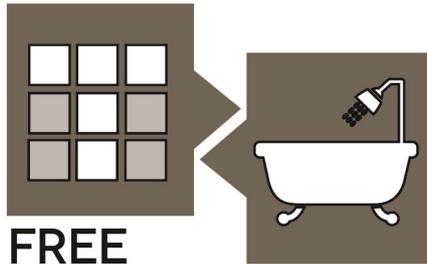
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SEDGEFIELD VILLAGE NEIGHBOURHOOD WATCH

A Sedgefield Anecdote

Recently a visitor to Sedgefield from another part of the UK was able to enjoy a warm sunny day in our village and took in a cricket match with his friends and relatives. After a relaxing summer day, he returned to the lodgings to find that a much-valued wristwatch was missing.

Having failed to find it he returned home resigned to the fact he would likely never see it again. Sometime later a Sedgefield resident handed a watch in to our Beat Team at the station stating that it had been found on the cricket field. Our Constabulary immediately swung into action, investigating the piece and finding a serial number. They contacted Omega who were able to trace where the watch had been bought and therefore who was registered as the keeper. To the delight of the owner he was duly re-united with his treasured possession.

Special thanks must go to the resident who demonstrated an honest and neighbourly spirit in a simple act that brought great pleasure to an individual they have never met. Congratulations also go to PC John Lamb and his team for diligent and thorough pursuit of their duties, serving the community in ways which are not always obvious or visible to the rest of us.

NHW at Sedgefield Show

Many thanks to those who visited our stand, which we shared with Durham Police and especially to those who contributed to Neighbourhood Watch by buying a Tombola ticket. Every one of the 47 prizes we had on display was won. PC Lamb took it upon himself to hand out the prizes which tested his diplomacy when a smoothly shaven man won some beard oil and a lady won some aftershave.

The stand was occupied by police vehicles including a 4X4, a custody van and a BMW pursuit vehicle with siren and lights, which made it difficult for NHW to compete for attention!!

A lot of people seemed interested in being locked in the custody van. One man asked if his wife could be put in the van and when asked how long he wanted her detained, said about a fortnight would do. Unfortunately, suspects must be released after 24 hours, or charged, and disobeying your husband has not been an offence since 1648.

Farmers Alert

Also advertised at the Show was the launch of **Sedgefield Farm Watch** and many thanks to Sedgefield Bloomers for allowing NHW the use of their tractor to highlight this.

The first meeting will be held at 7pm on 9th September at Hopper House Brew Farm. You can also sample the micro-brewery produce.



Speak Up to Stop Crime

Criminals rely on fear within the community to protect their identity, whether they are guilty of theft, abuse, burglary or anti-social behaviour. One of the main reasons criminals avoid detection is public inertia. Have you got information about a crime? Do you want to tell someone you can trust - someone safe and totally independent?

Then tell CrimeStoppers - it's 100% anonymous

They won't ask your name and won't judge. They just listen to what you know and pass it on for you. When you hang up the phone or click SEND, you're done.

Call 0800 555 111 or visit Crimestoppers-uk.org

Crimestoppers Trust is a registered charity

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

Local Police - 101

Call 101 to 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

Any information we receive will be developed and acted upon.

Flu Campaign 2019

The popular flu vaccination 'walk in' clinics are returning and we would like to invite and encourage eligible patients to attend.

The first two clinic dates this year will be for patients aged 65 years and over only.

This is due to the World Health Organisation delaying the selection of the strain for the under 65 year old vaccination and therefore a later delivery date of the vaccines.

For patients 65 years & over only i.e. born on or before 31st March 1955, the clinics will take place on:

- Saturday 14th September at Harbinston House, Sedgefield and Carroll House, Trimdon Colliery &
- Saturday 28th September at Harbinston House, Sedgefield and Beveridge House, Fishburn.

For all eligible patients

- Saturday 12th October at Harbinston House, Sedgefield and Carroll House, Trimdon Colliery.
- All sessions will be open between 8:30am and 11:30am. The free flu vaccination is available to eligible patients only. Including pregnant women, patients with a serious medical condition, ; those with a weakened immune system due to disease or treatment; people living in long stay residential care home; and registered carers. Please check information on the practice website or in the surgeries.

