

Sedgefield News

Produced by volunteers for the villagers of Sedgefield, Bradbury & Mordon

October 2006

**LOGO IN
WHITE
PLEASE**

Splendid new artwork on view at Sedgefield Surgery



If you have paid a visit to your doctor or nurse recently you can't have failed to notice the bright new artwork that greets you. Unfortunately we can only show it in black and white, but it really is worth close inspection. The large painted mural hanging in the foyer of the surgery is the result of collaboration between staff and students of Sedgefield Community College and highly respected local artist, Brian Sutherland. Brian was responsible for the design of the ball game sculpture which is now so much a part of the village green scene.

From the college's point of view the mural was an opportunity to work with and in the community, which is very much part of its ethos. The students were able to develop many skills and importantly, to experience working with a professional artist. All the students in the mural team were required to work on developmental ideas and a smaller number of dedicated students worked on the final mural.

Staff and students wish to thank Brian for sharing his passion and skills with students and staff; Maxine Robinson in her capacity as mayor for sponsoring and initiating the project; and finally the surgery for providing the opportunity for students to work on a professional piece of community art work.

The striking and colourful design depicts the history and progress of healthcare in the area, and general practice in particular. Practice Manager Colin Miller tells us that everyone at Dr Jones and Partners is delighted to have played their small part in the production of the mural, which has prompted many admiring comments from patients.

Netpark gains world leading research centre

A pioneering £10m development aims to make the North East of England a centre of excellence in the plastics industry, with a £10m Plastic Electronics Technology Centre (PETeC) planned for the NetPark technology complex. Featuring specialist laboratories, it will be available to companies seeking to develop new products and services and will support projects emerging from Newcastle's Science City and the region's universities.

The research and development facility will house scientists developing printing technologies, including techniques that enable

electronics to be printed directly onto paper-thin plastic sheets.

The centre (see right) will be managed by Cenamps, a national centre for emerging small-scale technologies.

One NorthEast and the County Durham Economic Partnership are investing a combined £6.2m, with the European Regional Development Fund making up the rest.

David Allison, One NorthEast director of business and industry, says this project will ensure that our region is a world leader in the research and development in the field of plastic electronics.



**Feeling your age and in
need of a bit of exercise?
Turn to page 2 for some
really brilliant ideas!**

New at SEDGEFIELD LIBRARY

Play & Stay Sessions

Play & Stay sessions are run by the East Durham Play & Community network Toy Library. They provide a meeting place for parents, carers and children, with a chance to chat over a coffee. There'll be play & craft opportunities and access to a Toy library loan service. Please call in and support this new initiative that aims to promote the value of play in building relationships between parents, carers and children. Sessions run alternate Wednesday mornings between 10 and 11 am, alternating with the popular rhyme time sessions.

Mission Accomplished!

Children who had successfully completed this year's summer reading mission were treated to an end of summer party at Sedgefield Library. The theme was George's Marvellous Medicine performed by renowned local storyteller Eileen Glenton who engaged forty children in concocting a strange looking potion. Legend has it that this potion, when used, can produce some rather unusual effects – including the disappearance of a certain grandma! After the drama of acting out this famous Roald Dahl story the children enjoyed party games and were then presented with a medal and certificate for completing the reading mission.

Ageing well with Tai Chi!



The Age Concern Tai Chi sessions that run at the Parish Hall have now restarted and Peter Leggett, pictured leading the group, is keen to invite new people to this very inclusive course of exercise.

Peter describes Tai Chi as "not brutal or aggressive; relying on internal force, not physical size or strength". It is certainly not limited by age, sex or size and is practiced by many people throughout their lives. People in their eighties who practice regularly are to be found in much better health than those who don't. They generally appear much younger than their contemporaries too. One Chinese master said "Life begins at seventy ..." - food for thought indeed.

If you're 50+ you're very welcome to the sessions, which run from 10.30 – 11.30am on Tuesdays, apart from the second Tuesday in the month. The suggested donation for the session is £2, which goes directly towards contributing to paying for both the tutor and the hall.

If you prefer something a little more conventional, there's an exercise class for those over 50 who have had little or no exercise over the last few years.

Many people are worried about starting any type of exercise after a long time away from it, but tutor Sue has a great track record of getting people in this situation back on the road to enjoying exercise at a suitable level. She currently works with people in Spennymoor, Bishop Middleham and Fishburn and all these sessions have seen real improvements in the people attending. The sessions are on Wednesdays at the Parish Hall, starting at 11.30 prompt and lasting 45 minutes.

Suggested donation for the session is £1.50 which goes towards paying for both the tutor and the hall.

Age Concern Ageing Well activities in Sedgefield Borough are funded by Sedgefield Primary Care Trust

AGE
Concern

Who will be our Citizen of the Year, 2006?

It doesn't seem long since we were congratulating Jackie Postgate on being chosen as last year's Citizen of the Year, but in order to be ready to present the award in December, your new nominations are needed now.

You'll find the nomination form inserted into this edition of Sedgefield News, so if you do have an idea who should be the next person to be honoured, it's a straightforward job to put your suggestion forward. All the information you need is on the form.

The joint sponsors of the award, Sedgefield Town Council, Sedgefield Development Trust and the Rotary Club of Sedgefield, look forward to seeing your suggestions.

And for yet another form of exercise which can be as gentle as you choose to make it - how about trying

Carpet Bowls at Sedgefield Community College

The section is are looking for new members and has absolutely no age limit.

