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SEDGEFIELD NEWS

March 2017



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



A feast for the eyes. Ken Wilson's winning photograph of St Mary's Lighthouse, in the Manor House Photography Competition. Report on page 7. To see more of Ken's work visit his website: www.kenwilson.photography



The deadline for April is Wednesday 15th March

Email sedgefieldnews@hotmail.com, call or text 07572 502 904
or post to 55 White House Drive, TS21 3BU

Citizen of the Year

Every year you are asked to nominate someone who has made or is making a real difference to our community, to be considered for this award. The honour has often been given to a person who has given many years of service, but comparative youthfulness is not a barrier to recognition!

Organisers are keen to hear about adults of any age who use their time, energy and imagination to offer great opportunities or support to people who live and work here.

The nomination form is inside the paper and you have about 3 weeks to make the case for your nominee.

Let's make the committee have to work really hard to decide who will be Sedgefield's

Citizen of the Year 2017!

Steve's Nature Diary

The natural world month by month: March

This year is the 800th anniversary of the **Charter of the Forest**. While the Magna Carta is now much more famous, the 1217 Charter of the Forest was equally important, and some say even more so. It gave the commoners rights and protection against the king, his sheriffs and the aristocrats. From the time of William the Conqueror, the Norman kings had enclosed more and more land for hunting and levying tax. Tracts of land were turned into Royal Forest including The New Forest and parts of the North Yorkshire Moors. Before the Charter, hunting for deer was punishable by death, and poachers could be castrated and blinded. Little wonder Robin Hood legends emerge from this period.

At the time when forests were the most important source of food, fuel and wood for the production of craft items, the Charter of the Forest guaranteed access to the land for common people. It upheld their rights to herbage (foraging berries and herbs), pannage (pasture for pigs), agistment (grazing), turbary (cutting of turf for fuel), estover (taking timber for building repair or fuel) and the collecting of honey. The Charter did not, however, end land disputes and the fight for common land continued for many centuries.

This year in November the Woodland Trust will be launching its own Charter for Trees, Woods and People. They have collected over 40,000 tree stories, expressing what trees mean to people



all over the UK. They will provide inspiration and content for the Charter. The Woodland Trust need your help to understand what people want and need from the UK's trees. You can add your voice and help them create the Charter; tell them about a tree that is special to you or share your thoughts on how trees and woods make you feel. It can be a short memory or a quick anecdote, or something longer. You could even send them a photo that tells a story and add a short caption to explain it.



The link to the site can be found at <https://treecharter.uk/add-your-voice/>. There are plenty of woodlands you can visit to experience the change from winter to spring including Durham Wildlife Trust's Milkwellburn Wood nature reserve. The wood used to be an ancient semi-natural woodland and is undertaking a process known as PAWS restoration (Plantation on an Ancient Woodland Site). The aim is to gradually remove the conifers so that the native woodland can re-establish across the site, dramatically improving the area for wildlife, for more information visit <http://durhamwt.com/reserves/milkwellburn-wood/>

"Chop, chop, chop..."

TWO SISTERS have had their hair chopped off by a teacher in their school assembly to raise money for a little boy suffering from a rare form of epilepsy. Grace Stanley, 7, and her 5-year-old sister Florence, from Sedgefield Primary School, County Durham, had just over 12 inches cut from their long hair to send to The Little Princess Trust, which makes wigs for children suffering from hair loss.

The girls asked friends and family to sponsor their haircut to raise money to buy new monitoring equipment for 3-year-old friend Toby Whitehead, who was diagnosed with Dravet Syndrome when he was a baby, following a number of serious seizures. "It was all Grace's idea and my first reaction was 'No, please not your hair'," said the girls' mother Kate Stanley. "But she had made the decision, she was doing it. Not only that, she'd convinced Florence to do it too, so it was essentially 2 against 1."

"That evening Grace was sitting at the table and asked me how to spell Dravet Syndrome and it was then I realised how serious she was. She was writing a letter to her head teacher to see if they could get their hair cut at school."

Grace and Florence sat on stage in assembly while Year 3 teacher, Mrs Dodd cut away their hair to cheers of "chop, chop, chop" from the pupils.

"We wanted to do something for Toby to help make him better and make him happy," said Grace.

The girls have so far raised over £900 (still growing) to pay for a new video monitoring system to allow Toby, who is at risk of having seizures at night and currently stays in his parents' room, to sleep safely in his own bedroom.

Mrs Stanley added: "I quickly realised how selfish I was to feel sad about them losing their hair. Hair grows back - their hair will no doubt change a hundred times by the time they are my age. I'm incredibly proud of them because it's 100% been their choice and I realise I have two independent, kind-hearted girls."

