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VILLAGE A.G.M.

Great Aycliffe Village Hall Association will be holding its Annual General Meeting on Monday 14th March in the Village Hall, North Terrace. The meeting starts at 7pm. Reports of progress, finances and current initiatives will be presented at the meeting with light refreshments available afterwards. Everyone welcome.

Residents Meeting

The Dales Residents Assoc. are holding a meeting on Monday 7th March 6.45pm at the Horndale Club. Come along and put your views forward on how to continue to make your area a better place to live. Everyone is welcome.

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TOWN COUNCIL INVITE PUBLIC TO PREPARE PARISH PLAN

Great Aycliffe Town Council is inviting local people to join in with the Council to prepare a Parish Plan.

Cllr Malcolm Iveson, Leader of the Council said "We are learning from other town and parish councils, who have found that Parish Plans are the best way to involve the community in deciding how the area should develop. Great Aycliffe Town Council will be holding meetings across the area in spring and summer to try to find out what really matters to people who live and work here, and to identify what we can do better".

In February this year, the Council agreed a mission statement and a set of aims and targets for 2005/06, which lists all the activities that the Council will get involved in this year. Details will be published in the next Council Newsletter due out later this month, and consultation on that is the first step of the parish plan process. The Council aims to publish the first Great Aycliffe Parish Plan in December 2005 so that it can influence decisions taken by the Council next year. Cllr Iveson hopes that the Parish Plan will not only

reflect the community's views on the services that the Town Council is able to provide under its powers, but also on services provided by other partners to Great Aycliffe. "I hope that the Plan will start to guide us when we talk to other bodies, such as local authorities, police, or health providers," explained Cllr Iveson, who went on to say "one of the key aims of the Council is to work in Partnership to improve service delivery across the board".

The next stage of the process is to form a PARISH PLAN STEERING GROUP, of around 9-11 members. Four members of the Group will be Town Councillors and it is hoped to be able to recruit the other members from a representative cross-section of the community. The Steering Group will carry out the process, and will Investigate and identify support for the Plan; Liaise with relevant authorities and organisations to make the Plan as effective as possible; Identify ways to involve the whole community and to gather the views and opinions of as many groups and organisations in the community as possible. Identify the types of services and information gathering to be used. Identify and recommend priorities and timescales for local action in the action plan. At the end of the planning process the Steering Group will make recommendations to the Town Council, about the way forward. "We can't promise to commit the Town Council to deliver everything that might come up in the Plan", said Cllr Iveson, "as obviously we don't know what will come out of the work, but we do promise to consider it carefully".

The first phase of the Group's work will take it through to the end of June 2005, during which time it will seek to talk to as many representative groups in the community as possible. By the end of June it will expect to be in a position to recommend a draft Plan to the Town Council. The next phase will be to consult on the agreed Draft Plan.

Mike Rice, the Great Aycliffe Town Clerk said, "The Steering Group will be very busy, but its work will be exciting and rewarding and will help to shape a community-led action plan for Great Aycliffe. "This is the first such initiative which the Council has undertaken and signals the start of its aim to define and articulate clearly the community's vision and key priorities. I hope that members of the community will take up the challenge to help the Council to develop the Parish Plan. The Town Council would therefore be grateful to hear from any citizen who is interested in being part of this exciting project as a member of the Steering Group".

If you would like to

Sale of Hall Good for Horndale

Dear Sir,
After long and protracted negotiations Sedgefield Borough Council completed the sale of Greenfield Meeting Hall last Friday 25th February to the Aycliffe Evangelical Church.

The Plans for the improvements have been agreed by the Development Control Committee so we should now see the regeneration of the building. Counc. Brian Hall and I agree this is the best news we have had and when the hall is regenerated it will become an asset to the area of Horndale. By working in partnership with the Aycliffe Evangelical Church we will continue to create a positive image for the area and still have a community building with a Christian ethos at the fore. I look forward to working with Pastor John Rubens on a number of issues. Details of the regeneration programme can be obtained from the Pastor on 310530. Vince Crosby

participate, or would like further information, please contact: Mike Rice, Town Clerk or Pat Nevins, Policy and Training

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Fax: 01325 301053 or e-mail info@great-aycliffe.gov.uk

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Grand Jumble Sale

The Parochial Church Council and Ladies Working Party of St. Michael's Church, Heighington will be holding a Grand Jumble Sale on Saturday 5th March in the Village Hall, Heighington 10.00am-12.00 noon. Refreshments will be available. Admission is 20p. If you have anything in good condition to donate telephone 01325 312337 or 301710 (sorry, no electrical goods or furniture)

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POVERTY OF THOSE ON FIXED INCOMES

Mervyn Kohler, head of public affairs at Help the Aged, said: 'Pensioners will be mildly relieved that the average Council Tax increase is the lowest for a decade, but even four per cent outstrips the three per cent which will be added to the state pension next month.

Taken in the context of the anticipated increase in water bills later this year and the substantial hikes in energy bills that we have seen recently, the story is one of older people's fixed incomes being squeezed from every side. 18 per cent of Britain's pensioners already live in persistent poverty. We fear that this figure may well grow.

'The major worry is that this year, the Government has found a substantial lump sum to constrain Council Tax increases, and without a similar effort next year, bills could be soaring again. It is vital that a new basis is agreed for funding local expenditure which is fair to all residents, including those on fixed incomes like pensioners, and that efforts are redoubled to identify the forty per cent or so of older people who do not yet claim Council Tax Benefit.'

P.C.P. APPOINT PHYSIO

The Pioneering Care Partnership are pleased to announce they have recruited a Physiotherapist to work in the Natural Therapy Suite at the Pioneering Care Centre, Off Burn Lane in Newton Aycliffe. Greg Henderson is a Chartered and State registered physiotherapist and has over 13 years experience. Greg is already well known in the area due to his successful NHS back pain clinic but in his private clinic he will be able to treat a wide range of conditions. Sessions are available on Tuesdays 5.15pm-8.15pm and Saturdays 10am-1pm. Prices are very competitive and concessions are available for anyone in receipt of benefits, including state pension. Physiotherapy is helpful to reduce pain and inflammation and to help restore normal movement. Conditions that may be helped by physiotherapy include low back pain, neck pain, shoulder and arm pain, repetitive strain injuries, tennis elbow, carpal tunnel syndrome, hip pain, knee pain, arthritic conditions and sports injuries. If you would like an appointment or further information please call 01325 327 444 for details.