They meet at the College at 7 pm on Wednesdays and play league games in both summer and winter.

What's more, they have improved! Having been runners-up in the 2005 summer league, they won the summer league this year and one of the leading players, Peggy Kearsley, is over 80!

For further information contact **John Kinghorn** on 01740 **623198**

Hardwick Park revisited



The colourful array of talent bring the 18th century world of John Burdon to life.

L to R – John Fitzpatrick, Lesley Fitzpatrick, Richard Gater, Catherine Grezo, Tom Stubbs, Gloria Wills and Tony Smith.

If you had gone to Hardwick Park one blustery but bright Saturday in late July you could almost have imagined that you had gone back to the 18th century. You would have been greeted by John Burdon, the master of Hardwick, and his manservant together with his gamekeeper and ladies and gentlemen from the Hall. In reality an open day was in full swing and several people connected to the Park were in appropriate costumes of the period when the Park was in its hey-day.

In a big marquee at the foot of the Gothic Ruin, the 'Friends of Hardwick' mounted an exhibition which illustrated the restoration of the important buildings in the Park as well as old documents from John Burdon's household cash books. Durham County Council Rangers had a number of attractions for children – colouring butterflies on sticks, a bran tub, to name a few. There was also an information section with leaflets etc.

The star attraction of the day was guided walks round the newly restored Circuit Walk where visitors were shown the Gothic Seat, the remains of the Bath House, the Bottle Pond and façade of the Bono Retiro before being shown the interior of the Temple of Minerva with its pristine plasterwork and patterned marble floor. A good day was had by all.

You really COULD make a difference

There are all sorts of ways to be of real value to your local community and we're lucky to have some really good examples of charities, groups and organisations doing great work here in Sedgefield, Bradbury and Mordon. Sedgefield Development Trust, with its primary expertise in funding, was set up to help local groups and individual volunteers make that difference. Here at Sedgefield News, one of their earliest projects, we like to think being a valuable asset to the community is what we're all about.

The Development Trust's Annual General Meeting comes up in November and some of those who were in at the beginning will be giving up some or all of their commitments, but they are keen to see their 'baby' grow and thrive! This could be a wonderful opportunity for other people with energy and enthusiasm to get involved; to find a fulfilling outlet for their particular skills or to get help with seeing their 'big idea' come to life. Anyone who does venture in will find themselves amongst friendly, supportive colleagues with a 'can-do' attitude.

Contact the Trust via email, at sdt@sedgefieldweb.co.uk, drop a line to the office at 58 Front Street, Sedgefield, TS21 2AQ or just come along to the AGM (details on next month's Diary page), and have a drink and a chat with those already involved.

COMMUNITY SAFETY

Sedgefield Village Neighbourhood Watch



Bogus Callers / Distraction Burglaries

This type of crime is one where someone "cold calls" pretending to be from the Water Board or some other organisation (usually housing related) and gains entry to the property and then a second person also enters and theft occurs. Whilst it is usually money that is stolen much worse for the victim is their security and personal confidence is not only stolen it is often destroyed completely.

Victims are generally the elderly and are certainly targeted by these criminals who can be wearing suits equipped with clipboards, forms and even false identification and they are all plausible – but dishonest villains! There has been a marked increase in this type of crime in our Borough and it has happened in our village amongst others.

Please be on your guard and look out for your neighbours and the elderly, do not admit anyone to your home without being absolutely sure; it is easy enough if you are in doubt to tell the caller to get their organisation to telephone you but do not give them your tel. number – if the need is genuine their organisation will be able to get this and ring you.

Also if you have any doubts ring the police (see below) and tell them of your worries and ask for assistance – they will respond.

Our local Police Neighbourhood Watch Coordinator actively runs a very relevant scheme (see below), for further details contact Sarah in person or Ken Saiger N/Hood Watch Chairman on 621896

Nominated Neighbour Scheme

This is an initiative designed to reduce bogus callers in the area. The scheme allows anyone who feels vulnerable to nominate another neighbour to check callers to their home. Basically the resident shows the caller a card, without entering into conversation with them, which states:

I do not recognise you. Please go to number ..., who is my nominated neighbour.

They will check your identity and return with you.

The nominated neighbour would then check their authenticity and return with them. **There are still some Nominated Neighbour Packs left if anyone would like one, please contact Sarah Norman from Neighbourhood Watch at Spennymoor Police Station on 01325 742755.** Your village N/Hood Watch believe that a very good start to reducing this type of crime is to reduce the opportunity for people to knock on our doors; and we believe we should follow the idea initiated at Shotton – **No cold callers allowed in Sedgefield.** What do you think; why not come along to the **AGM on Oct. 10th** in the Parish Hall and let us know?

Relevant Telephone Numbers:

Community Warden Tim Spearey at Sedgefield: **623654** or via Chilton Control Room ring: **01388 721351**

To report concerns, seek advice or pass on information to **Local Police**, telephone **0845 6060365** (NB it may be prudent to keep a note of details of any conversation & obtain an incident no.) For advice and assistance:

Crime Prevention Officer Neil Langthorne: 01325 742714

Neighbourhood Watch Coordinator Sarah Norman: 01325 742755

FUNDRAISING: Sedgefield Veterans

Good luck to Tim Spearey and David Hillerby, as they set out on their fundraising walk on October 7th. 10am from the Green; not to Durham as intended, as the Police insist they apply for road closures. Instead they will walk off-road from Sedgefield via Hardwick Park, round the Serpentine to Bishop Middleham; from there to Fishburn & back to Sedgefield via Net Park. Jim Nutt from Sedgefield Borough Council has kindly measured the route - approximately 10 miles. They would love you to sponsor them, so please call David on 621343 or Angela Simpson at the Town Council Offices.

