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ROTARY CLUB APPEAL FOR HAITI EARTHQUAKE

MAYOR'S £500 STARTS AYCLIFFE APPEAL

Newtonians may have noticed from BBC and Sky News programmes how active Rotary is in the Haiti earthquake area providing Shelterboxes. Newton Aycliffe Rotary Club is running an appeal to buy more boxes and in addition to using collection points have set up a special account at Barclays Bank where readers can make a donation using the paying in slip on Page 11. The Mayor, Mary Dalton, is backing the appeal and has donated £500 from her charity fund. She is shown with Club President Jean

Thompson and North East Shelterbox Co-ordinator Rotarian John Burrows, a member of the Newton Aycliffe club. ShelterBox an international disasterreliefcharity started 10 years ago specialising in emergency shelter provision. Humanitarian aid is delivered in the iconic green ShelterBoxes. Each one contains a disaster relief tent for up to 10 people, a stove, blankets and other items essential for survival (see page 11). ShelterBox responds to disaster as quickly as possible with the aim of helping the people who are

most in need. Every box is individually numbered and can be tracked by donors. Each box costs £490 – including the cost of all materials, packing, storage, transport worldwide and distribution to the needy. Assuming six months' use, this equates to shelter and warmth for less than 30 pence per person per day. Delivery is undertaken by ShelterBox Response Team members who have carried out extensive training. Rotary are often able to get aid where it is needed faster than any other organisation. "Our Mayor has shown a great example and we are delighted by her generosity" said President Jean Thompson. "It is interesting to note that by Tuesday of this week, Rotary had sent 3000 Shelterboxes to Haiti, enough to accommodate a town the size of Newton Aycliffe." added Jean. The Rotary club has donated £1,000 to buy 2 boxes and the Rotaract club for 13-18 year olds have donated £500. The town is off to a good start with money for four boxes and it is hoped this appeal will buy more.



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LETTER to the EDITOR

Renewable Energy Now!

Dear Sir,

It's ironic that in the wake of the Global Warming Summit in Copenhagen we experience the severest winter in thirty years.

Our facilities for storing gas piped in from Europe is inadequate and our own North Sea gas reserves are diminishing rapidly.

It is time we focussed on the future and renewable energy systems to reduce our dependence on Earth's natural resources. There are new technologies that can be applied to the domestic market utilising solar and wind energy to heat our homes.

As electrical engineers we are gearing up for this, ready to provide our customers with the expertise they will need for the future.

It is in all our interests to open our mind to the benefits of renewable energy technology.

Steven Corner B.Eng (Hons)

Corner Electrical Ltd. Tel: 01325 307179

Charity Night at the Legion

Leukaemia victim, Allison White is holding a Charity Night in aid of research into the disease at the British Legion on Thursday, 26th February, at 7.30pm.

The club has been very helpful in arranging three professional acts in their function room free of charge. It promises to be a night of fun with games, raffle, Bingo and refreshments. Tickets are £3 available by ringing Alli on 07762 258696.

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Aston Chef Online

Aston Hotels' head chefs are getting a taste of the Gordon Ramsays – and are filming cookery videos in their own kitchens for their website. Everything, from what goes into their secret sauces to how to make their dish of the day, will go online to help would-be cooks on their way.

Stuart Round, head chef for the Aston Hotel said he was delighted to be able to showcase his skills to the world.

Stuart, 33, a chef since 1997 and originally from Jersey, said: "It's the first time I've done anything like this and it's been really good fun making the video. "If I'm totally honest I was a little nervous about it but it now I'm looking forward to doing more. I did the Chef of the Year competition last year for the North East and that meant I was cooking in front of an audience and it was a bit like that."

Two of the videos – showing recipes and techniques for Wessex mushrooms, chicken korma, chicken and bacon terrine and chicken with cheese and spring onion in a natural jus – are already on the website now.

Stuart said: "We deliberately chose dishes that had a bit more to them than others so that people could really get into it. And we also chose things that we thought people would eat fairly regularly. They certainly aren't our most basic dishes.

"Hopefully, though, this will encourage people to get cooking and give them a taste of what they can



expect if they come along." More videos showing different dishes will follow on the website as and when the menus change.

Aston's chief executive Paresh Kotecha said they were looking forward to the first video being uploaded to the website. "Stuart is a brilliant chef and when we told him of the idea he was excited about it from the off. We're hoping people will use the videos and use our chef's ideas and techniques at home to help spice up their diet.

As far as we know, no one else is doing anything like this and we thought – especially in this financial climate – it would be a great idea. We're looking forward to getting more and more on the website."

Anyone who would like to see Stuart in action should log on to the media page www.astonhotels.co.uk

Newtonian Starts Theatre Production Company

Stage One Productions are a newly formed non-profit theatre producing company that will be presenting plays, comedies and drama that are engaging, entertaining and affordable, exclusively in Newton Aycliffe!

Artistic Director/Producer William Gibson, who was born and bred in Aycliffe, and is professionally trained in theatre production, will be overseeing every detail to ensure a first-class production every time.

This summer they are staging

the 'hilarious' comedy 'Kissing Sid James' by Robert Farquhar, at St. Clare's Church. They are seeking two amateur actors, male and female, minimum age 18, to play the roles of Eddie and Crystal. This will be an excellent opportunity for anyone with an ambition to tread the boards or to gain further experience. Open auditions will take place on Saturday 13th February, from 11:00am at St. Clare's Church Hall. For further details call 01325 324932 or visit www.stage-one-productions.co.uk

PACT Meeting Public & Community Together

Aycliffe Village Hall 10am to 12 noon Saturday 30th January.

Neville Parade Church Hall 6-30pm to 8pm on Thursday 4th February.

Simpasture Court Coffee Lounge 6-30pm to 8pm on Tuesday 23rd February.

Report Drug Dealers Kick this Vile Trade out of our Town.

Ring 0345 6060 365.

Free Cinema at the Youthy



The Youth Centre is running a series of monthly Cinema Nights commencing Friday 22nd January. There will also be screenings on Friday 12th Feb and Friday 12th March. The Cinema includes large screen, surround sound, and HD. Movies are very up to date and can be chosen by young people on the night. This is a genuine cinema experience for Newton Aycliffe. It is free night available for young people aged 13-19 years. For more information contact Youth Centre on 01325 307522.

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BOGOF AT NEVILLE COMMUNITY CENTRE

Two bands for the price of one on Saturday 13th February at 2pm. Durham County Youth Band followed by Durham Alumni big Band playing Glenn Miller, Count Basie, Buddy Rich and more. Admission is only £4, Seniors £3, Children £2. Please book and collect your tickets by ringing 313924.

We are looking for people to join our fundraising committee for the upkeep of the Centre. Volunteers also wanted to run the Wii and Table Tennis tuition for Over 50's. Unwanted gifts for our raffles would help our funds please ring 313924.

Line Dancing every Monday at 1.30pm. Admission £2. Followed by 50/50 Dancing at 2.45pm Admission £3. Qualified tuition - just turn up!

Pop in to Knit & Natter with a cup of tea each Tuesday at 10am.

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Crime prevention officers from across Durham County were in attendance. They were extremely impressed by the demonstration and all agreed that this level of security should deter even the most determined intruder, allowing householders to sleep a little easier at night.



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AYCLIFFE PREPARE FOR RARE HOME GAME CRIME WAVE AT THE LIBRARY

Newton Aycliffe are gearing up for a rare home fixture this weekend as Marske United come to Moore Lane Park. Allan Oliver's side are due to welcome the Seasiders for what will be Aycliffe's first home game for more than six weeks, and their first home league game for nearly two months!

Marske, who are currently second in the Northern

League second division, won their FA Vase fourth round tie at Pickering on Tuesday night and represent a tough first league game of the year for the club.

Depending on the weather leading up to Saturday, Aycliffe were this week confident the game will go ahead. They're hoping to bounce back from their 3-0 defeat at Billingham Synthonia on Wednesday January 13, when Aycliffe's dreams of reaching the Durham Challenge Cup semi-finals were dashed by Synners.

Meanwhile, Winger Wayne Hall is targeting a mid-February return after making a slow recovery from medial ligament damage.

Centre-back Paul Stout has undergone a scan on his problematic knee injury amid fears he may need a cartilage operation, and was expecting the results and the full extent of the injury this week.

Sean Tarling continues his rehabilitation work from torn ankle ligaments and is hoping to return to training in a couple of weeks, while defender Dave Forrest is nearing a return after recovering from a groin injury.

Aycliffe's game at Hebburn last Saturday was postponed, while their home game with Crook, postponed on Boxing Day, has been re-scheduled for Wednesday February 24.