Local Church Buys Meeting Hall

Greenfield Meeting Hall, Newton Aycliffe has been bought from Sedgfield Borough Council by Aycliffe Evangelical Church. After some considerable time of negotiation between SBC and the Church the sale was completed on 25 February. The Hall is in a poor state of repair, both inside and out, and one of the conditions of the sale is that the Church will upgrade the building over the next twelve months.

Aycliffe Evangelical Church has been in the town since 1989 and had previously met in Greenfield Hall, but for the past 7 years they have been meeting in Sugar Hill Lower School in Sheraton Road. John Rubens, the pastor of the Church, said that the members and congregation are looking forward to moving back to Greenfield with a view to becoming an active part of the local community. Although it will be some months before the basic refurbishment will have progressed enough to enable the Church to move in, it is hoped that when the work is completed the Hall will again be an active part of the Community.

Aycliffe Evangelical Church is affiliated to the nationwide Fellowship of Independent Evangelical Churches. For more information please contact Pastor John Rubens on 07703 464971. Please visit the web site for latest information www.aycliffe-ec.org.uk

50+ "Your Health Roadshow"

Newton Aycliffe Youth Centre,
Thursday 17th March 2005,
between 10pm and 1p.m.

A partnership involving Sedgfield Primary Care Trust, Sedgfield Borough Council, Tees & Durham Energy Advice, Warm Front, The Pioneering Care Partnership, Age Concern Durham County, Durham Constabulary, County Durham and Darlington Fire and Rescue Brigade, Durham County Council Social Services Department and Sedgfield Locality Carers Centre is to deliver another series of the popular '50+ Your Health Road Show' around Sedgfield Borough. Mainly for the over 50's, although anyone can attend, this new initiative offers the opportunity to have a free health check, free diabetes check and access information on Healthy Eating, Medicine Management, Foot Health, Energy Advice, Home Security, Fire Safety, Gentle Exercise. Free complementary therapies will also be available at all events.

Jane Hartley - Chief Executive for the Pioneering Care Partnership said "the 50+ 'Your Health Roadshows' initiative is not just an excellent way to raise awareness around health related topics. It also offers the older people of Sedgfield Borough the chance to have a health check whilst enjoying the many activities at each event."

For more information or to book your place please ring Gill Macnab on 01325 321234, fax 01325 301129, minicom 01325 313133.

SOCIAL CARE "DROP IN" SERVICE LAUNCHED

A new centre aimed at the social care sector is launching a one-stop monthly "drop in" service which starts later this month. The Learning Resource Centre Network is based at the North East headquarters of the strategic workforce development body for social care Topss England.

Topss North East, which is at the Belasis Business Centre, Billingham, will open its doors to the public for the first time on Friday 25th February between 10.00-3.00pm. The drop in service will be available the last Friday of every month with the exception of Bank Holidays.

Centre Manager Audrey Harmer says that the centre has been created to help employers and employees, including social workers and care workers who give support to some of the most vulnerable people in society. She stresses: "The resource service has been launched to help the whole of the social work sector by providing support in workforce development and planning, together with practical assistance for work based learning.

"The drop in service will reach out to people not only working in social care - but those who are thinking of a career change and joining the vast army of care workers and social workers who make a difference to other people's lives. Also welcome will be personal carers and service users care. We will offer one to one confidential advice."

A whole range of information will be on hand, including learning career progression opportunities; pathways to study and development and advice on NVQs and NVQ assessor /verifier awards.

Employers interested in workforce funding for staff development and training, and the provision of work placed learning opportunities will be able to access on the spot advice. For more information please contact Audrey Harmer, telephone 01642 345 682.

NO HELP FOR DISABLED IN BAD WEATHER

During severe weather with heavy snow many of our members who rely on wheelchairs or scooters to get about, have complained that they have been confined to their houses. No effort has been made to move the very thick snow outside and they cannot do it themselves.

It was thought the Council knew where these registered people are and that they could have used people such as those on Community Service and those that normally do jobs such as gardening to assist them.

Besides club member David Parker having a poem printed in this year's Poppy Fields 2005, another ex serviceman in Newton Aycliffe-Mervyn Brockwell also has a poem accepted for the book.

It is most unusual for 2 poems from a small town such as ours to be selected and I think they are both to be congratulated.

Ernie Wilson
Press Officer
Mobility Club

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GREAT AYCLIFFE TOWN COUNCIL

Dates and Times of Statutory Meetings
of the Town Council and its Committees

Wednesday 9th March 2005

Full Council - 7.15pm

Tuesday 5th April 2005

Environment Committee - 7.15pm

QUESTION TIME

A period of up to 30 minutes has been set aside for the public to ask questions of appropriate members of the Council at its Council Meeting. Questions should relate to the work of the Council or affect the Parish in some way and they should be given in writing to the Town Clerk at least five clear days prior to the date upon which they will be asked.

The Press and Public are cordially invited to attend.

ROTARY CLUB REVIVES COMMUNITY FAIR

Town Organisations Given Free Exhibition Stands

If you run or are involved in any form of Hobbies Club, Social Group, Self Help organisation, voluntary group, locally based Charitable Organisation, Sports Club, in fact any kind of group that relies on membership for its own support and benefit, no matter how small or large, then this is the opportunity to show the people of Newton Aycliffe and surrounding areas what you do and recruit new members. AND IT IS ENTIRELY FREE!

The Rotary Club of

Newton Aycliffe with total support of Great Aycliffe Town Council and Sedgfield District Council are organising a Community Fair in the Leisure Centre in Newton Aycliffe Town Centre to take place on **Saturday 7th May 2005**.

Stands will be allocated free of charge to all bona fide groups to show to the general public exactly what they do and how any one interested can join in their activities. Admission to the Community Fair will also be free.

The last time this event was held six years ago,

over 70 organisations were represented, all of whom agreed that the event was extremely worthwhile and effective for them in raising profiles and attracting new members to their different organisations. Take this opportunity NOW to register your interest, remember Toddlers to OAP's there is something for everyone in this town....but people need to be told about it! It's free...you have nothing to lose....and everything to gain. Please complete the form below:

We wish to book a FREE stall at the Community Fair

Name of Organisation

Activities:

Number of Members:

Where you meet

Secretary:.....

Address:

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CRACK DOWN ON FLY TIPPERS

Waste 'detective' will track down offenders as problem threatens to worsen

Local authorities in County Durham have joined forces with the Environment Agency to wage war on fly tippers - the unscrupulous operators who dump waste and rubbish by the roadside or in quiet country lanes rather than pay to get rid of it properly.

And their message is: "If we don't catch you red-handed, we'll track you down from the rubbish you dump and you'll end up in court." Spearheading the clampdown will be a newly appointed fly-tipping enforcement officer, funded jointly by the Environment Agency, Durham County Council and five of the seven district councils in the county who are each contributing a further £3,000.

