

# SEDGEFIELD NEWS

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

July 2020

Deadline for next edition: Wednesday 15th July

## YOUR LETTERS

*A first for Sedgefield News - letters on the front page, but these are unusual times! Lockdown has revealed much about how we want to live in future.*

### A commuter's lockdown

I have lived in Sedgefield for 14 years and been a cyclist since my teens, so I consider myself to be relatively confident on the road, but during lockdown I have greatly enjoyed the quieter roads. I have commuted by bike far more than before, and my half hour ride to our school in Billingham has been a fantastic way to arrive at work feeling good, and a great way to unwind after a busy day. I am healthier for having been able to get some exercise, and even the hill at Wynyard Hall has been if not easier, a little more manageable! I've also saved a small fortune in petrol.

I really think we have an opportunity at present to make a great start in changing to a more sustainable, cheaper, more enjoyable and healthier way of getting around, particularly in a little village like ours. Other than for commuting to work, most of the journeys we make are very local and can easily be made by walking or by bikes, and I would love for more people to be able to use these modes of transport for getting around the village.

I would also love for people to be able to connect up our communities to the other facilities nearby – the other villages nearby could be linked together by good paths and cycle ways, and then we could look at how to link up to the National Cycleway and the larger towns of Stockton and Billingham. Of course, the people of these communities could also cycle to visit Sedgefield, bringing in much needed business.

It would be really wonderful to engage with other people who would like to get into more active travel. The range of bikes is huge, including e-bikes that make things easier if you need a hand; there is something for everyone. It may seem a scary idea to swap the car for the bike for some of our journeys, but the worst part is taking that first step.

Mark Darling

## What a response!

Last month's cycling article brought forth such an avalanche of ideas that within a few days 9 people were engaged in a pretty lively online discussion, and one thing became clear very quickly. We're interested in improved access for everyone, pedestrians, mobility scooters, wheelchairs, pushchairs... so what can we do? Well, maybe make a suggestion on **Street Space County Durham**, DCC's consultation on what needs to be done now to ensure space for physical distancing. Go to <https://streetspacecountydurham.commonplace.is/> and have your say or agree/disagree with other people's ideas.

The first time you comment you have to answer a number of questions but that is a one off. After that it recognises your email address. So far, suggestions include widening paths and reducing speed limits. There's also an option to say if the change should be permanent so, is there a dropped kerb which would make wheeled access easier? What do you think about reducing the speed limit in Sedgefield? Would you like more pedestrian crossings and if so, where? Go to Street Space and make your voice heard.

**But it isn't all about waiting for others to do things.** An offer on Facebook has seen bikes being given a new lease of life, and when lockdown eases, we hope to include a bike repair stall at the Farmers Market. There's also a feeling that travel to school initiatives, local taxi service, even car free events in the village are all within our control. It's just a case of going for it. Of course we are all road users, so perhaps a good starting point is to be aware of our own behaviour and be considerate.

*Our email address is at the foot of this page. Jo & Mark (Your Letters) have told us what they think. You can too!*



*Thanks to Jane Spink for use of her painting. See Facebook for more of her work.*

### Why I joined the discussion about cycling and walking routes.

I would not call myself a cyclist, in fact I am very nervous on a bike. When we go for family outings Dad leads the way, our two boys follow, and no one can tell I am putting on a brave face. There are so many great places to explore locally, yet we take the bikes by car to safe parks and trails away from traffic. This goes against our hopes to reduce our car use and enjoy our environment.

My boys go to Sedgefield Hardwick and because we live in Bradbury there is no public transport, so this means a twice daily car trip to do the school-run. The areas around both schools have a huge number of cars and our children are rightly being taught sustainable values, to walk, cycle, and use public transport where possible. But for us, and others living in the villages around Sedgefield, it is not currently an option.

