

Peterlee

ISSUE 16 SUMMER 2024

Your Community News from Peterlee Town Council



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This Peterlee magazine is partially funded and supported by local business

Council Comment

Mayor's Welcome

Welcome to the Summer Edition of the Town Council's quarterly magazine.

Peterlee is where I grew up, it's where I felt happy and safe and where most of my best memories were made, so it's an absolute honour and a privilege to be elected Mayor of Peterlee for 2024/25.



During my term of office, I would like to raise funds for the following Clubs that make outstanding contributions

to improve the health and wellbeing of the Town's children and young people, whilst providing positive structures to help them develop teamwork, discipline, respect, and leadership.

Peterlee Cricket Club (Juniors)

Peterlee & Horden RFC (Youth Teams)

Peterlee Town Football Club (Youth Teams)

I would like to thank fellow Councillors for their support in allowing me this opportunity and I look forward to continuing working with the community and the residents over the coming year.

Durham

Best Wishes,

Diane Howarth

Councillor Diane Howarth Mayor of Peterlee



Peterlee Town Council, Shotton Hall, Peterlee, Co. Durham, SR8 2PH or email council@peterlee.gov.uk



Thank you to all of the Peterlee Magazine readers who sent in entries for the 'Where's Laura' competition in the Spring edition! Our mischievous Laura is playing hide and seek in this edition too...can you help us to find her?

If you can, let us know by emailing **council@peterlee.gov.uk** or message the Town Council on Facebook

All correct entries received by **Monday 29th July 2024** will go into a draw for a free hot drink and sweet treat from the Funk-a-Deli Bistro on Helford Road

Only one entry per household please!



For editorial and advertising enquiries

please contact Lesley Palmer

email: lesleypalmer3@sky.com 01642 760700 07737 739583 www.lesleypalmer.co.uk

The Family Cobbler

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0191 587 3030 23 Yoden Way, Peterlee, SR8 1BP 15% OFF shoe repairs and key cutting upon production of this advert. Valid until 01-08-2024



Your Local Award Winning Funeral Directors in Peterlee

What our customers say!

"There simply aren't the words to express our Thanks to Julie & John. Over the past month Delanoys have gone above & beyond to ensure our Dad's wishes were honoured. Dad was trea ted with dignity & the empathy shown towards us simply could not be matched. The knowledge & care whilst arranging our Dads final journey was a huge comfort knowing if Dad was here, it would have received his approval. From their first visit to the day of the funeral, nothing was too much. We simply cannot recommend Delanoys enough, on behalf of Joe Stout's family, Thank You from the bottom of our hearts."

Review from Joseph Stout's family, Horden



"What an amazing funeral directors John and Julie are, I've used them on 2 occasions now and couldn't think of ever using anyone else. The send off for Brian was absolutely incredible. From the first time John and Julie came out on the saddest day of our lives they treat us with warmth, kindness and respect. They took everything we wanted on board and went above and beyond to make the funeral one to remember. It may have been the saddest day, however it was a day no one will ever forget. From the tiny touching details to the video making. They're always available for anything vou need answering. They made this whole funeral so easy. I can't thank them enough. I have and always will continue to recommend. Once again thank you to you both for everything you've done for us."

From Deb, Kirsty and the Noble Family *Review from Brian Nobles Family, Peterlee* "During your saddest times Julie and John are the people you need. Julie's incredible and genuine warmth and John's quiet, reassuring professionalism will navigate you

through this awful time. Nothing is too much trouble and no question is too silly. Always contactable you're made to feel like you're their ownly priority.

We felt so fortunate to have found them and to have been able to entrust our mam to them. Everything was so beautifully, tastefully and respectfully orchestrated.

We could not have been more pleased with how the day went and cannot thank them enough." Frances Boyd & Family"

Review from The Honourable Hyacinthe Ann Peterken's Family in Hutton Henry

Read more reviews at **delanoyfuneralservices.co.uk** John Delanoy Funeral Director **07932 624967** Julie Stout Funeral Director **07725 042001** E: **info@delanoyfuneralservices.co.uk** W: www.delanoyfuneralservices.co.uk



Congratulations!

Working in the care sector is a true vocation. Look no further for evidence of this than Bannatyne Lodge deputy manager Linzi Halliday who recently celebrated her 20-year work anniversary at the care home. Residents sent lots of good wishes and Percy was delighted to have the happy task of presenting Linzi with flowers and chocolates. "We all hope you have many more years here, you're our star," he said as he gave Linzi the bouquet.

Starting as a part-time care assistant in 2004, Linzi took up a permanent carer role upon the completion of her studies. Three years later Linzi qualified as a senior care assistant, before being promoted to deputy manager in 2019. More recently Linzi achieved her NVQ5 in care home management and has taken on periods of managing the home. Linzi commented, "Working at Bannatyne Lodge has, and continues to be, one of the most fulfilling aspects of my life. My passion lies with being involved in the day to day care of residents. They are all wonderful and help me make a difference each day."

Bannatyne Lodge manager Julie said, "Linzi is a real asset to the home and it was great to surprise her with a



'Hollywood walk of fame' star. Longserving members of staff are the backbone of our home and this dedication makes a huge difference to the lives of the people who live at Bannatyne Lodge. Thank you for sharing your cake with everyone too!"

To discuss your care needs, please contact Julie on **0191 586 9511** or go to **www.hillcare.net** for more information on our lovely home.