Grace and Florence's JustGiving page is available on: www.justgiving.com/crowdfunding/Toby-Whitehead



If you have some time to spare ...

There is so much on offer in and around Sedgfield which only happens through the dedication of all kinds of people making all kinds of things possible - for us, for our children, for our elders, for our businesses.

If you're already a volunteer you'll probably agree that it's worth the effort for the feel-good factors alone. You'll probably meet new people; you're making a difference to something you care about; you might even have some fun at the same time!

I'll start by thanking those who responded to my Sedgfield News Facebook post, and as it happens, they all involved activities for young people so...

If you like working with children, one of these may be for you ...

Sedgfield junior parkrun needs 20+ volunteers a week, so if you're free on a Sunday between 8.45-9.30 am we'd love to hear from you. Information can be found on the following link. <http://www.parkrun.org.uk/sedgfield-juniors/>

Local Scout groups are always on the look out for new volunteers/leaders too, so if you've ever thought about becoming a leader please get in touch with us. Call at the Scout hut when it's in session, or contact 1stsedgfield@durhamscouts.org.uk

Sedgfield Harriers are always looking for coaches and volunteers to help with the junior section. There are 5 different groups and 150+ junior members, so they always need help. Get in touch with Tracy Brown via Facebook or tracyb1602@gmail.com

Now, to balance things up, three for grown ups ...

Sedgfield Farmers' Market needs one or two extra pairs of strong-arms to spend half an hour first thing and another half hour just before lunch, putting up and taking down the stalls. It's only once a month, on the first Sunday. If you are up for this, please contact Gerard Lyons on 07852 714878 or email the market as below.

Interested in good food, enjoy talking to people and not worried by a little admin? It's the Farmers' Market again but this time for someone to help pull it together, contacting potential traders and regular stallholders, perhaps even doing some social media. So this one's not just on that 1st Sunday, but a little time throughout the month. If this interests you, email farmersmarket@sedgfieldweb.co.uk or call 07803 269956 to find out a bit more.

Fancy some time behind bars? Sorry - I mean behind a bar! At Ceddesfeld Hall the SCA's famed real ale bar and social club is run by volunteers. Call for a pint or get in touch with Tony or Sarah Guest on 01740 622185.

Are you looking for volunteers?

If you would like to send a few words on behalf of your group, we'll do another of these round ups in a month or two. Email sedgfieldnews@hotmail.com or message Sedgfield News on Facebook.

Another way to help our community ...

Readers with school aged children will no doubt be familiar with Sainsbury's Active Kids scheme, which helps customers to support young people by collecting vouchers after every shopping visit to Sainsbury's. These vouchers can then be donated to schools and youth groups such as guides, scouts and sports clubs, who can then cash them in to help fund sport and healthy living projects and activities in their respective centres.

Sainsbury's are sure that since it began in 2005, Active Kids has already made a big difference. Over £170m worth of equipment and experiences has already been donated to schools and clubs. Steven Booth, PR ambassador for Sainsbury's Sedgfield store explained, "We're committed to helping our customers lead healthier lives. Helping kids to get active and eat well is an important part of this commitment and our Active Kids programme is helping to make it happen."

The more vouchers customers collect and donate, the more equipment is given to children in our local schools and youth projects. Anyone can collect the vouchers and if you don't have children you can pass them on to your family, friends and neighbours so that they can be donated to local schools or sports and community based clubs and organisations.

Anyone with any questions regarding Active kids can contact Steven by email at pri.sedgfield@sainsburys.co.uk, by phone on 01740 684500 or alternatively, visit <https://activekids.sainsburys.co.uk>.

Letters & Thanks

When China came to town

Sedgfield's own Chinese banquet took place on February 10th, attended by 68 guests and various helpers, both British and Chinese.

Guests were served a range of authentic dishes, ending with a fish to symbolise good luck and prosperity over the 2017, the Year of the Rooster.



The event raised £800 towards Jake Smedley's World Challenge expedition, and Jake would like to thank everyone who attended, as well as those who helped and supported the running of the banquet.

If you'd like to create your own Chinese banquet, you can buy a ceramic Chinese rice bowl and matching soup spoon for £3 to support Jake's fundraising further. Please contact jake.smedley@live.co.uk

Liz Smedley



Coffee Morning for MND

On Saturday 11 February I held a "bake it!" Coffee Morning in aid of MND (Motor Neurone Disease) in the Village Hall in Trimdon Village. I would like to thank everyone who donated prizes and gave donations and also to everyone who came along on the day.

We have raised £1000. I would also like to thank everyone who helped me to organize it.