FIXTURES:

Saturday 23rd Jan:

Marske Utd (H), 3pm

Tuesday 26th Jan:

Birtley Town (A), 7.30pm

Saturday 30th Jan:

Seaham Red Star (A), 3pm

Tuesday 2nd Feb:

Thornaby (A), 7.30pm

Wednesday 10th Feb:

Chester-le-Street,

League Cup R3 (H), 7.30pm

Saturday 13th Feb:

Guisborough (A), 3pm

Saturday 20th Feb:

Brandon (H), 3pm

Wednesday 24th Feb:

Crook (H), 7.30pm

Saturday 27th Feb:

Seaham Red Star (H), 3pm

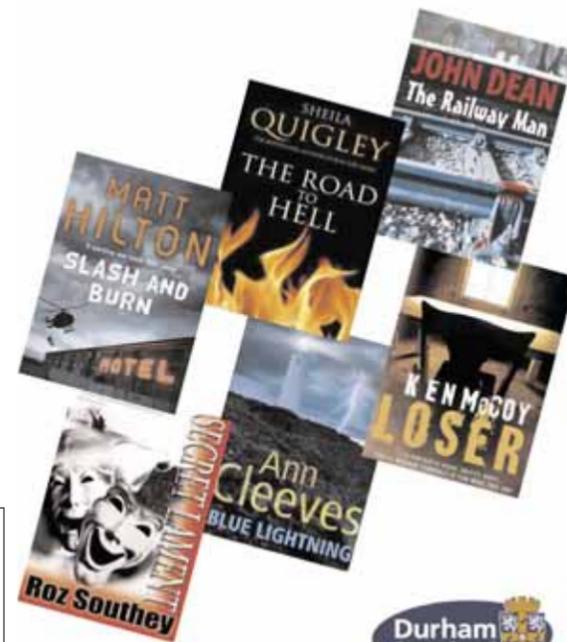
Visit our website for more

details and information:

www.newtonaycliffefc.co.uk

Two special events are planned for Aycliffe during February when there will be many crime related incidents in the library. But don't worry, the perpetrators have all been welcomed in - published crime authors, all experts in their chosen field.

Crime fiction stories are very popular with library users, and we're sure that these events will prove a hit with our customers and with those who may



venture into their local library for the first time. Events range from workshops to talks, from quizzes to murder mystery events, so there's something for any crime fan to enjoy. The books the featured authors produce are very different from each other, so it's also a chance to meet

the people behind the characters, and perhaps understand a little about how they work and the worlds they create. Places are limited, admission for each event costs £1.00, for more information about individual events please contact the library direct.

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GREAT AYCLIFFE TOWN COUNCIL

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

Wednesday 27th Jan. 2010
Full Council - 7.15pm

QUESTION TIME

A period of up to 30 minutes has been set aside for electors of the Parish 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.

Agendas/Reports are available on the Council's Website on the Friday afternoon preceding the meeting.
www.great-aycliffe.gov.uk

The Public Entrance to the Council Chamber will be open thirty minutes prior to the commencement of meetings.

The Press and Public are cordially invited to attend.

Tallent Apprentices Raise £1551



In December 2009 apprentices at Thyssenkrupp Tallent Limited held a carol singing event around the plant in order to raise funds for the children's ward at the RVI Hospital, Newcastle. In addition, 3 very brave apprentices were sponsored for leg waxing to raise the funds even further (Lewis Carruthers, Mark Coatsworth and Oliver Meighan). The total raised was £1551.26 and on Friday 15th January, Pauline Buglass, Fundraising Manager - Newcastle upon Tyne Hospitals called at Thyssenkrupp in order to collect the cheque on behalf of the RVI.

LETTER

Tougher Dustbin Men?

Dear Sir,

I am surprised there are no letters complaining about the collection of Green bags and boxes.

Four weeks and still they lie, spilling out onto roadsides. How times have changed from when Dustbin Men carried heavy bins down garden paths including ashes on their backs!

They never failed to collect even in the harshest winters, proving they were made of tougher stuff in those days.

Mrs Lawler

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"VIVA MEXICO!" WITH ORCHESTRA AT GREENFIELD



Some of the cast of Aycliffe Musical Theatre rehearsing for their next production, a concert version of the lively musical comedy 'Viva Mexico', to be performed in full costume, with orchestra, at Greenfield School Arts and Community Centre, on Thursday 4th and Friday 5th February at 7.30pm. Tickets £7 from Greenfield Arts Centre or Tel: 01325 318968 / 321729 or 379048.

Family History Society Meet

This month's speaker will be Jean Clifford who will give an illustrated talk on 'The 40s Remembered'. We meet on the last Wednesday of each month at 7.30p.m. at the Church of Jesus Christ of Latter Day Saints, Shafto Way. New members are always welcome. Car parking and refreshments are free. For further information on NAFHS please visit our website at www.communigate.co.uk/ne/nafhs or contact Keith Bell on 01325 - 307905.

Charity Dance Raised £250

The New Year's Eve Charity Dance organised by Freda Jones at the Cumby raised £250 which has been donated to the Rotary fund to eliminate Polio throughout the world. Freda wishes to thank everyone who supported the event and hopes they had an enjoyable evening.

LETTER

Council Care Homes

Dear Sir,
Many people wish to retain Council Care Homes, but it is not a question of what you would like it is whether you can afford it! The answer is definitely no!
The cost of rebuilding care homes to modern standards is about £4 million each, say £32m in the County. This money would have to be spent in order to have what you want.
In addition the cost of care in a Council home is considerably more expensive, (almost double in some cases). This money will not be provided by government.
The answer to the question in 2006 was "why should we give you money to build new homes when there are 700 empty beds in the private sector"?
92% of residents then, were in private homes, with only 8% in Council homes and this trend has continued since. People are voting with their feet and the end is inevitable whatever you want.

No one will accept the cost involved on their household rates and as I said in the County Council at the time, the problem will not go away, and so it has proved.
Keith Henderson
Former County Councillor

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YOU MUST BE JOKING!



Pictures of the McGrath family in the snow.

DEATH OF FORMER TOWN REPORTER

Marjorie Spark 19-1-1922 – 15-1-2010

Sadly we announce the peaceful passing of Marjorie Spark on 15th January 2010.

Marjorie, and her late husband John, lived in Newton Aycliffe since 1952 and moved to Woodham in 1986. Originally from Ashford in Kent she married John, from Darlington, during the war and moved to Co. Durham in 1945.

She was a well known in the the community in its early days. An active member of the Dramatic Society she frequently played the leading lady as well as the wicked witch in Christmas Pantomimes. She served on several committees and, with John, won many gardening awards.

Marjorie played a part in the early years of the 'Newtonian' working on its



committee and providing news items. She contributed letters on controversial aspects in the town and kept a watchful eye on its development right to the end of her life.

In the 60's she wrote a column on life in Newton Aycliffe called 'Newton Aycliffe View' for the Northern Despatch and also reported on local associations activities for the Auckland Chronicle and Northern Echo. In her capacity as a reporter she attended local council meetings and her favourite comment was: 'If I had wanted I could have blown this town apart!' No amount of asking would get her to reveal what she meant.

From 1971 Marjorie and John often went to Southern Africa to visit her children, who emigrated in the 70's.

After she retired she took up painting, decoupage and continued writing. She became a member of the Weardale Writers Group and leaves behind volumes of poetry and short stories, some of which have been published. She also joined the Woodham Art Group and her art work has been shown at several local exhibitions. Marjorie revelled in modern technology and bought a word processor to assist her writing. She naturally progressed to a computer and was insisting her far flung family also get one so she could communicate by email.

Marjorie is survived by her children Carol and Andy, daughter-in-law Debbie, 7 grand-children and 2 great-grandchildren.

Her funeral service will be at Darlington Crematorium on 26th January at 2.15 pm. At her request, please do not send flowers, instead please make a donation to an animal rescue charity.

C.A.B. CELEBRATE 50 YEARS SERVICE

The day book of the Newton Aycliffe & District Citizens Advice Bureau opened for the first time on 21st April 1959 providing advice to a lady on accommodation.

Back in those days the bureau was lucky if it handled 2 enquiries a week, but of course, every project takes a while to get off the ground and getting the public to trust such a new organisation takes time. It took 10 years to fill the first day book, which we still have. Even back then, there were diverse queries, yet still very similar in content to what we see now.

By the late 1970s, 3 CABs had joined together: Spennymoor, Sedgfield and Newton Aycliffe to become the

Sedgfield & District Citizens Advice Bureau.