Home Comforts at Bannatyne Lodge Care Home

At Hill Care we know that no two people are the same, which is why we offer a unique approach to care. Our fully qualified staff at Bannatyne Lodge Care Home are dedicated to maintaining privacy, supporting independence and protecting the dignity of each and every resident.

We Provide Long & Short Term Nursing, Residential & YPLD Care, As Well As Respite Stays & End-of-life Care

Contact Bannatyne Lodge to discuss your care needs.

Bannatyne Lodge Care Home

Manor Way, Peterlee, County Durham, SR8 5SB Tel: 0191 586 9511 | Email: bannatynelodge@hillcare.net www.hillcare.net find us on:



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Wet and Wild: "Spring into Fishing" Defies the Rain!

Amidst the patter of raindrops Shotton Hall fishing pond transformed into a hub of activity on Saturday, May 4th, 2024, for the much-anticipated "Spring into Fishing" event, organised by The Angling Trust and Shotton Hall Angling Club.

Despite the less than ideal weather, there was no shortage of excitement as young novices proudly displayed their catches. Sure, the weather wasn't exactly picnicperfect, but that didn't stop us from reeling in some beauties! From the elusive Tench to the colourful Rudd, feisty Perch to sleek Roach, and even a magnificent Common Carp, the diversity of species caught was a testament to the richness of the pond's ecosystem.

Yet, "Spring into Fishing" was more than just about the fish - it was a celebration of

camaraderie, learning, and the sheer joy of being outdoors, rain or shine!

As the day unfolded, it became evident that this event was just the beginning of a thrilling journey into the world of angling. So, if you're itching to experience the thrill of casting a line and reeling in your first catch, there are a limited number of memberships still available.



To become a member of Shotton Hall Angling Club visit Shotton Hall in person with 2 passport sized photos, and your Environmental Agency rod license. Offices are open Monday to Thursday(8.30am – 5pm and Friday (8.30am – 4.30pm).

The annual membership fees are;- Adults: £35.00, and Juniors:16years and under: £10.00 each.

You can then fish as many times as you like within the year, except closed season in May. Check out the website for more information

www.shottonhallanglingclub.co.uk and follow on Facebook



Shotton Hall Angling Club

















Dene Community

Dene Academy in Peterlee has been awarded a Community Grant by Believe Housing to support the whole school reading strategy. The grant has helped to support the purchase of a Book Vending Machine for students to access.

Miss Rochelle Charlton-Lainé, Subject Leader of SMSC said "We want to use the book vending machine to encourage 'a love of reading' across the School and this new initiative will help us to achieve our aim."

Reading is one of our whole school priorities for this academic year, book vending machines offer an innovative way to promote access to books and is a great way to encourage a culture of reading for pleasure. Book tokens will be given as part of a reading rewards scheme. Our aim is ensure reading strategies are embedded within the curriculum to improve pupils' reading ability. Furthermore, ensure Core CPD delivery focuses on strategies to improve pupils' reading ability.

We will also continue to push 'Communications' beyond the classroom and provide students with a fully rounded literacy experience. Already, we have several extra-curricular clubs in place – a Reading Club; Newspaper Club, Homework Club and Library Club – and more will hopefully be added throughout the year.

The latter two are part of our wider aim to increase students' awareness of the library and make it a more comfortable place, where they can quietly read, as well as play literacy-based games and complete their homework, in a quiet environment. As well as the actual library, which we continue to restock and make more aesthetically pleasing; we will also continue to push our e-library, which allows students to borrow books electronically. Lastly, the 'D.E.A.R.' (Drop Everything and Read) programme will be introduced early in the spring term and aims to further encourage the importance of reading across the whole school, both in and out of lessons.

Pictured is Precious Ojekale, a year 7 student who has won the first book token by completing her reading challenge.



FurnitureClinic

Is your furniture in need of a little care and attention?

From a dirty sofa to a scuffed bolster or a tear in your arm chair, Furniture Clinic is here to help you.

Our dedicated, friendly and professional team will visit you at a convenient time to give you a no obligation quote, and on many occasions will carry out the job in the home. If the job is more complicated, they will take the item to the workshop and return it to you when it is completed.

As well as repairs, we also provide a cheaper and faster alternative when it comes to updating your home and car's interior - we can re-upholster and re-trim leather and fabric furniture, or even carry out a complete colour change. Re-trimming is available for both classic and modern cars. As leather specialists, we can custom match panels and seats to blend in with the rest of the leather, rather than re-trimming the full interior. This option saves you a lot of time and money, and will help retain the authenticity of a classic car.

In addition, French polishers are able to clean, repair and carry out full restorations to any wooden items.

As industry experts, Furniture Clinic serve many large national business needs, such as hotel and restaurant chains. Their diverse and respected client base means that you can feel confident knowing Furniture Clinic is the right company for you.

To find out more about we can do for your items, give us a call on **01207 282 644.**

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Peterlee Pavilion's Acro Fun and Junk to Funk Free Events: A Whirlwind of Fun and Creativity!

Peterlee Pavilion recently hosted two days of delightful activities, Acro Fun and Junk to Funk, offering children not only a chance to have fun and get creative but also ensuring they were well-nourished with a free healthy lunch.

Children showcased their agility and balance during Acro Fun, enjoying challenges and learning new skills under the guidance of instructors. At Junk to Funk, creativity flourished as children transformed everyday items into imaginative creations.

In addition to the excitement of the activities, all participants were treated to a free healthy lunch, ensuring they had the energy to fuel their fun-filled day.

The atmosphere at the Pavilion was lively and cheerful, with parents and children alike enjoying both events.

























