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## Bleach Attack on Garden Fish Pond

### Six Fish Mindlessly Killed!



At 10.30pm on the evening of Thursday 28th June someone climbed over the wrought iron gates at the rear of 39A, The Green, Aycliffe Village. The suspect was dressed in a pale hoodie with a cap underneath and a scarf wrapped around the lower portion of the face. Obviously a young and agile person to climb the gates and also escape very quickly in the same direction when spotted. The suspect had carried a yellow container with the bleach or caustic substance and left with the empty container.



The result was devastation in the pond and the cruel death of the fish even though the

draining was carried out with minutes and fish transferred into clean water in a large container, only two of the smaller fish were thought to have survived, but they died later.

Roger Curtis said "We have lived in this village for 35 years, my wife and I are both in our seventies and have never experienced anything like this. I fail to understand the reason why anyone should want to do this to us and our pond."

"It is obvious the sole intention of the intruder was to carry out this reprehensible act, or why climb the gate carrying the liquid? Our Grandchildren who loved to feed them are most upset and also ask why?"

The pictures show some of the dead fish which are reasonably large and the huge amount of foam left in the bottom of the pond even after draining. Police are aware.

"We will now install CCTV to hopefully deter further intrusions" said Roger. If anyone has information they may contact:- PCSO Jen Atkinson at Newton Aycliffe Police [jennifer.atkinson@durham.pnn.police.uk](mailto:jennifer.atkinson@durham.pnn.police.uk) Call 101

## Acorn R.A. Meeting

Our next meeting will be on Thursday 12th July 2018 at 6pm upstairs at the Phoenix Club. Little Acorns are at 5.30. Come along for a chat, cup of tea and good company. Local Councillors will be present if available. There will no meeting in August so any announcements for the next 2 months will be made during this month's meeting. We look forward to seeing you there.  
Jen Bewley, Secretary

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## Care of Town Centre Trees

Dear Sir,  
After waiting many months to have trees again in our town centre I am disappointed to see that several are dying. This may be due to lack of water as I have yet to see any signs of water being given to the trees. Whoever is responsible for the wellbeing of these trees please water them ASAP and keep them watered before they all die.  
John Humble, Langley Road

### Town Centre Manager Replies:

Thank you for forwarding to me Mr Humble's comments on our trees and his perception of their current condition and general maintenance. I can assure Mr Humble that our trees are indeed being watered as per the care/maintenance plan supplied by our Arborist which states that each tree should get 2 gallons of water 3 times per week and in extreme weather, such as we are currently experiencing, then daily if the soil is not moist to touch. This is ongoing exercise until the trees can be self sufficient and our Arborist will continue to monitor until full growth is achieved. A couple of our trees have unfortunately not responded well to being replanted however we hope they will recover and thrive.  
Bryan Haldane



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## People Want Brexit

Dear Sir,  
I refer to MP Phil Wilson's earlier call for a 'Peoples Vote'. Subsequently, supporters of a second Brexit Referendum (that is what a People's vote is; we can't have people claiming that they did not know what they want) held a demonstration in London which attracted circa. 100,000 supporters. The BBC and other Remain supporters described this turnout as HUGE! However, the Countryside Alliance demonstration against banning fox hunting attracted circa. 300,000 demonstrators, and the BBC news of 16th February 2003 reported that 'A MILLION' had demonstrated at the Stop the War Campaign against Tony Blair's illegal war. The latter was HUGE! Given there are possibly about a thousand Remain supporters in Parliament (Lords and Commons) I consider that a turnout of 100,000 in Remain voting London as pathetic! Can Parliamentarians not each cajole 99 family members, friends, constituency workers, activists, or Remain voters to come out and demonstrate on a sunny day? Phil Wilson, you are backing a loser! The 'People's Vote' is the brainchild of, and funded by, multi-billionaire currency speculator George Soros. He

is dubbed, "The man who broke the Bank of England", and made a billion dollars in doing so, on 'Black Friday' 1992. He is assisted in his quest to thwart Brexit by most of the Establishment, the CBI, major manufacturers, the BBC and, of course, our MP Phil Wilson. Contrary to bogus, oft repeated, opinion polls the mood of the country has not changed. The majority still want the full British Brexit they voted for! Phil Wilson is still worried about possible job losses in his constituency, yet the majority of workers in his constituency voted Brexit and Unison do not back the 'People's Vote'. Any job losses will be a result of uncertainty and the leaving process being drawn out due to persistent Remain delaying tactics. When is he going to wake up to the fact that democracy is at stake here! It is not about what big business and foreign multi-billionaires want. It is what the people want! He previously made a snide remark about Jacob Rees-Mogg and his wealth. Jacob Rees-Mogg is the good guy here. He wants the will of the people to prevail. Unlike George Soros, he is not blatantly using his vast wealth to try and thwart the will of the people as democratically expressed in a legal Referendum. Alastair P.G. Welsh

## Music Night at The Big Club



Come along and enjoy the music on Friday's opening day of the Aycliffe Festival Fortnight on Friday 13th July 2018, from 7.45pm to 11.00pm at The Big Club. "The Kent Collective" will be playing Mod, Ska, Soul and Northern Soul plus supporting act "Midnight Rose", a girl fronted band, playing pop and rock classics. This is an over 18 event and tickets are priced at £2.50 each and are available from the club or on the door on the night.