From this time, the bureau went from strength to strength. The National Association of Citizens Advice Bureau was also growing and developing strict guidelines for membership, ensuring that advice given was of a high quality and that the aims of the service, being impartial, non-judgement and confidential were always adhered to.

These days we see on average 10,000 clients a year. We are now the largest CAB in County Durham.

Over 50% of our workload is around debt with many clients needing ongoing case work, and not just one-off advice. We still provide advice on any

subject and can help whether it is an enquiry about education, tax, consumer, benefits, finances.... We deal with it all!

In the main bureau sessions in Newton Aycliffe and Spennymoor, clients will be given a quick diagnostic interview, which determines whether they just need some self-help information or if they need an appointment or a referral to one of our specialist teams. We hope that by operating this way, waiting times are vastly reduced and clients feel the service works better for them, meaning they get access to the type of help they need right from the start. Although we are celebrating this fantastic achievement

of reaching 50 years service, we are also struggling with the fact that funding is being reduced.

Every bureau is an independent charity and has to raise its own funds to provide the service. Whilst the recession has resulted in unprecedented demand for the service, it has also meant that we will face difficulties in securing an income so that the service will continue to exist.

We are trying to secure funding from a number of new sources but unfortunately every funder wants something new, different, when what we need is for a funder to recognise that the CAB model works, reaches those in need, and helps prevent crisis situations. Unfortunately we could be about to face a crisis of our own!

This service is needed more now than it has ever been and although things are looking bleak, we still hope to be an important part of our community in another 50 years.

LETTER

DOG DIRT DODGERS

Dear Sir,
I would like to express my utter disgust at the dog owners who continually allow their dogs to foul the pavements between Malvern Way & Belford Way and also through the cut that leads onto The Chase.

I walk my dog on this route daily and see the amount that has been trodden in (probably by school children & other pedestrians) and am appalled that these dog owners obviously live in this area and have very little thought for their environment or the health implications to young children.

There is no excuse for not picking up mess after your dog and I would urge anyone who lives in the area and witnesses fouling to report it to the Council! Angry Resident
Name & address supplied

Sunday Lunch for only £5.50

Do you want to try somewhere different for Sunday Lunch? Oak Leaf Sports Complex does a wonderful roast - only £5.50 Adults and £3.50 Child's portion.

There's no need to book, we have plenty of space. Lunch is served from 12.00 noon until 2.00pm and you will always find a warm welcome awaits you.

For further information, contact the Oak Leaf Sports Complex 01325 300600.

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Bethany Centre (Opp. Bethany House)

Woodham Way, Woodham

Join us Sundays @ 10.30am

Telephone: 01325 308284

www.harvestchristiancentre.org.uk

Make 2010 a Year to Worship with Us

Burns Night

with Darlington Football Club

Saturday 23rd January

Come and enjoy a traditional Burns Night at the Northern Echo Arena.
Menu includes Scotch Broth, Haggis, Neaps and Tatties, Roast Beef with Vegetables and a Dessert - followed by a disco
Just £16.95 per head

To book, call 01325 387000
www.darlington-fc.net



January 2010

Welcome to the latest edition of PCP News.



Find out how PCP can help you to achieve a healthier lifestyle in 2010, and discover why PCP became the first community and voluntary organisation in the region to be given a North East Equality Standard.

See whether you are eligible for support from Positive Steps programme and learn how PCP have made it easier for you to access the Pioneering Care Centre.

If that's not enough, you can also find out what classes, courses, therapeutic treatments and events you can book over the next few months at the Pioneering Care Centre.

Carol Briggs
Chairperson of the Pioneering Care Partnership



Pioneering Care Partnership

Registered Charity No. 1067888 Company Limited by Guarantee No. 3491237

PCP NEWS

Pioneering Care Partnership (PCP) is your local charity which runs the Pioneering Care Centre in Newton Aycliffe - and aims to improve the health and well-being of local people.

Pass it On County Durham

Learn how to cook simple, delicious, healthy, fresh, affordable food, then Pass It On...

Come along to one of 12 free events or courses to learn how to cook as part of a campaign to support Jamie Oliver's Ministry of Food.



Project team Cathryn, Carol and Bev 'passing it on'



People will be shown how to cook a simple and affordable meal and then asked to pass it on to the next participant at the event. Alternatively, people can sign up for a free six-week course to learn a variety of recipes and receive information and advice on healthy eating. Courses will be taking place:

9.30am – 11am	Tuesday 23 February	Newton Aycliffe Youth Centre
1pm – 2.30pm	Thursday 25 February	Newton Aycliffe Youth Centre
9.30am – 11am	Friday 26 February	Dean Bank Literary Institute, Ferryhill

Events and courses are free to anyone over the age of 18 years old.

For more information please visit www.pcp.uk.net or to book a place please call: 01325 321234 or email: passiton@pcp.uk.net

Pioneering the Way in Equality and Diversity

The Pioneering Care Partnership (PCP) has become the first voluntary and community sector organisation to achieve the North East Equality Standard.

The Partnership was awarded 'the standard' after taking part in the practical programme to demonstrate the organisation's excellent policies and good practice. As PCP works closely with the local community, it is vital the organisation is seen to be at the forefront of equality and diversity and having 'the standard' demonstrates PCP's commitment to this.

The Equality Standard is awarded to organisations of all different shapes and sizes, who can demonstrate that they practice equality and diversity.

Positive Steps

Positive Steps supports people to move back into training, volunteering or employment. This free confidential service provides information, advice and guidance to support people who are currently on incapacity benefit, income support or over the age of 50.

Programmes are tailored to suit each individual's needs, and can help to improve people's confidence, and learn new skills.

Positive Steps is a programme run by the Sedgefield Employability Consortium.

To arrange an appointment or for further information contact 01325 321234 or email enquiries@pcp.uk.net

Classes, Courses and Events at the Pioneering Care Centre

On-going Classes

Back Exercise Class

This class is ran by a qualified physiotherapist. It is excellent for people who experience back problems as it works to strengthen the spine.

Wednesdays 5pm – 6pm

£3.50 per session. Booking is essential, as places are limited.

Boxercise

Combining boxing moves and stances with aerobic choreography to improve your total body conditioning.

Wednesdays 7.30pm – 8.30pm

Saturdays 9.30am – 10.30am

£3.50 per session. Booking is essential, as places are limited.

Gentle Exercise to Music

Run in partnership with Age Concern, this session is suitable for anybody returning to exercise, who has a stable health condition or has completed a cardiac rehab course.

Tuesdays 12noon – 1pm

£2 per session. Booking is essential, as places are limited.

Health Walks

Take part in a leisurely walk every week to improve your physical health. Walks leave from the Pioneering Care Centre café and all are welcome.

Thursdays 10.30am – 11.30am

FREE. For details of the longer walk, on a Tuesday, please contact Jim Nutt on 01388 816166 or 07753 778157.

Cycling

Take part in a cycle ride to improve your health and wellbeing. Programmes are led by qualified cycle leaders and you don't even need to bring a bike or a helmet!

Mondays 10am – 12noon

FREE. To book a bike please contact the Get Active Team on 0191 569 2847.

Courses

Pass It On County Durham

Come along to one of 12 free events or six-week courses to learn how to cook. Courses and events will take place in local communities across County Durham to inspire people to live a healthier lifestyle.

Sessions:

Tuesday 23 Feb 9.30am – 11am Newton Aycliffe Youth Centre

Thursday 25 Feb 1pm – 2.30pm Newton Aycliffe Youth Centre

Friday 26 Feb 9.30am – 11am Dean Bank Literary Institute, Ferryhill

Please call or visit the PCP website for further information.

FREE. Booking is essential, as places are limited.

Maths and English

This weekly class will enable you to work towards achieving a maths and English level 1 or 2 qualification.

Thursdays 1pm – 3pm

FREE

C.V. Building Sessions

Come along to a group session where we can help you to build curriculum vitae.

Date, time and venue to be confirmed

FREE (Subject to eligibility.) Please call for an appointment.

Royal Society of Public Health Level 2 – Understanding Health Improvement

This two and a half day course will provide you with a knowledge and understanding of the benefits of good health and wellbeing.

Dates and time to be confirmed.

Please call for further information.

FREE. Booking is essential, as places are limited.

Events

New Year New You

This free event will provide you with a variety of information on topics like weight loss, exercise, cervical cancer, stopping smoking, and more.

Tuesday 26 January 10am – 12noon

Stalls next to the Post Office, Newton Aycliffe Town Centre

FREE.

Singing for Health: Body, Breath and Voicework

This taster session will use both singing, breathing and relaxation techniques to enhance your health and wellbeing.