Exciting changes to Howtheres Care Home

Hawthorns Care Home

We believe every person should be treated as an individual, with tailored care provided in the very best surroundings. That's why our home's recent refurbishment has been designed with residents' comfort, well-being and happiness in mind.

A new home to be proud of, with the same dedication to those we care for.



Welcome family and friends to enjoy delicious home-made treats in our stylish new café. Indulge in pamper sessions and beauty routines at our new salon. Relax with luxurious bath time experiences in our new spa bathroom. Unwind and make yourself at home in our beautiful lounges. Serving residents' favourite dishes in sociable dining rooms.

Call 0191 3232 385 to arrange a visit. We hope you'll love the changes as much as we do

> O'Neill Drive, North Blunts, Peterlee, SR8 5UP www.barchester.com

Commemorating King Charles III: Tree Planting Ceremony at Woodhouse Park



On Wednesday, 15th May 2024, the former Mayor of Peterlee, Councillor Mrs. Audrey Laing, and the Howletch Residents Association planted an English oak tree at Woodhouse Park to commemorate the Coronation of His Majesty King Charles III.

The King's Coronation was a key event in people's lives, and what better way to honour that than by creating cleaner air and an improved natural heritage that can be enjoyed by future generations by visiting Woodhouse Park.

Former Mayor of Peterlee Raises £4,250 for local Charities

Peterlee's former Mayor, Councillor Audrey Laing, who raised £4,250 during her term of office for local charities;-

Peterlee Memorial Methodist Church Eden Hill People Centre Peterlee Community Garden Poppy Dene Gardens

Former Mayor Laing presented cheques to her chosen charities on Monday 20th May 2024. Councillor Mrs Laing thanked everyone who contributed and supported her fundraising efforts throughout her civic year.



East Durham College Announces New Principal Scott Bullock

The Corporation of East Durham College (EDC) is delighted to announce that Mr Scott Bullock has been appointed as the new Principal and Chief Executive Officer of East Durham College.

Mr Bullock was selected following a national search and rigorous recruitment process, culminating in an intensive two-day final selection process. He joins EDC from Newcastle College, a division of NCG – one of the largest not-for-profit education and training groups in the UK – where he has been Principal since 2020.

David Butler, Chair of the Corporation, said: "I am delighted that the Board of Governors has appointed Mr Bullock as the new Principal and Chief Executive Officer of East Durham College.

"Scott will bring a wealth of experience and has a hugely successful track record in FE (further education). Scott will take forward our highly ambitious three-year strategy plan and the Board is highly confident he will continue to build on the fantastic work of Principal Suzanne Duncan, her talented leadership team and our outstanding staff.



"The Governors, staff and students look forward to an exciting new chapter in the life of East Durham College."

Mr Scott Bullock has over 20 years of experience in FE and skills specialising in quality improvement, teaching and learning, curriculum operations and leadership. Scott joined Newcastle College in August 2016 from New College Durham as Vice Principal of Curriculum and Quality and progressed during his time at NCG into roles as Deputy Principal and most recently Principal. He also has previous experience as an Ofsted Inspector. On his successful appointment, Scott said: "I am absolutely thrilled to have



been offered the privilege of becoming the next Principal of East Durham College.

"The college has a fantastic reputation and does amazing work. I am really looking forward to working with my new colleagues to lead the college through the next stage in its development.

"I'm passionate about helping to create a brilliant student experience and supporting students to develop their skills and talents and I can't wait to get started at EDC."

Scott will commence his new role at East Durham College from Autumn 2024.

East Durham College, which has campuses in Peterlee and Houghall, near Durham City, employs nearly 500 full and part time staff and has over 6,000 learners.



If you are looking for flooring in Peterlee then you have come to the right place! You'll find our store on Yoden Way where our friendly team will be on hand to help you to choose the perfect flooring for your home. If the flooring you wish to purchase is in stock, we can get it from our store to your door within 48 hours and our price promise means that it's impossible to buy flooring for less anywhere. 100% Guaranteed! We look forward to seeing you in store!



20 Yoden Way, Castledene Shopping Centre, Peterlee SR8 1BP Tel: 0191 569 3589 • www.frankstheflooringstore.com/stores/peterlee/ PETERLEE & HORDEN RUGBY CLUB, EDEN LANE, SR8 5DJ

PETERLEE SUMMER SJUNDS

SATURDAY 6TH JULY 2024 ENTRY FROM 1PM UNTIL 10PM



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THE PRE-AMPS

PERFORMANCES FROM EAST DURHAM COLLEGE STUDENTS

*No alcohol, food or drink to be brought onto site. Security bag searches in operation

Local Interest



PETERLEE SUMMER SOUNDS











For any enquiries please contact Janet or Laura on 0191 5862491 or complete an online form via our website www.peterlee.gov.uk

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Welcome to Katie

Welcome to Katie, 41 who owns Fizzylous in Castledene. Katies inspiration came from buying her daughter Lucy a bath bomb kit, they had so much fun they started experimenting with ideas and found it didn't react with Eczema or psoriasis. Everything is Vegan, handmade and cruelty free.



During lockdown Katie was busy making and converted her spare room as a factory, selling at markets and corporate events, this led to festivals and finally having her own shop.

Everything is made on site, and you can watch Katie at work through the window.

My favourite Product is fairy rocks, this is my treat every night especially after walking my dogs Rolo and Roxy. I also love the Fairy Fluff fragrance, my home smells of it!

My best sellers are the gift sets starting at £20 but you can customise your own with what you like!

I also sell home cleaning products, home scents, bath and body products and hair care.