## Fundraising for Thailand Trip



*Woodham Academy students selected for the Thailand Experience.*

Woodham Academy students are raising funds for a once-in-a-lifetime volunteering trip to Thailand. Following a rigorous application process, 14 Woodham Academy students have been selected to take part in the school's first Thailand Experience. The new initiative will see the Key Stage 4 students volunteer in an elephant sanctuary, visit historical sites and experience a different way of life. Teacher Hannah Kent said: "This is a unique opportunity for our students to develop leadership skills, and grow in confidence. All are required to raise funds for the trip, and have a number of fundraising activities planned. We hope the community will support them and enable them to make the most of this once-in-a-lifetime experience." An integral part of the experience is a full week volunteering in an elephant sanctuary, where

students will learn to care for the animals, including feeding, walking and bathing. Students will also develop an understanding of the history of Thailand. They will explore Bangkok and Chaing Mai, take guided tours of the Grand Palace and the Reclining Buddha Temple. They will visit the bridge over the River Kwai, the war cemetery and museum, and ride along the Burma Railway. The 14 students will travel to Thailand in July 2019. Any donations towards the experience will be greatly appreciated and will be divided equally between all participating students. To make a donation, go to: [www.justgiving.com/crowdfunding/woodhamthailandexperience](http://www.justgiving.com/crowdfunding/woodhamthailandexperience) To follow the students' fundraising efforts, and see their experience with live updates, like the Facebook page: @WoodhamThailandExperience



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# Concert Raises £815 for Motor Neurone Disease



The wonderful members of Aycliffe's MAD (Make a Difference) Choir who held a Concert last week in aid of Motor Neurone Disease, at the Big Club, raising £815. The money will be used to facilitate a local clinic at St. Teresa's Hospice for victims of the disease. The choir founded by Sonia Scott exists for people to enjoy singing and raising money for local worthy

charities. The Musical Director is Evelyn Lodge (second right). Right is Gary (Mr. Nincompoop) who provided the Disco music. If you would like to join please contact Evelyn at: evelyn.lodge@sky.com You don't have to be a great singer - just someone who likes to sing, enjoy the company, fun and sound of a choir. The choir meet

at Woodham Community Centre.

## Help for St. Teresa's Hospice MND Clinic



Left to right: Allison Marshall, MAD Choir founder Sonia Scott, Jane Bradshaw, and Musical Director Evelyn Lodge.

Chief Executive of St. Teresa's Hospice Jane Bradshaw and Head of Care Allison Marshall came to Aycliffe to collect the proceeds from the MAD Choir Concert held last week at The Big Club. Jane said: "St. Teresa's Hospice were thrilled to receive a contribution of £815 towards their Day Hospice MND Clinic. Choirs are so popular, which is not surprising because music gives everyone the feel good factor. I send a big thank you to Syd Howarth of Newton Press, to all the members of the MAD Choir, and to everyone who supported the event, for making this donation possible and helping raise money and raise the roof in aid of our Hospice!"

St Teresa's Hospice Tel: 01325 254321

## Councillors' Surgeries

**Shafto, Central and Neville Ward**

Councillors Sarah Iveson and Jim Atkinson will be in attendance at St. Mary's Meeting Room, Burn Lane on Saturday 14th July from 11.00am - 12 noon.

**COUNTY NEWSBITS**  
Compiled by  
County Councillor John Clare

The focus this week is on consultation, along with some interesting community news and things to do. Find out more about all the following on my blog at: [bit.ly/CNB41](http://bit.ly/CNB41)

**COUNCIL AND COMMUNITY NEWS**

- Have you commented yet on the County Durham Plan's proposals on Transport?
- The DCC Digital Durham Phase 2 consultation on superfast broadband.
- The DCC 'Summer Fun Guide' is published.
- Electronic Waste Permits will make it easier to use the Household Waste Recycling Facility at Heighington Lane.
- The GAMP annual report published.
- Last Saturday's Women's Gala celebrated 100 years of Votes for Women.
- Memorial to Durham Pals installed in Bus-Les-Artois in France.
- HealthWatch County Durham AGM report and July newsletter.

- Greenfield School won best environmental business at the prestigious 'Future Business Magnates' awards.
- New specialist school proposed for Newton Aycliffe.
- Your chance to combat loneliness and isolation.
- The 'Station Park' development will be a great addition to Aycliffe Business Park.
- Aycliffe Business Park encourage to join a 'Business Watch' scheme.
- THINGS TO DO
- Durham Brass, 13-22 July.
- Aycliffe Festival, 13-29 July.
- The 134th Durham Miners' Gala, Saturday 14 July.
- Roma Antiqua are at Binchester Roman Fort, 11am and 2pm, Saturday 14 and Sunday 15 July, £7.
- Toddler Tales - the Greedy Bee (2-5s), Hardwick Park, 10-11:30am or 1-2:30pm, Wednesday 11 or Saturday 14 July, £4 per child, book on 03000 262 899.

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## Graffiti & Vandalism



Criticism has been made against two Town Councillors raising the petition against regeneration in the West Ward. Residents say they should have done something about this vandalism and graffiti in Kirkstone Place. It is in fact the responsibility of Livin and Durham County Council Highways Department, County Councillors have been informed.

## Aycliffe Air Cadets Adventure Time



Local Air Cadets based in Newton Aycliffe were successful in securing £1880 through GAMP via the 2017/18 Youth Fund, to deliver summer adventure training.

The funding is being used to offer camping trips and climbing experiences to all cadets but also Gold Duke of Edinburgh Award expeditions for the most experienced. Some of the funding is also being used to purchase the necessary equipment in order for the trips to take place, including camping essentials such as tents, stoves and waterproof clothing. The new equipment will be widely used and will allow the cadets to take part in weekend camping expeditions and other adventure training.

Flt. Lt. Karin Scott, said: "The trip in the picture was our Bronze assessed expedition to Teesdale, staying at Low Way Farm. We had an earlier practice expedition to Hamsterley and we are going to Aysgarth with the Silver group. We also intend to have a camp for the whole squadron in September. The equipment is being well used and is very much appreciated by the cadets."