All you need is a cushion and a blanket to attend.

Wednesday 27 January 6.30pm – 7.30pm

FREE. Booking is essential as places are limited.

Shildon Health Event

Free community drop-in event to help people to change or improve their lifestyle, whilst raising awareness of the British Heart Foundation's Wear it Red Day. A wide range of activities, information displays, health checks and refreshments are available.

Friday 26 February 10am – 1pm

Shildon Methodist Church Hall

FREE. Booking is essential for health checks, as places are limited

Ferryhill Health Event

Free community drop-in event to help people to change or improve their lifestyle, whilst helping to support prostate cancer. A wide range of activities, information displays, health checks and refreshments are available.

Friday 19 March 11am – 2pm

Ferryhill Working Men's Club

FREE. Booking is essential for health checks, as places are limited

Local Involvement Networks (LINK) Coffee Mornings

Come along for a coffee and find out more about the excellent work that LINK does. Have your say on how health and social care services are delivered in County Durham.

Tuesday 26 January 10am – 12.30pm

Newton Aycliffe Library, Newton Aycliffe

Friday 12 March 9.30am – 11.30am

Methodist Church Hall, Ferryhill. FREE.

Please call 01325 327431 for further information.

For more information about classes, courses, events or therapy services, please contact
Tel: 01325 321234
Email:enquiries@pcp.uk.net
www.pcp.uk.net

Therapy Services at the Pioneering Care Centre

Aromatherapy Massage

Combining the therapeutic power of massage with the properties of essential oils.

Therapy available:

Tuesday 10.30am – 3.15pm

Wednesday 1.45pm – 4.45pm

Thursday 10am – 4.30pm

Full rate £25, concessionary rate £20

Ayurvedic Massage

This holistic massage opens up the body, allowing stress to be released to re-establish balance.

Therapy available:

Monday 10am – 12noon

Full rate £25, concessionary rate £20

Body Massage

A traditional form of massage used to stimulate or relax, it can reduce stress and muscular tension, improve circulation and help mobility.

Therapy available:

Monday 10am – 12 noon

Tuesday 10.30am – 4.15pm

Wednesday 1.45pm – 4.45pm

Thursday 10am – 4.30pm

Friday 1.30pm – 4.30pm

Full rate £25, concessionary rate £20

Chiropody/Podiatry

A range of foot care treatments and advice with a State Registered Chiropodist.

Therapy available:

Wednesday 5.15pm – 8.15pm

Thursday 9am – 1pm

Sat (Fortnightly) 10am – 1pm

Full rate £19.50 (initial consultation), £18 (follow-up)

Concessionary rate £16 (initial consultation), £15 (follow-up)

Homeopathy

Homeopathy is a natural medicine that stimulates an individual's self-healing.

Therapy available:

Monday 12.30pm – 2.30pm

£60 full rate, £48 concessionary rate (90 mins initial consultation)

Flower Essences

Today flower essences have gained worldwide professional recognition for their significant contribution to holistic health. Their powerful essence is said to help people of all ages to full health. Can be taken safely alongside medication.

Therapy available:

Monday 12.30pm – 2.30pm

Full rate £30, concessionary rate £24

Indian Head Massage

A relaxing, refreshing and reviving massage.

Therapy available:

Monday 9.30am – 12.30pm

Tuesday 10.30am – 4.15pm

Wednesday 1.45pm – 4.45pm

Thursday 10am – 4.30pm

Friday 10am – 4.30pm

Full rate £25, concessionary rate £20

Physiotherapy

Treat painful joints and soft tissue injuries, with a range of techniques. Tailor-made home programmes and advice is also given. Acupuncture for pain relief is also available.

Therapy available:

Monday 5.15pm – 8.45pm

Tuesday 5.15pm – 8.45pm

Friday 1pm – 6pm

Full rate £30, £25

Concessionary rate £25, £20

Reflexology

Imbalances in the system can be diagnosed by tender areas on the feet. The treatment works to correct the imbalances.

Therapy available:

Tuesday 10.30am – 4.15pm

Wednesday 1.45pm – 4.45pm

Thursday 10am – 4.30pm

Friday 10am – 4.30pm

Full rate £25, concessionary rate £20

Reiki

Healing by concentration of touch around the body without the need to undress, Reiki promotes both physical and emotional well-being.

Therapy available:

Monday 9.30am – 12.30pm

Tuesday 10.30am – 4.15pm

Wednesday 1.45pm – 4.45pm

Thursday, Friday 10am – 4.30pm

Full rate £25, concessionary rate £20

Skeletal Balancing

A gentle therapy to relieve the build up of tension within our muscles, which left untreated can lead to imbalances in the skeletal system.

Therapy available:

Thursday 10am – 4.30pm

Full rate £25, concessionary rate £20

Osteopathy

Osteopaths treat a variety of common conditions including changes to posture in pregnancy; babies with colic or sleeplessness, repetitive strain injury, postural problems, the pain of arthritis and sports injuries.

Therapy available:

Wednesday 10am – 2pm

Friday 10am – 12noon

Full rate £45 (initial consultation) £35 (follow up)

Concessionary rate £37 (initial consultation) £27.00 (follow up)

Relax and enjoy...

Relax in one of the region's publicly accessible hydrotherapy pools at the Pioneering Care Centre. The heated pool is a great way to relieve pain, improve mobility and de-stress and is extremely comforting for people with joint and muscular problems or those who aren't able to access alternative leisure activities. The centre runs a variety of sessions for people of all different ages and abilities from Monday – Saturday including aquacise and waterbabies. There is even a reduced rate for carers.

For more information or to book a session please contact 01325 327444.

New Bus Route to PCP

Residents will be able to benefit from a new bus route from Monday 1 February. Service number 19 will run once an hour with some additional journeys from Newton Aycliffe Town Centre to Cobblers Hall village shops. As well as providing local people with a much needed service it will enable people to visit the Pioneering Care Centre. For more information please contact Traveline on 0871 2002233 or visit www.traveline.org.uk

Celebrating Macmillan's First Birthday



Staff and volunteers at the Macmillan Cancer Information and Support Service marked its first year of helping people in the Sedgfield area.

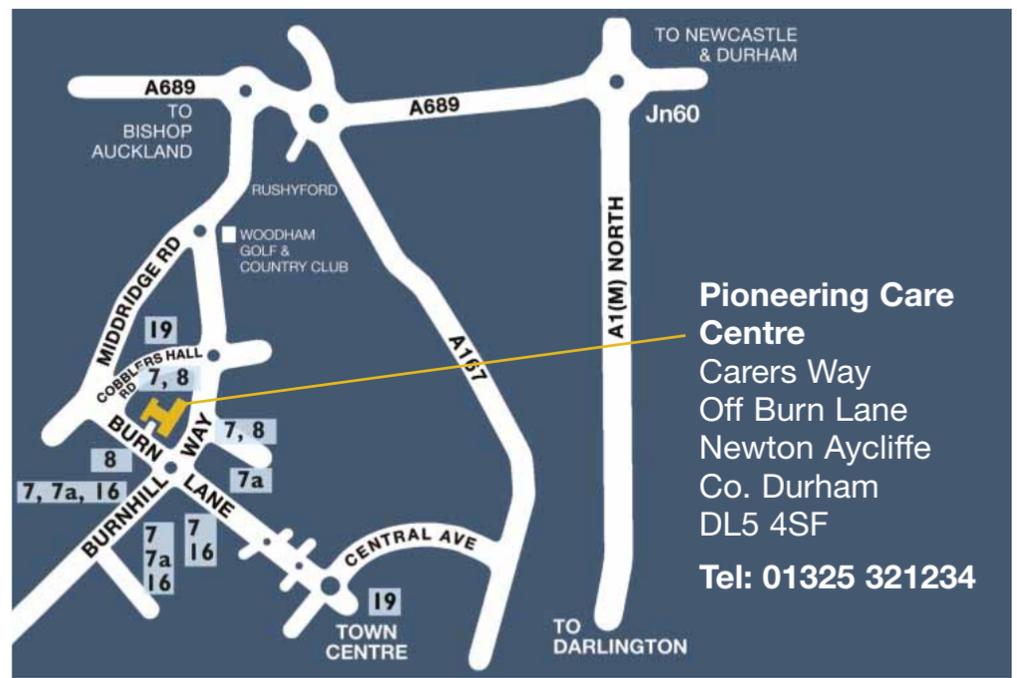
Staff, volunteers and people who accessed the centre gathered to have a cup of tea and a slice of birthday cake to celebrate the occasion. The service, which was opened at the Pioneering Care Centre in 2008, provides information and support to anyone who is affected by cancer. For further information please visit the Pioneering Care Centre or freephone 0808 1783277.