... and special thanks to Thurlow Grange

The generous inhabitants of Thurlow Grange sheltered housing complex in Sedgefield were proudly presented with a painting of the Great North Air Ambulance last month. The charity fundraising manager Lyn Lavery thanked them for raising over £1,200 to help to keep the air ambulance flying. Residents remember friends who have departed, by donations in place of floral tributes. They also pay into a lottery bonus ball draw and contribute any loose change to the good cause.

PC Todd reports

The person who was responsible for the Burglary at the fast food premises (as reported last month) was not content with his spoils, this time he again targeted the neighbouring fast food premises. This time he was not so lucky, as the owners had removed anything of value. If this person is local, I will take great pleasure when the time comes to arrest him. Scrap has become the choice of thieves recently, as anyone travelling along the B1278 road towards Fishburn can see, as a large number of drain covers have been removed. Telephone wires have been cut and taken in nearby villages. So be vigilant, as we don't want this trend to come here. Recently we had a quantity of copper and electrical wire stolen from a building site, be warned. Patrons of the Social Club were lucky not to be injured recently, when the skylight window was smashed by an empty wine bottle thrown by a drunken youth. Some club members gave chase and one youth was detained, a court case is pending. A big thank you to all those involved in this.

Until next time,
Keith

Pub Watch

At a recent meeting, the 18 year old youth responsible for the damage to the Social Club was handed a 12-month ban for his stupid alcohol-fuelled actions.

Reported Crime

Front Street – Burglary at fast food premises, nothing taken

The Gables building site – Quantity of copper and electrical wire taken

Front Street – Damage to toilet/sink pulled from wall

Queen's Drive – Attempted theft of car

And finally...

PC Todd is psyching himself up for a **parachute jump** on 15th October in aid of the **Jennifer Trust for Spinal Muscular Atrophy.**

He sends a big thank you to everyone who has already sponsored him. You can still support his efforts by giving him a call and donating cash.

Jottings from Sedgefield Village Residents' Forum

There was no Forum meeting in August, so no formal issues to report or comment on. However, here are a couple of things for your information and consideration.

Sedgefield Borough Council (SBC) is currently seeking community views on the SBC Local Development Framework. This framework affects us all and can be accessed on www.sedgefield.gov.uk. Comments need to be with SBC by Oct 10th. The document gives several options to issues; eg. referring to housing development **"focus development in regeneration areas, reduce development in main towns and increase development in villages"**. Another is **"Update and revise town centre boundaries and consider need for new boundary in Sedgefield Village"** (We haven't yet been able to find out if this means increase or decrease our town centre area). It also identifies the need for more housing in relation to the development of Netpark.

The document refers to Sedgefield Borough being in the Tees Valley City Region. Other documents don't list Sedgefield Borough as being part of the Tees Valley City Region and now reports say the Gordon Brown wants to 'water down' the City Region initiative. All very confusing and concerning – is being in the Tees Valley City Region the best option for us in Sedgefield? We need more information and consultation on this issue.

Other issues in focus are the proposed 10 additional wind turbines (Butterwick Plantation area) and the proposed new build of the Community College (what facilities would the community possibly like to be included). The next Forum meeting is at 7 pm on October 23rd in the Fletcher Room of the Parish Hall. Forum meetings take place on the 4th Monday of each month – information can be found on the village notice board, the Library, Town Council Offices and on the village web sites – everyone is welcome.

Country Market celebrates

The Country Market (formerly WI Market) celebrated its 20th birthday with a party for around 60 of its loyal customers. Many producers have sold their wares at the market over the years, though some have gone on to other things, but there are also a number of helpers who don't produce but without whom the market couldn't function.

The party, held in the Parish Hall on Monday 18th September, was a gift from the organisers. Guest of honour was Marjory Dawson who was instrumental in introducing WI markets to this part of the world. A founder member of the Sedgefield market, she is shown in the centre of the picture. Chairman, Norma Hissett, another founder member, is shown on the left, together with Doris Dunn, Ruth Needham and Kath Bulmer. After lunch Marjory Dawson cut the cake and the company was entertained by a number of the members.

The market is open Fridays from 9.30 am to 11.15 am and new customers will be made very welcome.



Farmers' Market Report

When the sun eventually shone, which some customers had confidently predicted would happen, the September Farmers' Market was once again enjoyed by both stall holders and customers. Market organiser Nigel Ing once again pays tribute to customers who came as usual despite a grey start to the day. "Their support is excellent," says Nigel "and we do appreciate them." So once again we say "Thank you" to all our customers.

Everyone was delighted with the return of David and Anne Melmerby, whose tip-top fresh vegetables must be the most reasonably priced anywhere! One very satisfied customer who said that he had bought from David some of every type of vegetable on the stall was seen staggering over the village green with three huge carrier bags!

Richard Crawford, of Pickled Pink Preserves, bought a sack of beetroot from David for his gorgeous and popular Beetroot Relish. Elsewhere customers were pleased to find Weardale Soups offering warming, nourishing cups of soup. Weardale Soups pride themselves in using organic vegetables in their gluten-free soups which can of course be purchased for home consumption too. Expect also to find organic meats, farm produced poultry, pork and bacon, home-made cakes and puddings, pickles and preserves, fudge, organic vegetables, plants... and lots more, at Sedgefield Farmers' Market.