If you are in year 8 or above, up to the age of 17, and want adventure, qualifications and fun then the Air Cadets is for you! The Cadets offer a huge range of activities including flying, gliding, target shooting, hill walking, rock climbing, mountain biking, camps on RAF stations and various sports. You can also gain recognised awards and certificates including Duke of Edinburgh's Awards, BTECs in music, aviation and personal development, including St John's Youth First Aid, all of this while gaining leadership and teamwork skills, boosting your confidence and making new friends.

For more information please contact 1407 (Newton Aycliffe) Squadron Air Cadets on: 01325 318603 (parade hours only) or email: [1407@aircadets.org](mailto:1407@aircadets.org) or visit the website: [www.1407aircadets.com](http://www.1407aircadets.com) you can also find us on Facebook (1407 newton aycliffe squadron)

## Memorial to Durham Pals Unveiled in France

A memorial stone dedicated to the Durham Pals is being unveiled at a ceremony in France last weekend.

The stone has been installed next to existing memorials to the Bradford Pals and Leeds Pals in the small hamlet of Bus-Les-Artois where the 18 DLI – known as the Durham Pals – were stationed in the lead up to the Battle of the Somme.

The DLI Pals were made up from all professions and many of the men were childhood friends who had grown up together in towns and villages across the county.

The official unveiling of the memorial stone will take place this Saturday evening during the village's annual commemorative service and will be attended by Durham County Council Chairman Cllr John Lethbridge and 23 members of the DLI Association.

Cllr Lethbridge said: "It is extremely important to recognise the sacrifice of the Durham Pals and we are delighted that a permanent memorial has now been installed in an area the battalion had such strong links with."

"This weekend also marks 102 years since the beginning of the battle of the Somme and it is fitting that we take time to remember all of those who lost their lives fighting for our country." At 7.30am on 1 July 1916, 60,000 British soldiers climbed out of their trenches and began to move across No Man's Land. Within one hour, over half of these men were dead or wounded – the greatest loss of life in a single day for Britain.

The Pals, as part of the 31st Division, were part of the attack at Serre, at the northern end of the Somme battlefield. By 5 July, the battalion that had gone into the trenches on 30 June almost 800 strong had suffered around 500 casualties, including 70 dead.

The cost of the stone, which was made in Durham before being shipped over to France, was paid for using the remaining funds from the 2016 Northern Echo public appeal, which culminated in the



installation of two memorial riverbanks and the other in benches – one on the Durham Thiepval.

## First Trip for Neville Residents Association



Our very first trip was to Northallerton Food Festival on Sunday 24th June. We had a fantastic day, the sunshine helped! Lots of lovely foods to try, music and plants. A lovely day out with friends and Neighbours. Can't wait for our next trip, information available soon.

Our trip was funded by our local county councillors Sarah Iveson and Jim Atkinson, a big thank you to them and the National Lottery. Thank you to all National Lottery players, with their help we can do more for our Residents. To contact Neville RA please email [neville residents association@btinternet.com](mailto:neville residents association@btinternet.com)

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## Film Show

The "Feel Good Film Show" at St Clare's Church on Tuesday 10th July features the romantic comedy "AN AFFAIR TO REMEMBER" starring Deborah Kerr and Cary Grant.

Two people have a romance on a cruise, even though they are each engaged to someone else.

They agree to meet in 6 months time but, of course, things don't run smoothly. NO sex, NO bad language and NO violence, cos that's how they were made then. Aaah, the good old days; a beautiful, romantic feel-good film. Everyone is welcome. Tea and coffee are served at 1pm, included in the £2, and the film starts at 1.15pm. A variety of chairs are provided for your comfort, and tables so that you can bring a spot of lunch to eat while you enjoy a great film in friendly company. For further details ring Ric Hargreaves 01325 316755.

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# Family Fun Day at the PCP

The Pioneering Care Centre in Newton Aycliffe will be hosting a Summer Family Fun Day Saturday 14th July from 10.00 am until 2.00pm.

Bring along the whole family for a fantastic day of fun hosted by a local charity and funded by Great Aycliffe Town Council.

Activities will include; face painting, Punch & Judy, a magician, hook a duck, an animal petting zoo and so much more to keep the whole family entertained... all of which are totally free!

Food and refreshments will be available to purchase from the Mall Coffee Shop and there will be an ice cream van on site – perfect for these hot days!

No need to book simply turn up to the Pioneering Care Centre, Carers Way, Newton Aycliffe DL5 4SF and enjoy the fun filled day! For further information about PCP's Summer Event, go to the Facebook page @PCPandCentre, follow PCP on Twitter @PioneeringCare or call 01325 321234.

## Aycliffe West County Councillors' Walkabout

DCC Councillors Kate Hopper & Eddy Adam are holding a ward walkabout in the Linden Place area and will be accompanied by representatives from partner organisations where available.

Meeting at 09.30 on Tuesday 17th July at the junction of Linden Place & Greenfield Way, we look forward to greeting local residents who are welcome to join us or you get in touch about any issues

using the contact details below.  
Cllr Eddy Adam  
03000 268670  
eddy.adam@durham.gov.uk  
Cllr Kate Hopper  
03000 268727  
kate.hopper@durham.gov.uk

## Have You Got News For Us?

We are always interested in local news stories. We like to feature **good** news and interesting items on achievements & community service

**Tel: Syd 01325 300212**  
or email: [syd@newtonnews.co.uk](mailto:syd@newtonnews.co.uk)

## THANK YOU TESCO

Dear Sir,  
May I pass many thanks to Shirley, Tesco staff and management for allowing my collection in their store on Sunday 1st July. Thanks to the generosity of their customers £371, was raised, including a kind donation of £50.

It is always a very enjoyable day collecting for the Community Kitty as we fund ourselves with no grants. We are fortunate to have the support of Humankind (DISC) who give us premises free of charge. Our only expense is £160 per year for insurance. Every single penny goes back into supporting Community groups.