Pop in and see me, I'm just next to Iceland in Yoden Way.



💽 » care connect

Our community alarm service helps give you peace of mind.

Care Connect is County Durham's monitoring and response service provided by Durham County Council that gives you support to remain living independently in your home.

If you require assistance or need help, for example: feeling unwell or you have a fall, one press of your pendant will connect you to Care Connect. We'll offer support and assistance, and if required, we'll send our Responders to visit your home to help.

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You can also find us on () Care Connect facebook.com/CareConnectDCC



Celebrating Peterlee's Everyd ay Heroes:

On 26th April 2024, Peterlee gathered at the Peterlee & Horden Rugby Club to honour its unsung heroes. These are the folks who quietly make our community better, whether by lending a hand to neighbours or spearheading local projects. The former Mayor of Peterlee, Councillor Audrey Laing handed out trophies, thanking them for their kindness and urging others to follow suit. It was a feel-good celebration of what makes Peterlee such a great place to live.

The former Mayor expressed her heartfelt thanks to everyone involved in making this event happen. From the organisers who put it all together to the nominees who inspire us every day, and to all the friends, family, and supporters who came out to show their appreciation – you all made this celebration truly special. Your dedication to recognising and honouring the unsung heroes of Peterlee is what makes our community so strong. Let's continue to support each other as we strive to make Peterlee an even better place for everyone.

In Peterlee, heroes aren't just in movies – they're right here in our community, making a difference every day.











CA Big Thank You!

















Raspberry Mousse Cheesecake

The Perfect delicious treat! These irresistible mousse cups are layered with a no-bake biscuit crust and a decadent cheesecake flavoured mousse made with fresh raspberries, cream and cream cheese. What more could you want in a dessert!

Servings: 10 Prep: 45 minutes Cook: 1 minute

Ingredients:

Mousse

- 15 oz (3.5 cups) fresh raspberries
- 2 tsp gelatine powder / 4 gelatine leaves
- 3 Tbsp (45ml) cold water
- 1 1/2 cups (355ml) double cream
- 12 oz (340g) cream cheese, softened
- 2 1/4 cups (260g) icing sugar divided
- 1 tsp vanilla extract
- Red food colouring, optional

Crust

- 1 cup (120g) cracker crumbs (8 full digestives)
- 2 Tbsp (26g) granulated sugar
- 1/4 cup (56g) unsalted butter, melted
- Topping (optional)
- 3/4 cup (175ml) heavy cream
- 2 Tbsp (26g) granulated sugar
- 10 20 fresh raspberries
- Fresh Mint leaves

For the mousse:

- Pulse raspberries in a food processor / hand processor until well pureed. Force puree through a fine mesh strainer into a bowl to remove seeds (you should have 1 1/3 cups puree). Set aside.
- Pour 3 Tbsp water into a small microwave safe bowl, sprinkle gelatine evenly over water then let rest 5 minutes.
- Heat gelatine mixture in microwave on high power for 30 seconds. Remove and whisk for 1 minute, let cool 4 minutes until just warm (don't let it cool completely or it may start to set).
- Between stages of gelatine resting prepare whipped cream and cream cheese mixture as listed here - In a medium mixing bowl using an electric hand mixer whip double cream on high speed until soft peaks form. Alternatively use a hand whisk.



Method

- Add in 1/4 cup icing sugar and whip until stiff peaks form (just shake excess from whisk blades, no need to wash for next step).
- In a separate large mixing bowl using hand mixer if you have one, blend cream cheese and 2 cups icing sugar until combined. Add in vanilla and red food colouring if using (around 14 drops liquid colouring) and mix until combined.
- Increase to high speed and whip until light and fluffy about 2 minutes. Mix in strained raspberry puree and add in lukewarm gelatine/water mixture and mix until well combined.
- Fold in 1/3 of the whipped cream mixture, then add remaining and fold just until combined. Transfer to refrigerator while preparing crust layer (don't chill longer than 30 minutes you don't want it to set).

For the crust:

- In a medium mixing bowl stir together digestive crumbs and sugar. Pour in butter and using a fork, stir until evenly moistened. Divide mixture among 10 dessert cups and lightly press into an even layer.
- Working in batches add mousse to a piping bag fitted with a large round tip and pipe over crust layer in cups. Repeat with remaining mousse. Cover cups with plastic wrap and chill in refrigerator 3 hours until set.
- Optional toppings: In a medium mixing bowl using an electric hand mixer whip double cream until soft peaks form, add in sugar and whip until stiff peaks form.
- Transfer to a piping bag fitted with a large star tip then pipe cream over mousse. Add 1 - 2 raspberries to each then garnish with mint leaves.

Raspberry Cheesecake Mousse Amount Per Serving Calories 537 • Calories from Fat 333 • % Daily Value* Fat 37g 57% Saturated Fat 21g 131% • Cholesterol 122mg 41% • Sodium 211mg 9% • Potassium 172mg 5% • Carbohydrates 48g 16% Fibre 3g 13% • Sugar 36g 40% • Protein 5g 10% Vitamin A 1390IU 28% • Vitamin C 11.5mg 14% • Calcium 89mg 9% • Iron 0.9mg 5% * Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Nail Polish Marble Art

You can upcycle just about anything with this DIY marble art. This DIY can be used to decorate plates, bowls, coasters, glasses, bottles and LOTS more!

Marble designs are very easy to achieve, require no maintenance, all while giving your home a vibrant and unique makeover!