Customers were kind enough to understand that occasionally stallholders cannot attend due to personal reasons; Duane Patterson our fish seller will be back next month and is sorry if his customers were disappointed this time. A full complement of stalls is planned for Sunday 14th October. See you there!

Sedgefield Veterans

Following on from last month's statement that we had applied for a grant from the Veterans Agency, unfortunately we were unsuccessful this year; we were too late, but we intend to start early and try again next year. Meanwhile we will raise funds through our Sponsored Walk. On **Saturday 21st October** from 10am to 4pm we are holding an **Exhibition in Ceddesfeld Hall**, similar to last year's, when we commemorated 60 years since the end of World War 2.

If anyone has anything which they would be prepared to lend us, then please contact us on 621343 or 621774 (Angela Simpson at the Town Council office).

What is a Veteran and what are our aims? We will go into details in the next issue of Sedgefield News. We hold an open meeting later this year to organise next year's programme, so please watch out for the details in Sedgefield News and other media.

David Hillerby & Tim Spearey.

Sports Update

with chrisjlines@aol.com

Last month's update included news of inline roller skaters Edward and Peter Hammond and I promised to find out a bit more about what the sport involves. Very big in Europe and the United States, competitive inline skating involves several disciplines and requires a combination of fitness, balance and gymnastic ability. There are certain skills which have to be mastered in order to succeed in competition, including double jumps and combination spins. So now we know. As someone who struggles to stay upright on a static skateboard, I take my hat off (clumsily no doubt) in admiration.

At around the time you receive this month's newsletter, about 50,000 people will be tackling the 26th

Great North Run, no doubt including numerous runners from Sedgefield. A few of those were spotted recently in the colours of Sedgefield Harriers as they lined up for the Tees Pride 10km run in Middlesbrough, a nice warm up for the half marathon to follow. You can read below about another Harrier, 'Ironman' Ian Blakemore. I won't steal the thunder of that article, but must add my congratulations to Ian on a fantastic achievement. Knowing Ian, I somehow don't think he'll be putting up his feet for too long.

Cricket

Sedgefield Cricket Club recently capped off a very successful season when the 1st XI sealed the North Yorkshire and South Durham

League 2 title. As reported in the last sports update, the team was sitting pretty at the top of the table, but the title had yet to be confirmed. Now that has happened and it's a great boost for the club and the village. The team also played a second cup final recently, but was unable to secure a 'double'. Nevertheless, winning the league is a fantastic achievement and means that the club's forthcoming presentation night will be a very special occasion. The event will be held at Hardwick Hall Hotel on Friday 13th October, meeting at 7pm for a 7.30 start. It includes a four course meal, followed by the presentation of awards, and a disco until midnight. It's not only the 1st XI that has enjoyed a great year on the field (more news on the other sections next month), so the night promises to be a fitting celebration of club cricket at all levels. Tickets are £26 each: contact Ray Lower on 01740 620373. Get them while they're still available!

Squash

Sedgefield Squash Club has asked me to remind readers about its existence and the opportunities it provides for anyone who is interested in taking up the sport. Based at Ceddesfeld Hall, the club enters men's and women's teams in the Durham and Cleveland Squash Leagues. The club also runs its own mixed league with players from all levels participating, from county standard to absolute beginners. Regular competitions are also organised to help players develop their experience and aptitude, as well as get to know each other socially. There is an active junior section, but it's keen to attract new members. On that front, it hosts a junior/mini squash session on Saturday mornings from 11am, an ideal opportunity for youngsters to try out the sport. In essence, this is a family friendly club, offering opportunities for all levels and skills. If you are interested in learning more about Sedgefield Squash Club, contact Chris Rowsby on 01740 621125.

Next month, with the Sunday league football season up and running, I'll try and get a progress report from the 3 Sedgefield teams, and there will be more from Sedgefield Cricket Club, with a focus on the youth teams.

What do you do on Sundays?

Relax with a cup of coffee and the Sunday papers of course. What else? Well, not Ian Blakemore from Sedgefield. On Sunday 20th August, he was at Sherborne Castle in Dorset. Nothing too unusual in that; Sherborne Castle is a popular tourist spot with stunning grounds two castles and a lake. But by 6am Ian was in the lake - and 2.4 miles and 1hr 16 minutes later he was on his bike cycling through Dorset and Somerset. After another 6hrs and 11 minutes he was running around the grounds of the castle and the nearby roads. Finally at 5.20pm - a full 11 hours, 19 minutes and 56 seconds after starting, Ian had completed the UK Ironman Triathlon.

This was only the second time that a full Ironman has been held in the UK. Ian is in the police force in Durham and entered the Ironman with 2 colleagues from Aykley Heads. He is also a member of Sedgefield Harriers running club where he typically sets the pace for the faster runners on Wednesday evening training runs in and around Sedgefield. He has competed in a number of shorter triathlon events including, this year, the Ripon Triathlon, the Cleveland Steelman Triathlon and the Hartlepool Marina Triathlon, which he completed only a week after the Ironman.

