

SEDGEFIELD NEWS

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

November 2019

Deadline for next edition, 15th November



The stall holder's tale.

My wife and I run The Busy Whisk, selling patisserie, desserts and Rachael's now famous cheesecake. Sedgefield Farmers Market is fairly consistent for us. We know what to make and how much we can sell, but September had been quiet. We had taken home quite a lot of unsold stock, and if that happens on a Sunday there's no other chance to sell. With our ingredients pretty expensive this can easily be the difference between profit and loss. In the run up to the October market the forecast was ominous. Weather warnings were in place; it was going to be very wet. We were asking "Is the market going to be cancelled?" "Will anyone turn up?" "How much cream do we collect from the dairy?" We contacted Roger, who runs the Farmers Market. He was aware of the warnings but said wind was always the real problem. He wanted to give the traders a chance to sell and customers not to miss out, so the market would go ahead. Was this good news or not? How much cream to buy? How much cheesecake to make? Would anyone turn up? We didn't want to pull out, but it wasn't worth going if we took less.

I had only recently volunteered to take over the Sedgefield Farmers Market Facebook page, so in the run up to the market I'd posted about the traders expected on Sunday, hoping that the extra promotion would increase footfall, but was the weather going to scupper my efforts? We decided to take the risk - as well as our usual numbers of cheesecakes! Other markets had cancelled. Would

customers assume that ours was off too? Now the focus was on getting the message out - our market was still on! Post after post pinged on the Sedgefield Farmer's Market page on Facebook (have you 'liked' us yet?) Sunday morning came along. I'd walked the dogs and was thoroughly soaked before I set off for market. Driving along the A689 through standing water, the rain coming down hard and visibility poor, I was questioning my sanity. Should I turn around? But we've never not turned up when we said we were attending, so on I ploughed, to be met by the smiling face of Ben Wreford, who was dry under a gazebo. Suddenly I had a good feeling.

When we had our stalls set up I left mine and went to photograph all the traders and put it out on Facebook; "The market is ON. Bring your brolly." Well, the posts worked, customers came, everyone was happy that our little market had gone ahead despite the appalling weather.

And all that worry about how much cheesecake to bring? I sold it all! Hope to see you on November 3rd.
Bruce Whitehouse



Published by Sedgefield Development Trust: Company No 4312745 Charity No 1100906. Registered Office 7 Melgrove Way, Sedgefield, TS21 2JN

TO CONTACT US - News, Features & Advertising: sedgefieldnews@hotmail.com OR news@sedgefielddevelopmenttrust.co.uk 07572 502 904
diary.sedgefieldnews@hotmail.com sedgefielddartsandevents@outlook.com sport.chrisjlines@aol.com www.sedgefieldweb.co.uk

GREENER SEDGEFIELD

Christmas is almost around the corner and the race to get organised is approaching. Could we combine seasonal cheer with being more sustainable when preparing for the big event?

Buying local, especially local produced goods, reduces the carbon footprint associated with transport and supports local businesses. Prefer online? Etsy and similar retailers have lots of small businesses that are often more ethical and many use environmentally friendly materials.

An enormous amount of trees, energy and water go into the production of greetings card and wrapping paper. Millions of cards are distributed and very few are recycled or indeed can be recycled. To increase the chances of it being useful again, avoid ones with glitter or embellishments - glitter is a micro plastic, which is non-recyclable. Or go very green and send e-cards; some people just appreciate the thought of getting in touch.

Apparently we will throw away the equivalent of 108 million rolls of wrapping paper at Christmas. Standard wrapping paper is mostly plastic coated and isn't generally accepted by recycling companies. Locally, Durham County Council says it belongs in the general rubbish bin, not the recycling bin. You could use recyclable brown paper and glam it up by using rubber stamps and water based paints. It's a great way to keep kids busy and add a personal touch. Alternatively, you could use fabric, which can be reused and would look very homely under the tree. If you can't resist that festive Christmas printed paper, 100% recycled wrapping paper is available online and in more specialised shops.

2019 has been a year to emphasise the importance of trees and millions have been planted all over the world to tackle climate change. Consider a potted tree, making sure you keep the soil moist whilst inside (and away from radiators) and then pop it outside when Christmas is over and use it again next year. Plastic trees may appear to be the better option but most are manufactured abroad and so have a sizeable carbon footprint, so get one that will last. If you love a real tree and don't want a potted one try and pick one from a renewable source and take advantage of a Christmas tree recycling service so the tree isn't wasted.

It's literally crackers, the amount of paper and plastic waste that comes from Christmas Crackers. Plenty of eco-friendly versions are available or make your own for more personalised content.

Christmas isn't Christmas without the food, but coloured food trays, cling film or shrink wrap in particular, are not reusable. Plenty of stores are starting to look at the packaging they sell food in and clearly no packaging is a better option. For locally produced food why not visit the Farmers Market on Sunday 3rd November or 1st December on the Village Green, to buy festive food and Christmas presents.

Just a few small adjustments and you can help save the planet and still celebrate in style.



It's estimated that the amount of cardboard packaging used over the festive period could cover Big Ben almost 260,000 times!

Sedgefield News from the past

by Martin F Peagam, The Time Traveller, for Sedgefield Local History Society.

In November 1869 – 150 years ago

Two railway stations were available for purchase. Announcements in the York Herald and other newspapers detailed farms to be let in the Sedgefield area. They included Sands Farm, Bradbury Low Farm, Bradbury High Farm, Little Isle Farm, and Morden Farm. The estate also included the land on which Bradbury and Sedgefield Stations were situated.

In November 1869 – 150 years ago

The Trimdon District of the Sedgefield Union, the area established to address the needs of the poor, infirm and elderly, announced that Mr H Russell of Trimdon Colliery had been appointed to the post of Medical Officer.

In November 1919 – 100 years ago

Dr Bassan submitted a report to Sedgefield RDC in which he highlighted the housing shortage in the colliery districts, the increasing overcrowding, and defective sanitary arrangements. "The one bright spot" he reported was the Aged Miners' Homes: low-cost, easy to erect, neat and compact, they could readily satisfy the needs of married couples, widows, aged couples and "go a long way to relieve the present condition".

In November 1969 – 50 years ago

Jack Clarke of Tyne Tees Television, and also Master of South Durham Foxhounds, held a jumble sale at Sedgefield Auction Mart to raise funds to rebuild a cottage. Donations from friends included a television, some sheep, pigs and a land-rover!

If you would like to know more about your local history, visit the Facebook site of Sedgefield Local History Society or come along to one of our meetings.

Volunteers required

This month I need to find a new volunteer or two to deliver 90 copies of Sedgefield News to Maple Grove, Lilac Ave, Beech Oval and Hawthorn Road. Please get in touch (see below) if you can help.

I would also like to apologise to the lady who phoned me when I was on holiday, offering to deliver in The Orchard. Unfortunately I don't have her contact details and can't remember her name! I would be delighted if she would contact me again. Call/text 07899 984464 or email mail@toddsousefarm.co.uk.

Many thanks,
Judith Edgoose

Sedgefield Development Trust hopes to host a small reception in February, to thank all those who distribute and deliver Sedgefield News.

Skerne Medical Group

We would like to thank everyone who attended the flu vaccination clinics in September. They were a great success.