Before lock-down I would get requests from the kids "to come to school on our bike so we can save the environment". A few small modifications might make all the difference – over-grown paths cleared, safer places to cross, or a way on to existing paths around the roundabouts. How might we make it easier for bikes, wheelchairs, and pushchairs to enjoy our local area? The council is inviting suggestions, so now is time to share your thoughts about the routes around and in Sedgefield.

Although my husband and 9-year old try to cycle along the A689 to get to Hardwick Park the road is currently far too dangerous in places. We dream of a safer route to Sedgefield and might then be able to make cycling to school and work part of our new routine. We could even walk home after enjoying a night out with friends supporting local establishments too!

Jo Gooding

## GREENER SEDGEFIELD

**Each year the warmer weather gets people out in their gardens, but lockdown has posed difficulties for gardeners when it came to getting plants, compost and fertiliser.**

Every year billions are spent in garden centres across the UK, but plants often come quite a distance before they are sold locally. Plant trays often aren't recyclable by local authorities, although some nurseries and stores do take them back for reuse. Or you can use them for growing your own plants.

This year seed sales soared as more people took to growing their own plants and vegetables. There was also the added concern of vegetable supplies not being as reliable, so many have opened up areas of their gardens to growing at home. It's quite satisfying and reduces your carbon footprint when some products will have travelled many miles to get to you. Choosing what to grow can also influence wildlife coming into your garden. Plenty of seed packets show if they will attract bees and butterflies.

Leaves, once decomposed provide a good natural fertilizer, placing less reliance on chemicals. The Woodland Trust recommend putting weeds in water for a few weeks to make a natural fertilizer so nothing harmful is added to the soil and then washed into our waterways and as most gardens have weeds it's a free resource.

Making your own compost does take a little time but is fairly easy to do; you're just using what you'd normally throw away, like vegetable peelings. There's plenty of information online of what to put in your compost bin and what to avoid. There are clever systems like Bokashi bins, where you can have a natural fertilizer in just a few weeks without the need for a bin in your garden.

Purchased compost often contains peat which when removed from peat bogs, damages the habitat. Also, spreading peat releases carbon dioxide, a greenhouse gas. Making your own reduces both factors.

As for keeping the garden watered, consider a water butt so you're not using the tap. Re-using the water from a paddling pool to water the garden ensures less waste. You could plant drought resistant plants like hebe and lavender so less water is needed to keep the garden happy.

**Lockdown has inspired people to adjust the way we do most things, gardening included, so how green are your fingers?**

## STEVE'S NATURE DIARY JULY 2020

As I write, we are half way through June, and as part of my #30DaysWild, after a cool, rainy week, the temperature warmed up so I decided on a stroll at Thrislington, one of my favourite reserves especially in the summer.

It has an interesting back story. In the 1980s, a sizable part of what is now Thrislington Plantation National Nature Reserve was nearly lost to industrial excavation. However, an innovative scheme to translocate sections of mature grassland, prior to quarrying, took place. In 1991, 13 acres of snooker-table-sized compartments were painstakingly removed and relocated to a new site away from the quarrying area. The reserve now covers 60 acres in total and is notable for the diversity of its insect life, including glow worms (top), wild orchids and perennial flax.

During the visit it didn't disappoint; the first butterfly we saw was a Durham Argus, found, as its name suggests, only in County Durham! The Durham Argus butterfly is an even rarer subspecies of the scarce Northern Brown Argus. Durham Argus butterflies feed primarily on wild thyme, while its larvae feed on Common Rock-rose.

Both these plants can be found growing where you find outcrops of rare Magnesian Limestone. Other butterflies spotted included Small Heath, Ringlet, Small Blue, Speckled Wood and Tortoiseshell which were making use of the warm sunshine and various nectar sources in the grassland.