What you need:

- Nail polishes
- Large bowl of warm water (Ideally glass)
- Wooden cocktail sticks / skewers
- PVA glue
- Paint Brush
- Cotton buds
- Items you wish to upcycle (We used a glass)

Directions:

- Before starting put an old towel or cloth down to protect your work surface.
- 2. Place your large bowl onto the towel and fill with warm water.
- Choose the nail polish colour and slowly start to pour it into the bowl until it starts to disperse onto the surface of the water. Hold the nail polish close to the water to prevent it from sinking to the bottom of the bowl. Add as many colours as you like.
- Use your wooden stick / skewer to move the polish around the water to create your marbling effect. There are no rules when it comes to marble art, so you can be as colourful and creative as you wish.
- Gently dip your object into the bowl to cover the desired portion of it with nail polish. You will immediately see the nail polish adhering to the sides of it in a beautiful pattern.
- Hold it in for a few seconds to allow the pattern to properly stick to the object.



- Pull your object straight out of the water and there you have it!
- Use your cotton bud soaked in nail polish remover to clean any residue off the bowl or any rough edges or excess colour on your chosen object.
- 9. Set your object to the side to allow time to dry.
- To stop your pattern from smudging, coat your object with a generous amount of PVA glue using a large paintbrush. This will seal your painted surface.
- 11. Leave to dry for a few hours, and voila!

Local Interest



East Durham Trust

East Durham Connected

Funded by the National Lottery Community Fund, East Durham Connected is a four-year project to transform information, advice and guidance (IAG) services across East Durham. A partnership of VCS organisations and statutory providers to deliver a proactive 4year programme. The project will create a truly coordinated and connected referral and support system and network across all four corners of East Durham to better meet the complex needs of our vulnerable communities. A community based, integrated advice service run by and for communities; with the advice sector working in partnership with communities, committed to continually learning, improving and evolving.

The idea is to have a "No Wrong Door" approach to advice and guidance within East Durham. This means that no matter which IAG organisation a client goes to they will be given the same information and advice. With this in mind we give our partners regular updates and keep everyone informed of the latest guidance.

We run a Co-Production Group which meets quarterly. This group is made up of clients who have accessed our services and gives us the "real world" experience of how it is to live in the local area and have received support from the project. They are at the heart of shaping how the project develops and progresses going forward. Not only do they advise us on how effective the project is they also give us tips on how we can make improvements.



As part of the Household Support Fund we launched several new avenues for support through the IAG project during Year 2. Quite possibly the most successful was the School Essentials scheme. This saw 148 households and 281 children across 2 towns and 13 villages receive support totalling £37,500. This was help towards school uniforms and coats.

We are now into year 3 of the project and are still going strong and evolving all the time. This year alone we have brought 4 new organisations into the partnership and are continuing to help the communities in a number of ways with various schemes.

Our partners themselves have also formed connections with each other and are working more closely together. They regularly help each other out with problem solving or simple advice should one of the organisations have an issue, such as help with funding applications.

We currently have the following organisations in the partnership.

- 3 Digital Advice Hubs
- 3 Advice Hubs
- 15 Advice Gateways

The vast majority of villages and both towns in East Durham are represented.

During year 2 alone there were 9641 interventions to support 8169 clients, 70% of which came through this partnership.

The project is going from strength to strength and has surpassed all expectations. The need for advice and guidance has never been more prominent with the recent cost of living crisis and the unique issues faced within the East Durham area.

Food Bank Needs Your Help!

It has been a very busy time for the East Durham Trust Foodbank. In the first half of the year the foodbank has supported nearly 4000 households, with many of these in Peterlee. This is a huge increase in need. Unfortunately, as the cost of living continues to impact us all community partners across East Durham are finding the same pressures around not just food but Toiletries; Sanitary products and washing pods. Any donations of these would be greatly received to ensure we support people to retain their health and dignity during the time they ned our support. To support people in need East Durham Trust, welcome any donations of food and toiletries. You can make a cash donation in person at Community House, Yoden Road or online via their website **www.eastdurhamtrust.org.uk**



Local Interest

Area Action Partnership funds Household Finance Practitioner

East Durham Trust are delighted to announce that the East Durham Area Action Partnership have awarded funding for a new role to help struggling households. After a recruitnmet campaign the Trust has appointed Gergia Miller and their Household Finance Practitioner.

Georgia joins East Durham Trust and an employee following on from her previous volunteer role with East Durham Trust as a Specialist Debt Adviser as well as her extensive experience in banking.

Funded by the Area Action Partnership the role aims to work closely supporting & coaching individuals & families in East Durham for a period of eight sessions to look at life skills, budgeting, household management, savings, money management & other areas.

Georgia will work with NE First Credit Union and the AAP to combat illegal lending & promote effective credit & savings, referring into existing mechanisms for additional support with financial & emotional wellbeing. This targeted work will be underpinned by connections to all of our local partners alongside East Durham Trusts Financial Wellbeing Practitioner, Kylie Austin, who has supported households under the project around debt & benefits with East Durham Trust for over 2 years. Since 2022 East Durham Trust has supported households across East Durham which has included :

- Debts cleared of £692,118.77
- Benefits claimed of £107,031.80
- Greggs Hardship funds grants of £16,155.00
 Household Essentials fund grants of £8,673.00

If you are you struggling with the cost of living and need debt advice, you can call the National Debt Line free on **0808 808 4000.**

If you need advice on welfare, benefits, household budgeting of are struggling support is available, the financial wellbeing team who are available for 1:1 advice & support, contact East Durham Trust on **0191 5693511**

Other support available includes: Durham County Council **03000 265 000** Citizens Advice County Durham **03003 233 000**