But Ironman is a different prospect altogether and is a world event with races being held regularly in such places as Australia, Austria, Lanzarote, Nice, South Africa and Florida culminating in the Ironman World Championships in Hawaii. The 'Sherborne' is a qualifying event for Hawaii. Triathlon has become a popular event at shorter distances with the Olympic distance (1500m swim, 40km Bike Ride and 10k run) now becoming the standard. Great Britain now boasts the Triathlon World Champion in Tim Don who won his title in Lausanne, Switzerland on 2nd September. At Sherborne there were 1500 entries in a top class international field. Leaving the water Ian was two thirds down the field - swimming being Ian's weaker of the three disciplines (he only gets to put in 3 x 1hr swim sessions per week!) but he progressed through the field on the bike and the run, being in the top third of the field for the bike and in the top 80 in the marathon with a time of 3hrs 41:26.

Ian typically trains on the bike with rides up to 80 miles and on the road running up to 20 miles. In an average week he will train for 15 hours and consume over 5000 calories per day. Before the race Ian felt he would be delighted to beat 12hrs so he was 'over the moon' with a finishing time of 11hrs and 19 minutes and 56 seconds. The winner was Frank Heldoorn of the Netherlands in a time of 8hrs 36:38. Ian focused his training on the Ironman from October of last year, picking up intensity and distance in March and this was a truly inspirational achievement. Everyone in Sedgefield must wish Ian warmest congratulations and best of luck for his future triathlon endeavours. *More details of Ian's Ironman, his training and experience is available on www.sedgefieldharriers.com*

It's Halloween at Hardwick

on Friday 27th October from 6.30–9.30pm

Picture the scene: you're in the countryside, it's dark and you hear a strange noise. In the undergrowth you spot a truly terrifying sight – the Countryside Rangers have been let loose! Do you dare to join them?

Scary woodland walks, box of horrors, broomstick making, tales of terror, pumpkin carving and apple bobbing are just some of the activities taking place. Come in fancy dress to blend in with the ghosts and monsters, if not they might just spot you...

It costs £2.50 or £8.50 for a family ticket (2 adults, & 2 children)

Pay at Country Park entrance.

For more information call 0191 383 4144 or e-mail rangers@durham.gov.uk

the Bookworm

Tales of the Country by Brian Viner; *paperback pub. by Pocket Books at £7.99 (2005)*

From first reading Viner's weekly dispatches from Herefordshire in the 'Independent' I was hooked, so I was very pleased indeed when his book was published. His account of moving to 'the country' with his wife and 3 children from sophisticated Crouch End, North London is a masterpiece. While I can't claim that there is a laugh on every one of the 301 pages, there are enough to make your sides ache. I couldn't put it down.

Anyone who has ever moved from a city to a country area will find much here to please them! A long list of famous people have praised it, with good reason. It is without doubt full of "hilarious anecdotes and wonderful characters".

I found it all the more appealing because I know that part of Herefordshire very well. I don't know Crouch End at all. Docklow, near Leominster, is idyllic; whether the natives appreciate the publicity is perhaps another matter. The only fault I find is common nowadays - the unnecessary use of the 'F' word.

One anecdote stands out to me at least. That is the tale of the curate, the posh person from Pershore and her very angry Alsatian. Viner describes it as an Urban Myth but it seems very realistic to me. Buy or borrow this tonic of a book. You will not regret it.

AS

If you have enjoyed a particularly good read, why not share it with the rest of us? Send your review to **Sedgefield News, 58 Front Street, Sedgefield TS21 2AQ** or email snews@sedgefieldweb.co.uk.

Cooks' Corner: Christmas Pud

Mix together 100g of each of the following:

breadcrumbs, plain flour, shredded suet, brown sugar, currents, sultanas, chopped candied peel, grated cooking apple, grated carrot, chopped blanched or ground almonds. **Add** 250g seedless raisins, 50g glace cherries, 1 tsp mixed spice, 1 tsp cinnamon, 1 tbsp black treacle, ¼ pt Guinness, 2 eggs

Put in greased 1lb basins, cover well with double layer greaseproof paper. Steam 4-6 hours, ensuring they don't boil dry. If using smaller basins, reduce steaming time to 3 hours each. Remove wet covers and replace with fresh ones. Store in a cool dry place. Can be made 2 or 3 months in advance. **On Christmas day**, steam for 2 - 3 hours. Serve with brandy butter (unsalted butter blended with equal weight of icing sugar, juice & rind of an orange and brandy to taste) or rum sauce (white béchamel with rum stirred through).

This recipe is from Sedgefield Primary School's "What's for Tea Tonight" but it's the last we'll be publishing, because you really should buy your own copy! Phone Alison Etheridge on 622839 to order yours. Perfect at £5, there are some very slightly soiled copies on sale at £3.

Meg Clubley: wine for your pudding

The important thing is that your pudding wine should be at least as sweet as the pudding, preferably sweeter (if less sweet the acidity comes through too much & it just tastes sour). It should also be as intense & powerful as the pudding, or it just tastes bland.

This limits the choice in the case of an intensely flavoured pudding like Christmas Pud, but my all time favourite is a gooey Oloroso, like Gonzalez Byass Matusalem, which has lots of spicy, marmalade & liquorice flavours that really complement the pud. It is quite an old-fashioned flavour admittedly.

If readers want a more modern, fruit driven alternative, I suggest an Aussie, Rutherglen Brown Muscat (fortified in the same way as Port) - again complex, powerful & rich, but with a more floral & fruit driven character. For a less-known but equally good twist on the Port tradition, a Tawny Port, in many ways more versatile & food friendly than Vintage Port, will double up well with pud & cheese.

13 - 19 years old?

Visit your Health Drop-in

As the local youth worker I have been working with a small group of young people in the Health Drop-in at **58 Front Street** (next to the fish shop).