Cervical Screening

Also known as the "smear test", this is a routine health check that identifies potential harmful cells and changes in the cervix.

It can reduce your risk of developing cervical cancer, which kills 2 women every day. It is very important to make an appointment for screening when invited.

We have arranged a walk in screening clinic at our Trimdon Colliery surgery (Carroll House, Grosvenor Terrace, TS29 6DH) on Saturday 7th September between 9am and 11:30am.

Please come along if you know you are due a screening test or if you would like to ask any questions. No appointment is necessary.

Sedgefield in Bloom cont'd from p3 become a great attraction for visitors and locals. Wildflowers at Wykes Close and on entrances to the town have been universally admired. The formal garden at the Manor House provides the perfect backdrop for a summer wedding, while the Bloom Bike and Beacon on the green raise a smile.

Newly developed beds at Malton Terrace and Beacon Lane (the Turnpike Bed) pay tribute to Bloomers no longer with us. In recent years, new volunteers have made a great impact, bringing a variety of skills to the team. Local businesses and organisations also contribute generously to

the success of Sedgefield in Bloom and judges are always impressed by the wonderful community spirit so evident in Sedgefield. August was the third judging visit, as Northumbria in Bloom judges Allannah Robinson and Janet Beakes came along in April and July. Bloom secretary Norma Neal said, 'Sedgefield has previously won many gold medals in both the regional and national Bloom competitions. Awards ceremonies in Gateshead in September and Westminster in October will show whether we have done enough to maintain the high standard we so proudly set.'

STEVE'S NATURE DIARY SEPTEMBER

Most people are familiar with honey bees and bumblebees, but look closely and there are smaller furry bees moving from flower to flower. Many of these are solitary bees; of the 267 species of bee in the UK, 90% are solitary bees. Solitary bees don't produce honey, aren't social and don't live in hives. They don't swarm and are not aggressive, male solitary bees don't sting and females will only sting if roughly handled.

One of the reasons solitary bees are non-aggressive is that they don't have a hive to defend. 70% of solitary bees are mining bees and nest in underground burrows. The rest nest in cavities in banks or walls and are known as cavity nesting bees. Those that nest in underground burrows excavate their own nest. The female builds the nest by herself. She chooses a suitable piece of ground in which to nest and uses her body to dig out a nesting chamber in the ground. She adds pollen to the chamber, which is often moistened with nectar, and lays an egg. She then seals off that section of the nest before moving onto the next chamber.

Solitary bees are much more efficient pollinators than honey or bumble bees. In general they are hairier and, like a child in a high chair, get their dinner all over the place. Solitary bees get covered in pollen as they move from flower to flower; they don't have pollen sacks like social bees so drop a lot more with each visit. This makes them fantastic pollinators, a single red mason bee (a cavity nesting bee) is equivalent to 120 worker honey bees in the pollination service it provides.

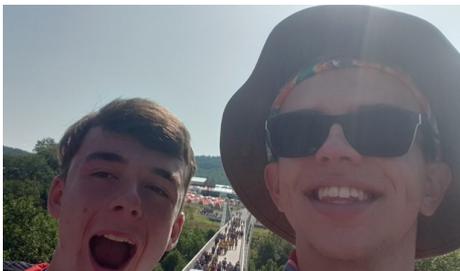
You can even provide places for cavity bees to nest in your garden using bamboo - www.wildlifetrusts.org/actions/how-make-bee-hotel. The ideal accommodation for cavity bees are long hollow tubes. In nature they nest in dry, hollow plant stems of perennial wild flowers, but the shelter bamboo provides is ideal. Female bees pack the poles with balls made of pollen glued together with nectar, these are food stores for the developing larvae. She places the pollen ball in the tube and lays an egg on top before building a partition wall and repeating the process until the pole is filled. The end is sealed with mud, leaves or hairs depending on the bee species so you can see what mix of bees you have by the capping they use. The most likely tenants you will find in a bamboo bee house will be the red mason bee, the leaf cutter bee and the wool carder bee, I'll leave you to guess how to recognise their characteristic nest caps. If we have a mild September many of these bees will still be active so why not take a close look or even make you own bee nest from bamboo for your garden.