In total 1,086 patients received their flu vaccine at the clinics, saving over 90 hours of weekday appointment time.

After initial delay in receiving our supply, the flu vaccination for under 65 years has now arrived.

This vaccine is for patients with a serious medical condition for example diabetes, COPD, stroke/TIA, coronary heart disease, chronic kidney or liver disease, those with a weakened immune system, pregnant women, carers and those living or working in long stay residential homes. If you are eligible please contact your surgery for an appointment.

Also, by mid to end of October we should have been able to place orders for the children's (nasal) flu vaccine. Your child is eligible if they were aged 2 or 3 on 31st August 2019. Other children with underlying medical conditions are also eligible - please contact us to check eligibility and availability of the vaccine. We will update our website www.doctorsnhs.co.uk with stock availability as soon as we have a confirmed delivery date.



Adjusting to Disability by Carole Lawford

Sometimes in life, we're diverted onto a path we didn't expect to be on. That's my experience of disability. I chose a village to live when I moved up to the North East as a balance to my career, thank goodness! I say "thank goodness" because I'm now adapting gently, with the help of a community I had lived in for 4 years, driving in and out to work but not really engaging.

Sedgefield is a beautiful place. The mixture of old and new buildings give it character, but some throw up challenges for wheelchairs, scooters and rollators (walkers). Staff everywhere are helpful and all my experiences are positive, but there are some points that may interest or surprise you. You might think "Oh I understand that too" if you use a pushchair, so I'm making a few requests on behalf of pedestrians who use wheels to help them get around.

Please consider dropped kerbs when you park. We need them to cross the road and it isn't helpful if they're blocked. Walking to the next one may be really difficult or just too much on a bad day.

If you park on the pavement, is there room to pass? When you look at the gap, the question to ask is 'Can a disabled person get through there?' not 'Will a wheelchair fit through?' My control/strength/co-ordination is not the same as yours.

If you're a business owner, would you look at your layout with fresh eyes please? There are some that we can get into but not look around because the stands are close together. If we can't see it, we can't buy it, and we're there because we're shopping. When I'm pushing my rollator I can't push a shopping trolley or carry a basket, so I may be balancing; I drop things - I'm sorry.

If your premises has a step and a door closer, it's impossible for me to get in without help. If the door is held open I have a chance, weather permitting of course.

Honey is my assistance dog and is mostly welcome, but I have been told she isn't allowed in by two staff members who were unsure even when I explained politely. Sometimes staff training is missed or needs delivering again.



Honey in her bag on my rollator

One tearoom helps me with a particular table and offers help pouring. Some teapots are heavy, I always appreciate that. Sometimes I order a cup of coffee to avoid spilling tea. If you think it isn't an issue, imagine going into your favourite pub, and the pint of beer you want is too heavy to hold. To save embarrassment you order a whisky, because a small glass is easier to hold. It's a drink, right?

Thank you for your help, for parking a few feet along, holding the door or smiling when I delay you because I'm slower than you; for reading this article, for helping to socialise Honey by saying hello and making a fuss. If you do it you will know she loves it! We can't solve every challenge, especially those in older buildings, but we can see those who are trying and I'm always happy to help too.

Purple Tuesday

Tuesday 12th November sees an international call to action to celebrate the purple pound – the spending power of disabled people and their families. It's a milestone awareness moment for an issue that is relevant 365 days a year.

Mike Adams OBE was inspired to found Purple Tuesday, as part of his disability inclusion consultancy business, Purple, after a stressful Christmas shopping expedition. In 25 of the 28 shops he went into, staff either ignored him altogether or solely addressed his non-disabled partner. "It wasn't prejudice, so much as fear that was causing shop assistants to swerve me," Mike says. "Fear caused by unintended ignorance, lack of understanding and perhaps worry about causing offence."

The aim is to make businesses more aware of opportunities and challenges, and inspire them to make practical changes to improve the disabled customer experience. Local businesses and organisations can get more information at purpletuesday.org.uk/ but we can all learn from Carole's article above.

Editor's Note

The problems encountered by wheelchair and pushchair users was covered in this paper as long ago as 2003/4. The Sedgefield Road Safety Group then campaigned for more dropped kerbs and for drivers to park more thoughtfully. We did see improvements, with greater provision of dropped kerbs, but now thoughtless parking is seen on every day of the week.



Connecting local companies

The latest business breakfast on 9th October was hosted by the Herd & Herb in Hardwick Arms, the team there providing the venue and laying on food and drink for the guests.

A healthy turnout of both regulars and new faces was attracted to Sedgefield Business Breakfast, on this occasion including former Durham CCC and England wicket keeper Phil Mustard, who now has his own business. Various sized firms from many sectors were present in the room, representing an excellent cross section of business in and around Sedgefield.

Guest speakers at the event were Helen Parsons and Mark Nicol from Parsons Containers, pictured here.



They shared insights into a company that has grown into a 25-person operation that will turn over more than £6m this year, all the while staying based in Sedgefield, providing long-term employment opportunities and contributing in other ways to the community and local economy.

Also represented at the event was Business Durham's Business Energy Efficiency Programme, along with Tamzin Lafford of Homework Help Sedgefield. In a convivial and relaxed atmosphere the conversation flowed and there was plenty of positive networking.

Thanks to the kind support of Herd & Herb, the Sedgefield Business Breakfast was free to attend.

As always, the Network is keen to receive ideas for future events, and from anyone who would like to join the network's mailing list. You can find Sedgefield Business Network on Facebook, follow @SedgefieldBN on Twitter, or email sedgefieldbn@gmail.com.

ARTS UPDATE by Tom Guest

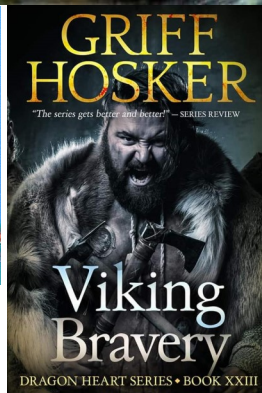
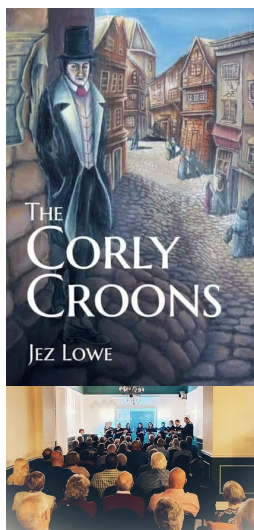
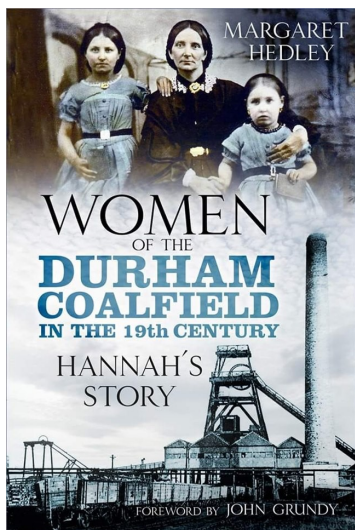
sedgefieldartsandevents@hotmail.com

Sedgefield Book Festival a roaring success

The now annual Sedgefield Book Festival, 'Bookends' has once again been a roaring success. It opened with 'Across the Pond', an evening of music and poetry from local performers featuring songs and poems from American artists. Performers included the Holkey Folkies, the John Wrightson Band, Tom Guest and Kayleigh Laverick, Lirica, Norma Neal, Terry West and Jean Hewling, Trevor Bond and Whiskey and Wine. The variety of music performed was inspiring and a great way to open the festival.