Suzanne Hopper

The Winter Beer Festival

The Friends of Sedgfield Harriers would like to thank all the volunteers, sponsors, musicians and real ale drinkers who supported our winter beer festival in February.

Over the weekend the event raised a brilliant total of £950.

We hope everyone who came along had a great time.



Sedgefield Village Neighbourhood & Crime Watch Panel

The year's first meeting of the Neighbourhood Watch group took place on Tuesday 14th February. PCSO Faye Callan attended to speak on her work as Community Liaison Officer for Spennymoor, Shildon, Ferryhill, Newton Aycliffe and Sedgefield. In the absence of PC Todd she also presented the report on this month's crime in Sedgefield (*see below.*)

The Herbert Protocol

Faye has a significant involvement for Durham Police with this national scheme, which was recently introduced in this area by our local force. Working alongside its partners in the council and emergency services, as well as charities such as Age UK and The Alzheimer's Society, the Herbert Protocol enables staff, families, friends and carers to compile useful information which could be useful in helping to find any vulnerable, missing person.

Faye explained that should anyone go missing or get lost, and be unable to contact home, this useful information can be made immediately available to the police and other interested parties to help safeguard that person. She is keen to raise awareness of this potentially lifesaving project in our area, so if you wish to know more, you can contact her directly: Email Faye.callan@durham.pnn.police.uk

or Herbert.Protocol@durham.pnn.police.uk

Visit the Durham Police website <https://www.durham.police.uk/news-and-events/Pages/Contact-us-about-the-Herbert-Prpt.aspx>

Call local police using the 101 number.

The Alert Scheme

Faye listened to members concerns over the poor flow of information to Neighbourhood Watch through the 'Alert' scheme. She agreed to report this problem to the local team.

To contact Local Police & report any concerns, seek advice or pass on information to them, call 101. NB, it may be prudent to keep a note of details of any conversation & also obtain an incident number.

For advice/assistance contact Police Community Liaison Officer (PCSO) Faye Callan. Telephone 101 Extension 742317. Email Faye.callan@durham.pnn.police.uk

Coxhoe Recycling Centre

By Mel D McKenzie-Broadbelt

I am singing the praises of a group whose diligence and sheer determination to do a great job are benefiting our community and the planet as a whole!

William and Tina Amato manage the Coxhoe Recycling Centre, assisted by two operatives, Fenwick Bryson and Mark Plant. They are a force to be reckoned with.

The Centre, on the outskirts of Coxhoe, is well-organized and user friendly. The percentage of material recycled has never been less than 73% and on occasion reaches 95%.

Local government readouts frequently quote the Centre as number one for the percentage of waste being recycled rather than going into landfill.

They manage to achieve this while keeping the Centre as clean as possible. William and The Team should be made aware that they are much appreciated by the community for their admirable work.

The Coxhoe Centre is open every day except Friday, as follows:

Monday to Thursday: 10 am - 4 pm

**Weekends & Bank Holidays in
Summer: 9am - 6pm
and in Winter until 3.30pm**



The Recycling Team. From left, Mark, Fenwick, William and Tina

Letter from PC Todd

Sadly, crime in and around the village has remained high recently.

Lead thieves have struck twice, attempting to steal lead from Hardwick Hall and succeeding in stealing lead from the roof of St Edmunds church.

There were also a number of vehicle crimes. A vehicle in Chestnut Road sustained damage to the paintwork on its bonnet, and in Thurlow Road a wing mirror was kicked off a parked car. A visitor to the Cricket Club also suffered damage to his car in the course of a theft in which two chainsaws were stolen; the culprits were seen driving off at speed towards the village in a silver Ford Fiesta.

Domestic properties were also targeted. A burglary was reported at a house near Winterton Cottages and, disturbingly, minor damage was caused to a UPVC frame and window in Maple Grove by someone recklessly firing a small bore shotgun at it before driving away.

Damage was reported at the cemetery where spikes on the perimeter fence had been bent over and in White House Drive damage was caused to the wooden fence at the rear of a property.

Police are keen to catch the offenders responsible for these crimes and seek your help in identifying them.

If you have any information please contact me at Sedgefield police station or call 101.

Until next time, Keith

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Sedgefield Farmers' Market Sunday 5th March from 8.30am

If you're in need of a delicious, sweet treat, this could be your lucky day! New to the North East is **Proper Patisserie**, run by top UK pastry chef, Andy Blas, returning to his native North East, and his wife, Lynsey. With Andy's signature macarons, his striking cupcakes, mini classic cakes and individual patisseries, not to mention hand-made chocolates, **Proper Patisserie** will bring an air of luxury to the market. They are new to Farmers' Markets, so let's give them a proper Sedgefield welcome!

Taking the Community Stall this month will be Sedgefield Young Farmers and we look forward to the return of Market music in April.