Scouting abroad

This summer we got the amazing opportunity to attend the 24th World Scout Jamboree in North America, along with 38 other people in Unit 33 of Durham & North Yorkshire (one of 100 units in the UK Contingent).

For 2 years leading up to the trip we prepared for the 3 week adventure, which took us to New York, Washington and Toronto. As part of our 'Big City Experience' we were able to visit the sights of New York and Washington, including the Empire State Building and the White House - as well as getting used to the American heat!

Then it was time for West Virginia - the main site for the Jamboree, holding 45,000 people! Arriving in the pouring rain we didn't know what it had in store for us. All we can say is it was an amazing 12 days of exploring the site, meeting lots of new people, learning about different cultures and experiencing Scouting from around the world; not to forget trying new activities from shooting and archery, to paddle boarding and mountain biking, as well as the worlds 2nd longest zip wire!



Sedgefield Scouts, Adam White (right) & Tom Hearmon.



The scale of everything was huge, massively emphasised during the opening and closing ceremony, When we were surrounded by 45,000 other Scouts from around the world it was truly an 'I Was There' moment that neither of us will ever forget. Our final stop was Canada, for 'hosted hospitality'. A local scout

YOUR LETTERS

Thanks!

The Taste Group would like to thank all those who came to their coffee morning in the Methodist Church, in July. We raised £170 for a family in Rwanda, who are supported by the charity group, Compassion UK. Many thanks
Pam Lamb, Sedgefield



A stitch in time



Mary seated at the front, Enid just behind
The Inner Wheel Club of Sedgefield wants to thank three of its members, Enid Hillerby, Mary Hall and Rita Howlett, who have knitted beautiful children's jumpers, hats and scarves for over 20 years. The finished articles are used to support the Inner Wheel's many overseas projects. Enid and Mary joined other Members for afternoon tea in Yarm as a celebration. Unfortunately Rita was poorly. We think they are amazing and thank them very much.
Ann Carr,
The Inner Wheel Club of Sedgefield.



group invited us to their camp site where we stayed for three nights whilst we explored the local area and went sight seeing in Toronto. We are extremely grateful to everyone who has helped us along the way to represent not only the UK but Sedgefield in this once in a life time experience.

CEDESFELD HALL

Home of Sedgefield Community Association

Thanks to the volunteers and helpers at the Family Fun event on August 3rd. Children enjoyed toys, games, bouncy castle & face painting and it really was fun in the sun for all!

Sedgefield Folk Festival

SCA are pleased to host events and workshops from 6th - 8th September. **Friday, 7.30pm.** 'Ukulele Kanikapila', featuring Lol & Maxine, Ceddesfeld Ukulele Band and MoRUKes. Bring your own instruments & join the fun. Tickets £5 from Maxine on 01740 621729. Also 7.30pm, upstairs, a musicians session led by Joe Childs.

Saturday morning 10.30 - 11.30 am Workshops include Ukulele with Lol Crallan, Guitar & Fiddle with Sue & Tom Gordon, Banjo led by Colin Tipping and Northumbrian Pipes, led by the Cleveland branch.

Saturday afternoon from 12 noon upstairs, the Durham Traditional Music & Song writing competitions, Junior & Open unaccompanied singing, and miscellaneous instrumental competitions.

12.30 - 5.30pm in the main hall. Ernie Gilchrist & Ian Tyzack lead a singaround.

7.30 pm Open Mic Night features The Old Age Travellers.

Sunday morning. The festival ends with a singaround & complimentary buffet.

Sedgefield Book Ends

Organisers are delighted to present such a varied and exciting programme of events, including well known authors and performers, talks, writing skills & poetry workshops, writing for wellbeing, music & spoken word nights, photographic & art exhibitions children's workshops and celebratory dinner. A 'Literary & Arts Fayre' closes the festival on 19th Oct.