But we would like to have more young people visiting us on **Tuesdays & Thursdays from 3.30-5pm**.

You can come and chill out after school, chat with the youth workers and your friends. We also help young people get certificates and awards. You have to be 13-19 years old but you do *not* have to go Sedgefield Community College to come. Hope to see you there.

Ellen - Sedgefield Youth Development Worker

Salsa & Latino teacher returns

After dance teacher Carole Deluce broke her foot last term she was unable to carry on teaching the class at Sedgefield Community College, but husband Brian carried on regardless, doing an excellent job managing the class on his own.

Pupils will be glad to hear that Carole is back on the dance floor. Anyone who could do with a bit more exercise to get rid of extra pounds gained over the summer months, could do worse than to get on their dancing shoes!

Part-time fire crew take honours at show

Congratulations to the crew from Sedgefield Fire Station who recently won the county extrication competition at the Great Aycliffe Show. This was a staged rescue of a casualty from a car, involving emergency medical care of the casualty as well as cutting the car open to allow safe egress for the stabilised casualty.

National judges did the marking and the Sedgefield team (all part-timers) were up against whole-timers and management teams as well as other part time stations. They also got best medic award and best tool operators! The scenario is a two car collision involving one casualty and is judged by assessors from United Kingdom Rescue Organisation. 20 minutes is allowed to safely remove the casualty from the car.



From left: Stuart Clethro, Gordon Smith, Andrew Thompson, Steven Binns and Paul Myers



Target car and "blocker" car in position

We can't show the whole sequence, but it goes like this: second car removed & chocked: casualty & medic protected with plastic cover while glass is removed: medic assesses injuries while administering oxygen & applying neck collar: front screen cut with a glass saw: rear nearside door removed to enable rapid removal of casualty if situation requires (removal of rear offside door also part of this plan):

Casualty stabilised, work continues for safe removal of roof, tool ops working closely together cutting, while protecting occupants: final cut is always next to the casualty, with everyone in position to take the weight - then it's lift-off! All sharp areas are covered for everyone's protection and the spine board is brought in to assist in safe removal of casualty. (see the full sequence on www.sedgefieldweb.co.uk)



Left: casualty eased gradually onto spine-board & lifted clear of the seat. You can see the restraining device fitted to the steering wheel to contain airbags during rescue. Removed from the car in under 17.5 mins the team had time to tidy up! A remarkable achievement not only the team itself but also the station personnel who all contributed to their success

Sedgefield Community College - a year of excellent results - *and not a pie in sight!*

I yet again feel very proud and privileged to be the Headteacher of your local Community College. This year our students gained 73% 5 or more A*-C GCSE grades. This is in anyone's book excellent - a massive achievement illustrating a sustained upward trend. We have a fully comprehensive intake which makes our 73% even better. Students from our wide catchment area did brilliantly. I am also absolutely 'over the moon' that in the 14+ SATs, 20 students gained level 8 (exceptional performance) in Mathematics. Well done to the students and staff.

This improvement must be connected to the healthy eating legislation now in force! I am pleased to say that our catering facilities have complied with the policy for the past 4 years since becoming a Sports College. This does link with our catering update though, where soon we shall be opening a fully fledged Community Café serving healthy snacks and lunches all day and throughout the evening.

Building Schools for the Future continues in its planning stage. The 'State of the Art' facilities planned will be welcomed by villagers.

Teachers and former Year 11 students of the college are recognisable by their large smiles! I look forward to bringing you more news as the year progresses.

Lynne Ackland, Headteacher

Ciaran retains junior World Spoons title



Ciaran shows off her trophy, with brother Tim and members of The Scratch Band

A huge audience of spoon-playing fans was treated to a virtuoso performance from reigning Junior World Champion Ciaran Jasper, aged 10, as she held on to her title in the face of a fierce challenge from other finalists, Tim, Lee, Lily and Janet.

Backed by the talented Scratch Band's set piece rendition of 'I'll Tell Me Ma When I Get Home', Ciaran opened the junior competition with a well-rehearsed routine involving new moves like the Trimdon Triplet, the Fishburn Flick and the Sedgefield Shuffle.

The 2 judges were awarding points for rhythmic accuracy, technique and style and must have had a difficult job to separate the entrants. In one of the tightest competitions in the event's history, Ciaran overcame the rest of the field to win for the second year running, by just half a point from 12 year old brother Tim. A pupil in Y6 at St. William's RC Primary School, Trimdon, Ciaran had practised hard to retain her title and admitted afterwards that Tim had run her very close with his energetic routine. She would really like to 'do a Brazil' next year, by winning the trophy for a third time and be allowed to keep the trophy! As well as the giant spoon mounted on a wooden plinth, she also pocketed a £10 cash prize and can't wait for next year's competition to come around.

The Spoons Championships, traditionally part of the Trimdon Folk Festival, was held in the Rafters Bar at the Hope Inn this year, as the festival was re-sited to larger facilities here in Sedgefield.

Family Skate Day

Sedgefield Primary School PTFA are hosting a skating day at the school on **Saturday 7th October**.

A synthetic skating rink will be constructed in the school hall, and sessions will run each hour from 10am to 3pm.

Bob skates are available for toddlers, and skates are available up to adult size 11, so this is a great opportunity for all to try their hand (or feet!) at skating.

Tickets are £3 per person for a one hour skating session.

For further details and to buy tickets please contact Rachel Hampson on 623587.