Butterflies have had a good year so far. The warm spring weather, capped by the UK's sunniest May since records began, has led to the early emergence of many butterfly species. 53 of the UK's 59 resident and regular migrant butterfly species had already been spotted by the end of May this year, the first time this century that so many have been seen by the end of spring. It is unclear what the long-term effect of the unusually early emergences is on butterfly populations. Butterflies are able to adjust their emergence dates to suit the vagaries of the UK weather, indeed they need to do so to remain in sync with the plants that their caterpillars need to feed on. However, the trend towards earlier emergence of butterflies and moths in Britain over recent decades in response to climate change isn't necessarily beneficial.

Butterfly Conservation are looking for people to get involved in their citizen science project. The nationwide big butterfly count is a survey aimed at helping assess the health of our environment. Launched in 2010 it has rapidly become the world's biggest survey of butterflies. Over 113,500 people took part in 2019, submitting 116,009 counts of butterflies & day-flying moths from across the UK. It runs from 17 July - 9 August and is the UK's biggest citizen science event. Anyone can participate, doing as many counts as they like through the website [Bigbutterflycount.org](http://Bigbutterflycount.org). You can download a handy butterfly chart/free app to identify and record the butterflies you spot.



*Glowworm. Wikipedia*



*Durham Argus. Photo by David Brown*

## 27th Ceddesheld Beer Festival falls victim to Covid19

It is with great sadness and regret that due to the pandemic, this year's annual beer festival has been cancelled.

The first Ceddesheld Beer Festival was part of the celebrations for the 200th anniversary, in July 1993, of the building of Ceddesheld Hall. Dr David Jenkins was Bishop of Durham at the time and he came and planted a tree!

SCA will look forward to next year's event and wish to thank all volunteers, sponsors, and visitors past and present for supporting this event over the years.



*10 beers were set up in the lounge for the first Ceddesheld Beer Festival,*



## How to prevent Type 2 diabetes: interview by Paul Savage with Skerne Medical Practice

The chances are you already know someone with type 2 diabetes. Over 3.8 million people are living with diabetes in the UK and a further 1 million are thought to have the disease but are yet to be diagnosed. If you are over 40 years old and white, or over 25 and with a black African Caribbean, black African or South Asian ethnicity, you have a 1 in 10 chance of having type 2 diabetes.



Diabetes is a serious illness and is a major cause of complications such as amputation, blindness, stroke and renal failure. People with diabetes are no more likely to catch coronavirus, but they are more vulnerable to developing a severe illness if they do.

***The good news is that it is possible to delay, or even stop, type 2 diabetes from developing. I talked to Annette, Practice Nurse at Skerne Medical Practice, to understand more about the condition and how it can be prevented.***

Some patients have a blood sugar level which is higher than normal but not high enough to be called diabetes. This is called pre-diabetes and can be identified by a blood sugar test called an HbA1c level. It means raised glucose within the blood cells and signifies a higher risk of developing diabetes and / or heart disease.

Around 80% of cases of type 2 diabetes could be delayed or prevented through making lifestyle changes. Eating a healthy balanced diet (low in salt, sugar and fat) rich in fruit and vegetables, as well as being physically active, is the best way of reducing your risk. It has been shown that losing 5% of your body weight could half your chance of becoming diabetic.

Even if you're not overweight, maintaining a healthy weight through eating well and being active is an important part of managing blood glucose levels and avoiding other health complications.

### DIETARY ADVICE

The main things to consider are:

- Lose weight if you are overweight or maintain a healthy weight.
- Reduce the total amount of fat in your diet. Replace saturated (animal) fat with monounsaturated fat (olive, rapeseed and vegetable oils and spreads). These should still be used sparingly if overweight.
- Include at least one or two portions of oily fish each week.
- Have five or more portions of fruit and vegetables each day.
- Choose sugar free, diet or No Added Sugar drinks. Limit sugary foods.
- Eat 3 meals daily including something starchy such as bread, potatoes, rice, pasta or breakfast cereals.
- Reduce salt & salty foods. Flavour foods with pepper, herbs & spices instead

### PHYSICAL ACTIVITY

There is evidence that 30 minutes of physical activity 5 days a week can help improve your insulin sensitivity and reduce your risk of developing diabetes and heart disease. If this is not possible some activity rather than none is beneficial.