'Writers, Words & Wit' Sat 12th Oct. 7pm, Tickets (£20 from tel. numbers below) include drinks reception, dinner (vegetable soup, pork with apple - or veg option, chocolate pudding, cheese board, coffee & mints. Tickets for the five highlight events from Ceddesfeld Hall bar, Norma, 620091, Sarah, 622185 or email info@sedgefieldsca.org.uk. Pay at the door for other (£3) events. Children's events are free. Contact us with any queries. See Sedgefield Book Ends 2019 Facebook page and the SCA website (see opposite).



SEDGEFIELD DEVELOPMENT TRUST NEWS

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

Email the Sedgefield Development Trust website: sedgefieldweb@hotmail.co.uk

Facebook pages: Sedgefield News, Farmers' Market, Woodland & Wildlife, Homework Help

Twitter @sedgefieldnews & @sedgyfarmmarket



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SEDGEFIELD ENERGY SWITCH
Saving you money on your gas and electricity bills

LOOK AT THESE SAVINGS!

Since October 2014, Sedgefield residents have saved a total of £177,609. If you would like benefit, the next registration period is open now and until 7th October.

You can register in two ways.

1. Go to www.sedgefieldweb.co.uk/ENERGY_SWITCH. Click on the GREEN 'REGISTER NOW' button, then 'SIGN UP TODAY' and fill out your details.

2. Register and receive information via the post, or for assistance, call the Sedgefield Development Trust Helpline: 07980 134 594. We will help or complete registration for you. Registration commits you to nothing and you will not receive pestering phone calls (guaranteed).

REMINDER. If you are already in our scheme, and wish to continue, and your contract comes to an end between now and the end of the year, you need to register again now. SDT has a stall at the monthly Farmers Markets so if you have any questions, talk to us there.

Sedgefield Farmers' Market - Sunday 1st September

Mellanby's return with their hugely popular winter veg, and amongst other great producers, for the very first time we have **Sparkling Apple Wine** from J&R Armitage. You can also bring your own apples for pressing, if you like!

Sedgefield Development Trust's **Bees at Hardwick** are here this month, selling local honey, and we'll have music to enjoy from a local **Northumbrian Piper**.

To contact the Market, use farmers@sedgefielddevelopmenttrust.co.uk and for Charity stall & Music use charitystall@sedgefielddevelopmenttrust.co.uk

For more information on Ceddesfeld Hall events, regular activities, room hire and bar opening times, call Wendy: 01740 620206, Pat: 01740 620607 or Sarah: 01740 622185. See also the SCA Facebook page & www.sedgefieldsca.org.uk
Sedgefield Book Ends is sponsored by SCA, Durham County Councillors, CDCF and Durham City Book Festival.



A project of Sedgefield Development Trust

Homework Help is gearing up for the new term and already we welcome our latest volunteer, a native French speaker who moved to Sedgefield a couple of years ago. We are very pleased to have her join the team.

There is always room for more helpers, though, especially as we'd like to keep expanding and help more local students and pupils, so do get in touch! And, of course, if you would like help with your homework, contact us and we'll do what we can to put you in touch with a suitable helper in your area of interest.

Homework Help "does what it says on the tin". Students bring along their homework (usually to the library on a Thursday or Friday evening) and helpers share their understanding, knowledge and ways of reasoning in order to help the students improve their grip on a subject and gain confidence in it. Maths and English were particularly popular last year, but we have also helped with modern languages, sciences, some careers advice and preparing a university application.

The Homework Help team offers a diverse range of subjects and if we don't cover your area of interest, we will try to find someone who can. Email homework@sedgefielddevelopmenttrust.co.uk or look for [homeworkhelpsedgefield](https://www.facebook.com/homeworkhelpsedgefield) on Facebook.