We should applaud ourselves for keeping this kitty going after 11 years - a real success story with thanks to Newton Press, customers, donors, and my best friend Valerie for her help and companionship.  
Honest John

## Afternoon Tea with the Bears

My bear's name is: \_\_\_\_\_

He/she is: \_\_\_\_\_ years old

Please write your bear's story on a separate sheet

## Craft Competition Classes and Entry Form

- |         |  |
|---------|--|
| Class 1 | An item of papercraft max size 6" x 4"         |
| Class 2 | An item of sugarcraft max size 4" x 4"         |
| Class 3 | A tote bag – any medium max size 18" x 16"     |
| Class 4 | Child's painting or drawing (age 5 and under)  |
| Class 5 | Child's painting or drawing (age 6 – 10 years) |

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Class No: \_\_\_\_\_

Description: \_\_\_\_\_

No of Entries: \_\_\_\_\_

### Adult Prizes

- 1st place £5 & certificate
- 2nd and 3rd place £3 & certificate

### Children Prizes

- 1st place £5 & certificate
- 2nd place £3 & certificate
- 3rd place £2 & certificate

The closing date for entries is Friday 20th July, send to Great Aycliffe Town Council, School Aycliffe Lane, Newton Aycliffe. DL5 6QF or e-mail to [info@great-aycliffe.gov.uk](mailto:info@great-aycliffe.gov.uk)  
Bring your entry to St Clare's Church on Saturday 28th July between 9.15am and 10.00am.

Use one entry form for each person entering a class. For full terms and conditions of entry see our website:  
[www.great-aycliffe.gov.uk/events/aycliffe-festival](http://www.great-aycliffe.gov.uk/events/aycliffe-festival)



## Events from Friday 13th July to Sunday 29th July 2018

*A series of events organised for the people of Aycliffe by the people and communities of Aycliffe*

*Sponsored with grants or assistance from Great Aycliffe Town Council. See full details of all events at [www.great-aycliffe.gov.uk/events](http://www.great-aycliffe.gov.uk/events)*

### Friday 13th July

#### "Afternoon Tea with the Bears"

St. Elizabeth's Church, St. Elizabeth's Close, Woodham  
From 2.00pm to 4.00pm - **ENTRY FREE**

#### "Music Night"

Newton Aycliffe Working Men's Club  
Doors Open 7.00pm, till 11.00pm  
Tickets £2.50 (available at the club or on the door)

#### "Evening of Jazz"

The County, Aycliffe Village  
7.30pm to 11.00pm - Tickets £20 includes a meal  
Available from The County, Joy Maries or Acle Leaders

### Saturday 14th July

#### "PCP Summer Family Fun Day"

Pioneering Care Centre, Carers Way, Newton Aycliffe  
10.00am to 2.00pm - **ENTRY FREE**

### Tuesday 17th July

#### "STEM"

Newton Aycliffe Leisure Centre  
9.00am to 2.30pm - **ENTRY FREE**

### Wednesday 18th July

#### "Fairground"

Moore Lane Park, Newton Aycliffe  
**Wednesday-Friday 5.30-8.30pm**  
**Saturday 1.30-8.30, Sunday 1.30-6.00pm**  
*Bring this advert for 50p off any ride (not side stalls)*

### Friday 20th July

#### "Social Evening"

**SOLD OUT**  
Linden Place, Burnham Road, Aycliffe Village  
from 7.30pm till 11.00pm

#### "Party in the Park & Durham Brass"

Town Centre Park, Burn Lane, Newton Aycliffe  
6.00pm to 9.00pm - **ENTRY FREE**

### Saturday 21st July

#### "OakLeaf Golf Tournament"

A **FREE** competition, open to all residents of Aycliffe with a handicap and all members of the OakLeaf Golf Club. Tee off times 9.00am to 11.00am.  
Contact the Golf Club or the Golf Pro Shop  
01325 310820 for further information.

### Sunday 22nd July

#### "Magical Afternoon"

Aycliffe Village Hall, Durham Road, Aycliffe Village  
2.00-4.00pm, Children £1, Adults £3  
To include refreshments

### Tuesday 24th July

#### "Introduction to Football"

Town Centre Park, Burn Lane, 1.00pm to 3.00pm  
**FREE ENTRY**  
Newton Aycliffe Youth Football Club will provide a fun coaching session for young boys and girls, aged 4-7 years. To book contact Berni 07939 045242

### Wednesday 25th July

#### "Fun in the Park"

Town Centre Park, Burn Lane, 11.00am to 3.00pm  
**ENTRY FREE** and entertainment

### Saturday 28th July

#### "Live Music Festival"

Newton Aycliffe Town Centre Mall, Beveridge Way  
12noon to 8.00pm - **ENTRY FREE**  
Showcasing the best in local musical entertainment  
18 confirmed local acts (soloists, bands, choirs, groups) performing on a professional stage with superb sound system. Kiddie fairground rides, ice cream/hot dogs, competitions, spot prizes and surprises!  
**A Great Family Day Out!**

#### "Craft Competition & Displays"

St. Clare's Church, Central Avenue  
10.00am - 2.00pm - **ENTRY FREE**  
(Note the competition area will close briefly for judging)



# Local Artists Inspire Pupils

Woodham Burn Primary School children have been working hard painting some amazing pictures over the past few weeks culminating in a community art show. The School would like to thank parents, community members and Local Councillors Paul Howell, Eddy Adam and GAMP representative who came to see the wonderful work produced by our children. The children have been working with local artists Chris and Steve Rocks joint winners of the Fine Art Trade Guild's Best New Artist award in 2009.

Chris and Steve Rocks are twin brothers; they have created an amazing artistic partnership, due to a closeness and understanding that is beyond the imagination of most of us.

They supported, encouraged and taught the children in creating some amazing art work and gave them an understanding into the thinking behind their abstract images.