What followed was a wonderful series of events, poetry readings, workshops and readings that have inspired local people to put pen to paper, pick up a book or attempt their own creative ways of developing their skills.

Thanks and praise must go to organisers Norma Neal and Sarah Guest who have worked tirelessly to put together this brilliant event. Pictures below are from Sarah Guest.



Interested in the Arts?

If you love music, theatre, fine arts and craft, would you like to join our team and 'create' THIS PAGE?

Tom has taken up a new job and now struggles to fit in compiling the Sedgefield News Arts page.

Concerned about coverage of the subject, he would like to hand over to someone else who shares his passion for the Arts.

If you would like to get involved, please get in touch at sedgefieldnews@hotmail.com. We'll be delighted to hear from you.

Ferryhill Stage Society present Hairspray

From Wed 27th - Sat 30th November, Ferryhill Stage Society present the fantastic musical 'Hairspray' in Mainsforth Hall, Ferryhill.

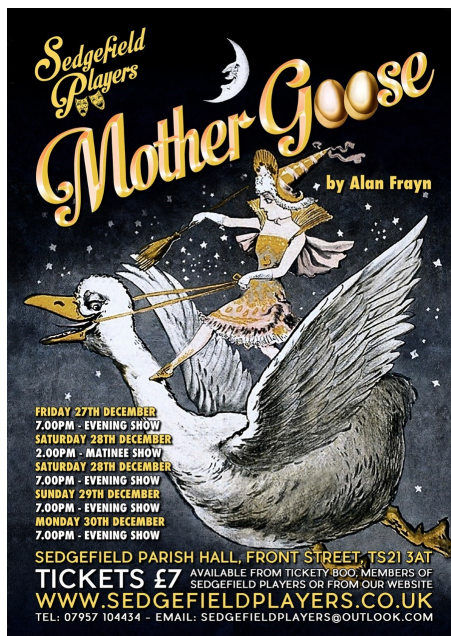
The story of heroine Tracy Turnblad, battling for her right to perform on 'The Corny Collins' show, as well as fighting for the rights of the African American community, features fantastic song and dance performed by this wonderful local company.

Tickets from members of the group are £10/£7 or £25 for a family ticket (2+2). Get them while you can! This show is sure to be a smash hit!

It's Panto Time! (Oh yes it is!)

Players Panto is well into rehearsal now, and the tale of the eponymous 'Mother Goose' hosts a wealth of madcap characters, and fantastic songs and dances, performed by some of the usual suspects and a few new members to the group, as well as the fantastic Sedgefield Players Youth Section. Directed by Sarah Atkinson, this show is sure to be mir-quack-ulous!

Tickets are on sale now from the usual outlets. Get them soon - Panto tends to sell out quickly!



DIARY NOVEMBER 2019

Submit events to diary.sedgefieldnews@hotmail.com

- Fri 1st** **Sedgefield and District U3A** at Ceddesfeld Hall, 2pm. Fools Gold and the topic is Stories & Music. All welcome. Guests £3 at the door.
- Veterans Coffee morning**, Sedgefield Parish Hall, 10am-12pm.
- Sat 2nd** **Drop in surgeries**, Cllr John Robinson. Bradbury & Mordon Village Hall 9-945am, Sedgefield Library 10-11am.
- Sun 3rd** **Sedgefield Farmers' Market**, village green, 8.30am-12.30pm.
- Annual Memorial Service**, St. Edmund's Church at 6.30pm. To remember all those who have died. If you would like a loved one remembered in prayer, please email Rachel Stephenson at the Parish Office (officer@upperskerne.org.uk).
- Mon 4th** **Sedgefield Local History Society**, Ceddesfeld Hall, 7.45pm. Postcards on the First World War by George Nairn.
- Sedgefield Methodist Wives & Friends**. Kynren Update by Lee Brownson. Contact Margaret Dickerson 621093 or Jennifer Mason 620296.
- Tue 5th** **Sedgefield Tea Dance**, Sedgefield Parish Hall 1-3pm, £2.50 including refreshments. For information, call Joyce 622601 or Ann 629070.
- Wed 6th** **Sedgefield Women's Institute**, Sedgefield Parish Hall, 7.15pm. The History of Handbags with Susan Howard.
- Fri 8th** **Quiz night**, Sedgefield Cricket Club, 8.30pm. Presented by John Bryant
- Mon 11th** **Service of Remembrance**, hosted by Sedgefield Veterans at St. Luke's War Memorial, Winterton, 10.30am. Everyone welcome.
- Country Market**, Sedgefield Parish Hall, 10-11.30am. Cakes, crafts, plants, refreshments, everyone welcome.
- Tue 12th** **Ladies Club**, Ceddesfeld Hall, Jewellery Party with Marion Greenwell.
- Wed 13th** **Sedgefield Neighbourhood Watch Meeting**, Sedgefield Social Club (Upstairs Room) from 7pm.
- Fri 15th** **Live Music Night**, Sedgefield Cricket Club, 7.30pm. We Steal Flyers plus Trish McLean, John Weighell & John Wrightson Band. Admission £11, for tickets 621347.
- Festive Coffee Morning**, Sedgefield Women's Institute, Sedgefield Parish Hall, 10am-11.30am. Hand made Christmas cards & crafts, tombola, raffle, home made cakes & books. All welcome.
- Sat 16th** **Sedgefield in Bloom dance**, Sedgefield Parish Hall. Tickets (£10 including pie and peas supper) available from council offices.
- Mon 18th** **Sedgefield Family History Group**, Sedgefield Methodist Hall, 7.15pm. Attics & Acres - The archive of the Graham Family of Norton Conyers with Maxine Willett.
- Sedgefield Methodist Wives & Friends**. Flowers with Pauline. Contact Margaret Dickerson 621093 or Jennifer Mason 620296.
- Tue 19th** **Ferryhill, Sedgefield & District Flower Club**, Sedgefield Parish Hall, 7.30pm. Open Night, Lynda Fraser, Fantastically Festive. Members £5, £8.50 non-members.
- Sedgefield Tea Dance** - details as Tue 5th.
- Thu 21st** **Sedgefield Memory Café**, Sedgefield Fire Station, 10.30am-12pm. For dementia clients and their carers only.
- Fri 22nd** **Coffee Morning**, Ferryhill, Sedgefield & District Flower Club, Sedgefield Parish Hall, 10am-12pm.
- Tue 26th** **Ladies Club** Ceddesfeld Hall. Sarah The Button Lady.
- Mordon & District Ladies Circle**, Mordon Village Hall, 7.30pm. Nostalgic views of the North.
- Living in the Light Advent course** (first of four sessions), Sedgefield Methodist Church (New Room) at 7pm. Everyone is welcome to attend. Sedgefield Area Churches Together.
- Fri 29th** **Sedgefield in Bloom Coffee Morning**, Sedgefield Parish Hall, 10-11.30am. Refreshments, cakes & scones, tombola and raffle.