### SMOKING

Smoking not only causes lung cancer, but greatly increases the risk of stroke and heart disease especially for people with pre-diabetes. There is a great deal of support available for people who want to stop smoking. Your practice reception will be able to provide the information of how to access the smoking cessation services.

### CHECK YOUR RISK OF TYPE 2 DIABETES

To check if you are in danger of being pre-diabetic head to <https://riskscore.diabetes.org.uk/start>. You will be asked a few questions (you need to know your height, weight and waist size) then you will get a score showing your risk. If you have any concerns, please contact your surgery for more information and advice.

*Type 2 diabetes is a serious illness that has long term health implications, but you can take steps to delay or prevent it. Please take care and stay safe.*

## Foodbank still needs help

During the lockdown period, the Foodbank distribution point has continued to operate every Tuesday afternoon from Trimdon Village Hall, with strict social distancing protocols in place.

A number of people have accessed the service requiring support with food poverty, in particular, those who have found themselves unable to earn a living due to the closure of businesses.

**Donations of NON PERISHABLE food items are needed more than ever at the moment.**

They can be put in the bins in the Co-op in Sedgefield (placed near the self service tills) and in Trimdon Village, as well as the bins by the check outs in Sainsbury's in Sedgefield.

Obviously with all churches currently closed the collection bins in our church buildings cannot be used.

**Please continue to support food bank if you are able to, when you do your weekly shop.**

## Sedgefield News from the past

### In July 1820 – 200 years ago

The Rev. W Middleton had placed notices in a number of newspapers letting people know that the 'Professional and Mercantile Seminary' in Sedgefield would re-open, and advising them of the fees charged.

### In July 1920 – 100 years ago

Following the end of World War One, both jobs and accommodation were scarce. Hardwick Park was advertising for some Stable Helpers, who would receive Bed and Mess-room and be paid £2 and 5s a week. Sedgefield RDC was considering a request from West Cornforth Comrades of the Great War to convert a hut into a dwelling house for their steward as he could not find accommodation locally.

### In July 1870 – 150 years ago

The Durham Regatta had taken place. The Steward's Plate was won by the Lady Mortimer (Cambridge) crew. It was noted that there were a number of local rowers in the crew, including the son of the MP for Stockton, Joseph Dodds and R. Ord from Sedgefield.

*Martin F Peagam: The Time Traveller, on behalf of Sedgefield LHS. For more about your local history, visit Facebook/Sedgefield Local History Society.*

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## Sedgefield Charities Education grants for students

The Trustees of Sedgefield Charities make a number of awards each year to help students from lower income families who are taking up full time study beyond A level or equivalent. Students of any age may apply. Applicants must live in **Bishop Middleham, Bradbury, Cornforth, Fishburn, Mordon, Sedgefield or Trimdon.**

Application forms and further information can be obtained by contacting the Clerk to the Trustees, John Hannon, at:

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**The closing date for applications is  
 September 30th 2020.**

## Sedgefield in Bloom

Due to the continuing lockdown, judging for Northumbria and Britain in Bloom, usually in July and August, will not take place this year.

## When Normal Life Resumes...

As we gradually emerge from lockdown, please remember to share your Diary and Events information.

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## SEDGEFIELD VILLAGE NEIGHBOURHOOD WATCH

In support of a national campaign to raise awareness of scams.  
 Durham County Council has released the following article:



A County Durham woman whose elderly mother was scammed out of thousands of pounds has told her story in the hope of preventing others falling victim.

Thea Khamis has recounted how her retired mother, who was diagnosed with dementia in 2016 and died three years later, aged 89, was victim of scams totalling thousands of pounds. These came in various forms be that postal, phone or doorstep. They covered people claiming to be charities, running prize draws or catalogues, or selling medication; as well as bogus roofers.

Thea has revealed how Mary's last records list 101 different companies and organisations she had been sending money to. However, her daughter believes the actual number could be much higher.