Community Money Advice County Durham 0191 303 7514

Welfare Rights **03000 268 968** Stop Loan Sharks **0300 555 222** NE Credit Union **0330 055 3666**







@ The Arts Cafe, Community House, Yoden Road,

Hope Wood Cafe

Every Thursday 10am-12pm

Coffee/Tea 50p Latte/Cappuccino/Expresso/Galaxy Hot Chocolate /Nesquik Hot Chocolate £1 Muffins, Cookies/ Vegan Cookies, Iced Buns - 60p Bottle of Water 50p Homemade Scones - £1 Special Offer Hot Drink and Treat £1.50

> These cafe sessions are delivered by students of Hope Wood Academy 6th form ACADEMY

"Diabetes Prevention Weight Management Programme Worked for Rhys"

'Taking Shape' is a new 6-week weight management pilot for Peterlee & East Durham residents living with Type 2 Diabetes or diagnosed with pre-diabetes. The programme was designed in collaboration with Public health (Durham County Council), NHS staff and partners.

The course covers practical advice on healthy eating combined with light exercise, and was based on educating participants to use a 'Smarter carb' eating pattern. Practical tips were provided along with meal ideas and recipes to help incorporate a mix of healthy protein, and fibre options into their day. Along with, enabling them to feel empowered to make informed decisions when shopping or dining out.

Participants showed by the final week of the programme they had made major shifts in their daily routines, and reported higher levels of wellbeing and health results.

Michael; an NHS Health & Wellbeing Coach, delivered the courses and was very pleased with the results. Michael has offered each participant one to one support for up to 12 months after the course has ended. This can help the residents maintain their healthier habits and continue to improve wellbeing. Participants were recruited to the courses by a referral process through their GP Practices that Michael works with, and by referrals from Peterlee Town Council Sport and Wellbeing staff.

The programme; funded by Tyne & Wear Community Foundation and provided by Peterlee Town Council in partnership with Public Health and the NHS, has had positive results and has been well received by all who attended.

Meet Rhys, one of the successful participants who took part in the Taking Shape programme supported by a family member. Rhys is a 23-year-old male living with learning difficulties and type 2 diabetes. Rhys was happy that the course was delivered by Michael, as he took on board what he was being told, whereas at home he thought his family members were just nagging him. Rhys enjoyed doing the light exercises as they were pitched at the right level and intensity for him.

The education from Michael and the support from his family members has led to Rhys losing almost a stone in weight, and even more importantly, his blood sugar levels have improved greatly. Since the end

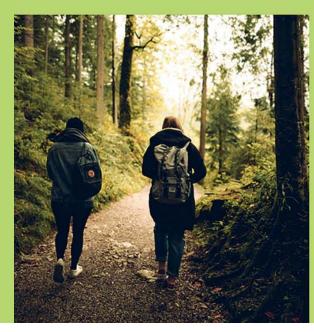


of the course Rhys has continued with his gradual weight loss journey and maintained his excellent sugar readings. The support and guidance have been life-changing for Rhys.

There will be another Taking Shape course starting soon at the Pavilion. To find out more information, please contact Pavilion reception on **0191 5869957.**

Walk this way....

Do you share a passion for walking? Do you like talking to people and socialising? Have you got some spare time on your hands to become a volunteer walk leader?



If so, please get in touch. There is an opportunity to become a volunteer walk leader for Durham County Council in partnership with Peterlee Town Council.

If you would like further information or to discuss this opportunity, please ring Elaine on 0191 5869957.



Pilates For You!

Why Pilates for the Older Adult? As we age, the idea of starting a new exercise routine might feel daunting, but Pilates is a gentle yet highly effective approach that's perfect for the mature body.

Unlike high-impact workouts that can strain joints, Pilates offers a low-impact, safe way to rejuvenate your physicality at any age. By increasing flexibility and range of motion, it empowers you with newfound freedom and helps prevent strains and injuries commonly faced by older adults.

Pilates has been shown to alleviate the effects of agerelated ailments like arthritis, osteoporosis, and lumbar stenosis. "Every moment in our life can be the beginning of great things." – Joseph Pilates. Discover the gentle power of Pilates, an exercise form that respects your body's needs and limitations while delivering transformative results.

Whether you are new to exercise or returning after a break, Pilates is the safe and effective way to regain your physical and mental well-being.

PACES offers three weekly classes suitable for all abilities at the following times; Monday & Thursday 11.30 - 12.15 & Thursday 7.15 - 8.00 pm. For further information or to book your place, please contact the Pavilion on **0191 5869957.**

Engage in the graceful art of PILATES!

Are you ready to improve your health and well-being?



Monday's 11.30 - 12.15 Thursday's 11.30 - 12.15 & 7.15 - 8.00 p.m.



Pilates is a low-impact exercise method that focuses on core strength, flexibility, and body awareness. It's suitable for all fitness levels!

Our specialist Pilates instructors will guide you every step of the way.