Sedgefield Library

Tel: 03000 269521 Opening Hours:

Wednesdays: 9.30am - 12.30pm

Thursdays: 10am - 6pm

Fridays: 1pm - 7pm

Saturdays: 9.30am - 12.30pm

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

'Boogie Beat' pre-school session:

Thursdays 2pm: Booking essential

Craft Group: 1.30pm 2nd & 4th Friday

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

Macmillan Coffee Day raised £363.02 Thank you!

The Hub

@Sedgefield Community College

New Dance Generation - Monday

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

Clubbercise: Tues 6pm

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

Blade Taekwondo: Sat 10.30am

Call **01740 617882** for all enquiries.

November at Sedgefield Social Club

Sat 2nd: Alec Blackwood

Sat 9th: John Conlon

Sat 16th: Steve Ramsay

Mon 21st: Country Night

Sat 23rd: Dave Walker

Sat 30th: Alan Stevens

Sew Easy Sessions in November

Mondays 6.30-9pm

Venue: Parish Hall Boardroom.

Ceddesfeld Acoustic Group

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

St John Fisher Catholic Church Weekly Mass Times

Weds & Fri mornings, 9.45am

Sunday 10.45am

Adoration on Thursday at 7pm

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

New Generation Church

Sun 3rd at Bethany Centre,

Newton Aycliffe, DL5 4UD

Sun 10th, 17th & 24th at

Sedgefield Parish Hall

Sedgefield Methodist Hall Non-Profit Playgroup

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

Christmas Flower Demonstration

In aid of Cancer Research. Tues 3rd December at 2pm in St. Mary Magdalene Church, Trimdon. Tickets are £5 and are available from Suzanne on 01429 882250.

Winterton Gas & Plumbing Services

Sedgefield based Servicing Specialist

Boiler Installations & repairs: Fires:
Bathroom Refits: Cookers & Hobs:
Meters: Combustion Performance
Analysis Landlord Certificates

Call 01740 621331
Mobile 07908614582



JPL OIL & GAS SERVICES

- CENTRAL HEATING SERVICE & REPAIR
- INSTALLATION
- GAS BOILER SERVICE
- LANDLORD CHECKS
- GAS FIRE SERVICE



Jonathan Little

T: (01740) 629 321

M: 07795 417 665

E: jpl.oilandgasservices@hotmail.co.uk

f / jploilandgasservices



NC Plumbing Services

NO JOB TOO SMALL

From drip to full bathroom re-fit
Free estimates - All work guaranteed
Out of hours call out available

Call Neil on 01740 656166

Mobile: 07882233219

Bathrooms, radiators, towel rails, central heating problems, garden taps, washing machines, dishwashers, kitchen sinks ...

CREATIVE TILING & PLUMBING

JOHN TATE



FREE QUOTE

T: 01740 629722

M: 07758 418430

W: CREATIVE-TILING.COM

Sedgefield Electrics

**Fully Qualified Electricians
Domestic and Commercial**

Local, Sedgefield based
Honest and reliable
Free quotations and advice

Call **Paul Warnett**

07857 341 743

01740 622669

or email:

sedgefieldelectrics@hotmail.com

Corner Electrics

For all your electrical needs.

Call Jim on 07725 205172

PROUDMAN PLASTERING LTD

Lime Plaster/Render
Specialist

ALL TYPES OF PLASTERING

2 coat solid plastering and coving

Clean, professional service.

25+ years experience

Contact for a free estimate:

07908 144754

or email:

proudmanplastering@hotmail.com

www.proudmanplastering.co.uk

Facebook/Twitter

British Gypsum Certified Plasterer



Fully time served plumber and heating engineer with 30+ years experience

Prompt, friendly, reliable
service from simple repair
to full installation



Excellent standard of workmanship

Free estimates

All work guaranteed

01740 621 751

07984 787 782

email

peter_goldsworthy@hotmail.com

Andy Lowe Plumbing Services Ltd

Time served plumber & heating
installer with over 15 years experience

Full Central Heating Installations

**CENTRAL HEATING POWER
FLUSH SPECIALIST**

**Energy Efficient Central
Heating Upgrades**

Bathroom Installations

Drainage issues

Leaks & General Repairs

NO JOB TOO SMALL

01740 629122

07983 650760

LS DECORATORS

For Quality and Service
All Internal and External
Work Undertaken

For a free estimate,
call Liam on

07508 284 164

Tate's Plumbing & Repairs

All aspects of plumbing
work undertaken
from a leaking tap to
a bathroom suite.

Reliable service
Competitive rates
All work guaranteed

For a no obligation quote, call

Ian on 01740 623178

or 07947 272 241

Chestnut Road, Sedgefield



AES ALL ELECTRICAL SERVICES

Local certified time served
electrician covering all aspects
of domestic, commercial and
industrial work. Free quotations.
No job too big or small.

Call Alex on
07587 847831

Paul Watson Roofing

Sedgefield Based Local Roofer
All roofing work undertaken.
Felting, Slating, Tiling, Leadwork,
Dry Verge and Ridge, Skylights,
UPVC Fascias, Soffits, Guttering,
GRP rubber roofing & more.

Over 25 years experience.

All work guaranteed.

Facebook - Paul Watson Roofing

For an honest quote call

07881 538165

L & L Roofing Services

New Roofs, Rubber Roofing, Tiling,
Slating, Felt Roofs, Fibre Glass
Roofs, Lead Work, Dry Ridge &
Verge, Soffits, Fascias, Guttering

Tel: 01740 653 750
Mobile: 07970 381075

Paul Jackson Builders

From Plans to Completion

For ALL Your Building Work

Call for FREE QUOTE

Tel: 01740 622 957
Mobile: 07904 812 028

south durham gardening services

for all your gardening needs

free estimates
no job too small
local, reliable service
01740 654 237
07929 173 942

Ferryhill Roofing Contractors

For all types of roofing, including
flat roofing, guttering, fascias and
soffits. **Free estimates.**

Over 30 years working locally.

Call Trev on

01388 420 152
or 07887 886 558

Ian D Vickers

Extensions * Alterations * Kitchens
Bathrooms * Landscaping
BUILDING SERVICES

47 Winterton Avenue, Sedgfield

07837 897098 / 01740 238731

Email ianvickers86@gmail.com

AW Tree Care

Time Served Royal Horticultural Society Arborist

Tree & Hedge Professionals

All Aspects of Tree Work

Felling, Dismantling & Pruning

Hedge Cutting

Emergency Call Outs

Site & Garden Clearance

Stump Removal & Grinding

Conservation & Habitat Work

Woodland Management

Tree Inspections and Reports

Sedgfield Based

01740 620216 07544 802 052

www.awtreecare.co.uk

Alexander Walker TechArborA., ND Arb., SOC Arb

Fully Insured & Professionally Trained

Carpenter & Joiner General Builder

N. J. Burchett



Doors, kitchens,
stairs, windows.

Specialist in box frames and
sash replacements &
renovations.

All building and joinery work
undertaken.



Call Norman on

01740 622721
07768203505

Gutter Cleaning

Gutters and downpipes cleaned
using vacuum system.