One of many examples of the scams her mother had been a victim of was an order Mary had placed of almost £1,000 for "duff" medication.

In the last five years of Mary's life, Thea tells how she tried to put systems in place to remind her that the scammers were only out to get her money. She left a script next to the phone so that her mother would tell callers she wouldn't commit to paying for anything without speaking to her children. Call blockers were also installed, Mary was signed up to the Telephone Preference Service and scam mail returned.

However, as Mary's details had been shared by scammers, she continued to be contacted and while there are genuine services which can block calls, she even received phone calls from scammers purporting to offer that same service.

As Mary's dementia developed, she became less able to cope with money unaided. Thea tried to stop direct debits going out to scam charities and used power of attorney and third party authority to give her control over her mum's finances. Mary's son also held her debit card in safekeeping so that she could no longer give out the number on the phone.

During the later stages of Mary's life, she finally stopped giving money to scammers as her declining health meant she wasn't able to.

"I hope my mum's story will make people aware of the numerous kinds of scam and how scammers operate and I would encourage anyone with elderly or vulnerable relatives to speak to them about the risks. I'd also say to people who suspect they are being scammed – please speak up – there is no need to feel embarrassed."

"Scams Awareness Fortnight is very timely as we know that some people are more vulnerable at the moment for various reasons as a result of the coronavirus pandemic. It is therefore crucial that we raise awareness of scams to help people avoid falling victim to them. We encourage anyone who suspects they, or someone they know, are being scammed, to report it."

**Further information about scams and how to report them is available at  
[www.durham.gov.uk/scams](http://www.durham.gov.uk/scams)**

People can become 'Friends Against Scams' by completing a short e-learning course at [www.FriendsAgainstScams.org.uk/elearning/durham](http://www.FriendsAgainstScams.org.uk/elearning/durham)

Remember to report suspicious emails, texts and calls via the following routes:

- Forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)
- Report to Action Fraud via their website at [www.actionfraud.police.uk](http://www.actionfraud.police.uk)
- Forward suspicious text messages to 7726.

## Police appeal for information

Police are appealing for information after eight vehicles were set alight in a suspected arson on Sunday, May 31. The cars were parked in a car park at Winterton Cottages, Sedgefield, when the incident happened between 10pm and 11.15 pm. Officers are keen to speak to anyone who may have seen anyone acting suspiciously or has dashcam footage in the area at that time. If you have any information, contact Detective Constable Tony Ruggiero at Bishop Auckland CID by calling 101 and quoting incident 505 of May 31.

**For Local Police, call 101**

**Crimestoppers 0800 555 111** (remember it's anonymous)

**CPO Rona Stocks** [rona.stocks@durham.pnn.police.uk](mailto:rona.stocks@durham.pnn.police.uk)

**Police Community Cohesion Officer Faye Callan** 101 Extension 742317:  
[Faye.callan@durham.pnn.police.uk](mailto:Faye.callan@durham.pnn.police.uk)

**Confidential email address:** [John.lamb@durham.pnn.police.uk](mailto:John.lamb@durham.pnn.police.uk)

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



## ARTS UPDATE

with Geoff Millichap  
email: [sedgefieldartsandevents@outlook.com](mailto:sedgefieldartsandevents@outlook.com)

### Sedgefield Community College Art Competition

Huge congratulations must go to the winners of Sedgefield Community College's art competition. Students were asked to create a piece of work that reflects on 'the new normal', and the results were spectacular. Miss Jackson, Miss Jordan & Mrs Sandom were hugely impressed with everyone's efforts. The winners were:

1st: Agatha, Yr 8. 2nd: Jess, Yr 10.  
Joint 3rd: Jess, Yr 9 & Summer, Yr 7.  
Well done everyone!