Start getting organized for Christmas with the help of Sedgefield Primary School PTFA, who are hosting a

Chocolates for Chocoholics evening

with **Phoenix Trading** products also available

In the school hall, Rectory Row on

October 11th at 7pm

There is something for everyone!
£1 entry includes refreshments

First Year Success for Bradbury

The community of Bradbury is celebrating winning a Silver Medal in the Small Village Category of the 2006 Northumbria in Bloom Competition. The award comes after a year of hard work by nearly every house-hold, under the guiding hand (or was it a whip?) of Dave Sayers. At times the working parties have numbered almost 25 per cent of the population of the village.

The judges' report praised the new areas of planting, the enthusiasm of the residents, the long-term conservation project of an area of woodland and the general colour and quality of individual gardens. The creation of the Bradbury Horse in topiary merited special mention. Special thanks go to sponsors, P Wilks & Son, B & Q and the Rotary Club of Sedgefield, for their contribution. Planning for next year's event has already started.

John Burrows Chairman, Bradbury Parish Meeting

September Diary

Announcements in the Diary are free to non-commercial organisations

Bingo at Ceddesfeld Hall

**Saturday 7th October and
Saturday 29th Oct
(replacing November)**

Doors open 7pm - Eyes Down 7.45
Cash Prizes, Bar open
Everyone welcome

The Local History Society

In Ceddesfeld Hall at 7.45pm on
Monday 2nd October
Bill Griffiths
Pitmens' Superstitions
All welcome

Sedgefield Garden Society

Tuesday 3rd October
Ceddesfeld Hall 7.30 pm
Northdale Horticulture
Talk by Simon Cross
All welcome

Tuesday 7th November
The Mani Peninsula, Greece

Sedgefield W.I.

Wednesday 4th October

7.15pm Parish Hall
"Tak Ya Bak"
Members' competition -
Teddy Bear no larger than 15in.
Visitors welcome

Family Skate Day

Saturday 7th October
details page 8

Sedgefield Farmers' Market

on the Village Green
Sunday 8th October
9.30am - 1.30pm

Annual General Meeting

**Sedgefield Neighbourhood
Watch & Crimewatch Panel**
Tuesday 10th October
7pm Fletcher Room, Parish Hall

October at the Library

Rhyme Time - stories, songs &
rhymes for under 5's at 10-11am
Wednesday 4th & 18th October

Stay & Play - 10 to 11am
Weds 11th & 25th October

Book circle
Wednesday 18th October

'Shopping with Shakespeare'
performances at the library on

Thursday 26th October
Prepared to be amazed!
Details to follow

Half Term Events

All the usual crafts, plus
Eileen Glenton's **Spooky stories**
Friday 27th October at 10am

Concert with "Lirica"

Enjoy some great singing in the
informal setting of Ceddesfeld Hall

Sunday 15th October

Hall open 7.30 for 8pm start

Tickets £5

Contact Rob Guest on 652709
or Katy Gill on 623493

Family History Group

(A branch of Cleveland FHS)

Monday 16th October

7:45pm at Ceddesfeld Hall

"We came with the Conqueror, you
know" *Mr Norman Welch*

*If you are interested in joining our
group, please come along*

Charity Antiques Valuation Roadshow

in aid of Butterwick

Hospice, Bishop Auckland

Tuesday 17th October

11am-3pm at Ceddesfeld Hall
Paintings, ceramics, furniture,
silver and jewellery

Entry £2 plus £1 per item valued

Ferryhill, Sedgefield & District Flower Club

7.30pm Parish Hall

Tuesday 17th October

Joy Taylor, Northumberland &
Durham Demonstrator

"At This Time of Year"

All Welcome

Sedgefield Wildlife Group

Fletcher Room, Parish Hall at 7.45

Thursday 26th October

Speaker to be confirmed

For more info call 620559

All welcome

Sedgefield Veterans

EXHIBITION of circa WW2

memorabilia in Ceddesfeld Hall

Saturday 21st October

10am till 4pm

with support from SSAFA (Soldiers,
Sailors & Airmens' Families Ass'n)
as well as MacMillan Nurses.

Free entry but donations welcomed
to help set up big event next year.

EVERYONE WELCOME

Sedgefield Cricket Club Live Music Night

Saturday 21st October at 8pm

Main guest - **Jez Lowe**

Also featuring **Valse Marie,**
Huggins & Muggins

The John Wrightson Band

Admission £8 (inc buffet)

Tel 621347

*NB The Cricket Club is available for
private parties free of charge*

Residents' Forum

Fletcher Room, Parish Hall
Monday 27th October at 7pm

Sedgefield Community Hospital Christmas Fair

Thursday 26th October
at 10.30am in the Parish Hall
*Please come along and support
your local hospital*

St Edmund's Church

Baptisms & Weddings can be
booked in the church on Thursdays
from 6.30 -7.30pm

Round Table

1st, 3rd & 5th Thursdays

Sporting, social and charitable
events - new members welcome

Contact Rob on 629079

Country Market

Fridays in the Parish Hall

Great value home baking, eggs,
garden produce and crafts

101 Gigs in October

- 01 - The Frigate, Marske
- 06 - The Daisy Hill, Sacriston
- 07 - The Office, South Shields
- 08 - Bar 44, Guisborough
- 12 - The Gold Medal, Low Fell
- 14 - The Princess Alice, M'brough
- 20 - The Cat & Bagpipes, E. Harlsey
- 21 - O'Neills, Durham City
- 22 - The Normanby Hotel
- 27 - Duke Of Cumberland, G'head
- 28 - SADMEN rally,
Ferryhill British Legion Club

Next Month ...