Thanks to Chris Ferguson for his photo of last month's market, which had 11 stalls - a record for February. Last year in the same month we had only 4! It's growing.



Home of Sedgefield

Community Association

SCA's January Open Mic was a great night of music. Thanks to The Milliners for opening and closing the event and to all the other artists who took part. Joan Edmundson and John Wrightson, Lirica, Rob Guest, Kristen Peacock, Anthony Rob with Heather and Deci, Nick Smalley, Nest, Ean Parsons, the Old Age Travellers, John Weighall and Tom Guest provided an excellent programme, ranging from familiar popular tunes to some fantastic new numbers, sung in public for the first time; a showcase of the considerable local talent we have here. We hope to hold our next Open Mic in the spring, so keep checking the website!

At our 18th Traditional Burns Supper, Piper, Paul Cook invited people to their seats, the Address to the Haggis was made by Bruce Cunningham and the Toast to the Immortal Memory by Maxine Robinson. John Robinson made the Toast to the Lassies and Viv Jacobs replied on their behalf; an evening of tradition and friendship with 60+ local people attending. Thanks especially to Elaine Swift (catering), Pat and other SCA members for their continued work in organising this popular event. Over the years it has raised funds for various charities, groups and the SCA.

Ceddesfeld Hall is run by volunteers and all money raised from membership, events and activities is directed back into maintaining the building as a place people can use for special occasions and big events, running activities and clubs and promoting events, all for the community. We recently were selected to be beneficiaries of the Co-op Community Fund (you may have noticed their window display.) Please support us and our local store by becoming a co-op member, and some of the money you spend will come back to help support your chosen, local charity. It's a great scheme.

Our next main event is the Easter Egg Hunt and selection of the May Queen on Easter Monday, 17th April. Children 12 years and under are invited to hunt for Easter eggs, hidden in the grounds. There are prizes for all ages and families are welcome to bring a picnic to enjoy on the lawns. The bar and the main hall are also open. The May Queen and her attendants will be selected by way of a raffle ticket draw. *Continued opposite*

Regular Events, Meetings and Get-togethers

Acoustic Evenings 1st Fri & 4th Wed. Ceddesfeld Hall 8.30pm All welcome.

Bereavement Support Group 3 - 5pm. Thursday, St. Edmund's Church 620909

Bridge Club Ceddesfeld Hall Tuesday 7.30pm + Sunday 7.30pm on light nights. Beginners welcome.

CAB Advice Sessions alternate Wednesdays 10am - 1pm Advice & Information Centre
CAB Advice Line 03444 111444

Café @St Catherine's Friendly chat & Fishburn gossip! Fridays 9.30-12.00

Ceddesfeld Hall Art Group 10am-12 Thursdays. M Scott 01740 622187 Friendly group

Ceddesfeld Hall Pre-School Mon & Wed 9am; 2+years. Barbara Hobson 620934

Craft Club Swinhoe Room, C'feld Hall, 2nd & 4th Tues 7.30-10pm Jean Easson 620656

Fishburn Art Group Youth & Community Centre, Butterwick Rd. Monday 9.30am-12: Community Centre Number 01740 629536

Fishburn Taekwondo Tues (Children) 6.15 to 7pm & Thurs (Adults) 6.15 to 7.45pm, Youth & Community Centre. Contact Mike Britton 07743455065

Fitness classes in Parish Hall Term time Tuesday: Tai Chi 10 - 11am. Weds: Exercise to Music 11.30am-12.30pm: Pilates 12.30-1.30pm Healthy Horizons 1.45-2.45pm

Handbell Ringers Weds 7.45pm Ceddesfeld Hall or 1st Mon of month.

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

NECP Concertina Workshop 2nd & 4th Sundays @ 1pm in Ceddesfeld Hall.

New Generation Church Sundays at 11am in the Parish Hall. All welcome.

Rotary Club of Sedgefield Wed 7.30pm, Hardwick Arms. Call Bob 07831270892 or Mel 07530315331

Pop In Club C'feld Hall Tues 9.30am-12 Wed 10am-12.30pm Thurs 1-3.30pm

S'field Art Group Tuesday 6.30-8.30pm Methodist Church Hall. Tuition, all welcome

S'field Bowls Club Ceddesfeld Hall. Beginners welcome. Sessions throughout week. Call 622532 for information

S'field Mags Second Tuesday of month: 8 pm Hardwick Arms. 07966029434

S'field Players Parish Hall, 7.30, Sunday & Wednesday. SPYS Sunday 5.30. 620091

S'field Playgroup Methodist Hall, Mon, Wed & Thurs 9.15-11.30. Jane Jones 620893

Sedgefield Tappers Parish Hall Mon 7 - 8. Contact Tom on 622185

Tea Dance Parish Hall 1-3pm on the 1st & 3rd Tuesdays each month.