Above: Elizabeth Cook from the Macmillan Cancer Information and Support Service with volunteer Doreen Sadler at the celebration event.

How to find us...

Bus Services from Newton Aycliffe Town Centre

- 19**
On the hour, every hour
- 7, 7a**
Every 03, 18, 33, 48 minutes past the hour
- 8**
Every 20, 50 minutes past the hour
- 16**
Every 10 minutes past the hour



Pioneering Care Centre
Carers Way
Off Burn Lane
Newton Aycliffe
Co. Durham
DL5 4SF
Tel: 01325 321234

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COBBLERS LANDLORDS CLIMB KILIMANJARO FOR DAISY CHAIN CHARITY

Collette & Ian the Managers of The Cobblers Hall pub in Newton Aycliffe are climbing Kilimanjaro in February 2011. They are looking for 100 local businesses to sponsor them at £100 each as part of a community interaction project. "We are aiming to raise £20,000 to help Daisy Chain finish building their new Day Centre and will be organising a number of fundraising events over the next 10 months. We believe this is a good way to raise awareness of the charity which aids autism in children. If you cannot

sponsor us maybe you could donate a prize for an auction we will be holding at Easter" said Collette. Daisy Chain is a haven for families affected by autism and special needs, a place where they can go and find something in life to give them pleasure. It is a unique charity situated in the Tees Valley on 5.5-acre farm. The site offers many activities for children including agricultural and horticultural opportunities, animals, sensory gardens, outdoor play and a wetland area. The 'Links Group' for

parents and carers offers training and support through weekly meetings, parent pamper sessions and a listening service as well as a programme of family activities and trips during school holidays. They are currently raising the final funds needed to build the Day Centre; the first of its kind in the country, incorporating sensory soft play, arts and crafts room, I.T. suite and conference facilities. Future plans include an overnight facility for short-term respite. If you can help contact Collette and Ian at the Pub.

ROTARY HAITI APPEAL PROVIDES SHELTER FOR EARTHQUAKE VICTIMS



Shelter
At the heart of every ShelterBox is a ten-person tent. It is custom made for ShelterBox by Vango, one of the world's leading tent manufacturers, and is designed to withstand extreme temperatures, high winds and heavy rainfall. Internally, each tent has privacy partitions that allow recipients to divide the space as they see fit.

A smile
Every box contains a children's pack containing drawing books, crayons and pens. For children who have lost most, if not all, their possessions, these small gifts are treasured.

Warmth and protection
In addition to the tent, the boxes contain a range of other survival equipment including thermal blankets and insulated ground sheets, essential in areas where temperatures plummet at nightfall. Where malaria is prevalent mosquito nets are supplied, as well a life saving means of water purification. Water supplies often become contaminated after a major disaster, as infrastructure and sanitation systems are destroyed, this presents a secondary but no less dangerous threat to survivors than the initial disaster itself.

Self sufficiency
A basic tool kit containing a hammer, axe, saw, trenching shovel, hoe head, pliers and wire cutters can be found in every box. These items enable people to improve their immediate environment, by chopping firewood or digging a latrine, for example. Then, when it is possible, to start repairing or rebuilding the home they were forced to leave.

Fit for purpose
Every item is durable, practical and brand new. The box itself is lightweight and waterproof and has been used for a variety of purposes in the past - from water and food storage containers to a cot for a newly born baby.

A heart to the home
A key piece in every box is either a wood burning or multi-fuel stove - that can burn anything from diesel to old paint. This provides the heart of the new home where water is boiled, food is cooked and families congregate. In addition, there are pans, utensils, bowls, mugs and water storage containers.

Adaptability
A broad range of equipment is kept in stock so Shelterbox can adapt the contents of a box to a specific disaster. For example, following the Javanese earthquake in 2006, when some resources were available locally or could be salvaged from one storey buildings, the overwhelming need was for shelter - so we just sent tents, packing two in each box. Shelterbox use only new equipment and is carefully selected for durability, practicality and suitability for where it is needed. Tough, lightweight and waterproof.

Each box costs an average of £490 including all materials, packing, storage and distribution to individual recipients worldwide.

Help the Rotary Club of Newton Aycliffe buy as many boxes as possible for the people of Haiti . . . Please donate as much as you can afford to help us, help them.

PRINCE EDWARD AT NEWTONIAN'S PASSING OUT PARADE



In August we printed a wedding photo of ex-Greenfield School pupil Rachael Buckley, now Mrs. Gardner, informing her friends of her training to become an officer in the Royal Navy. Rachael completed her training and the photo shows her with proud Mum Beverley outside Dartmouth Naval Collage after the "Passing Out Parade". Prince Edward took the inspection and stopped to talk to Rachael on

noticing her war medal. When she was 18 Rachael served on HMS Liverpool during the Iraq invasion. He wished her well for her future as a naval officer. As Sub-Lieutenant Gardner she is now taking a leadership course back at HMS Raleigh in Cornwall where she first did her basic training on joining the navy at 16 years old. Good luck for the future to Rachael and Christy Turner from Grandparents Anne & Mel Harland.

COUNCILLORS DONATION

LETTER

Dear Sir,
On behalf of the young people from JAM Club at Neville Parade Church may I thank Councillors Sarah Iveson and John Moran for their kind donation. It will keep a lot of young people busy and safe throughout the year.
Margaret.

BIGGEST SNOWMAN?



William Cooksey sent in this photo claiming the biggest snowman in the town, stating the tree is 30 foot tall!
Ed: We know that there are some clever people around who can use a computer and some of the photos we have received have obviously been digitally altered, but it added to the fun!

Situations Vacant

BRICKLAYERS AND BLOCKLAYERS

required for large contract in the Newton Aycliffe and Darlington area. CSR Cards and CIS Tax Cards are required.

Price work available (time wasters need not apply)
Contact Mark on 07842 355 240 or e-mail markwoarlin@gmail.com

Situations Vacant

Premier Community Care Ltd.

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Emma Wade or Kelly Washington on Bishop Auckland 01388 458991



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A network of local people, organisations and groups aimed at giving local people a voice in shaping health and social care services. The role will include promoting the LINK and delivering presentations to groups within the community to engage them in the work of the LINK, facilitating groups, collating and researching information in relation to local health and social care services, preparing and writing reports.

For further information:

website: www.linkcountydurham.co.uk

Telephone: (01325) 327431

Email: host@pcp.uk.net

Fax (01325) 301129

Pioneering Care Partnership is a charity based in County Durham providing services to improve health and wellbeing based at the award winning Pioneering Care Centre in Newton Aycliffe. As an equal opportunities employer, PCP values diversity and welcomes applications from all members of the community.

Closing Date for applications:
Friday 5th February 2010 at 12 noon

Pioneering Care Partnership Ltd
Company No. 34912367
Registered Charity No. 1067888



DONATION FORM

I would like to donate £ to the Haiti Earthquake Appeal

As a taxpayer, I agree to Gift Aid the total (giving an extra 28%) Sign:

Your Name

Address

Please make cheques payable to "THE ROTARY CLUB OF NEWTON AYCLIFFE".

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Taylor's Newsforce, Town Centre or Don Walkers, Simpasturegate.

Donations can also be made via our website: www.newtonnewsads.co.uk

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GRIT THEFT WARNING

Durham County Council officials are issuing a warning following a number of reports from residents that their community salt or grit supplies are being taken by people pulling up in cars and helping themselves.

near busy community buildings and collision points, and they are put there for a reason. "Many people will be aware we are working with restricted salt supplies, overseen by the Government, and what I am saying is please don't put other people at risk so that you can salt your own property."

Salt/grit should only be used on the public highway and in the vicinity of the bin It should not be used for private paths or transported in vehicles from the site.

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"These community salt bins and roadside piles are often a vital lifeline in rural communities, helping people keeps their links with community services and shops and making sure they can move safely around important buildings.

"Please don't remove these supplies. If you need urgent assistance please contact the Highways Action Line on 0191 370 6000. There are many, many occasions where we have been able to help with urgent requests." Anyone spotting someone removing salt and grit from bins or roadside piles is asked to contact the Highways Action Line on 0191 370 6000. Grit/salt boxes are located at sites of difficulty and have to satisfy criteria laid down in the Winter Service Plan eg. steep banks, bends, whether it is on a bus route or treated route, accident history and whether there are any special considerations such as Aged Persons homes in the vicinity. It follows that the salt put out in boxes at these locations should be only used by the community for the community in the immediate vicinity.