Durham County Council's Deputy Chief Executive (Environment) Chris Tunstall said fly tipping was a blight on County Durham, not only in environmental terms, but as a significant burden to Council Tax payers in terms of meeting the cost of clearing up and disposing of the mess it created.

And he warned the problem was "highly likely" to increase in coming years as the Landfill Tax - the Government's charge for legitimately disposing of waste - rose from the current £15 per tonne to £35 per tonne by 2010.

"There's no doubt that more unscrupulous operators will attempt to avoid these legitimate costs of waste management," said Mr Tunstall. "Few fly-tipping offenders are caught-in-the-act, and because of the lack of dedicated resources within local authorities and the Environment Agency, few cases ever get to court."

But Cllr. Brian Myers, the County Council's Cabinet Member for waste management warned the situation is set to change.

COURSES AT THE PIONEERING CARE CENTRE

Introduction to Holistic Therapies

If you would like to learn more about Holistic Therapies we have the perfect course for you. This FREE introductory course will explain a range of different holistic therapies and give you the opportunity to practice various techniques. Delivered by a qualified therapist from Bishop Auckland College, this course will run for 5 weeks commencing on Tuesday 22nd February from 6pm until 8pm at the Pioneering Care Centre in Newton Aycliffe.

Introduction to Counselling

A new Introduction to Counselling Course will be offered by Bishop Auckland College at the Pioneering Care Centre. Commencing on Thursday 10th March, this FREE course will run from 6pm until 8pm for 5 weeks. After this introductory course you could go on to study the Interpersonal Skills Certificate or the Level 2 Certificate in Counselling Skills.

Computing
Would you like to learn how to use a computer, or do you need to brush up

your existing skills? As a Learndirect Centre the Pioneering Care Centre offers a wide range of courses to suit all abilities. Learndirect courses are flexible and you can learn at your own pace. You can study at home or in our fully equipped IT Room, with the support of friendly helpful staff. We can help you to choose the right course and support you throughout your learning.

ECDL (European Computer Driving Licence)

This Level 2 Computing course is ideal for people who need an IT qualification for work. Modules include Word Processing, Databases, Spreadsheets, Presentations and Communications (Email & Internet). This qualification is recognised by most employers and is also useful if you are thinking about starting a college or university course. No matter what you plan to study computing skills can save you time and can help with preparation and layout of assignments, researching skills and producing presentations.

Math & English

Would you like to improve your English or Maths? Do you sometimes struggle to spell some words? Do Maths problems confuse you? Whether you want to be able to help your children with their homework or need a qualification for work we will be able to help you achieve your goal. The Pioneering Care Centre offers a range of English and Maths courses to suit all abilities. We have qualified staff on hand to help and courses are flexible to fit in with even the busiest of lifestyles. To find out more about any of the courses offered at the Pioneering Care Centre, or to book your place please call 01325 321234.

Pensioners Get £2.45 While the PM £96.35

Dear Newton News,

Mr. C. Birkbeck (Newton News last week) indicates that his pension increase is £2.45, this would be the 3.1% which New Labour is basing its entire pension and benefit increases on; multiply this by 52 weeks and we have the grand yearly increase of £127.40p.

Our Member of Parliament, Tony Blair, has just received a more modest 2.8% increase on his nationally paid salary which managed to push his weekly increase up £96.35p or £5,010.00p yearly. It would seem that New Labour is still managing to maintain and increase the wealth gap between the "have nots", mostly pensioners, who have worked all their lives and supported the national economy and the "haves" who put nothing into the national economy but always seem to get the most from it.

Mr. C. Birkbeck indicates that inflation +0.5% + £2.00p is what is going onto the rent increase for this coming year, but the £2.00p was also included in last year's rent increases as Sedgfield Borough Council only makes a point of what they are including in the increase and not what New Labour tells them they must add as well.

It is noted that inflation + £2.00p is New Labour's proposed increases up to the year 2012, and all these increases could easily be absorbed if pensioners were given only 15% of a Member of Parliament's yearly income. But you have to be in local or national politics to make any money these days.

Regards,
Peter Dolan

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Letter to the Editor

Choir Visits Neville Methodist Church

Dear Sir,
On Sunday 13th March, Neville Parade Methodist Church are privileged to have a visit by the Witness Choir who will perform "The Witness" by Carol and Jimmy Owens. This musical work, which portrays the events of Easter through the eyes of St. Peter, will form the major part of our evening worship, which begins at 6.00pm. Everyone will be most welcome to share this occasion with us. Mrs. Jen Dutch

FREE SWIMMING FOR MUMS

Treat your mum this Mother's Day. Newton Aycliffe Leisure Centre is giving Mums the chance to swim for FREE for one day only on Mother's Day, Sunday 6 March (10am - 3pm). That's not all, you can

also give your Mum a well deserved pampering session in Newton Aycliffe's brand new £215,000 sauna, complete with Jacuzzi and steam room. Mum's only pay half price at ONLY £2.10 (Sunday

6 March only). Newton Aycliffe Leisure Centre swimming pool is open to the public Monday (12pm - 2pm), Tuesday - Friday (12pm - 2pm and 6pm - 8pm), Saturday's and Sunday's (10am - 3pm). Sedgefield Borough Council run a number of swimming courses for both adults and children throughout the year. For more information please visit:

www.sedgefield.gov.uk/swim or call Newton Aycliffe Leisure Centre on 01325 300500.

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NEWTONIAN ACHIEVES DofE GOLD AWARD



Ace volunteer, Paul Hughes is off to London to receive his Duke of Edinburgh's Gold Award. (March 3) Paul, 19, of Newton Aycliffe, will receive his award at St. James's Palace, London on Thursday, March 3. He was supported throughout his award by Durham County Council's Education in the Community youth worker Keith Rodway at Newton Aycliffe Youth Centre where he has been a member for seven years.

As part of the Award, Paul has helped the centre's Bronze Award participants, training them in team building and expedition skills and has improved his own outdoor skills by training as a Mountain Leader. Paul also helps at the Youth Centre with expedition training when he is on holiday from University in Manchester.

He ran the London Marathon in 2004 which counted for the physical recreation section of his Award and is to do it again this year when he hopes to raise further funds for local charities.

His residential project was at an Outward Bound Centre in the Lake District where he also completed his Gold qualifying expedition.

He was nominated and successful in gaining a Shrivelly Award in 2003 presented by the High Sheriff of Durham and Durham Agency Against Crime for his volunteering and fundraising commitment in the local community and was also presented with a Millennium Volunteer Certificate for over 200 hours of volunteering.