Manor House Photography Exhibition



Sedgefield's Manor House recently held its first photography exhibition. Photographers from the Sedgefield area, professional and amateur, were invited to show their work in the exhibition and competition. Photos ranged from action shots of people and animals to scenic views in Sedgefield and further afield, with no restrictions on how photos were presented. The winning photo, Ken Wilson's "St. Mary's Lighthouse", took the top spot due to its dynamic use of reflection. In second place was Jonathon Clegg and taking third place was Malcolm Tooley. Marie Walker, events manager at the Manor House, told me: "The exhibition was inspired by Ryan Tempest, he works in the building and his love of photography sparked the idea. We developed this event to include other local photographers and then opened it up to the public."

Marie was pleasantly surprised by how many applicants there were for the exhibition, including children as young as 13 and 14 years old who printed their photos out on paper!

The room was full of fantastic images and I would certainly urge people to visit the display in coming years. The exhibition, she hopes, will become an annual event to be held at the Manor House, showcasing the talents of local people and hopefully inspiring more photographers in the area. *Report from Kelly Aitkin*

Sedgefield Players and SPYS Festival Success at Richmond.

Following last years successful run at the Georgian Theatre in Richmond the Sedgefield Players and SPYS were hoping for another good year with their two offerings into the first round of the All England Theatre Festival. And boy did we have one. The SPYS were up first with their production of Fin Kennedy's 'The Unravelling', a marvellous piece of storytelling. Adjudicator Ben Humphrey praised the SPYS discipline and ensemble playing. This was followed by the adults with their production of Jenny Wafer and Rebecca Russell's 'The Regina Monologues', a play that modernises the wives of one of England's most infamous kings. The Players and SPYS won an enormous 6 awards, including nominations for SPY Cameron Andrews, for his vocal work and for Viv Jacobs for Best Actress. The award for Best Technical Presentation was shared between the two plays; the SPYS won the Youth Award and 13 year old Ella Rose Barnfather won Best Supporting Actress.

Sarah Legender took the trophy for Best Actress home for the 2nd year in a row and the Players also won Best Set for the magnificent bedroom they recreated, and Overall Winners. This success means they will go on to compete in the next round in Saltburn in May.

Meanwhile at home in Sedgefield the Players have been preparing their production for March, Elaine Murphy's 'Shush', a charming comedy for 5 women. Rehearsals are going well and tickets will be available very soon from the usual places. *See Page 12 for details.*



SCA news continued from page 6

On Saturday April 22nd, we have St George's Dinner (fundraiser for the Medieval Fayre) and Lirica are performing on the night. A delicious 4 course buffet will be served. Tickets cost £18, available from Pat or Wendy.

In the meantime, the refurbishment continues with the main hall floor being restored over half term and the decorating scheduled to start in early April. New chairs and tables have arrived.

For more information, contact Wendy on 620206: Pat 620607: Sarah 622185 or go to www.sedgefieldsca.org.uk

Sedgefield Blues Club

2017 started with a bang, with two shows and two sell outs. The popularity of the club continues to reach new heights and tickets for Sedgefield Blues Club are very much sought after these days.

For example our gig on March 3rd brings the Stevie Nimmo Trio plus young blues artist Reece Hillis to the stage, but it was sold out in December!

Looking further ahead, we have another fantastic show lined up for Friday 21st April. Greg Coulson is another rising star. It's hard to do him justice in one sentence so we'll let Classic Rock presents the Blues Magazine tell you what they think... "Although only 22, Greg Coulson is a hyperactive example of the ability of the blues to grab new generations with its indefinable magic. Definitely one to watch!" Greg comes from Sunderland and has family first in the queue for this show.

The support act was an easy choice, Sunderland legends George Shovlin and George Lamb. They played an intimate and very full Manor House last Summer and can't wait to return to Sedgefield.

So, join us on the 21st April. Tickets are £12 and can be purchased at www.sedgefieldblues.com

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Yes That's Right - NO FIX NO FEE!!

We're at that time of year when winter team sports are already eyeing up the run-in towards the end of a season. Once again, the North East's professional football teams have plenty to play for over the next few months, at both ends of their respective tables. Middlesbrough, Sunderland and Hartlepool United are all focused on avoiding relegation, while Newcastle United are striving to secure automatic promotion straight back up into the Premier League. Meanwhile, managed by Sedgefield man Martin Gray, Darlington continue the long march back from non-league football. The team currently plays in the Vanarama National League North and although automatic promotion to the National League (the level immediately below Football League Two) is very unlikely, there's still a chance that Darlington could make the play-offs. Given the state that the club was in only two or three years ago, that's pretty remarkable. Better still, home games are now finally being played in Darlington again.