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BREAK THE CHAIN WITH PART EXCHANGE

A North East estate agent is helping buyers and sellers to 'break the chain' through a part exchange service that reduces the delays associated with moving home.

Nick and Gordon Carver Residential, part of the Carver Group, is gaining a significant number of sales through contacts made through the company's website and four offices in South Durham and North Yorkshire.

The service is open to anybody who is looking to buy or sell property, regardless of whether it is on the market.

Director Gordon Carver said: "Our part exchange service brings together people who are thinking of moving house but don't see the advantage of viewing other houses until they have secured interest in their own property."

"We publish the details of their existing home and describe briefly the kind of house they are looking to buy, the area in which they wish to live and how much they are willing to pay. It costs the vendor nothing to be added to the website."

"We have been encouraged by the response the part-exchange service has received, resulting in about two sales per month. The website is clearly being viewed by people who are interested in both buying and selling a home and as a result of casually browsing the database people can find an ideal exchange for their property. In some cases people do not move into the part exchange home, but use the situation as an ideal way of unlocking some cash in their property. Mr Carver said: "We have found that part exchange unlocks a market that has been rather depressed for the past couple of years. The biggest obstacle to moving home during times of a downturn in the market is finding a buyer for a house. Part exchange allows us to join the chain of potential buyers and sellers. It's a win, win situation."

A list of properties available for part exchange can be found at www.nickcarver.com/part-exchange, or by contacting Nick and Gordon Carver Residential on 01325 357807

NEW SIGNS POLICY TO BOOST TOURISM

Durham County Council's Cabinet is being asked to adopt a new policy that aims to boost tourist attractions in the county by providing better signage.

With visitor numbers on the increase, Cabinet Member for Strategic Environment and Leisure, Cllr Bob Young, says it's essential everyone knows what is on offer. "The County's bid to be the first winner of the UK City of Culture 2013 competition is helping us raise the profile of our beautiful county and that is great."

"What we need to do is make sure that when people come and see us they can follow simple routes to visit the huge and exciting array of attractions, experiences and facilities we have. Equally it's really important that our own residents can easily find both big attractions and hidden treasures."

"At the same time we don't want our countryside littered with illegal signs or motorists distracted by complex messages, a new policy should deal with all of these issues and be a real boost."

Head of Transport Adrian White said "This report looks at revised criteria

covering temporary road signage for specific events, which are likely to attract large numbers of visitors to an area, as well as new guidelines for the brown tourist information signs we are all growing used to seeing.

"We obviously need to set out clear guidelines outlining how you qualify

for permanent tourist information signs and also how you go about requesting them.

"The most important things though, are making sure everyone knows the best route to our many attractions and getting rid of the illegal signs that can be misleading and blight our countryside."

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FOOTPATH GRITTING

Dear Sir,
Honest John's comments on myself as "Poison Pen Ken" does have a nice ring to it, but I would rather be slagged off than pretending to be something I am not! Council Leader Bob Fleming's discussion with the County Council regarding the winter weather and the gritting

of some priority footpaths is a positive step forward. However there may be areas which are overlooked because they are not considered a priority either by Durham County Council or by the Town council. To give just 2 examples, there is a footpath which leads from Heild close past the fire station to the zebra crossing and another path from the bus shelter opposite Tesco's to Biscop Crescent. A larger number of people use these routes and as a result produce compressed snow and ice increasing the risk of an accident. The obvious solution would be a supply of grit from a bin close by which could be used to make

LETTER

those bits of path hazard free. The fact no one puts grit down suggests there is no bin, or anyone tasked to spread it. I visited the Durham County Council website where I found a form for applications for grit bins. Unfortunately it runs to a points system and you need to score more than 150 for your area to receive one. If these two footpaths were treated it would certainly help a lot of people and prevent accidents, but unfortunately they would not qualify for a bin. I pay Council Tax and as I don't drive, I need to walk. I am angry that footpaths are ignored in the gritting programme. It seems that no matter what, roads must be gritted at all costs to the detriment of pavements and the people that need to use them. Might it be cheaper to subsidise snow chains for vehicles instead of the perpetual gritting of roads? There are no doubt other areas in Newton Aycliffe that need similar consideration, but are likely to be overlooked. If so, you should contact your local County Councillor rather than wait for the bad weather to return. Kenneth Stubbs

GET INVOLVED IN IMPROVING SERVICES

People across County Durham are being invited to get involved in helping to improve public services. Durham County Council is asking people to apply to become non-voting co-opted members of its five overview and scrutiny committees. The overview and scrutiny process is aimed at improving the way services are delivered by looking for new ways of working, reviewing existing policies or suggesting new ones and challenging performance. The role of a non-voting co-opted member involves attending formal scrutiny meetings and reviews - bringing an outside view to the scrutiny process - and suggesting issues that might be considered in future reviews. Previous scrutiny reviews have focused on issues such as public transport, health services, skills development, and young people not in employment, education or training. Pam Spurrell, who lives in Staindrop, County Durham, is a member of the council's Environment and Sustainable Communities Scrutiny Committee. "People tend to think that they wouldn't be able to get involved or that they'd need to have a qualification but that's not the case," said Pam. "Practically anyone can apply to become a non-voting co-opted member of a scrutiny committee. "You don't need a qualification, just an interest in what goes on in the community and a wish to be involved in the future of

County Durham. "I get a lot of satisfaction from knowing that I've been able to give something back to the community. "A lot of people say they want to have more of a say over what goes on in their community - well this is an opportunity to do just that and I would encourage anyone who is interested in getting involved to apply." Non-voting co-opted scrutiny committee members are selected to serve for two years and will be provided with training and development opportunities when they take up the role. The role involves attending a scrutiny committee meeting once every two months as well as any additional meetings which may take place as part of an in depth scrutiny review. It is a voluntary role but travel expenses will be paid. There are six non-voting co-optees on each scrutiny committee and people can apply to sit on any of the five committees, which cover the following topics: **Safe & stronger communities; economy & enterprise; Environment & sustainable communities; Children and young people; adults, wellbeing & health.** Further information and applications forms are available now from the Overview and Scrutiny team at Durham County Council. People can ring 0191 383 3673 or email scrutiny@durham.gov.uk - People can also apply online by visiting www.durham.gov.uk Applications must be in by Monday, January 25

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LETTER to the EDITOR

YOUNG FAMILY LOCKED IN PARK

Dear Sir,
On Sunday 17th January as the snow was finally clearing my husband and I took our 2 children in their double buggy to St Oswalds Park at around 3.15pm. We were in the toddler area of the park located to the front of the park near the gates. As we went to leave we were horrified to discover the gates had been locked with us still inside the park. I then read the notice which explained the park closed at 3.30pm and it was around 3.40pm, I had not read this notice on entering the park. Fortunately I had my mobile telephone with me and tried to ring the number on the sign but as it was Sunday the offices were closed. I started to get very panicky and anxious about the situation as my young son was due a feed and I was worried at how long we would be locked in the park surrounded by a 6 foot fence! Luckily a lady who lived in the houses close by noticed our predicament and came out to help and said we could use her ladders to get out of the park. I had to climb a ladder and pass my 4 month old son over to the lady's daughter and then my hysterical 18 month old daughter, who was terrified at being passed to a stranger over a metal

fence. My husband and I then had to lift a large double buggy up the ladders and pass that over the fence. I was left shaken by the incident and thankful that I was lucky enough to have my husband with me and a mobile telephone to hand. I will be personally thanking the lady who came to my rescue as if it was not for her I don't know how long we would have been locked in the park. I find it quite alarming that when the park gates are closed they do not do a simple check that no one is still inside. I find it even more puzzling that we were at the front of the park in the toddler play area and not out of view. I contacted the Council offices on Monday to inform them of this situation and was advised that there is a notice stating the gates will be locked at 3.30pm, but that she would speak to the individual concerned. The lady who came to my rescue advised me this was a different individual to the one who normally locks the park. I thought I would send this to inform readers so that this never occurs again....I'm only lucky that the lady was looking out of her window at the right time or it could have been a lot worse. Worried Name & Address supplied.