SPORTS UPDATE

Email your reports to chrisjlines@aol.com

As I type this, England's men's cricket team still seems a little 'undercooked' in the test match arena and is playing catch up in the Ashes. The optimist in me notes that there are five tests and there's plenty of time left. By the time you read this, there will only be two tests left, but at this moment, we're only up to the second, yet the football season is already in full swing. I blame the less than summery weather! Over the coming months, I'll try to bring you regular updates from Sedgefield's various teams. St. Edmund's FC certainly started well with a 7-1 cup victory against Langley Park; here's hoping that's a sign of things to come. Meanwhile, word reaches me that Sedgefield Youth FC's U11 team has had promotion confirmed and will now compete in the TJFA Orange League – good luck!

Cricket

Throughout the year we've told you about the growing success story that is Sedgefield Cricket Club's junior section and now, the hard work is really starting pay off. Two local boys played key roles for Durham County's Under 12 team, which recently won an inter-counties title for the first time, at Ampleforth College. Freddie Lower (pictured left) and Will Hampson both made important contributions to the victory. Well done lads!

Sedgefield is now providing an all-time high number of juniors to the various county age group squads (boys and girls), and the number playing for the senior teams is increasingly being noted and praised by the league. The club is proud of the base it has developed over the last few years and remains grateful to all the members for their support. As you read this, the cricket season will be drawing to a close, with final stats to be confirmed next time, including how several of the junior teams fared in the latter stages of cup competitions.

September's main event is the annual beer festival. From Friday 13th to Sunday 15th, (see poster on p4.) It's open to all with real ales at £3 per pint. For reduced drinks prices all year round, take out a social membership for only £10. Enquiries to sccmemberships@outlook.com or complete a form at the bar. Keep up to date with everything going on by liking the club's Facebook page or following its Twitter feed.

Athletics

Just before the summer holidays, Sedgefield Harriers held its annual free summer handicap race for the Gerry Kearsley Memorial Trophy. Based at Bishop Middleham Village Hall the race is a two-lap course, covering about six miles in total. Participants were given a handicap based on their 10K personal bests, meaning that most runners finished at around the same time, making for some exciting racing. The overall winner was Rachael Hall of North York Moors AC (run time of 53 minutes and 47 seconds).

The first Sedgefield Harrier to finish was junior Abbie Walker (46:40) and first Sedgefield man was Steve Foreman (45:14). Fastest man over the course was Sedgefield Harrier Chris Lines (38:36) and the fastest lady was fellow Harrier Lisa Darby (46:27). The club is grateful to Bishop Middleham Village Hall for hosting the event and to all of the volunteers who made it possible.

On Sunday 15th September, Sedgefield Harriers will host the Sedgefield Serpentine race, which starts and finishes at Sedgefield Cricket Club, with runners setting off at 10am on a route of around 10K on paths around Hardwick Park and Bishop Middleham.

Entry in advance of the day is £10 for affiliated runners and £10 for unaffiliated runners (£2 extra on the day) and places are available online at <https://www.runbritain.com>. The club is grateful to headline sponsor Greig Cavey Commercial, and to sponsors Parsons Containers, Start Fitness, Herd & Herb, No.4 Teashop and Sainsbury's, for their great support in making the Sedgefield Serpentine happen. To find out more about the event, visit <https://sedgefieldharriers.co.uk/sedgefield-serpentine>.

Sedgefield Squash Club

Proud to support Women's Squash Week from 23rd - 29th September, we hope to welcome women of all ages, new to squash or not, to the courts over the course of the event.

Women's Squash Week is an international celebration of squash and an opportunity to build interest and participation in the sport by women around the world. The 2019 campaign aims to address the gender gap in squash by encouraging more women and girls to get on court (currently, only 13% of weekly squash players in England are female.) The key message this year is that squash is empowering,

sociable, fun, inclusive and lifelong. The club will host a series of events throughout the week, designed to introduce beginners to the game, no matter what their age or ability. The club's coaches will be on hand to guide those who are new to the sport, alongside members of the ladies' team and junior sections, who will be able to share their experiences of playing squash, both socially and competitively. Keep an eye out for more details at www.sedgefieldsquashclub.co.uk or all squash club enquiries, including membership, please email info@sedgefieldsquashclub.co.uk



Freddie Lower (left) & Will Hampson.

Below: Abbie Walker heads for the finishing line at the Sedgefield Harriers summer handicap race



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