No ladders. On-board camera.

Soffits, fascias and

conservatories cleaned.

Gutters repaired and renewed.

07519 376870 (Local)

Cathedral Window Cleaning & Gutter Cleaning Services

Fully insured family business, working in
Sedgfield for 15 years

**High quality gutter service with
the latest SkyVac camera system**
All PVC & doors cleaned

Call Terry on

07579 030650

EAST DURHAM

Tree and Garden Services

Tree removal/reduction. Stump Grinding.
Hedge removal/reduction. Turfing. Fencing
Regular grass cutting. Garden maintenance

Professional advice & service

All tree works carried out to BS 3998

Call Darryl at **01429 599723**

or **07833978801**

www.edtgs.co.uk



Alderson Property Improvements

- All aspects of carpentry
- Alterations and conversions
- Full house renovations
- Small building projects
- Kitchens Designed & Fitted
- Bathrooms & Bedrooms

01740 621694 or 07742 537 705

jalderson91@yahoo.co.uk

JP GROUNDWORKS

for mini-digger hire,
driveways or patios in
stencil-crete,
tarmac, block paving or
concrete, dropped kerbs,
fencing, garden walls,
drainage, turfing,
house & garden removals etc.

Ring Jack on

07909 773829
or 01740 621154

JORDAN'S GARDEN SERVICES

For all your garden needs

Garden maintenance

Grass cut, Fencing

Drive/Patio cleaning

Tel. David: 07999 004 472

Factory Carpets & Laminates

Quality flooring at discount prices
Over 400 rolls of carpet & cushion-floor in
stock. A selection of laminate flooring with
fitting service.

Full range of rugs and beds in store:

Free delivery on all purchases

Free estimates & home pattern service

We can beat any genuine quote!!

24 Front Street South,
Trimdon Village, TS29 6LZ

Phone: 01429 880220

L M Windows

Windows, Doors, Composite Doors,
Bow Conversions, Patio/French doors,
Window & door repairs, Fascias, Soffits.

Certass Registered, full insurance
backed guarantee and Mtc Registered.

Call Lee on **07720 391002** or
01740 623323

www.lmwindows.co.uk

**Cleaners and more Carpet
& Flooring services on p8**

Sedgefield's Premier Cleaning Service

Regular & deep cleans, End of tenancy, 1 off & regular weekly/monthly cleans Current DBS. All products included Uniformed, Reliable, Trustworthy staff 3 years' experience.

For a free, no obligation quote, call **Martina** on **07887 216 614**

LOCAL CARPET CLEANER

ALSO: Deep Cleaning for Sofas, Chairs & Rugs. Stain removal. Pet accidents treated with anti bacterial Deodoriser.

100% Customer Satisfaction
Call Gary on

01740 622088 or 07903781351

Web: brightandkind.co.uk

CarpetClean

The Specialist Carpet & Upholstery Cleaner

Eco-Friendly - Family & Pet Safe - Detergent Free
Faster Dry Systems - Affordable Prices - Local Business

Call Ken on **01740 467107 or 07544877199**
www.sedgefieldcarpetcleaning.co.uk

TRIMDON MOBILE COMPUTER REPAIRS. 07955 211 040

Laptops & PC desktop towers. Does your computer run slow? Problems with Internet connection, virus/malware or adware? Laptop screen broken? **iPhone & iPad repairs**

See www.tmc.co.uk for full list of services

Email inquiries@tmc.co.uk

No Fix No Fee! Yes That's Right - NO FIX NO FEE!!



Edgoose-Clubley Computer Services

IT Support for Home and Business

Computer Repairs
Software & Hardware Support
Wired & Wireless Networking
Virus Removal
Data Recovery
Software Development

01740 622 420

www.edgoose.co.uk



As Always
No Fix
No Fee

House of Eden



'Little things that count'

Children's Nursery

www.edennursery.co.uk

Fishburn Primary School site
Manager, Carol Ridley
01740 620683

Farm Fresh Oven Ready Christmas Turkeys & Chickens delivered to your door!
Call Graeme **07711442245** OR
Lucy **07791873945**

Elaine Vickers

Registered Childminder



Quality Home-based Childcare

OFSTED registered

Based in Sedgefield

07800 538986

elkirtley@hotmail.co.uk



Nominated for Independent Optician of the Year

Cooper & Barr Opticians

4 Front Street, Sedgefield

01740 582060

www.cooperandbarr.co.uk

sedgefield@cooperandbarr.co.uk

Chiropody Clinic

@Sedgefield Physiotherapy Practice

8 North End, Sedgefield, TS21 3BS

Julie Lambert

Member, Society of Chiropodists
& Podiatrists and HCPC member

Over 20 years' experience

01740 629501



Sedgefield Physiotherapy Practice (est.2001)

8 North End, Sedgefield TS21 3BS

John Platts BSc. (HONS) MCSP SRP

Molly Smith BSc. (HONS) MCSP SRP

Chartered Physiotherapists

Tracy Brown Sports/Remedial Massage

Appointments 8.30am - 8pm, Mon - Fri

01740 629501



SALON QUALITY HAIRDRESSING

in the comfort of your own home

Teatime/Evening appointments available

Gents & Boys Modern Cuts

Perms : Put-ups : Colours - 25 years experience but with young ideas

Call **VENITA: 07774 921 986**



Caravan Storage

Safe secure site with electronic gate & security cameras near Sedgefield/Fishburn. Large plots, hard standings, extra wide roads, good access. Exit close to A1/A19

Please contact **07974 728 307**

NEEDFUL THINGS

Delicatessen

Open Tues, Wed, Fri & Sat 9am-4pm

PLUS 10am - 7pm on

THURSDAYS until CHRISTMAS

A SELECTION of **NATIONALLY AWARD-WINNING CHEESES**
and superb cakes & pastries

Charlies Country Kitchen

"I LOVE PIES ME"

meikles solicitors

HOUSE SALES & PURCHASES

REMORTGAGES

WILLS & PROBATE

POWERS OF ATTORNEY

MENTAL HEALTH

FAMILY & CHILDREN

YOUR LOCAL LEGAL EXPERTS

01740 620 255

7 High Street, Sedgefield



JONATHAN CANNINGS MORTGAGE BROKER

Local, Independent Mortgage Advice

First time buyers, home movers, landlords or simply looking for a new rate.

07940 734 245

ON BEHALF OF WILL ASSIST MORTGAGES LTD

learn to drive with

Stan's School of Motoring

- friendly, patient and professional
- discount for beginners & block bookings
- theory and practical tuition

Call Paul Stanley on

07789 677 153

www.stansschoolofmotoring.com



Michelle Quigley

07807 989 037

Learn with a female driving instructor.
Call to discuss prices and special deals

NETPark Chocolate Therapy?

I should cocoa! by Allan Fletcher

Since the official opening of the Sedgefield NETPark in 2004, it has blossomed into one of the UK's premier science, engineering and technology parks; providing fledgling science, technology and engineering companies with a wide choice of world-class facilities for initial start-up, growth and development.