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In Memoriam

DORA WILSON Died 22nd January 2003. Treasured memories of a dear Mam. Remembered always. Love, Pauline, Ian and family
DORA WILSON 22-1-2003. Loved and remembered always. Your loving Husband, Jack
DORA WILSON 22-1-2003. Mother-in-Law, Nana and much loved Mam of the late Keith. Another day, another year in our hearts you will always stay. Love, Anna, Julie, Helen and Louise
TOM HURST 26th January. Sweetest memories of our wonderful Dad. Sadly missed and forever loved by all your family xxx
JENNY WILLIAMSON Died 21st January 2000. Dear Mother, you are not forgotten, though on Earth you are no more, still in memory you are with us. As you always were before. Des, Val and Trevor
BARRY PRICE 21st January 2009. Remembering my dear Dad who died one year ago, after bravely battling Cancer for 7 years. Reunited with his beloved Betty. Lovely memories kept always in my heart, miss you Dad so much. Love, Suzanne xxx

Birthday Remembrance

ELLEN ATHERTON 12/1/1916 - 25/2/2009. Now that it's your birthday Mum. Loving thoughts have come to mind, bringing back fond memories of a very special kind. Love always, your Daughter Mary xx

ELLEN ATHERTON 12/1/1916 - 25/2/2009. If roses grow in Heaven God, pick a bunch for me. place them in my Mother's arms and tell her they are from me. Because today is her birthday, the first away from home, and we want to make sure that she's not left alone. She'll be frightened and be worried, she's used to lots of fuss, birthday cards and presents and cake from all of us. So hold her God and love her and kiss her tenderly and send these birthday wishes especially from me. Love and miss you every day Mum. Eleanor, Mel and family xxx

GEORGE SMITH Birthday memories for 24th January 1932. There is a bridge of beautiful memories from earth to Heaven above. It keeps you ever close to us, it's called the bridge of love. Miss and love you lots, Madge, Sue, Roly, Christopher and Fiona xxx. Lots of hugs and sloppy kisses from Great Grandson Charlie x

THOMAS DUNN 21-1-26. Thinking of you today on your birthday Dad. All my love, Gerard, Jamie and Carolenn

THOMAS DUNN 21-1-26. Thinking of you today and always. Your loving Wife, Margaret

THOMAS DUNN 21-1-26. Thinking of you today Dad. All your family in Scotland

THOMAS DUNN 21-1-26. Thinking of you today Dad and Grandad. Michael, Abbie and Erin

MARILYN BAKER Mam. We thought of you with love today, but that is nothing new, we thought about you yesterday and days before that too. We think of you in silence and often speak your name, all we have are memories and your picture in a frame. Your memory is our keepsake with which we'll never part. God has you in his keeping, we have you in our heart. Miss you so much. Happy birthday. Vanessa, Joanne, Jason and family xxxxx

10 WAYS TO STOP NUISANCE CALLS

Nuisance calls and unwanted sales messages affect millions of Britons every day. From pushy salespeople trying to flog double-glazing or mobile phones to 'silent' calls and pre-recorded messages telling you that you have won a trip of a lifetime - providing you pay a 'small' deposit to claim your prize, of course - these unsolicited sales calls are frightening for the elderly and annoying for everyone else.

Across Britain 70% of people claim they have been victim of a phone scam while the total number of nuisance and silent telephone calls made to UK households every year has topped the 3 billion mark.

Nuisance calls come in a variety of forms. They can be

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FACIAL sun lamp, hardly used, still in box, £10; Coffee table, 120x60, beech with frosted glass insert, £90; Boys first bike, £20; Leather framed mirror, 114x83, £40; JVC CD radio alarm clock, remote control £30, Ipod Shuffle (blue), £20; Gear 4, Ipod dock black box, 24/7, alarm/radio, remote control, £20; Gear 4 blackbox speaker, remote control, £10. Tel 307530

PALLETS and Pallet toppers first come first served. Free, call at Newton Press M-F, 9am-4pm

FURNITURE - Suite Blue Fabric, 2 x 2 Settees, 1 Chair, 1 Pouffe, 2 pairs matching curtains. Good clean condition. Open to Offers. Tel 07798 831329

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IKEA Granas glass topped dining table with 6 chairs, matching 5 tiered shelf unit, £75 ono. Tel 07789 557 620

6 DINING chairs, wood cottage style, £100. 311144 or 07814 539584

6 RATTEN high back dining chairs, 18 months old, £250. 311144 or 07814 539584

CONSERVATORY Cane furniture, 2 seater and 2 chairs, light mint green covers, 2 year old, good condition. £100. Tel 07792 651453

USED scaffold boards, 12ft long, ideal for raised beds/allotments, £3 each. Tel 07805 037022

HOTPOINT refrigerator in Graphite, immaculate condition, £50. Tel 313426

NEED An old domestic appliance removing? Can't wait for the Council? Tel. 321 678.

intimidating, obscene, silent or downright abusive. But with some UK households receiving as many as 20 or even 30 nuisance calls each month, what can you do to put a stop to these unwanted calls once and for all?

1. Keep calm

Always keep your cool and resist the temptation to let the caller know how infuriated they make you feel - this is precisely the reaction they want to hear. And no matter how annoying these calls can be don't blow a whistle down the phone - it rarely works and gives the caller the satisfaction that they have wound you up

2. Walk away from the phone

Once you realise that this is not a normal call, simply place the handset down next to the phone and walk away. Then after ten minutes or so return to the phone and replace the handset without listening. This will infuriate the caller who probably won't bother calling you again

3. Avoid entering into a conversation with the caller

The sales people employed by these disreputable companies are highly skilled at keeping you engaged in a conversation. And regardless of how many times you say No, I'm not interested thank you, they keep coming back for more. So avoid getting into a conversation in the first place

4. Don't give out any personal information

If it's a wrong number and the caller asks you to clarify your name and telephone number, this could be a trick. Simply ask them what number they want and confirm if they have got it right or wrong

5. Change your answer phone message

Be careful not to leave your name or contact telephone number on your answer phone message. This can then be used by some companies to verify your personal details and give them an excuse to

keep calling you...as if they needed an excuse!

6. Ask the caller to identify themselves

If the caller is genuine they will have no objection to providing you with their name and company details. Then it is up to you to decide whether the caller is reputable or not

7. Keep a record of all numbers

Note down the numbers of re-offending callers, including date, time and details of what was said. This information could prove very useful if further action is taken

8. Report nuisance calls to your phone provider

If you have obtained the number from your caller display or by dialling 1471 report it to your telephone service provider initially. And if the call was abusive and you believe there is a genuine risk to your safety, call the Police

9. Block silent calls

If the number was withheld and you are continuing to receive a high volume of calls your telephone service provider will be able to put a trace on your phone line which will enable the Police to take action against the offending companies who are calling you

10. Let someone else take action for you

If you are still receiving a lot of nuisance and telemarketing calls and don't want to involve the Police, you should consider registering with the Call Prevention Registry (CPR). CPR is an organisation that maintains a list of people who do not wish to receive any telemarketing calls and has the highest success rate in blocking nuisance calls than any other anti-nuisance calls service provider in the UK. CPR is also the only organisation that can block unwanted calls from sales companies in the UK and overseas and has a 95% success rate - higher than any other service in Britain.

LETTER to the EDITOR

Difficult Year for MIND

Dear Sir,
 Newton Aycliffe Mind has always provided a good service to the community, a service which evolved and improved during their time at The Old Pavilion premises.

After a difficult year of uncertainty for all at Mind, especially service users, its heart-warming to see that those in need still have a service, which Mind now provides from St Clare's Church.

Thanks are due to ALL those who have been involved or supported Newton Aycliffe Mind; from those who first set up a service in The Cubby, those involved at The Old Pavilion and those involved since then. Please remember that all

charitable organisations must work hard to obtain funding and grants of any kind.

Having worked and volunteered for two Mind centres, I have met some wonderful people, some of whom have literally "been to hell and back" and survived.

Often it is very difficult for those with problems to access help - they lack the courage to visit a Mind centre, or even to telephone Mind or other organisations for help.

Ultimately this organisation is about people, so please let us look forward, support our local Mind centre and help to remove the stigma surrounding mental health. Brian McLean

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Congratulations

Olivia Kokes

Happy 5th Birthday
 Hope you have a fantastic party Princess. Love always, Mam, Dad, Cade, Ciran, Auntie Ruth and Auntie Amy

Anthony Briton & Adriana Cardona Alvarez

 We are pleased to announce the marriage of Anthony Briton and Adriana Cardona Alvarez which took place in Buga, Colombia on Saturday 16th of January. Lots of love and best wishes for your future together. Elaine Efisio and all of the family.