For more great work from the Visual Arts Dept, visit Instagram - [scc\\_visualarts](https://www.instagram.com/scc_visualarts) or Sedgefield Community College on Facebook



### If you haven't already watched this ...

SCC School Band performed a 'Beatles Medley' during lockdown, to mark 50 years since the Beatles broke up. It's a remarkable musical and technological achievement. Heartily recommended! Here's the link - <https://www.facebook.com/SedgefieldCommunityCollege/videos/633375403915342/>



"In virtual space, no one can hear you sing!" Update from Dawn Bellis

This period of lockdown has been challenging for all social groups and we have missed our weekly rehearsals. But we're embracing new technology in order to do what we like best: sing whilst having fun with friends.

It began apprehensively with a round of quizzes on Zoom - a word which before lockdown had been associated only with lenses and space rockets. Quickly, outgrown hairstyles and a complete lack of general knowledge had us laughing and feeling sociable again. Even Gill and Pete's ten repeats of the Mastermind theme couldn't dampen our enjoyment for long, but we were still missing the element that bonds us: singing in harmony. A plan was hatched! After what can only be described as a herculean effort, our musical alchemists, Rob and Kristin, created melodious gold, recording parts and accompaniments for several songs onto Bandlab, a free music App. Ain't technology great! On Friday June 12th, we congregated in the ether, and sang together for the first time in over three months. It was FAB!

It was also surprisingly easy. We sang ravenously to the pre-recorded parts, relishing the uplifting feeling that choral singing brings. Sadly, due to lag times, we had to be muted, so couldn't hear each others' voices, only the recordings; in virtual space, no one can hear you sing!

There are plans for regularly sing-ins and possibly even to video our efforts. Until lockdown ends and it is safe to meet indoors, we will have our regular fix of musical magic online: **it's singing, Jim, but not as we know it!**

Follow us on Facebook or visit our website: [sedgefieldlyricsingers.weebly.com](http://sedgefieldlyricsingers.weebly.com)

### Sedgefield in Lockdown

Thanks again for sending in your poems & pictures of Sedgefield in lockdown. Though restrictions are lifting & we increasingly see signs of life returning, we are still accepting submissions, like this beautiful but stark shot of our deserted playground by Jessica Scarrott.

Please keep them coming in.



## Ceddesfeld Hall & the SCA

### The beginning

Ceddesfeld Hall officially became the home of SCA on November 22<sup>nd</sup> 1975, having been purchased by Sedgefield Town (Parish) Council from the Church Commissioners in 1974 and a lease arrangement agreed with the SCA. Mort Spalding remembers that for it to be turned into a community building, several members of the committee met with the Federation Brewery in Newcastle, who agreed to put up the money as supplier to the bar. Another meeting was held to select a contractor to do the renovations. Mort acted as Clerk of Works and Newton Moor builders did the work. Mort thinks that Walter Howell did the colour schemes and internal designs and Chris Balfour remembers Walter and Bill Mott decorating Ceddesfeld Hall throughout (being the mid-70s, most walls were lined with woodchip paper, then painted. Some may even remain in the Chetwynd Room! Ceddesfeld Hall was officially

opened at 11 am by Dr Elizabeth Sutherland (Mayor of Sedgefield), who thanked the SCA on behalf of STC for the work done to improve the building and the work yet to be done by members, on a purely voluntary basis, to man it. The chairman at the time was Mr Alex Bain.

Over 300 visitors streamed in for refreshments provided by the catering section, whilst the Management Committee were constantly signing new members to the association. A social evening followed (attended by 140 members), with the cabaret, skilfully organised by Mr Tony Hutton, being appreciated by a receptive and responsive audience.

Chris Balfour remembers that the core of the main group who took on the running of the SCA in Ceddesfeld were from existing groups and organisations such as Sedgefield Players and the Squash Club. Most of the ladies involved played in the hockey team and the Badminton Club met regularly in the bar after games at the comprehensive school (Community College). The playgroup moved across from the Parish Hall, as did the Lyric Singers.