SEARCH FOR SINGING HOPEFULS

Music for Darlington is launching a competition for young singers to win the opportunity to perform in the Darlington Proms 2005.

The lucky winner will sing, at The Last Night of the Proms in Darlington on Saturday 14th May, accompanied by the Waterloo band. One runner-up will also sing on Friday 13th May at the Promenade for Youth event.

Entrants should be between the ages of 12 and 18 and be competent performers of either classical or light music. Entrants are required to record a solo performance of a musical item of their own choice.

Six entrants will then be short-listed to attend a live audition on 17th March where they will be asked to sing an item of their own choice as well as 'Home Sweet Home'. All short-listed entrants will receive a framed certificate as well as cash prizes for the top three.

The Last Night of the Proms is a concert, featuring leading vocalists and instrumentalists, in aid of three local charities: St Teresa's Hospice, Darlington MIND and The Corps of Army Music Trust.

Last year's winner, 18 year-old Helen Kelly from Gosforth, is encouraging others to follow in her steps. She said: "I was lucky enough to sing at The Last Night of the Proms last year. It was an amazing experience and I would recommend any singing hopefuls to get their entries in!"

Helen is currently in the last year of her A Levels and is studying Music, Theatre Studies, History and Philosophy. As a member of the Youth Music Theatre UK, Helen has performed in a lot of local concerts including a solo performance in the Sing Live 'Sing Broadway' show at Newcastle City Hall.

Speaking on behalf of the organisers "Music for Darlington", Jane Bradshaw, Director at St Teresa's Hospice, said: "I am thrilled to announce, that our tradition of proms concerts in Darlington continues, having been unbroken for the last 9 years. The Last Night of the Proms and the Promenade for Youth are prominent musical events in the local calendar involving many experienced choir singers from across the area in the massed Saturday night proms choir, youth orchestras in the Promenade for Youth, and through this competition, helping to discover and develop talented local young singers."

Please contact either Jane Bradshaw or Christine Wilson at St Teresa's Hospice on 01325 254 321 for an entry form

Citizen's Advice Session to Move

The Citizen's Advice Session which is held in the Neighbour Community Centre at Silverdale Place is now moving to the Sure Start Family Centre at Elmfield School.

The session will be held on Wednesday mornings from 10.30am-1.30pm, from the 9th March 2005. This popular session is an addition to the regular sessions, which are held at the Leisure Centre in the Town Centre.

One of the aims of the Citizen's Advice Bureau, which provides support at the heart of the local community, has always been to give people as much time as they require to discuss their problems. Unfortunately this sometimes means having to wait to be seen by an advisor.

Studies have shown that waiting can be quite restricting for parents, grandparents and carer's who are coping with the demands of young children.

By moving to the Sure Start Centre, which is equipped for young children, we are aiming to provide a more user-friendly service for expectant parents, families, grandparents and carer's.

If you are a member of a family with young children and you require assistance from the CAB you may find it beneficial to attend this session, where Myra, the CAB/ Sure Start Advice worker will be only too happy to assist new and current clients.

Like all CAB sessions a full range of assistance is available on issues such as: **Benefits**-Tax Credits, Maternity, Housing/ Council Tax, Income Support, Disability/ Sickness Benefit, Carer's Allowance, Pension Credits etc.

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Assistance can also be given with completing forms/letter writing or contacting service providers. All sessions are free, confidential and impartial. No appointment necessary, just drop in.

Locomotion in Bloom

"Locomotion" the National Railway Museum at Shildon will form a backdrop to a colourful display of floral exhibits from Friday 4th March to Sunday 6th March.

It is all part of the Shildon and District Flower Clubs Silver Jubilee Celebrations.

The display programme commences at 12.30pm with the opening by Councillor Marie Predki, the Mayor of Sedgefield Borough Council followed by a demonstration by John Thexton.

Entry to the demonstration is by ticket only, and should be purchased in advance (Cost £4.00 inclusive of refreshments Tel: 01388 816166 ex 4512)

On Saturday the exhibition is open to visitors from 10.00-4.00pm Sunday is of course Mothers Day and

it is full steam ahead from 10.00am, as visitors arrive in style following their nostalgic steam train ride to and from the main Collections building. Throughout the day there are cream teas being served from the Platform 7 Café.

The day is also enhanced with a craft fete with all manner of hand made items to include bird boxes, soft furnishing and fabrics, water colours, and cards, to name a few displayed in the Collections building.

Every mother entering the building will be greeted with a complimentary chocolate and throughout the day there are free "Mothering Sunday prize draws" to win Locomotion in Bloom Bouquets.

For more details please contact Beryl Anderson 01388 816166

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Activities at Neville Community Centre

Memory Lane Music Hall 1940s-1970s, Little Theatre Middlesbrough including songs from Judy Garland, Doris Day, The Platters and Elvis Presley. Wednesday 20th July 2.30pm cost £10. To book ring 01325 313924. Pay at hall any Wednesday after 8th March, 12 noon. **Table Top Sale** Saturday 19th March 10am-3pm. To hire a table cost is £5. If you have any bric a brac to donate please ring 313924.

Auction Household goods, Saturday 14th May 1pm, view from 11am. Professional auctioneer. If you have goods to donate ring 313924 and we will collect w/c 2nd May.

Bingo Monday 7th March 7pm, Wednesday 9th March, lunch at 12.30 bingo 2.30pm. Come and join us.

Arts/Crafts **Fayre** Saturday 9th April 10am-4pm. To book a site ring 313924.

Jumble Sale Wednesday 9th March from 4pm. Do you have an art or craft that you could pass onto others?

Volunteers Wanted to run a class 1) Line dancing, 2) Knitting, 3) Photographs, 4) Other specialist arts. Ring Peter Beatty on 313924.

Sponsored Walk around Great Aycliffe Way 5 1/4 miles, Sunday 27th March 1.30pm. Come and join us, ring for sponsor form on 313924. All proceeds for building fund.

Jumble Sale Wednesday 9th March from 4pm at Neville Community Centre. Bring your good quality jumble to the hall any morning. Leave in Entrance

ROUND-THE-WORLD SAILING PLAY AT SPENNYMOOR

Dame Ellen MacArthur captured the imagination of the nation and indeed the world earlier this month when she broke the solo, non-stop round the world sailing record in a staggering 71 days.

And building on this momentous achievement Sedgefield Borough Council is to stage the first water-based play at Spennymoor Leisure Centre.

'Three Miles Away' tells the story of the first solo, non-stop, round the world yacht race in 1968 - The Golden Globe - that equally captured the imagination of the world.