On the rugby union front, the very good news is that Newcastle Falcons will not be fighting a relegation battle this season. The team currently sits in seventh in the Premiership and while they won't be challenging for top honours, things are definitely on the up (and under?) on the pitch.

It won't be too long until the new cricket season is on the very near horizon. After decisions taken by the England and Wales Cricket Board in 2016, Durham County Cricket Club finds its first team preparing to play in the second division of the County Championship, starting with a 48-point penalty. It certainly seems that adversity has brought out the best in the players and supporters, and there's a steely determination emanating out of Chester-le-Street as we build up to the first games in April. Perhaps Ben Stokes could lend his county a few pounds. As I type this, Stokes has become the Indian Premier League's most expensive foreign player ever after Rising Pune Supergiants bought him for £1.7m. T20 does seem to be where the money is in cricket these days. Back to Sedgefield and the drawing to a close of at least one other sport's season...

Squash

The latter stages of the season are as busy as ever. The seniors have all put in solid performances in their divisions of the County Leagues, with the Men's 3rd and 4th teams both pushing hard for promotion. No teams are at risk of relegation, but the final standings will be decided in March. The club's own championships begin at the end of February with entry numbers at a healthy level across the various categories. The competition is spread across several weeks with finals week in late April. Junior participation in coaching continues to attract children of all ages and abilities, and takes place every Saturday morning. If your child is interested in learning, take a look at the club website (www.sedgefieldsquashclub.co.uk).

On the wider development front, the club is hopeful of some positive news in the coming months on its ambitious plans for a third court.

Athletics

These continue to be exciting times for Sedgefield Harriers in the North East Harrier League cross country series. As reported last month, the club's senior men have been pushing for promotion from the third division in the first year of fielding a full team at each of the six fixtures over the winter. The top two teams will be promoted and Sedgefield overtook Houghton Harriers to lie in second place after the fourth event in Sunderland. The fifth race was held on 11th February, nearby, in Thornley, and the Harriers sent a big squad of 14 runners. The weather was 'challenging', the course was tough and the mud was deep!

As at Sunderland, the first six counters comfortably won the fixture, and the next six also scored very well, finishing fourth in the division on the day. As a result, Sedgefield Harriers consolidated their second position and narrowed the gap to leaders Blyth. The Harrier League is not just about the senior men of course and various Sedgefield ladies and juniors also take part.

The final Harrier League fixture will be in Alnwick on 4th March and the club is putting on a coach to make it as easy as possible for runners to turn out for Sedgefield. The senior men have put themselves in prime position to secure promotion and there's still a chance that they could win their league. I hope to report on success next month.

One of the major regional running events of the season was held in Hetton on 18th February, when the North East Counties Athletics Association Road Relays came to town. The club competition always attracts high calibre athletes from across the North East (for example, Team GB's Aly Dixon was in a Sunderland Strollers team this year) and Sedgefield Harriers sent up teams for the men's and women's races. Each runner completes a 2.2 mile two lap course around Hetton Lyons Country Park – the senior women's event is four legs and the men's (and V40 men's) is six legs. The Sedgefield ladies fielded two teams in their event, finishing 59th and 77th in a very competitive field, while the men came in 28th (and sixth V40), 58th and 69th respectively.

Sedgefield parkrun

During March, Sedgefield parkrun will celebrate its fifth birthday. Since 2012, the event has established itself firmly as many people's favourite way to start the weekend!

During the last five years, 5,070 people have between them completed 35,517 5km parkruns in Sedgefield, in the process covering a distance of 177,585km. As always, new participants are very welcome to run, jog or walk around Hardwick Park, starting at 9am every Saturday morning.

The event is free – just register at www.parkrun.org.uk/register.

Sedgefield parkrun is entirely sustained by volunteers – participants are asked to help out just three times a year. Meanwhile Sedgefield junior parkrun has now been up and running for over a year and has itself become a big success. Held over a 2km course in the park at 9am every Sunday morning, the event has already attracted more than 1,000 youngsters aged between four and 14, who have covered over 11,000km. Also free, young people can register or be registered at the same website.

That's all for this month.

As always, please send any sports news to chrisjlines@aol.com.

Just a little muddy underfoot!





Urgent repairs needed at our ancient church

Exterior stonework in several parts of the walls of Sedgfield's centuries-old parish church is disintegrating through a combination of age and wind damage and is now in urgent need of repair.