Chris and Steve Rocks – We are honoured to be invited to work with the children at Woodham Burn Primary School. We were pleasantly surprised at how inspired and enthusiastic the children were and it really came across in



their paintings.

It was nice to bring some different ideas and techniques to the classroom and encourage kids to pick up the paint brushes and enjoy themselves.

Rianne Edwards, Head Teacher – 'this has been a wonderful learning experience for our children Chris and Steve are established artists and have generously given their time to help produce this art show. We hope to repeat this in the future'.

Cllr Eddy Adam – 'What a fantastic event and I'm surprised to see such skill and quality of work produced, it's also lovely to see the pleasure

and enthusiasm that the kids have got out of this event'.

Cllr Paul Howell – 'With all of the news going into schools about how inspiring footballers are to children its wonderful to see local connections Chris and Steve Rocks giving obvious inspiration to the kids, seeing people being inspired by others is fabulous'.

Victoria Greeves, GAMP Community Development Officer - 'There was fantastic buzz around the school hall, pupils were so excited to show off their work to visitors and parents. The GAMP were pleased to see the event so well attended and county councillors were happy to financially support this great event'.

Miss Roberts, Arts Co-ordinator and Teacher, Woodham Burn Primary School – 'This school and community project has inspired both children and teachers to be creative, I'm really proud of the enthusiasm that the children have shown and the finished results of the art work are fantastic'. Thanks to Chris and Steve for their continued support with getting the art show to this stage and for sharing their expertise.

School would like to give special thanks to Chris and Steve Rocks and Councillors John Clare, Paul Howell, Scott Durham, Jim Atkinson, Eddy Adam, Kate Hopper and Sarah Iveson for their support.

# Big Club Gives Town Band a New Home



Following a recent plea for help through Newton News for rehearsal room space, Aycliffe and Brancepeth Band were approached by numerous organisations in or around Newton Aycliffe and would like to thank them all for their kind offers of help.

The band are now rehearsing at The Big Club on Wednesday evening (7.30-9.30) and on Sunday evening (6.00-8.00).

The band would like to thank the committee and staff at the Big Club for welcoming them and being so accommodating and helpful to them in their 'hour of need'.

In spite of the short term

difficulties the band have continued to perform and honour their commitments, last week playing at the Yarm show and on Sunday marching and playing at the bandstand at Beamish museum.

Future engagements include: Middridge show next Saturday 7th July at 1 – 3.30 pm and Durham Miners Gala Saturday 14th July.

As you can see the band continues to thrive and anyone wishing to join, young or older, should contact; Paul (Secretary) 07825068613, Dave (Chairperson) 01325720128 or Mike ((Conductor) 07554345570 Email mnpriestley@hotmail.co.uk

# NEW ROLE FOR JONATHAN RUFFER

Jonathan Ruffer is to be officially recognised as Founder of The Auckland Project, in honour of his continued investment and ongoing commitment to the Project and revitalising Bishop Auckland.

As of today (Monday 2 July 2018), Jonathan will concentrate on strategic initiatives and bringing new opportunities for The Auckland Project into play. He will hand over the role of Chair of the Trustees to Nick Turner who has served on the Board of The Auckland Project for the past three years.

David Maddan, CEO, The Auckland Project, said: "Now that the foundations of The Auckland Project have been firmly established, in his new role Jonathan will be able to concentrate on the increasingly important outward facing aspects of our work to revive Bishop Auckland."

Jonathan Ruffer established The Auckland Project, then known as Auckland Castle Trust, in 2012, following the purchase of Auckland Castle in Bishop Auckland and its Zurbarán paintings of Jacob and His Twelve Sons. His ambition is to transform the former private palace



of the Prince Bishops of Durham into a world-class visitor destination, bringing with it the means to revitalise Bishop Auckland and help reinvigorate the surrounding region.

Jonathan, said: "Thanks to the hard work of the entire Auckland Project Team we have made great strides since 2012 and are now heading, full steam towards the opening of Auckland Castle in 2019, closely followed by our other venues. I am now looking forward to the next six years and the bright future stretching far beyond that for The Auckland Project and Bishop Auckland as a whole."

## "MISS SAIGON"



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## FIND A DOG a home

### Fabulous Fabian

Fabian is a very stunning one-year-old Saluki with a sensitive nature. He is loving and really enjoys climbing into his bed or cuddling up with his canine carer. Fabian has a bouncy, fun loving side and can get giddy at times when playing with his toys. He just loves to run around with them in our enclosed exercise field and showing off. An enclosed garden would be great for Fabian for off lead playtime.

He loves his toys, especially the squeaky ones, as well as learning new tricks. Fabian will make a great companion for the right family as he has so much love to give.

As a young boy he still needs some training but being able to watch him learn and grow will be very rewarding. Canine carers are hoping to find Fabian an owner who is willing to spend time helping him build his confidence. Fabian will need to be the only dog in his new home but his new owners should be willing to continue socialising him. A calm, quiet, adult only home would suit him best. He likes to be around people and new owners will need to be at home for the majority of the time. Fabian can be shy at first so potential owners should also be willing to visit with him a few times and build a relationship before taking him home.

Fabian is just one of over 100 dogs currently looking for a home at the centre; all different shapes, sizes, ages and breeds; looking for a wide variety of homes. For more information on Fabian or any of the other lovely dogs we have at Dogs Trust Darlington please contact the centre on 01325 333114, visit the website <https://www.dogstrust.org.uk/our-centres/darlington/> or email us at [Darlington@dogstrust.org.uk](mailto:Darlington@dogstrust.org.uk)



## Funding for Community Groups

There are hundreds of funding schemes available for voluntary and community groups in County Durham from EU, national, regional and local sources.