Currently more than 80 companies are listed on the NETPark website at various stages of development, working on such diverse projects as space satellites and iPhone speaker systems to robotics and innovative dental treatments. At first glance, Neurogenics Ltd stood out as being of potential interest to readers. It's a company researching into the potential therapeutic applications of... chocolate! Their business plan, in collaboration with the CPI (Centre for Process Innovation) at NETPark, involves cutting edge techniques for the extraction, isolation and purification of therapeutically active constituents of cacao (the raw extract from cacao beans, used to make cocoa powder and chocolate).

A wealth of scientific evidence

published in many reputable research journals highlights the health benefits of eating cacao, cocoa and dark chocolate! Cacao is the dried, ground fermented seeds (beans) from the cacao tree (*Theobroma cacao* - literally 'food of the gods').

Foodstuffs and beverages made from cacao have been consumed by humans since at least 460AD - initially in Central America, spreading to Europe in the 16th century. Cacao is justifiably regarded as the 'food of the gods' - not only because it is the precursor of delicious chocolate confectionery but also because it is packed with many therapeutically beneficial ingredients: antioxidant molecules (eg flavonoids); caffeine and the related compound, theobromine; minerals essential for good health (eg magnesium, copper, iron, potassium and calcium), plus a high fibre and protein content, and many other nutritious ingredients.

Since its introduction to Europe in the 16th century, well over 100 potentially beneficial therapeutic uses of cacao or chocolate have been documented. In particular, much compelling evidence has accumulated for therapeutic effects in the following areas: (a) cardiovascular function;

(b) beneficial anti-inflammatory and immune-modulatory effects; (c) therapeutic actions on neuro-degenerative diseases eg Alzheimer's disease, Parkinsonism; (d) topical application may protect the skin from UV damage and enhance wound healing; and (e) improved cellular responsiveness to insulin inhibits the development of diabetes.

Interestingly, the flavonoids in cacao appear to boost the release of nitric oxide in body tissues- this is a ubiquitous signalling molecule in the body whose action is also enhanced by Viagra - hinting at another potential benefit of chocolate consumption!

Neurogenics Ltd is focussing efforts on isolating the active ingredients of cacao in order to develop novel effective therapies in the medical areas outlined above. However, to conclude with a word of warning, the effects of consuming your favourite chocolate confectionery may not promote good health.

The low cocoa solids, combined with high sugar content of many milk or white chocolate confections may not be good for you if consumed to excess. High cocoa solid (+low sugar) dark chocolate or cacao itself are likely to be most beneficial for health.

SEDGEFIELD VILLAGE NEIGHBOURHOOD WATCH

Personal Attack Alarms

Personal attack sounds, and is, extremely serious, though it is often softened by the phrases 'Bag Snatched', 'Purse Snatched' or 'Mugged'. Few, other than the victims really appreciate the initial shock and long-term effects. Police reports from our Beat Team demonstrate that this is happening in Sedgefield. No-one is immune. Attackers often have the audacity to warn victims not to struggle or scream as it will only make things worse for them. Not true. Conversely, this response makes it difficult for the robber and a personal attack alarm can help do this for you. So what is it? This safety device is capable of creating a 125db sound that attracts attention and scares away potential assailants. To compare, it's the same volume as a military jet during take-off. It's also simple to use. Instead of having a button that could easily be pressed by accident, the device utilises a pull-pin. Once pulled, the device emits its ear-piercing sound for up to 30 continuous minutes, or until the pin is replaced.

It can be reused over and over, and it easily attaches to purses, keys, and backpacks. It's also small enough to fit in your pocket. But it packs a wallop. Evidence has shown that attackers panic on hearing it and their instinct is to flee the scene. It works so well that Police are recommending it strongly as a deterrent. This advice applies to us all, not just the elderly and vulnerable.

Buy one and make it difficult for them, not you!

Durham Police Recruitment Drive

Police Forces have launched major recruitment drives to boost the number of officers across the region. Durham Constabulary is accepting applications for new police constables and launched their campaign on 10th October. For the first time, forces offer Police Constable Degree Apprenticeships in conjunction with universities. Student officers will study towards a degree in Professional Policing Practice as part of a 3 year training programme while working as a Police Officer. Durham Constabulary has partnered with Northumbria University and the university fees will be paid for by the force, with students being paid police officers from day one, with a starting salary of £24,177.

The recruitment drive is part of a national campaign, which aims to recruit 20,000 new police officers over three years. It is hoped that this will benefit our Beat Team in Sedgefield. Through the apprenticeship, you will 'earn while you learn', combining vital on the job experience with classroom-based learning at Northumbria University, as well as joining a Force that has achieved the highest possible overall rating for four successive years from Her Majesty's Inspectorate of Constabulary and Fire and Rescue Services.

Sounds like a 'no brainer'.



Lock It Up Campaign

Dark nights are here and last month we gave advice on security for the winter including your vehicle. Police officers are patrolling the streets in the hope of catching suspects riding around on bikes and trying car doors. Officers patrolling as part of the Lock It Up campaign will also try car doors looking for unsecured vehicles. If yours is one they will give you a polite knock even if it is at 3am, reminding you to Lock It Up!

Theft from vehicles mostly occur from those left unlocked. Thieves try their luck until they find one. The Police will do everything they can to disrupt and tackle those responsible, but let's work together to make it difficult. Keep it locked. Also, on frosty mornings don't leave your car unattended with the engine running. It's an open invitation to a thief.

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

For Local Police, call 101

to report concerns, seek advice or pass on information. Please 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.

STEVE'S NATURE DIARY NOVEMBER

Take a walk around Sedgefield, Bishop Middleham or any of the local villages I am sure that you will have noticed lots of changes. Not only increased development, more people around and more cars on the road, but changes in the countryside as well. More litter especially plastic and definitely more dog poo in plastic bags hanging on the trees.

Some of the species of animal and plants you see have changed, with hedges disappearing, wildflower meadows in decline and more houses being built.

You don't see as many corn buntings and yellowhammers singing their distinctive songs, "jangling keys" and "a little bit of bread and no cheese" respectively - or reeling swifts flying overhead.

It's a rather gloomy picture so it is no surprise that this October, following on from the State of Nature reports in 2013 and 2016, leading professionals from more than 70 wildlife organisations joined with government agencies for the first time, to present the clearest picture to date of the status of our species across land and sea.

The news is not good. The UK's wildlife continues to decline, the latest findings show that since rigorous scientific monitoring began in the 1970s there has been a 13% decline in average abundance across wildlife studied and that the declines continue unabated. The State of Nature 2019 report also reveals that 41% of UK species studied have declined, 26% have increased and 33% shown little change since 1970, while 133 species assessed have already been lost from our shores since 1500.

Tees Valley and Durham Wildlife Trusts have been working to try to reverse this decline by managing nature reserves and delivering successful projects.

One example is the Heart of Durham Small Pearl-bordered Fritillary project which has resulted in saving this butterfly from extinction. In Middlesbrough, the little known reserve, Maze Park, has had a number of areas created for the Grayling butterfly, a species specifically mentioned in the State of Nature report. These are just two small examples of what is being done locally.