Book now on 0191 5869957 to begin your Pilates transformational journey

The Pavilion, Helford Road, Peterlee SR8 1ER

PACES Class Timetable for 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Circuit Challenge 9.30 - 10.15	Body Burn 9.30 - 10.15	Workout Wednesday 9.30 - 10.15	Circuit Challenge 9.30 - 10.15	Feel Fit Friday 9.30 - 10.15
Circuit Challenge 10.30 - 11.15	Health Walk Meet 9.30	Dance Fit 10.30 - 11.15	AIMS MUGNIFICENT MORNING (WEEKLY COFFEE MORNING) 10.30 - 1.00 Optional crafts	Chi Kung (Tai Chi) 10.30 - 11.15
Pilates 11.30 - 12.15	Aerobics 10.45 - 11.30	Yoga 11.30 - 1.00	Pilates 11.30 - 12.15	Taste Buddies 12.30 - 3.00 Optional Crafts
Active Life 12.30 - 1.30	Chi Kung (Tai Chi) 11.45 - 12.30		Active Life 12.30 - 1.30	Indoor Bowls 1.30 - 3.00
Zumba 6.00 - 6.45			Taekwondo 4.30 - 6.00	
Yoga 7.00- 8.30	T.N.T (Tone n Tighten) 5.45 - 6.30		Tai Chi 6.00 - 7.00	
			Pilates 7.15 - 8.00	

Local Park Tennis courts in Peterlee set to re-open this Summer

Peterlee Town Council and the Lawn Tennis Association (LTA) in partnership have brought new life into the local park tennis courts at Eden Lane Park. The project has seen £13,861 of investment into the public park facility. Investment comes from the UK Government and LTA Tennis Foundation's Park Tennis Project, being delivered by the LTA. The investment will help ensure that quality facilities are available for the local community.

The project is part of a nationwide investment by the UK Government and LTA Tennis Foundation, delivered by the LTA, to refurbish public tennis courts across Great Britain, and open up the sport to many more people. This investment will see thousands of existing park tennis courts in poor or unplayable condition brought back to life for the benefit of communities across the country through renovation works, and improved court accessibility with new gateaccess technology and booking systems.

Park tennis courts are vital in providing opportunities for children and adults to get active, delivering significant physical and mental health and wellbeing benefits to participants. Accessible facilities in parks are particularly critical to opening up the sport to those from lower socioeconomic backgrounds and women and girls.



Alongside the investment, Peterlee Town Council will also work with the LTA to deliver a range of activity across the park sites. This will include weekly organised free park tennis sessions for all ages, playing levels and experience where equipment is provided, meaning that people will not need someone to play with or their own racket. Local Tennis Leagues will also provide friendly, sociable, opportunities to get active through local competition.

The renovation works are almost complete at Eden Lane Park and the facility will be re-

opening next month and available to book online.

Diane Howarth; Mayor of Peterlee said....

"The investment from the LTA has been well received and enabled the upgrade of facilities that have been subject to misuse and vandalism over the years. The new gate access system will ensure the courts are used for their intended purpose, and the facility will be accessible to everyone".

Julie Porter, Chief Operating Officer at the LTA, said:

"We are delighted to be working with Peterlee Town Council to improve their park tennis facilities and provide more opportunities for anyone to pick up a racket and get active. This investment is part of the UK Government and LTA's Parks Tennis Project, and will mean that courts will be available for people to use for years to come. We will also be working closely with Peterlee Town Council to ensure that the local community have a range of accessible opportunities to get on court, and open up our sport to many more people."

Look out on social media for the Park Tennis launch event coming soon.



www.tmjlegal.co.uk



Easington School Sport Partnership

Active Healthy Happy Outdoor Adventurous Activities

Three-hundred children from primary schools across East Durham attended an Outdoor Adventurous Activity Day at Shotton Hall, on Tuesday 21 May 2024.

Shotton Hall was the perfect venue for the wide range of activities on offer as children experienced orienteering, obstacle courses, a nightline, team building tasks and activities that tested their fitness and skills.

Planning and preparation for this event is by far the heaviest of any activities that appear on the Easington School Sport Partnership calendar, but it is made all worthwhile by the smiles on the faces of the children and the positive comments received from school staff. This huge operation is only possible with the support of many people and the School Sport Partnership is grateful to Peterlee Town Council Neighbourhood Services team, East Durham College PE and Sport staff and students, and all volunteers.





Scan me Easington SSP – keeping our children active, healthy and happy!











Useful Contacts and local support

Please see our local and national contact information for services you may find useful to yourself or others.

	HOUSING					
Got an issue with	Then contact	On				
-Finding a home -Paying Rent -Repairs & Maintenance -Complaints & Feedback -Safety in your home.	Believe Housing	0300 131 1999				
-Homelessness / Housing Advice	Housing Solutions and Housing Advice Line Welfare Assistance Scheme	03000 268 000 (out of hours 01388 722 538) 03000 267 900				
- Handy person / Maintenance (private owned homes)	County Durham Handy person & adaptions service	0300 4562 220				
-Safety / Independence in your home / Pull Alarm Service	Care Connect	03330 068 427				
HEALTH						
Got an issue with	Then contact	On				
-Learning Disability -Mental Disability -Physical Disability -Sensory Disability	Care and Support pathways.	03000 266 559				
Addiction Problems	County Durham Drug & Alcohol Recovery Services	03000 266 666				
	Healthworks (Smoking)	0191 272 4244				
Domestic Abuse	Harbour Support Services	0191 586 8890 03000 202 525				
Need someone to Talk to / Counselling	Talking Changes	0191 333 3300				
Prescriptions	The Community Pharmacy	0191 586 4444				
	HELP / MONEY					
Got an issue with	Then contact	On				
Benefits / Council Tax / Registration Services	Durham County Council	03000 260 000 (General) 03000 262 000 (Benefits) 03000 266 000 (Registration Services)				
Food Supply	East Durham Trust (food bank)	0191 569 3511				
Children's Safety / Services	Childline	0300 1666 666				
Job Searching / Claims	Peterlee Job Centre Job Centre Plus	0345 604 3719 (main line) 0800 169 0350 (new claims)				
Money Advice / Helpline	Citizens Advice	0300 330 9027 (advice line) 0300 323 2000 (debt advice) 03454 040 506 (helpline) 0800 144 8444 (universal credit)				
Tax payments / queries	HMRC	0300 200 3300 (General) 0800 0159 559 (self-employed, business owner, Taxes)				
Durham County Council Queries	Services	FREE PHONE				
General Enquiries Electoral services Refuse/street lights/dog fouling Planning applications Benefits Council Tax Bus Passes Blue Badges	Customer services Resources Highways/Streetscene Planning Revenue and benefits Council Tax Sustainable Transport Blue badge scheme	03000 26 0000 03000 26 1212 03000 26 1000 03000 26 1060 03000 26 2000 03000 26 4000 03000 26 8667 03000 26 9425				