If you are looking for funding for your community group, including:

- sports clubs
- local charities
- school fundraising groups
- credit unions

Sign up to our free, easy to use, Durham 4 Community website to:

- search for funding schemes available for your group
- apply for funding
- get advice on producing your funding application

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## Evening with Alastair Helped MRI Appeal



'An Evening with Alastair Campbell', hosted by local MP Phil Wilson and compered by Northern Echo's Chris Lloyd, raised £150 for the MRI appeal which has been led by the Newton News editor Syd Howarth.

The money raised in the raffle will be used to help with the running costs of recently installed MRI Scanners in the Darlington Memorial and Bishop Auckland hospitals.

The evening itself was well attended, with Newtonians and people from as far as Redcar and Newcastle including MP Anna Turley and Cat McKinnell in the audience.

Alastair Campbell spoke on Brexit, an issue he doesn't shy away from giving his opinion; winning three general elections whilst working for Tony Blair; and football briefly mentioning the World Cup and his own team Burnley. He then took questions from the audience, which ranged from the important role of politicians at local government level, the options the UK have with regard to staying in the single market, to what the future has in store for the Labour Party.

Commenting on the event, MP Phil Wilson said 'It was a fantastic evening with great debate. I'd like to thank Alastair for coming along and speaking, and to those in attendance who helped raise money for the MRI fund.'

## PCP Course Member Wins Learner Achievement Award

David Cockburn, has received the Festival of Learning's Social Impact Award Highly Commended individual, for outstanding achievements in adult learning. It recognises individuals who have used learning to change their lives but who have also been proactive ambassadors and inspired others to embrace the benefits of learning.

A wheelchair user for 8 years, David, had a large garden at home which he had not been able to use. He wanted to learn how to grow his own vegetables, and although very nervous about joining a course with people he didn't know, he signed up for 'Plot to Plate' at Pioneering Care Partnership (PCP).

When David signed up for the gardening course, little did he know those initial 12 weeks would turn into years of learning, volunteering and peer mentoring.

Since then David has attended numerous gardening and horticulture courses and transformed his own garden from a barren area into a thriving accessible garden with ramp, paved paths and raised beds packed with fruit, vegetables and flowers.

David is now a PCP volunteer, supporting other course attendees, some with learning or physical disabilities. He also gives talks and guided visits, extolling the benefits of gardening for physical and mental health and has taught himself how to set up and maintain a blog, to further spread the word about the community garden.

David said of his learning journey, "I hope that with this confidence I have gained through learning that I can make a difference to other people."

David's mentor, Liz Godfrey, Learning for Health Co-ordinator, Pioneering Care



David receiving his award from Melanie Fordham, PCP Chairperson

Partnership said, "He has overcome so many physical and mental barriers and is an excellent role model for anyone who wants to learn but feels unable or incapable." Carol Gaskarth, Pioneering Care Partnership Chief Executive, added:

"David is an inspirational learner and a well-respected volunteer. His passion and enthusiasm for developing his own knowledge and skills whilst encouraging others to participate is admirable. When David first joined PCP he was worried about speaking in groups, so much so that he hoped the fire

alarm would go off rather than having to introduce himself! Now his confidence has grown so much he delivers talks to large groups. He really has changed his outlook and has a new-found enthusiasm for social media to share his experience even wider. We are very proud of all he has achieved."

## Help for New Firms

Having completed their first year trading earlier this year, Pixel Media have made a commitment to help new businesses in the area succeed. The guys down at Pixel Media have created an idea and have already rolled out The Pixel Hub.

70% of new businesses fail in the 1st year of operating. During this time it can seem like a lonely place where everything is against you with nowhere to turn. Well now there is, and it's called The Pixel Hub. Owners of Pixel Media, Ian and Graham are giving up their time to help those businesses that are within their first year of business.

The next hub 19th July is expected to be a sell out as was the first that was premiered last month. There was a real comradeship around the room that resonated with the classic novel, 'The Three Musketeers'. One for all and all for one! The Pixel Hub is myth busting its way to helping these small businesses. Many think that business is a very cut throat game where the focus is on 'the competition'

Director Ian Proctor stated "It was incredible to see how all the business owners that turned up interacted. There was a real sense of belonging. 10 businesses, all at the same stage in their business life and helping each other".

You can book a place via Event Bright by searching The Pixel Hub. The session promises to be as diverse and energetic as the first with the addition of 20 top tips for your first year in business.

## AYCLIFFE RADIO

### Programme Schedule

IN PARTNERSHIP WITH NEWTON AYCLIFFE TOWN CENTRE MANAGEMENT  
"Aycliffe Town Centre... Shopping for You"



Every Night from 12 Midnight to 3am  
cuddle up and listen to classic "Love Songs"

### MONDAY

9-12noon	Amy in the Morning	Amy Harrison
2-6pm	Afternoon Aycliffe	Paul Baker
Through the Decades with Elachi Indian Restaurant		
6-7pm	60s Show	Karl Simons
7-8pm	70s Show	Peter Rush
8-9pm	80s Show	Paul Gittins
9-10pm	90s Show	Paul Baker
10-11pm	00s Show	Producer Dan

### TUESDAY

2-6pm	Afternoon Aycliffe	Paul Baker
Sports Show sponsored by Honest John		
6-7.30pm	Sports Round UP	Darren & Lee
9th July - Ian Wilkinson (Tennis Coach)		
7.30-9.30pm	Northern & Classic Soul	Kevin Sowerby

### WEDNESDAY

1-5pm	Afternoon Aycliffe	Paul Baker
5-7pm	Tea Time Out	Amy Harrison
7-8pm	Community Connect	Phil Hawkins
8-10pm	Alternative Aycliffe	Gary & Alby

### THURSDAY

2-6pm	Afternoon Aycliffe	Paul Baker
6-7pm	Mystery Year	Paul Baker
7-8pm	"Throwback Thursday"	The Doctor
8-10pm	"Beat"Roote	Graeme Roote