Nationally, the Wildlife Trust have been lobbying government to include important elements in the new Environment Bill and Sir David Attenborough, president emeritus of The Wildlife Trusts has made a short film with the charity to provide answers to the State of Nature partnership's latest warnings of continued, devastating wildlife declines in the UK. He says "Now is the time to tell our politicians that we need a Nature Recovery Network set in law. A legally binding network for nature would mean that wildlife is prioritised when managing our land and planning our towns. Powerful new environmental laws can ensure habitats are expanded and reconnected meaning all life will thrive once more".

It's time to turn things around. Nature is capable of extraordinary recovery but we must act now! Tell your politicians now is the time to put nature into recovery. Everything works better when it's connected.

Visit <https://www.wildlifetrusts.org/nature-recovery-network>

It's GOLD AGAIN for Blooming Sedgefield

It was good news for Sedgefield in Bloom, who once again won Gold and Best Small Town at the Northumbria in Bloom awards in Gateshead. Gold awards also went to Ceddesfeld Gardens, the Manor House, the Dun Cow and Hardwick Country Park.

The Fire Station Memory Cafe and Hardwick Primary School won Silver-Gilt, whilst the private gardens of Claremont Grove were awarded Silver.

As always, Sedgefield scored very highly for community involvement, as well as horticultural achievement and environmental awareness. The national awards ceremony for Britain in Bloom took place on 25 October at the Linley Hall in Westminster. We will provide an update in the next News.

The Bloomers



A beautiful display at Ceddesfeld Hall

Plotting for the future

by Carole Lawford

November already! Many plot holders are tidying and closing down for the Winter. It's bulb planting time for a Spring flowering, and I'm enjoying the planning of colours and succession. How many bulbs can you cram in? Well, Monty says as many as you like, as long as they're not touching each other and you feed them - and if Monty says it, then it's the law! I've gone for 3 layers, red Tulips on the bottom, creamy Daffodils above, and Snowdrops and Grape Hyacinth mingled for the top layer. I can't wait to see them.

I met with the Soil Association this week to discuss requirements for being authorised as organic. They were keen to stress how important it is to get the right advice and gave this confusing example...

'If you're an organic gardener or simply want to buy organic compost, always carefully check the label of any product you buy. Our research has discovered that, as compost contains 'organic matter' i.e. decaying plant or animal material, it can be labelled 'organic' but still contain constituent parts that aren't suitable for organic gardening.'

Which? Gardening magazine. Hm!

I received a fantastic gift last week - a huge whiteboard with coloured pens, an eraser and bright coloured magnets. It's amazing and I wouldn't have thought of it myself. I'm planning and writing reminders on it and it works well for me - apart from the small issue of Honey licking the bottom part. It now it lives behind a sofa so she doesn't have access.

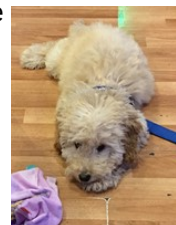
Since I've mentioned Honey, she is growing. At a recent vet visit I was assured she is the right size and weight, and she enjoys her worming tablet, from the way she wags her whole body as she receives it.

I had checked because there was a hiccup last week when I realised I had fed her breakfast twice! Of course, no, she didn't let on, she enjoyed both, the little monster, so I have a system to prevent that now.

Our training is going well. Honey is a bright, fast learner and will do anything for a treat and some fuss. At a training last week she was well behaved all day. I was so proud of her, and once she got bored, the wooden floor ended up cleaner when we left than when we arrived!

Enjoy whatever you're doing this month. We're back in December.

carole.lawford1@btinternet.com



CEDDESFELD HALL

Home of Sedgefield Community Association

It has been a very hectic October at Ceddesfeld Hall!

Sedgefield Book Ends 2019 has attracted a range of enthusiastic audiences and participants who have enjoyed a wide variety of author events, writing work shops, talks, concerts and exhibitions and a celebratory dinner. It was fantastic to offer several additional and rather special events this year, including Mike Thornton's talk on Norman Cornish, a Spoken Word Night and the launch of Jez Lowe's much anticipated second novel *The Corly Croons*.

The heart of Sedgefield Book Ends lies with local people; writers, poets, novelists, illustrators, musicians, performers and artists, who have provided fantastic entertainment as well as food for thought, words and images. They have been fantastic. The organisers are delighted that the programme was so well received and attracted growing numbers of visitors of all ages. Thanks must go to all who helped to organise and run the festival and to the sponsors, Sedgefield Community Association, County Durham Community Foundation and Durham County Council.

Looking ahead

Tickets for the STC Firework display and Halloween Howler pumpkin competition (Friday 1st November at 6.30 pm) can be purchased from behind the bar or at STC offices at £2.50 per adult and £1.50 per child.

A Christmas Craft Fayre (in support of STC Snow Party) will take place in the main hall on Saturday 30th November from 1pm to 4 pm. On Friday 20th December, following STC 'Carols on the Green', mulled wine will be served at Ceddesfeld, followed by a night of ukulele music with Ceddesfeld Ukulele Band and there will be a quiz night on Christmas Eve. Much more on all Christmas events next month.

For information, the Entrance Hall and Swinhoe Room at Ceddesfeld Hall are due to be decorated, with work beginning on November 16th. Hopefully there won't be too much disruption and apologies in advance for any inconvenience caused. The hall will remain open.

For more information on Ceddesfeld Hall events, regular activities, room hire and bar opening times, contact Wendy, 01740 620206; Pat 01740 620607 or Sarah 01740 622185. Follow us on Facebook or visit our website for all information at www.sedgefieldsca.org.uk.

SEDGEFIELD DEVELOPMENT TRUST NEWS

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

Rainy day fun for wildlife lovers.

G	T	C	O	M	M	O	N	B	L	U	E	E	H	K
O	A	M	A	E	R	T	E	F	R	W	O	P	A	L
W	R	E	K	E	S	T	R	E	L	D	S	R	W	P
I	J	W	I	L	K	D	S	A	T	Y	Z	N	T	V
L	B	I	H	L	I	V	B	E	S	U	W	Q	H	L
L	O	L	L	D	P	E	I	C	A	M	P	I	O	N
O	H	D	S	V	P	W	G	K	P	E	U	M	R	F
W	X	L	K	I	E	O	A	H	L	G	M	R	N	A
H	R	I	J	S	R	H	L	O	R	S	E	O	N	E
K	R	F	P	T	E	W	V	U	E	T	A	L	W	Y
S	T	E	R	W	O	K	N	N	E	T	T	L	E	S
H	J	V	E	Q	X	A	L	R	N	B	I	W	G	H
A	M	P	B	A	R	T	D	P	P	S	W	A	P	L
H	C	A	T	E	R	P	I	L	L	A	R	K	I	E
E	R	Y	W	M	C	I	N	N	A	B	A	R	O	N

Community Banking Update by Mike Ashwell

As reported previously, we have been trying, since the closure of the Barclays Bank branch in Sedgefield, to encourage the introduction of alternative banking facilities. The valuable banking service provided by the Post Offices in Sedgefield and Fishburn is much appreciated, but we believe that the opportunity to establish a Community Bank Service Point should be seriously considered.

We have been in discussion with the NEFirst Credit Union to establish a discrete and personal service for one or two sessions per week, in a suitable community building, with easy access for all. The main purpose of the Credit Union is to provide savings and loan facilities on a "not for profit" basis.