Fondly remembered from that time are Tony Trainer, George & Betty Roper, John Bell, Ivan Porter, Roger Place, Dr Sutherland, Bill Hopps and Tony & Jan Hutton.

It's thanks to continued efforts from community-minded people that SCA continues to grow and flourish through changing and some challenging times. Membership currently stands at 700+ and ...

**Continued on back page**

## SEDGEFIELD DEVELOPMENT TRUST PROJECT NEWS

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

### Sew Easy

Lovely photos received by super-stitchers, Dorothy & Gloria, with this message from Newton Aycliffe & Shildon Health Visitor Service.

**"Thank you for your kind gesture."**

**"We scrub up well!"**



### Sedgefield Farmers' Market will RE-OPEN on July 5th!

After isolation and everyone's efforts to suppress the virus - and with many safety precautions, we are ready to resume our market on the green. Aside from allowing more time for safe set up, our trading time will be the same, 8.30 am to 12.30 pm - or later, if traders and stewards agree.

#### Before the market

If you know what you want from specific traders, please consider ordering it for collection and pay before collecting your order. Traders may make arrangements for you to pick up your order from behind their stall if you don't want to enter the one-way system.

#### The market operation

The market will be set up around the usual triangle of paths, with a one-way system in force. Stewards will be at tables at the 3 corners, separating the Entry & Exit points. They will guide and advise you on safety. Hand sanitiser will be provided here for use on both gloved and un-gloved hands. Notices displayed around the market will be for your own and other people's safety, so please do act on these. If the market becomes busy, the stewards may request you to wait to enter until other shoppers have left.

#### If you have the virus or feel unwell, please don't come to the market.

Please ask someone else to shop for you. Otherwise, please ...

- **Enter the Market at one corner of the triangle and leave at a convenient corner.**
- **Listen carefully to stewards and heed their requests.**
- **Observe the one-way system & the two-metre spacing.**
- **Come singly or with as few household members as possible.**
- **Bring a dog ONLY if it is your trained assistance dog.**
- **Bring and use your own face masks and gloves.**
- **Avoid stopping to chat - even with friends you haven't seen for some time.**
- **Minimise the use of cash, instead use contactless payment methods where possible.**

Although the bench seat within the triangle will be taped off, you can of course use the benches and green away from the market as a socially distanced 'chat zone', at your own discretion. Together we can make this work safely. Above all, let's make it a happy occasion.

### Sedgefield Energy Switch: colouring the new reality.

The Big Community Switch, of which we are a part, is changing its logo colours from blue & yellow to green & yellow, signalling a commitment to renewables.

This in turn reflects the emerging realities of energy production, as well as the growing demand from participants (overwhelmingly local authorities) to make this change.

From this October, all of the energy companies bidding at the auction must provide tariffs which include 100% renewable electricity, adding sustainability to the benefits of the successful money saving scheme.

The regular reports that we receive will in future quantify the carbon emissions saved by switching. As an example, Sedgefield participants who switched at the February auction, will be saving 39 tonnes of carbon emissions for the year, which equates to the emissions of 30 return flights to New York.

### Cycling & walking strategy

Should this be a new project for us?



### Ceddesfeld Hall & the SCA

*Continued from p.7 RH column*

Ceddesfeld Hall remains integral to our vibrant community life in Sedgefield. Ceddesfeld Hall is a truly wonderful building and SCA is very proactive in looking after it. Officers, members, sections (organisations) and groups are the driving force behind the continued success.

It remains a priority going forward, to attract younger members to continue the good work that our volunteers, past and present, have accomplished over the years. When it is safe to do so, Ceddesfeld Hall will re-open and arrangements, information and guidance will be widely publicised, hopefully in the not too distant, future!

**Keep in touch with SCA through [www.sedgefieldsca.org.uk](http://www.sedgefieldsca.org.uk) or follow [Facebook.com/Ceddesfeld](https://www.facebook.com/Ceddesfeld).**

**Contact Wendy on 01740 620206, Pat on 620607, Sarah on 622185.**