Josh Mackay

Happy 18th Birthday
 22nd January 2010
 Take your hood off it's legal now! Happy 18th birthday. Love Mum xxx

Cara Lawson

Happy 18th Birthday
 Love from Dad, Kelly, Jade, Courtney, Damian, Robert, Lisa, Leon and Aaliyah xxx

Colin Miller

Happy 50th Birthday
 25th January 2010
 To my wonderful Husband, all my love, Angela xx

Dan Burke

Happy 18th Birthday
 21th January 1992
 Love from Mam, Dad, Sarah, Ryan and Trina xx

ARMSTRONG John and Lesley, congratulations Mam and Dad on your Pearl Wedding Anniversary. Lots of love from Claire and Dave xxx
ARMSTRONG To our special Grandparents. Lots of love from Jackson and Ellie xx
JAY BLAKEY "My bestest boy No. 3", happy 10th birthday. If you go down to the woods today you're sure of a big surprise! For all your mates will be dressed as soldiers with goggles on their eyes. Enjoy your Woodlands Lazer Tag Party Jay. Love you billions, Grandma xxx
WEST Roxanne Carly, congratulations on your 21st on 5-1-10. Lots of love, Mam, Dad, Yasmin, Josh, Tegan, Keera and Gran xxxxx
WEST - FERGUSON Roxy and Eddie. Congratulations on your Engagement 1-1-10. All our love, Mam, Dad, Yasmin, Josh, Tegan, Keera and Gran xx

Colin Miller

Happy 50th Birthday
 25th January 2010
 Love and best wishes always, Mam

Obituary

MILBURN. Died suddenly on 15th January. Arnold, aged 80 years. Dearly loved Husband of Brenda, much loved Dad to John and his Wife Pamela, Kevin and his partner Ann, loving Grandad of Vicki, Claire, Carl, Richard and John, and Great Grandad of Ella, Maisie and James. Will family and friends please meet at St Clare's Church, Newton Aycliffe on Friday 29th January at 10.15am to be followed by cremation at Darlington. Family flowers only, donations in lieu may sent to the Royal British Legion Poppy Appeal.

GRANT William Alan of Newton Aycliffe, passed away peacefully in hospital after a long illness on 15th January aged 86 years. Sadly missed by all of his family and friends. Funeral Service to take place in Wear Valley Crematorium on Wednesday 27th January at 3.30pm. All welcome to return to Newton Aycliffe Leisure Centre following the Service.

McNAMEE on 15th January suddenly at home in Newton Aycliffe. John, aged 45 years. Beloved Husband of Jill, also a much loved Dad, Grandad and Brother. Would friends please meet for Service on Wednesday 27th January at 12.45pm at St Clare's Church, prior to cremation at Darlington Crematorium. Family flowers only. Donations in lieu, if so desired, may be made to the Sir Bobby Robson Foundation (via Bobby)

LIAM BELLWOOD Happy 10th birthday. With love from Mum, Dad and Christopher
LISA PAPE Happy 21st birthday. Lots of love from Mam, Gran & Grandad Lindley, Christine, Jeremy, Caroline, Amanda and Neil xxx
ANTHONY Happy 30th birthday. Love, Mam, Dad, Sam, Alex, Jayden, Chris, Natalie and Harley
GRAHAM TELFORD Congratulations on your 21st birthday. Love and best wishes always. Gran and all the family xxx
ANNETTE GIBSON Happy birthday Mam. Lots of love, Kirsty and Kevin xxx
ANNETTE GIBSON Happy birthday darling. Love from Chris and Jamie xxx

Colin Miller

Happy 50th Birthday
 Dad, Stepdad & Granda
 All our love from Ashley, Hollie, Jack, Kim, Andrew, Gaynor, Matthew and Ella.
 Have a great day

Holiday

FLORIDA VILLA now booking for 2011. Sleeps 8, close to all attractions. www.villafloida.biz or call 300212 (M-F, 9-5pm)

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Catering

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Thank You

SARFIELD Keith and Elizabeth would like to thank all their wonderful family and friends for celebrating their Silver Wedding with them. Thank you for all the cards and presents we received. Thanks also to the Rev. Linda Potter for a beautiful Wedding Blessing

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AYCLIFFE RUGBY CUP WIN AFTER FREEZE

West Hartlepool Amateurs 7 v Newton Aycliffe 26

Newton Aycliffe Rugby Club travelled to West Hartlepool to play the Amateurs in the quarter-finals of the Durham Plate. For the first game in a month, Aycliffe were able to select from a strong squad containing 6 front row forwards.

The rust of the long layoff was more evident early on in the visitors, as, after an initial attack, they let Amateurs score a converted try from a tap penalty after less than 5 minutes. Aycliffe gradually began to dominate possession but were unable to find the final pass, trying to be too intricate in the tricky conditions. A number of attacks came to nothing as good home defence prevented the score. At the break, the hosts were still 7-0 ahead.

After the half time talk, Aycliffe kept the game more simple. Possession continued with dominance in lineout and scrum, whilst Matt Adkins and Neil Morris led the way as the forwards controlled the loose. The dam was broken when Gareth Parsonage popped a short pass to Paul Ellis who burst over for a try; Luke Tinkler converted to tie the

scores.

A concerted period of pressure, during which Morris had been held up over the line, ended with another score when Neil Morgan charged down a clearance kick with Stuart McIvor catching the rebound to score a rare try. Parsonage then released Keith Greenwood, who ran through a huge gap in the defence to score. Parsonage added a try of his own from a solo break despite slipping in the mud, and two further Tinkler conversions gave Aycliffe what was, in the end, a comfortable victory 26-7.

This was a fine team performance by Aycliffe and, with more composure early on could have been a much bigger win. Aycliffe will be at home in the semi-final to either Seaham or Washington. On 23rd January Aycliffe resume their league programme with a home match against South Park Rangers; kick-off 2:15. Aycliffe's sponsors are Fabtech Engineering and Workshop Supplies. More information is available at www.ayclifferrugby.co.uk.



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KIT A



KIT B

YOUR DETAILS

* Note, you must complete this section to qualify for the free prize draw

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Alternatively, e-mail "HOME KIT A/B (inserting your choice) and AWAY KIT A/B, plus your name and age", to: kit.vote@darlington-fc.net
or TEXT your vote, as above, to: 07916 618820

LETTER

Shafto House "One of the Best!"

A Reader, Yvonne McLoughlin, rang Newton News to say how sorry she would be if Shafto House had to close.

A few years ago she suffered a fall and broke her ankle which meant she had to go into a home for rehabilitation.

"I chose Shafto House which was magnificent" said Yvonne. "The food was excellent and the staff were lovely, caring people.

I was so impressed I asked if I could put my name down for a place when I could not look after myself" she added. Only recently Yvonne spoke to an NHS Inspector of Homes who told her that Shafto House was one of the best in the county.

Over £9,000 Raised Last Year

Dear Sir,
May I thank all Newtonians who have supported my Tuesday Market Fundraising Stall by donating items for me to sell for good causes.

It is thanks to them that 17 Newton Aycliffe organisations benefitted from the amount of £9,160 during 2009.

The actual takings were £11,100. the overheads included rent, storage space, market membership and the stall. The stall begins its 3rd year and I am sure it will be as successful as the previous years with your continuing support. Thanks again and best wished for 2010.

Honest John

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Slumberland Red Seal	RRP £299.00	NOW £229.00
Slumberland Ortho Seal	RRP £349.00	NOW £249.00
4'0" and 4'6" MATTRESSES		
A&S Candy	RRP £129.00	NOW £69.00
A&S Winchester	RRP £199.00	NOW £99.00
A&S Dorchester	RRP £199.00	NOW £149.00
A&S Majestic	RRP £249.00	NOW £199.00
Slumberland Blue Seal	RRP £299.00	NOW £249.00
Slumberland Red Seal	RRP £349.00	NOW £299.00
Slumberland Ortho Seal	RRP £399.00	NOW £359.00
3'0" BED SET		
A&S Candy	RRP £69.00	NOW £59.00
A&S Winchester	RRP £99.00	NOW £94.00
A&S Dorchester	RRP £159.00	NOW £149.00
A&S Majestic	RRP £249.00	NOW £199.00
Slumberland Blue Seal	RRP £349.00	NOW £279.00
Slumberland Red Seal	RRP £399.00	NOW £299.00
Slumberland Ortho Seal	RRP £449.00	NOW £359.00
4'0" and 4'6" BED SET		
A&S Candy	RRP £119.00	NOW £99.00
A&S Winchester	RRP £159.00	NOW £139.00
A&S Dorchester	RRP £239.00	NOW £209.00
A&S Majestic	RRP £349.00	NOW £299.00
Slumberland Blue Seal	RRP £499.00	NOW £399.00
Slumberland Red Seal	RRP £549.00	NOW £449.00
Slumberland Ortho Seal	RRP £599.00	NOW £499.00

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