Changeling Productions has written, produced and will perform the play with the support of other partners including Sedgefield Borough Council, Spennymoor Town Council and The Arts Council of England.

This is the first time a play of this nature has been staged in a swimming pool and Changeling Productions are hoping to tour the UK with this epic performance.

The production will use drama, physical action, original music on specially built instruments, song, light, sound and visual images to transform the leisure pool into the Southern Oceans and the Roaring Forties.

It will demonstrate the wide expanse of the sea and the depiction of the unknown, a story of physical and psychological courage that is heroic, tragic, and unexpected. Nine men set out on that race, not knowing whether they would make it. Not all came back and some found the venture too much.

Director and writer David Napthine, said: "This is story of individual courage, a willingness to face incredible risks and who you are as a person, because out at sea you have no choice but to see who you are and live with it. People can expect a fascinating story of these men that took part in the first non-stop round the world yacht race."

Changeling Productions are known for creating theatre in non-theatre venues. A former project was Elevation, which took place on the climbing walls at Newton Aycliffe Leisure Centre in association with Sedgefield Borough Council and Rock Antics. This performance was critically acclaimed and Changeling Productions were invited to perform at the prestigious Kendal and International Film and Mountain Festival.

Performances of Three Miles Away are on 17-20 March (7.30pm). Tickets are available from Spennymoor Leisure Centre, (01388) 815827 and are £7.00 for adults and £5.00 for children.

For more information about this exciting and innovative project please call Sedgefield Borough Council Arts Development Officer Katy Banner on (01388) 816 166 Ext 4412.

To accompany the production Sedgefield Borough Council and Positive Futures has supported an education programme that enables three groups of young people to go sailing and document their experiences. Workshops in music and visual will assist these groups in creating an exhibition to be displayed at the performance.



(1 to r - top row) Sophie Scott (actress), Duncan Brown (musician), Gregory Pullen (musician), Steve Holden (actor) and (bottom row) Philip Harrison (actor): The cast and musicians from the pool based play Three Miles Away get a feel for their stage at Spennymoor Leisure Centre pool.

Letter to the Editor

NOT ME!

Dear Sir
After reading Newton News Page 8 "Good Dance Classes Already in Town" I feel I must inform readers that the gentleman who wrote this article a Mr. B. Thompson is not Bryan Thomson, Principal of Lee Green Dance Centre. There are also a number of inaccuracies in this article.
Bryan Thomson

Name and Shame Our Town Yobs!

A clear 'yob warning' has been sent out by Home Secretary Charles Clarke, making it clear that anti-social behaviour has serious consequences. Publishing new guidance encouraging councils to use publicity to help enforce individual anti-social behaviour orders (ASBOs), Mr Clarke made it clear that offenders can expect to have their personal details publicised to protect the community. New ASBO figures also published today show rapid take-up of the power; nearly 4,000 have been issued since they were first introduced in 1999, with almost 20 per cent of these being issued in the most recent quarter (July to September 2004). The Home Secretary also emphasised that ASBOs have teeth - with hooligans facing a prison term as the ultimate sanction for breaching an ASBO. Mr Clarke said: "Tackling anti-social behaviour is a major priority for the Government. We know that too many communities are still blighted by the mindless behaviour of a few yobs, who can ruin the quality of life for everyone."

"Many offenders think that they are untouchable and above the law. If they thought that there would be a news blackout on their actions they must now think again. Publicising ASBOs has been tested in the courts and today we are making the position crystal clear - your photo could be all over the local media, your local community will know who you are, and breaching an ASBO could land you in prison." "Publicity is part of proper enforcement, which is essential if we are to tackle anti-social behaviour and reassure communities that something is being done. "The Government's TOGETHER campaign to tackle anti-social behaviour has already seen communities and agencies coming together across the country to take a stand against anti-social behaviour to great effect. The powers we have given the authorities are being used, crime is down, the chance of being a victim of crime is at its lowest for 20 years and for the first time in years people are starting to feel the effect of the action taken to tackle the problem."

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Places in the Great North Run for "ChildLine"

If those New Year resolutions to get fit and healthy have faded into oblivion, ChildLine is offering you a great incentive to get right back on track! The charity needs you to take part in the 2005 BUPA Great North Run on Sunday 18 September to raise valuable funds for children in danger and distress.

ChildLine's North East Fundraiser, Clare Framrose says: 'ChildLine answers around 2,300 calls every day from children in desperate need of the comfort, advice and protection our counsellors can give them. But sadly, due to lack of funds, hundreds more children are unable to get through. By running for ChildLine, you can help us answer more calls and make a real difference to these children's lives.'

'We are aware that there is a great demand for places in the Run this year and the public ballot has now closed. However ChildLine still has guaranteed Priority places available, so anyone who is interested in running on our behalf should get in touch as soon as possible.'

For more information on running the BUPA Great North Run for ChildLine, please email cyn@childline.org.uk or call 0870 336 2995.

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Memoriam

Berna

Treasured memories of Margaret Bernadette Clough who died 3rd March 2004.
A year of endless sorrow has now passed by. For a life cut short, we know not why. Time is a healer, or so they say, but we somehow seem to have lost our way. Countless wishes that we may join your endless sleep, forever beside you, our soul's to keep.
Then we remember the happiness you shared through life. Your joy at being a mother, grandmother, daughter, aunt and wife. The memories you gave us mean we're never far apart. You gave each and every one of us a piece of your heart. Though the pain of losing you is never far away, I hope we make you proud of us, as we begin each new day.
Never will you be forgotten as our love for you is endless, always in our thoughts love, Mam, Dad, sons, daughters, grandchildren, brothers and sisters-in-law

SYLVIA BLOWES (5th March 1999) Six years today since you passed away, but you are loved and remembered everyday. Time changes many things, but not the memory this day brings. To be with you in the same old way, would be our dearest wish everyday. Love from, all the family xx
EMILY LONGSTAFF A dear Mam, grandma and great grandma. Thinking of you on Mothers Day with love and affection, as we do everyday. Love from, Irene, Tony, Sam, Jenna, Jade and Josh xx
BILLY DODD died 8th March 1985 Twenty years since we had to part but in spirit you have been with me everyday and always will be. Thank you for so many happy years and memories. May God bless you and keep you till I meet again. Your loving wife, Olive xx
MARGARET ROSE THOMPSON 7.3.05 Three years have passed since you went away, deep in our hearts you will always stay. Time passes by but memories stay, loved and remembered everyday. Love, your family xx
ARRAN HUGHES Loved and missed always. Love, Elaine, Amy and Elenia xx
BERNA CLOUGH 3.3.2004 Always remembered. Lenny
JEFFREY WARD 6th March 2000. Always remembered. Wife, Rita and children and grandchildren xx
CLELLAND JIM 2.3.96 Loved and remembered everyday. Marina, Debbie and Jayne xx