Architects are in the process of preparing a report on the extent of the work needed and how much it will cost to put these areas back to good order. The work will be expensive and that further restoration work will be needed on other parts of the building during the next ten years.

The 'Friends of St Edmund's' group has offered to meet the cost for this first phase of work. Members of the group have also offered financial help to restore the walls in the north transept, which are badly affected by salt in the plaster, and repairs to the corridor wall from the body of the church to the vestry which is in poor condition.

Renovation work in both areas was delayed until all work on the church lighting system had been completed, but church warden, Brian Mutch says that the difference made by the new lighting has to be seen to be believed - and users agree.

Sedgfield News would welcome input from all churches in our area.

Details of how to contact us below and on the front page

Coffee Morning & Gift Day

Saturday 11th March from 10 to 11.30am. Enjoy a cup of coffee and make a donation to the Church as part of your Lenten discipline.

Everyone will have noticed the difference that has been made to the Church with the new lighting system and that services during the winter months have been more pleasant because the Church has been warmer. We are grateful to the Friends of St Edmund's for all they do to support the improvements to the building. They paid half the costs of the lights and there are more plans for work which will improve the Church. To achieve this, we need to raise money in addition to our weekly giving. Please join us and help us maintain and improve our historic building.

Mother's Day Family Service

On Sunday 26th March 2017 at 10 am, join us for the family service on Mother's Day, when we celebrate the life of the Church and recognise the contribution Mothers all over the world have made to family life throughout the ages.

This will be a less formal act of worship with members of the church taking part, and there will be refreshments after the service and time to continue our fellowship.

Bereavement: an Insight

by Greta Pike, a member of One Step Forward, based at St Edmund's.

Barbara Munroe of St. Christopher's Hospice in London used to give a talk about coping with bereavement. A friend told me about it when my husband died, and it certainly eased my pain and helped me through a very difficult time. So I hope that the following may help some of you.

Barbara placed a large glass jar on the table in front of her together with three different size balls. With great effort she stuffed the largest ball into the jar. "There!" she said. "That's how grieving feels at first. If grief is the ball and the jar is your world you can see how grief fills everything. There is no air to breathe and no space to move around. Every thought and every action reminds you of your loss."

She then replaced the large ball with the medium-sized ball and it could move a little. "Perhaps you think this is how it will feel after the first year. Grieving will no longer fill every bit of space in your life."

She then replaced the medium-sized ball with the smaller one which rolled around freely. "Now perhaps you will think this is how grieving should feel after two or three years. Now you can think of grief as taking up a very small part of your life. It could almost be ignored if you wished to ignore it. "That's all rubbish!"

She then put two more jars on the table, one larger and one very large. She picked up the largest ball and squeezed

Second in a short series of articles

it into the original jar. She then pulled it out and placed it into the next-sized jar, but there was still no room for the ball to move freely. Then she dropped the ball into the largest jar where it had plenty of space and rolled around happily.

"There," she said, "that's what grieving is really like. If you agree grief is the ball: like the ball your grief doesn't get any bigger or any smaller. It's always the same. But the jar is bigger. If your world is the jar, your task is to make your world bigger. No one wants their grief to shrink because it is all you have left of the person who died. But if your world gets larger then you can keep your grief as it is, but work around it. Older people coping with grief often try to keep their world the same. It is a mistake. If I have one thing to say to all of you, it is this:

"MAKE YOUR WORLD LARGER. Then there will be room for your grieving, but your grieving will not take up all the room. In this way you can find space to make a new life for yourselves."

Bereavement support across the parish

One Step Forward is held every

Thursday 3 - 5 pm at St. Edmund's.

Contact Panny Pighills, 01740 620909

BALM is led by Janet Deane at Bishop Middleham. 01740 656391

Trimdon bereavement support group

meets at St. Mary Magdalene's on the first Tuesday of the month, 7 - 8.30pm and is led by Su Jordan 01429 882589, and Joan Clifford, 01429 880313.