The principal Service Point activities will be to deposit cash in savings accounts, and to provide support in completing loan documentation. There will be no facility to withdraw cash. Loans and withdrawals from funds will be issued to members via bank transfer and the location will be staffed by suitably experienced volunteers under the supervision of the Credit Union.

Please send any comments or questions to treasurer@sedgefielddevelopmenttrust.co.uk

Sedgefield Farmers Market

New! Kevin Malt's **Wearside Bakehouse** - bringing freshly baked bread, and **Kettle & Keg, Coffee & Hot Beverages** - a distinctive outfit in the Italian style! Sharing the charity stall are **St John Ambulance** and **Neo Angels**, who support parents & babies in the neo-natal ward at North Tees Hospital. Find out about their work and buy locally hand knitted angels for your Christmas tree!

farmers@sedgefielddevelopmenttrust.co.uk / charitystall@sedgefielddevelopmenttrust.co.uk

Sunday 3rd November

New! Kevin Malt's **Wearside Bakehouse** - bringing freshly baked bread, and **Kettle & Keg, Coffee & Hot Beverages** - a distinctive outfit in the Italian style! Sharing the charity stall are **St John Ambulance** and **Neo Angels**, who support parents & babies in the neo-natal ward at North Tees Hospital. Find out about their work and buy locally hand knitted angels for your Christmas tree!

farmers@sedgefielddevelopmenttrust.co.uk / charitystall@sedgefielddevelopmenttrust.co.uk



Can you find all these?

TOAD

CATERPILLAR

NETTLES

KESTREL

VOLE

COMMONBLUE

HAWTHORN

WILDLIFE

CAMPION

SKIPPER

CINNABAR

OAK

WILLOW

Sedgefield Energy switch

DID YOU FORGET?

Last October, record numbers registered for our scheme, but this year saw a significant drop.

Did you perhaps not realise that you needed to register again just before your one year contract ended?

SDT does not want anyone to miss potential savings, so we have negotiated an extension.

You can now register until 20th November.

If you are happy to register online, go to www.sedgefieldweb.co.uk, open ENERGY SWITCH, click 'REGISTER NOW' and follow the links.

If you need any assistance with registration, please call our helpline:

07980 134 594.

We are very happy to help.



Above: DIDO members enjoying entertainment provided by the wonderful Janie St John. As you can see they joined in wholeheartedly with the spirit of the performance. It may have helped that there was 'spirit' as the prize for the best and most authentic outfit (not really - it was only Bucks Fizz!) **Next stop Millstones for our Christmas Lunch in November, then the Christmas Party on 9th December.**

SPORTS UPDATE

Well that wasn't exactly a gentle transition from summer to autumn, so please take a moment to send thanks to all of the football, rugby and running kit washers out there, some of the many unsung heroes of grass roots sport. Volunteers are the life blood of local organisations and it's thanks to them that Sedgefield continues to be a thriving hotbed of sport.

Cricket

A little later than planned, here's a quick round-up of how the 2019 season went for Sedgefield Cricket Club.

After regaining their place in the second tier of the league, the 1st XI held their own and gained a creditable mid-table finish. Looking at the opposition for 2020, the competition will be even tougher as a result of the various promotion and relegation outcomes. There will be more fixtures against larger clubs, so it is just as well that Sedgefield has so many promising youngsters rising through the ranks.

The senior 2nd & 3rd XI teams both had strong seasons, but once again it was the juniors who stood out, with every age group team either (or both) finishing in the top two of their league, or reaching a cup final. The stand-out performance came from the under 11s who rounded off a great season by winning the Gemara Cup in fine style. A celebration of the season's exploits was held at the club presentation evening on 5th October.

Huge thanks go to all of the coaches and parents who put so much time and effort into maintaining these success levels. The club is also very grateful to the several local businesses who generously contributed prizes for the night.

The autumn and winter months see the return of regular favourite social events including quiz and folk nights. The next quiz night will be on Friday 8th November at 8:30pm – all are welcome. Keep up to date with everything going on at the club on Facebook or following @Sedgefield_CC on Twitter.

Athletics

This year saw the tenth anniversary of the Kielder Marathon weekend which, thanks to its beautiful setting and tough courses, has developed into one of the best-loved events in the region, with a full timetable of races over two days.

Competitors from Sedgefield Harriers have taken part since the very first Kielder event - once again, there was plenty of representation from the club this year, and some of the athletes brought back prizes. On the Saturday, three teams from Sedgefield tackled the Kielder Run-Bike-Run relay (11K run, 26K bike, 6K run).

First home and third overall on their first outing were 'Sedgefield Harriers A', featuring David Bentley on leg one, with Rob Spink on the bike and Mark Raine completing an impressive performance. In fifth overall, were event regulars the 'Sedgefield Specials', with Chris Lines, Ian Dunn and Roger Whitehill. Also making their debut and finishing tenth were the youngsters in 'TGC', Ciaran Lines, Tom Hearmon and George Hampson.

Meanwhile, in the individual event, Harrier Tracy Henderson delivered a great performance to claim second place in the women's race in 2:40:32. On the same day, Karen Killingley and Jennifer Chaytor ran the Kielder 10K.

The Sunday saw the tenth Kielder Marathon, where five Harriers completed the challenging 26.2-mile circuit of Kielder Water on a damp day. Serial marathon runner Gary Thwaites ran his 98th, and Lisa Darby, Ray Carmichael, David Walker and Chris Lines also took part.

The Kielder Half Marathon was also held on an 'undulating' course on the Sunday and Sedgefield runners Marie Walker, Emma Featherstone, Christine Hearmon and Ian Hedley all ran well. Here's to the next decade of 'Steep Incline Ahead' signs at Kielder!

The large turnout of Sedgefield Harriers at Kielder was indicative of the club's thriving membership, including almost 140 seniors and even more juniors, as was reported at the recent AGM, where Pete King was elected as the new club chair.

Sedgefield Harriers is a very welcoming club for athletes of all ages, abilities and aspirations. Training with run leaders and qualified coaches is available most nights of the week and club members regularly get together for group runs at all paces. With a culture of giving back, the club and its members make many significant contributions to life in Sedgefield, and to the wider running community. Find out more at www.sedgefieldharriers.co.uk.

Email your reports to chrisjlines@aol.com

Squash

The 2019-20 squash season is now well underway and Sedgefield Squash Club is now fielding an unprecedented six senior teams in the county leagues.

This is all down to the enthusiasm of a membership which continues to steadily rise, and participation in internal club competitions is as healthy as ever. We'll provide an update on how the teams are doing as the season progresses.

During September and October, the club supported Women's Squash Week and World Squash Day, both being events encouraging greater participation in the sport. Sedgefield continues to attract new players and the club would like to thank everyone for their continued support.

With a high number of qualified coaches, junior coaching has resumed on Saturday mornings, and it is great to report that some new faces have added to the ranks.

Coaching opportunities for juniors and adults are available for all player standards, from beginners upwards. For all coaching contacts, membership and general information, visit the club's website at www.sedgefieldsquashclub.co.uk.



Top L-R: Receiving their 3rd prize , David Bentley, Mark Raine and Rob Spink.

Below: In the home straight to her 2nd place, Tracy Henderson



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

Printed by The Print Factory: 01429 264777: 7 Moreland Street, Hartlepool, TS24 7NL