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Mothers Day Greeting

SHEILA TWOHIG Happy Mothers Day to the best childminder, dog walker, taxi service, friend and mam. Love ya, Carol, Lee, Stephen and Ryan xx
FAWCETT DAWN To the best Mammy in the world on your 1st Mothers Day. Have a lovely day. With lots of love and hugs from, your best boy Declan Thomas xx
RODGERS To my darling Susan. Happy 1st Mothers Day. Lots of love always and forever, Garry xx
RODGERS Happy Mothers Day Mammy. Lots of love always, Abbie xx
BURKITT Happy Mothers Day Mam and Nana. Lots of love, Susan, Garry, Kev and Abbie xx
DELIA STOUT All our love to the best Mam in the world, today and always. Love, Kay, George and Michael xx
ANNE KEMP Happy Mothers Day Mammy. You are the best mum in the whole world. Lots of love, Kieren and Matthew xx
LILIAN TAYLOR I know you are not here on this special day, but I promise to make it up to you when you come up on the 18th. I love you more and more each day, and miss you loads. There isn't a second that goes by when you're not in my thoughts. See you on Friday 18th March. Love you loads. Love, Rachael xx
LILIAN TAYLOR Happy Mothers Day. See you on the 18th. Love from, Kelly and Cameron xx
LILY YOUNG Happy Mothers Day Nana. Love you lots. Love, Rachael and Kieran xx
MAM J (JULIE HOWEY) Thanks for being the best mam in the world. We appreciate everything you have done for us, and don't know where we would be without you. You're special in every way, and not just on Mothers Day. All our love, Tania, Michael, Ste and Little Olive xx
SARAH JANE JACKMAN Happy Mothers Day to the love of my life. Love always, your loving husband Craig xx
SARAH JANE JACKMAN Happy Mothers Day to the best Mammy in the world, who we love very, very much. All our love today and everyday love, Madison and Mackenzie xx
SPENSLEY Happy Mothers Day Mam "Sylvia" You are very special and loved everyday. Love, Julie, Den and family xx
JENNY TARVIT Happy Mothers Day Mam. Lots of love, from all the family xx

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WILLS written in your home - Free details. Tel 313197

KAY HUGHES Hope you had a great birthday Kay on the 19th February, hope you liked your birthday gift? We will be back to see you soon, lots of love from Nan and Grandad in Singapore
FANCY the ultimate girls night in? Why don't you hold an Ann Summers Party and earn yourself discount. Ring Hayley on 07793 449 570

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SPECIAL OFFER While stocks last. 1600 spin auto washers, A rated energy, A rated wash. Large 6kg load capacity £269. Plus choose from a kettle, toaster or an iron as a free gift. Bargain Buys, Shafto Way 321678

MOTHERCARE 3 in 1 pushchair/pram/car seat/rain cover/cosy toes/base for car seat - £75, excellent condition. Tel 319833

MOSES basket with luxury broderie Anglaise quilt and stand, complete with sheets and blankets, £25, excellent condition, Tel 319833

ZANUSSI FRIDGE excellent condition £45 ono Tel: 310314

LARGE 3 & 2 seater settees with matching chair, 2 stools and scatter cushions. Predominantly light terracotta. Excellent condition. Buyer to collect. To view Tel: 312910

LEATHER 2 SEATER sofa, olive green. Very good condition £100 ono Tel: 320514

EXERCISE BIKE. Body sculpture magnetic variable resistance, electronic monitor. In Index catalogue 116-624 (£119) Excellent condition. Only 2 years old £60 Tel: 321145

FRIDGE 2 years old. Excellent condition £40 Tel: 310416

SOLID PINE wardrobe. Height 200cm, length 150cm, and depth 25cm. Excellent condition £270 Tel: 307667

PINE TALLBOY wardrobe and matching set of 5 drawers. £80 Tel: 307667

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DOUBLE BED HEAD, Honey pine. Excellent condition £8 can deliver Tel: 316641

RALEIGH LADIES mountain bike £30 Tel: 310963

STURDY METALLIC high-rise bed with desk, folding chair and single futon. Excellent condition. £90 ono Tel: 301203

SOLID PINE ¾ size wardrobe £50 Tel: 301043

SOLID PINE ¾ size child's bed £30 Tel: 301043

BEECH BUTTERFLY table and four chairs with storage £60 Tel: 301043

INDESIT electric cooker, white. Bought Nov 04 £100 Tel: 301043

XBOX 2 pads, 1 wireless and 7 games. Excellent condition £150 (variable) Tel: 07845239930

WHITE FRIDGE freezer, good condition. H. T 5ft £100 ono Tel: 314014

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Thanks

DON SMITH. Jean and family wish to sincerely thank all friends, relatives and neighbours for the kindness and sympathy shown to them during their recent sad loss, also for the many cards of condolence, donations received and provisions of refreshments provided. Grateful thanks to Rev Martin Anderson for his comforting service, Stephen Robson-Cross, Colin Farlow and the Co-operative Funeral Service for their support and guidance. God Bless you all.

BURNISTON Terry and Linda would like to thank family and friends for a wonderful surprise 25th Wedding Anniversary Party, also for all the cards and gifts we received.

ANN DIXON I would like to thank my husband Neil and all my family and friends for the wonderful cards, gifts and flowers I received on my birthday.

I WOULD LIKE to thank all my family for the surprise night out for my 70th birthday. I was gob smacked. Thanks to family and friends for cards, presents and messages. I will forgive all the little white lies. Ha ha ha! Love to you all, Betty Carr

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Congratulations

Kyle Allen & Daniel Todd



Kyle Allen (Psycho) 9th March
Congratulations on your 18th Birthday
Have a good one son!
Love Mam, Dad and all your family
Daniel Todd (Toddy) 9th March
Happy 18th Birthday.
Best wishes from Carolyn, John and family xxx

Lindsay Melvin



18 Years Old
4th March 2005
Still as cute as ever!
Have a great 18th and a great night! Love from Mam, Dad, Simon, Emma and all the family xxx

Lost & Found

MISSING LARGE Sarong, last seen Marshall Road. If found please contact Beck's at Star Cabs.