### FRIDAY

9-12noon	Amy in the Morning	Amy Harrison
2-6pm	Afternoon Aycliffe	Paul Baker
6-8pm	Tech-House Mix	PVR Studios
8-10pm	<b>Guest Presenter Session</b>	
	13th July - <b>Andy Little</b> (from CentralFM in Spain)	
	20th July - <b>Nathan Abbott</b> - 90s Classix	

### SATURDAY

8-11am	Kitchen Floor Fillers	
11am-1pm	Kent Collective	Daz Kent
1pm-2pm	With the Beatles Part 7	Honest John
4-6pm	Northern & Classic Soul (R)	Kevin Sowerby

### THE SATURDAY NIGHT EXPERIENCE

6-7pm	Evening Session	JimJams
7-8pm	PH7 MixTape	Paul Hardy
8-9pm	Chart & Dance Remixes	Alan Hastie
9-10pm	Retro Tech House Mix	OZ-DJ
10-12am	Garage/Indie	MC Supa

### SUNDAY

9am-12	Dante's Sunday Dinner	Dante McGuire
12-2pm	Sports Round Up (R)	Darren & Lee
4-6pm	Folk/Celtic/Rock Show	Steve & Col
6-7pm	Church Service	Xcel Centre

Check our website for full schedule  
**www.ayclifferadio.co.uk**

PROMOTE YOUR ORGANISATION - ARRANGE AN INTERVIEW

Contact John Atkinson - john@ayclifferadio.co.uk

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Scheduled shows can be changed/cancelled at any time.



## AYCLIFFE RADIO

Blue Bridge Centre, St. Cuthberts Way, Newton Aycliffe DL5 6DS

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### HOW TO TUNE IN

Aycliffe Radio is an internet based station  
To tune in you require access to the internet or a wifi hot spot  
You can listen directly via our website

**www.ayclifferadio.co.uk**

click the "Listen Live" link in the top right hand corner

Alternatively you can download our FREE App from Google Play or Apple Store, search "Aycliffe Radio" download and install

Aycliffe Radio is also available on **TUNEIN**

Simply say "Alexa Play Aycliffe Radio on Tunein"  
(Tunein App should be enabled and emphasise the "A" in Aycliffe)



Contact Aycliffe Radio via

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Email: **info@ayclifferadio.co.uk**



### How to Get Involved:

**TUNE IN** - Tune in to our Presenter's shows and support your local radio station.

**VOLUNTEER** - Help out at the station by becoming a presenter or volunteer.

**SPONSOR** - Sponsor a show, presenter or the station for a nominal fee.

**ORGANISATIONS** - You are invited to come along and record a 5 minute info slot about your club.

**ADVERTISE** - Could your business benefit from advertising on Aycliffe Radio?

**LOCAL BAND/CHOIR** - Send us a pre-recorded session of your set or invite us along to record for you.

**SCHOOLS** - We can attend and record your Concerts, Performances, Presentations to be played on air.

**PUBS/CLUBS** - Send us your upcoming events and our presenters will promote them during their shows.

**EVENTS** - If you are organising an event, why not let us help you promote it?

Special Thanks to our Sponsors:





# Newton News Prom Awards - Greenfield

## WALWORTH CASTLE HOTEL, TUESDAY, 26th JUNE

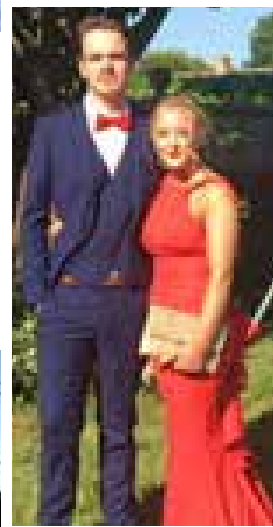


The annual Prom Awards is organised and presented by Paul Howarth from Newton News. The sponsors were very generous in supplying the funds to purchase valuable prizes and we thank Newton Aycliffe Tesco Store, Honest John, Newton Aycliffe Town Centre Management, Newton News, The Rotary Club of Newton Aycliffe, Planet Leisure, Newton Press, Co-op FuneralCare, County Councillor Eddy Adam and Councillor Paul Howell.

*Special thanks go to John Watling from Co-op FuneralCare and Cllr Paul Howell for attending and helping with the presentations.*

[VIEW MORE PHOTOS ON OUR WEBSITE](#)

**Greenfield 2018 Prom Award winners:**  
**Top Sport Student:** Adara Natress  
**Top Academic Student:** Rosie Elvidge  
**Most Improved Art Student:** Abbi Greener  
**Most Improved Music Student:** Luis Twidale  
**Most Improved Technology Student:** Siam Smith  
**Achievement through Adversity:** Brianna Atkins  
**Most Improved Science Student:** Tamer Elhasan  
**Most Improved Language Student:** Emma Smith  
**Most Improved Sport Student:** Aiden Ord  
**Most Improved Overall Student:** Ben Maxfield  
**Contribution to the Community Award:** Adam Errington





# Newton News Prom Awards - Woodham

## REDWORTH HALL HOTEL, THURSDAY, 26th JUNE



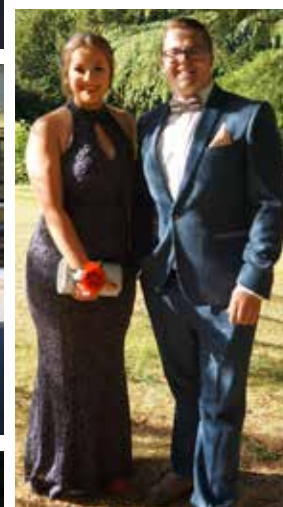
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*Special thanks go to Tony Robinson Newton Aycliffe Rotary Club President and County Cllr Eddy Adam for attending and helping with the presentations.*

[VIEW MORE PHOTOS ON OUR WEBSITE](#)