Fireworks at Ceddesfeld
Friday 4th November

October is ...

... the 8th month of the year in
the Roman calendar, but the Saxon
name was more interesting!

It was **Wyn Monath** - the season
for wine making.

St Luke's Day on October 18th is
often the centre of a particularly
fine spell of weather known as St
Luke's Little Summer, but "Rain in
October means wind in December"
and "If the October moon comes
without frost, Expect no frost until
the moon of November"

On 6th October 1769, New Zealand
was sighted by the crew of Captain
James Cook's ship, the Endeavour.
October 1884 saw the introduction
of Greenwich Mean Time.

Forty Years On - Sedgefield Playgroup celebrates

We announced in last month's Sedgefield News that Sedgefield Playgroup is 40 years old this year and that a special celebration event was being planned for the morning of Wednesday 25th October, commencing at 10 am.

Preparations are well in hand and we are looking forward to welcoming all current children, parents and staff along with those who have past connections with us, either as a child, parent or staff. We are delighted that both the Mayor, Dudley Waters and his Consort, Pat Buckley-Atkins are going to be with us to join the celebration.

A light buffet and refreshments will be provided and we are very grateful to Number 4 patisserie for their gift of a celebration cake and to Peter's Bakery for savoury snacks.

Activities for the children are being arranged, and we hope a reporter from the Northern Echo will be with us to record the event.

Keep this morning free and if you have past, present or even expect to have a future connection with us, then do come and join with us on the 25th October. We still meet in the Methodist Church Hall. We look forward to seeing you on this very special occasion.

Margaret Glass

Campaign letter

I would like to thank everyone who signed my petition campaigning for much longer sentences for paedophiles; your help was much appreciated.

I sent our signatures and a letter to Mr John Reid, the Home Secretary. I received a letter back and if anyone would like to read it, there is a copy in the post office (please ask inside). Thank you.

SG Fox

Brian Hunter's Great North

Walk raised £657 for the Durham Society for the Blind and Partially Sighted. Thanks to all who supported him.

Your Letters

Well worth the entrance fee

What a pity Steve Boyes couldn't bring himself to pay £10 to get his family into Sedgefield Show. Our family, along with the hundreds of others, had a thoroughly enjoyable time being kept entertained for the whole day with such a lot going on for the kids; horse, pony and dog competitions, etc and numerous stalls and exhibitions.

All in all it was a great fun day out and given the chance, Steve's own children would have thought so too. From experience we know it's almost impossible nowadays to go anywhere with a family for less than a tenner (e.g. the cinema). We'll certainly be back for next year's show.

B. Scott

Another show to enjoy ...

A quick letter to express our delight after visiting the Leek & Flower Show at Sedgefield Social Club. Being only 20 & 21 years old we feel this is something the younger generation should be made more aware of. We were made extremely welcome and found it a rather different way to spend an evening in Sedgefield, where there is usually very little else to do!

The atmosphere was warm and friendly and we made some interesting (if not extremely large) purchases, thanks to the expert auctioneering skills demonstrated by Gary Anderson.

There should be more fun shows and festivals like this available to young people, then maybe less time will be spent drinking and more time spent learning about our village's cultural background.

Mark Stanley & Andrew Rigden

Sedgefield Harriers 1st Anniversary

A little over a year ago I asked Sedgefield News to include an item suggesting a running club for Sedgefield. Anyone interested was asked to meet at the gates of the cricket club. As I ran from Queens Drive at the appointed time I had no idea what would be around the corner. I needn't have worried. On that first night there were 7 keen runners. We have since built a solid membership of 40 and on our regular Wednesday club night between 20 and 30 runners tread now familiar routes around Sedgefield. We have a coached training session on Friday nights for all abilities, a long steady run session on Sunday mornings and have recently introduced a joggers session on Monday evenings which is at a more relaxed social pace to suit new starters, lapsed runners and those just starting to get fit. The Sedgefield vest (blue & white) has been seen at many races this year including 10K's in North Tyneside, Raby Castle and others; the London and Edinburgh Marathons; and many fell and trail races on the Durham Fells and the North York Moors. We have had competitors in local triathlons at Ripon, Middlesbrough, Hartlepool and Alnwick as well as at the UK Ironman in Dorset. There are 5 members in the Great North Run on the 1st of October. The club runs a monthly time trial series and in August hosted its first invitation handicap. We hope to host a formal road race in Sedgefield next year. We have a developing junior section with some up and coming members achieving at local events on the track, the roads and cross-country. We have also become affiliated to UK athletics. Not a bad start for a first year.

So this is a thank you for the enthusiasm and commitment of the people who have turned out winter and summer, rain and shine. They have taken the dream of a local running club, made it a reality and begun to make Sedgefield Harriers a local success story. Thanks also to the Community College for the use of facilities, the Nags Head where we have a monthly social and Sedgefield News for giving us the lifeblood of publicity. We have a lot of plans for developing the club in the future, and some fabulous talented runners but we also aim to be a community club where everyone is welcome. It has been a great first year and we look forward to a great future. Thanks to everyone.

Ean Parsons, Chairman, Sedgefield Harriers



**DEVELOPMENT
TRUSTS
ASSOCIATION**

the community-based regeneration network

Please send your copy for the November edition of Sedgefield News by 15th October to 58 Front St, Sedgefield, TS21 2AQ: phone 01740 629011 or snews@sedgefieldweb.co.uk

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