March 2017 DIARY

email diary.sedgefieldnews@hotmail.com

Date	Event
Wed 1st	Sedgefield WI Parish Hall 7:15pm (nb. change from advertised programme) Talk by Jackie Mills - DFWI Cookery Judge. Members' Competition - an animal ornament, Fairtrade Fortnight Display. All Welcome
Thu 2nd	Sew Easy Fortnightly in the Boardroom, Parish Hall, 7 - 9 pm. For information call Gloria Wills on 622447
Fri 3rd	U3A Parish Hall, 2pm. Chris Lloyd: The Titanic and the Editor of the Northern Echo. Members free. Guests welcome, £3 at door. Further details, 629276
Sat 4th	Sedgefield Library 10am -11am in the Library. Surgery with Councillors Rachel Lumsden & John Robinson
Sun 5th	Sedgefield Farmers' Market on the Village Green from 8.30 am
Mon 6th	Sedgefield Local History Society Ceddesfeld Hall, 7.45pm. Postcards on the First World War by George Nairn Methodist Wives and Friends Julia Powell Artist
Tue 7th	Sedgefield T Dance Parish Hall 1 - 3pm. All welcome, on your own or with a friend/partner Tel Ann: 629070 or Joyce: 622601 Sedgefield Gardening Club 7.30pm in Ceddesfeld Hall AGM / Pie & Peas
Thu 9th	Sedgefield Show Meeting , Social Club, 8pm
Fri 10th	Country Market Parish Hall, 10 – 11.30, Home Baked Produce, Jams, Crafts, Cards, Plants, Refreshments, Tel 629441
Sat 11th	Sedgefield Cricket Club Quiz Night, 8pm. Presented by John Bryant
Mon 13th	DIDO in the Parish Hall. A day in, with entertainer Dan Walker.
Tue 14th	Sedgefield Ladies Club in Ceddesfeld Hall.
Thu16 - Sat 18th	Sedgefield Players present Elaine Murphy's 'Shush'. 7.30pm Parish Hall. Tickets from sedgefieldplayers.co.uk , Tickety Boo or 07763257846.
Fri 17th	Sedgefield Cricket Club Live Music Night, 7.45 pm Main guest Jester B + Old Age Travellers, John Weighell, John Wrightson Band. £11 inc buffet. Tel 621347
Mon 20th	Sedgefield Family History Group Ceddesfeld Hall 7.15pm Colin Hart on Skinningrove Social History & Development (Ironstone Mine & Iron Production. Methodist Wives and Friends Dorothy's Well
Tue 21st	Sedgefield T Dance Parish Hall 1 - 3pm. Tel Ann 629070, Joyce:622601 Ferryhill, Sedgefield & district Flower Club 7.30pm in the Parish Hall. NE demonstrator Lucy Smith, "Flotsam & Jetsam"
Wed 22nd	Willowdene Care Home Come Dine With Me Luncheon. Drinks reception from 11:30am, two course dinner served at 12:30pm. Free to attend but prior booking essential. Call Angela Penman on 01740 771310.
Fri 24th	Sedgefield WI Coffee Morning Parish Hall (Fletcher Room) 9:30 - 11:30am Everyone welcome
Fri 31st	Sedgefield in Bloom Coffee Morning 10-11.30 Parish Hall with refreshments, stalls, raffle, tombola

Looking ahead to April

April 2nd: At Sedgefield Farmers' Market, **Sedgefield Area Churches Together** will be taking the charity stall, with Easter-themed craft activities for children, hot drinks and hot cross buns on offer; paintings for sale for charity, a Foodbank collection box, an information point, and more. Do come along and say hello! On the same day, Ceddesfolk will start the market's summer music season in lively style.

April 10th: Fashion Trends 2017 6.30pm in the Parish Hall, with special guest Jill Green: plus Fashion Show by Jayne Boutique and stalls. Tickets £7-50 from Jayne

Opinions expressed in Sedgefield News are not necessarily those of the Publisher or the Editor. We strive to be impartial & independent. We reserve the right to edit copy & will not publish letters of unknown authorship. Please send your contact details with correspondence.

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SDT Company Secretary, John Fitzpatrick, 7 Melgrove Way, Sedgefield, TS21 2JN, email sedgefielddevelopmenttrust@hotmail.co.uk

Sedgefield Library 2017

Tel: 03000 269521 Opening Hours

Wednesdays 9.30am - 12.30pm

Thursdays 10am - 6:00pm

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Thursdays Wiggly Bookworms

2.15pm termtime only, for pre-school children. £2 per session, limited places. booking essential.

Still featuring in the Library is the

Bright Water Project Display

Sedgefield Social Club

March entertainment

Saturday 4th: Steve Ramsay

Saturday 11th: Stevie T

Saturday 18th: Bobby Joe

Mon 20th: Country Night, Dave Weston

Saturday 25th: Ben Dillon

Fitness Classes @The Hub

Sedgefield Community College

Clubbercise with Sharon: Tues 6 - 7pm

Zumba with Emilia: Tues 6.30 – 7.30pm
and Thurs 7 - 8pm

Chi Taekwondo: Sat 10.30 – 11.30am

For tennis, wheelchair rugby & other sports, call the Hub on 01740 625300



We don't really need an excuse to take a springtime walk in Hardwick Park but isn't it wonderful to see the white furniture returning to the park?

Oh, that reminds me ...

Spring is almost here!

*Don't forget to put your clocks forward at 1:00am on **Sunday 26th March.***