Birthday Remembrance

GROUNDY KENNETH March 6th. Thinking of you Ken on your birthday. Missed so very much by all of us. Love, Mary, Sandra, Simon and Claire xx

KAREN GAUDEN (Nee Stott) 02/03/1961 The best sister a man could wish for. Always loved and remembered. Your loving brother, Stephen, Lynne and boys xx

ALAN ROBSON Not just today but everyday we remember. Your loving wife and family at home and abroad xx

WELL DONE to Adam Yau for passing the interview and entrance exams to the Royal Grammar School. Very, very proud of you. Love from, Mammy, Daddy, Emily, Thomas and family xx

EDGAR PARNABY 3rd March. Happy 65th birthday dad, granda. Lots of love, Lisa, Francesca and Darran xxx

EDGAR PARNABY 3rd March. Happy birthday my treasured husband, granddad. Lots of love, Margaret and Terri-ann xx

MICHAEL MILES 4th March. Happy 60th birthday to my wonderful husband. All my love, Dorothy xx

MICHAEL MILES 4th March. Happy 60th birthday dad. Lots of love, Robert, Joanne, Lynn, Steve, Mandy, Michael and Andrea

MICHAEL MILES 4th March. Happy 60th birthday granddad. Lots of love, Paul, Neil, William, Alice, Adam and Luke xx

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MICHAEL MILES 4th March. Happy 60th birthday granddad. Lots of love, Paul, Neil, William, Alice, Adam and Luke xx

Vikki Carter



4th March 2005
To a special daughter on your 18th birthday. Have a fantastic party. Good luck with your future plans, all our love Mam and Dad
All our love to a special granddaughter on your 18th birthday. Love, Nana and Grandad
Congratulations and best wishes on your 18th birthday. Love, Nana Beryl and Grandad Brian
Happy 18th Birthday Love and best wishes, Auntie Joyce and family
To a special niece as you celebrate your 18th birthday. Have a great party, love and best wishes. Uncle John and Trudy. PS: You can be a round now!
Love and best wishes on your 18th birthday. Uncle Stephen and Auntie Lucy
Happy 18th birthday. love and best wishes. Uncle Graham and Auntie Emma
Happy 18th birthday. have a great party. Love and best wishes from Auntie Sandra and Ben
Hip Hip Hooray our cousin is 18 today. Love from Kira, Adam, Jake, Amy and Toby

JUNE HOWARTH

Happy ??th Birthday Sweetheart
Love always from your ever loving husband
Rob xxxxxxxxxxxx

Rita Robson



Happy 70th Birthday Mam
Love always from daughters Heather, Liz and Hilary; Melvin, Paul, John and from your grandchildren. PS Happy Mothers Day

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Births

Gayle and Andrew



Thank You and Congratulations
Thank you for our first grandchild "Alfie Andrew" who arrived safely on 21st February 2005. All our love, Mam and Dad xxx

CONGRATULATIONS Helen and Martin. Baby girl on 17th February. All our love, Pop, Laura and Sandra xx
ANDREW & GAYLE Congratulations and well done on the birth of "Alfie." With lots of love, Craig, Mollie, Lauren and Katey xx

GARY & KELLY Thank you for a beautiful grandson Matthew Alan Hudson 1.3.05. Love and kisses always, Mam, Dad, Uncle Neil and Pebbles

CONGRATULATIONS Gary and Kelly on the birth of your beautiful baby boy Matthew Alan Hudson 1.3.05. Love, Nana, Grandad, Ian, Karen, Curtis, Brad and Megan xx

GARY AND KELLY Congratulations on the birth of Matthew. 1st Grandchild for Ken and Gail. Love, Lesley, Andrew, Craig, Lynsey and Rachael xx

PLANS FOR NEW APPROACH TO HEALTHIER SCHOOL MEALS

Durham County Council is on the verge of implementing a major shake-up in its approach to school meals provision to ensure healthier pupils today make healthier adults tomorrow.

Following Education Secretary Ruth Kelly's announcement today that she is to tighten the health requirements for school meals, the Council revealed that members of its Overview and Scrutiny Committee had spent the last six months reviewing the provision of school meals in the county.

And while their draft report 'Healthy or What' makes a range of recommendations which the Council's Cabinet will consider to ensure pupils receive a healthy school meal as part of a healthy 'whole school' agenda, it also looks to the Department of Health to provide specific funding to help schools and local authorities provide healthier school meals.

Coun John Dormer, Chairman of the Working Group which has undertaken the review, said in gathering its evidence its members had spoken to young people in schools and eaten a range of school meals themselves. And the consensus was that healthier school meals today were important for the health of tomorrow's adults.

"The health of people in County Durham does not compare well with other areas of the country," said Coun Dormer.

"The 'Strategic Vision' for the County explains that we would like children in the County to be healthier than their parents.

"Although school meals are only part of the agenda to improve health, there is no doubt that healthier school meals and a healthier lifestyle can provide the base for the future well-being of County Durham residents."

"The Department of Health, in its recent White Paper 'Choosing Health' indicates it will invest over the next three years to improve school nutrition. I would like to think it will meet this commitment to invest by providing specific funding to assist local authorities and schools to provide healthier school meals."

Coun Neil Foster, Durham County Council's Cabinet Member for Education said: "We support any move towards healthier school meals and in recent years have made some progress in offering young people as healthy and balanced a school meal diet as possible within the resources at our disposal.

"Schools and ourselves as the local education authority want to move towards healthier ingredients and away from processed foods, but to achieve any significant change, of the order envisaged by the Education Secretary, will require significant additional funding.

"The only local sources for that extra funding are schools, whose budgets are already overstretched, or parents, and in a County like Durham with such a high percentage of free school meals there is no scope to do that.

"If the Education Secretary is serious in her intentions, some degree of extra Government funding should be considered."

Floodlit Football Pitch Now Open

Greenfield School Community and Arts College is pleased to announce that its new £¼ million floodlit football facility is open. The 60m x 40m pitch boasts a 3rd generation rubber crumb surface, the latest technology for synthetic pitches, replicating the same playing conditions as a grass pitch.

The facility will provide a modern competitive outdoor playing venue for junior matches as well as offering a unique floodlit training area for adult footballers. An enclosed spectator area will also allow friends and family to get close up to the action whilst they support the players on the pitch.

The Football Foundation and DCC Seed Challenge funded the project that aims to develop football opportunities within Newton Aycliffe and surrounding areas. The school has worked closely with the junior football clubs and County FA to create a programme of activities for local youth players, coaches and officials. The facility intends to provide a variety of opportunities for all footballers within the community who have an interest in playing more football at either a recreational standard or in more competitive structures.

If groups or individuals are interested in contacting the school for more details about hiring the facility or joining the activity programmes they should call 01325 379048 Mon-Fri before 5pm or 01325 379046 at other times.