Know your councillors

Peterlee Town Council is made up of 22 councillors representing the five wards of Peterlee. They are chosen by you at local council elections held every four years. The next election is in May 2025. Contact details of your councillors are published on the Town Council's website: www.peterlee.gov.uk/councillors/ and here's a list for you to keep handy at home:

ACRE RIGG WARD, 5 M	MEMBERS		
Councillor's name Michelle McCue Karon Liddell Ray Burnip Sheila Simpson Susan McDonnell	Telephone number (0191) 7160770 (0191) 7160771 (0191) 7160772 (0191) 7160774 (0191) 7160788	E-mail address michelle.mccue72@gmail.com Karonliddell64@outlook.com burnipr@gmail.com sheilasimpson1@outlook.com Susan.McDonnell@durham.gov.uk	As a guide this ward includes the following streets Lowhills Road, Lincoln Walk, Suffolk Walk, Acre Rigg Road, Basingstoke Road, Beverley Way, Gloucester Place, Neville Road, Westmorland Rise, York Road.
DENE HOUSE WARD,	4 MEMBERS		
Councillor's name Bobby Fishwick Audrey Laing Karen Duffy Terry Duffy	Telephone number (0191) 7160773 (0191) 7160775 (0191) 7160776 (0191) 7160777	E-mail address fishwickr20@gmail.com audrey.laing1947@icloud.com mylovely@tiscali.co.uk terryduffy@talktalk.net	This ward includes the Town Centre and streets including O'Neill Drive, Manor Way, Eastfield, Thorntree Gill, Matterdale Road, Hatfield Place.
EDENHILL WARD, 4 M	EMBERS		
Councillor's name Debbie Quinn Mary Cartwright Martin Sanderson Diane Howarth	Telephone number (0191) 7160778 (0191) 7160779 (0191) 7160780 (0191) 7160782	E-mail address debbie.quinn74@outlook.com maryrosemarie@hotmail.com sandyanne1@hotmail.co.uk dijoycey@icloud.com	This ward includes streets including Coniston Close, Edenhill Road, Brandlings Way, Crawford Avenue, Fairbairn Road, Eden Lane, Ashton Rise.
HOWLETCH WARD, 4	MEMBERS		
Councillor's name Anne Stockport Steven Franklin Ebony Watson Rob Moore	Telephone number (0191) 7160781 (0191) 7160783 (0191) 7160784 (0191) 7160785	E-mail address astockport2@outlook.com sfranklin1990@yahoo.com ebonyw1523@icloud.com robamoore1@gmail.com	This ward includes some of the following streets Brendon Place, Pennine Drive, Pentland Close, Shadforth Close, Grampian Drive and Balliol Close.
PASSFIELD WARD, 5 N	IEMBERS		
Councillor's name David Hawley Karen Hawley June Black Scott Meikle Robert Scott	Telephone number (0191) 7160786 (0191) 7160787 (0191) 7160789 (0191) 7160790 (0191) 7160769	E-mail address super.d1@outlook.com karen.hawley@durham.gov.uk june555black2@gmail.com archibald1967@sky.com robert.scott60@btinternet.com	This ward includes some of the following streets Donnerston Grove, Appleby Way, Lambton Court, Tees Close, Helford Road, Sunny Blunts and Tweed Close.
COUNTY COUNCILLO	RS	•	

Your County Councillors are:

Councillor Louise Fenwick

0300 0269042

louise.fenwick1@durham.gov.uk

and Karen Hawley, Diane Howarth, Susan McDonnell & Terry Duffy whose details are given above.

How to get involved and have your say

- You can contact your local Town and County Councillors using the details provided above and discuss your ideas with them directly.
- You can also attend our Council meetings. Dates and times of our meetings are available on the town council website www.peterlee.gov.uk/events/
- Due to the current COVID situation the capacity of our meeting rooms has been reduced and public admission to meeting will be limited. If you wish to attend Shotton Hall to observe one of our meetings you are strongly advised to contact the Council in advance to reserve a seat: council@peterlee.gov.uk or 0191 5862491

fun for kids, whatever the weather, in the heart of Peterlee

Join us

CASTL^{LL}DENE

The Heart of Peterlee

for a feast of family-friendly entertainment at Castledene throughout the Summer!

> SATURDAY 29th JUNE Euro 2024 Football Themed

SATURDAY 27th JULY Pirates and Princesses

SATURDAY 31st AUGUST Fairground Circus Fun

Throughout August, Saturday 3rd, 10th, 17th and 24th we will also be hosting our SUMMER OF FUN events with entertaining shows for all the family, including Superheroes, Jugglers and much more!

Stay tuned to our socials for more information. www.castledeneshoppingcentre.co.uk