Village Hall AGM

The Annual General Meeting will take place on Tuesday 8th March 2005 at the Heighington Village Hall.

NEW GIRL WILL SHOUT ABOUT PROBATION SERVICE SUCCESSES

In the past, the Probation Service County Durham has quietly carried on with the important business of reducing crime through its work with offenders but now, thanks to a new appointment, the service is getting ready to shout about its many achievements.

Sam Lincoln has been appointed as Communications Officer within the Probation Service County Durham. Based at the Service's headquarters at Akley Heads, she will be looking to improve communications within the service as well as promoting its work to the wider community.

30-year-old Sam brings a wealth of knowledge to the role from a varied career. After studying for a degree in Media, she initially worked as a journalist on a North East business-to-business magazine before becoming a self employed writer and working for a local public relations company. A move in to press office work followed at Bishop Auckland College and South Tyneside Council.

The new post within the Durham Service has been created after a need for improved communications was identified within the Durham area as Pam McPhee, Chief Officer, explains:

"We are very pleased to welcome Sam. Our investment in the post of Communications Officer will enable our Service to better provide the public with information about what we stand for and what we do. We have long been one of the best performing probation services in the country, but have consistently failed to tell anyone!" Sam's role will include enhancing internal communications by building upon a range of existing materials such as staff bulletins and newsletters. She will also be publicising the many achievements of the Durham Service and its positive work with offenders.

Sam adds: "This is an exciting time to be joining the Probation Service with the introduction of the new Criminal Justice Act and the National Offender Management Service (NOMS). The Probation Service plays an important part in the rehabilitation of offenders and I am looking forward to promoting its achievements as well as the huge amount of good work it does within the communities of County Durham.

The Probation Service County Durham is one of 42 Probation Services in England and Wales. Its aim is to provide punishment in the community, to ensure offenders are aware of the effects of their crime on victims and the public and to deal with the underlying factors that can prevent re-offending.



Communications Officer Sam Lincoln outside the County Durham Probation Service headquarters in Akley Heads.

SPORT COURSES DURING SCHOOL HOLIDAYS

Oak Leaf Sports Complex is holding a wide range of junior activities during the school holidays. No matter what your sporting preference, you will have a great time.

Golf Coaching If you enjoy the outdoor life why not try this course. Tuesday 29th, Thursday 31st March and Friday 1st April 2005 from 11.00-12.00 noon for beginners and 12.00-1.00pm for intermediate. 3 hours coaching for only £7.50

Football courses ever popular and run by Durham FA, from Monday 1st through to Thursday 24th March 2005, 10am-12 noon (5-7 years and 8-10 years) Bookings to be made via Durham FA. You never know, you might even make the World Cup one day.

Badminton Coaching is being offered with 20 places available for 8-16 years old on Monday 21st March 12.30-4.30pm. Charges are £5.00 for Members and £5.50 for non-members. All equipment is provided. Or, if they are not your thing, what about

Squash Coaching Wednesday 30th March from 11.00-3.30pm, for 8-16 year olds, £5.00 for members and £5.50 for non-members. All standards are welcome, so whether you want to improve your game or just

try a new sport- this is the one for you. All equipment is provided; remember to bring a packed lunch!

Bowls Coaching Tuesday 29th March from 2.30-4.00pm with Ester Helm. Only £2.50 for members and £2.75 for non-members.

And for the more adventurous, **Archery Coaching** Wednesday 23rd March from 12.30-2.30 with Lionel Ames. Only £3.00 for members and £3.25 for non-members.

With all the above coaching sessions available why not come along and try something new?

If you would like any further information on any of the above courses please contact reception on 01325 300600 but hurry as all courses have limited availability and are very popular.

JUNIOR DISCO

A Junior Disco is to be held on Friday 4th March at Aycliffe Village Hall, from 6.30pm until 8.00pm.

Admission is £1. Refreshments and 'Tuck Shop' available. Everyone welcome.

The age limit is 12yrs and parents with very young children must stay with their children. Please bring along your CDs if you have a specific request for the DJ to play.

Church Home Group Meeting

Meet new friends and discover the reality of God

Tuesdays 8-10pm Visitors Welcome

Contact Paul on 01325 307237 Part of Kings Church, Darlington

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GIVING UP FOR LENT IS GOOD FOR SAVERS

As well as benefiting waistlines and health, Lloyds TSB Savings estimates that 40 days of abstinence from alcohol, cheese, chocolate and cigarettes during Lent could net savers an extra £4201. And, if the good habits continued for a year, savers would have well over £3,000 set aside, enough to meet their annual ISA allowance or to top up their child's trust fund.

This year, Lent starts on 9 February so savers wishing to boost their nest eggs should consider the following:

Alcohol Bitter drinkers fare better than lager drinkers, but both could boost their savings substantially. Giving up a daily pint of bitter for the 40 days of Lent would save £81.60 or, for those who prefer two pints a day, £163.20. Lager drinkers would save £94 by not having a daily pint, or £188 by not having two pints.

Smoking With a packet of cigarettes now costing on average £4.45, a smoker with a twenty-a-day habit could save themselves £178 over Lent.

Cheese Cheese addicts may be surprised to realise that they are forking out £5.63

on average for a kilo of cheese. If a cheese eater usually munches through a kilo per week, then they could save £33.78 during the 40 days of Lent.

Bread A standard loaf now costs 64 pence on average. Somebody who usually chomps through two loaves per week, but who gives it up for Lent, could save £7.68.

Chocolate Ignoring the urge for a daily bar of chocolate could save £14. The more luxurious the brand, the bigger the saving to be made, so real chocoholics could potentially double the saving.

Matthew Osborn, for Lloyds TSB Savings, says: "Our figures prove that giving things up for Lent could make both you and your bank balance healthier. Obviously we're not suggesting that people should go completely without for the whole year, but by carrying on the good work after Lent and by making a few cutbacks people should certainly see a positive difference to their nest eggs."

To find out more about Lloyds TSB's range of savings and tax-free savings accounts, pop into any branch or visit www.lloydstsb.com

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London Weekend	18-3-05	City Centre 3* Hotel	£99.00
Easter in Scotland	25-3-05	3* Highlander Hotel	£135.00
Easter in Paris	25-3-05	Ibis Hotel & Ferry	£145.00
Anastacia	28-3-05	Live at Newcastle Arena	£47.50
Disneyland Paris	28-3-05	2 days Disney Pass	£155.00
		Child	£113.50
Disneyland Paris	5-4-05	2 days Disney Pass	£155.00
		Child	£113.50
Royal Deeside	29-3-05	4* Hilton, Dunblane	£129.00
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