### Woodham 2018 Prom Award winners:

**Top Sport Student:** Lauren Chatt  
**Top Academic Student:** Alivia Hoy  
**Most Improved Art Student:** Catherine Milburn  
**Most Improved Music Student:** Aidan Bage  
**Most Improved Technology Student:** Chloe Hunter  
**Most Improved Science Student:** Michael Williams  
**Most Improved Language Student:** Logan Armstrong  
**Most Improved Sport Student:** Aaron Busby  
**Most Improved Overall Student:** James Toase  
**Achievement over Adversity Award:** Sophie Foster  
**Contribution to the Community Award:** Christopher Jones





## HAVE YOUR SAY ON NEW DURHAM COUNTY COUNCIL HQ

Residents, businesses and interested local groups are invited to have their say on draft proposals for the new city centre headquarters for Durham County Council. The Cabinet agreed a full business case for the move to land owned by the council on the riverside to pave the way for a new business park on the Aykley Heads site.

Aykley Heads, home to Atom Bank, the North East of England Chamber of Commerce, Salvus House and many other businesses, has been designated as a strategic employment site capable of attracting 6,000 new private sector jobs worth £400 million to the county's economy. The public are invited to an exhibition of the initial visuals and early plans at Freeman's Quay leisure centre in Freeman's Place, DL1 1SQ, as follows:

Tuesday 10 July - 2pm - 8pm,  
Wednesday 11 July - 2pm - 8pm,  
Thursday 12 July - 2pm - 8pm

The new HQ will be a third of the size of the current one and

offers not only considerable savings in running costs, but is being designed to maximise the potential for more modern ways of working. 1,000 staff will work from the HQ operating from 700 work stations and wider flexible areas. There will also be a council chamber and a café facility.

Anyone not able to attend one of next week's consultation sessions can contribute their views in writing to:

Savills, Maling Exchange, Hoults Yard, Walker Road, Newcastle upon Tyne, NE6 2HL

Or online via email to [Newcastle@savills.com](mailto:Newcastle@savills.com)

The early stage consultation on the draft proposals for the new HQ closes on July 19.

Feedback from all the events and those made by post and email will be gathered and will inform a full planning application which will be submitted later this summer.

At that stage the public will have the chance to comment again as part of the usual planning process.

## Crafter's Appoint New Head of Sales

NORTH-EAST based Crafter's Companion has appointed a new Head of Retail (Sales) after experiencing a 12% increase in UK sales from 2016/2017 to 2017/2018.

Helen Hollings joins the multi-million-pound business, headquartered in Newton Aycliffe, from Joules clothing and will be responsible for introducing commercial retail practices plus improved workshop programmes across Crafter's Companion's current retail estate.

Drawing on a wealth of senior retail management experience, Helen will also take ownership of the management team's professional development, support improved product selection and optimise spending.

Crafter's Companion founder Sara Davies MBE said: "Helen's appointment as head of retail will ensure that the business continues to move forwards in terms of retail development. Our existing stores, including our flagship Newton Aycliffe outlet, coupled with our ever-expanding product portfolio provide us with an excellent foundation for growth, and Helen understands that our people-orientated culture is key to this."

"I look forward to working with Helen in supporting and investing in our team in order to expand Crafter's Companion's estate and ultimately keep increasing our turnover." Commenting, Helen said: "The craft industry is fascinating to me and I'm thrilled with the opportunity to work on developing retail as part



of Crafter's Companion's multi-channel business.

"I'm experienced in reshaping in-store operations and I'm impressed with the growth opportunities that exist at Crafter's Companion. I'm confident that I can help take the business to a higher level in terms of retail contribution."

Crafter's Companion opened two retail stores in Newton Aycliffe and Chesterfield during 2016 and a third store in Evesham in 2017, to complement its presence online and in thousands of retail stores across the world.

The business currently employs more than 160 staff, selling products online, through its own outlets and independent retailers, and regularly presenting workshops and demonstrations in store and on TV shopping channels in the UK, US and Germany.

For further information about Crafter's Companion, visit [www.crafterscompanion.co.uk](http://www.crafterscompanion.co.uk).

## Husqvarna Raise £3,964 for Air Ambulance

Aycliffe based manufacturer, Husqvarna, has flown the extra mile for chosen charity, The Great North Air Ambulance Service presenting the charity with a cheque for £3,964.42. Husqvarna's HR Director Anne Marie Gardener and Manufacturing Director, Caraline Robinson were joined at the Newton Aycliffe headquarters by Hannah Powell from The Great North Air Ambulance Service for the cheque presentation.

Since the beginning of the year, Husqvarna and its staff have dedicated their time to help raise much needed funds for the charity. Last month the team raised £1,246.27 from a company wide bake sale and sale of products from the company's Gardena range. Employees from across the Group contributed both home baked, and shop bought sweet and savoury items which were sold around the offices and the factory.

The Group also held an Easter raffle in March raising over £900 and donated a whole host of Husqvarna products worth over £2,000. These included gloves, hearing protectors, a pressure washer, technical t/shirts and caps.

On Husqvarna's support, Hannah Powell, Public Liaison Officer at The Great North Air Ambulance Service said: "We are absolutely reliant on this kind of support from the communities we serve. We would like to thank everyone



Caraline Robinson, Hannah Powell, Anne-Marie Gardener

involved at Husqvarna. The business has quickly become a strong supporter of the charity and we look forward to it continuing into the future. Our crew will always welcome any leftover cakes from the fundraising!"

The Great North Air Ambulance Service was chosen by Husqvarna staff at the end of last year to be the company's chosen charity. Staff were asked to put forward their choice and out of six charities the majority chose The Great North Air Ambulance Service.

On the donation made, Husqvarna HR Director, Anne-Marie Gardener said: "As a company, we're extremely passionate about helping charities within our local community and we feel

as an organisation that it's important we give our staff the opportunity to support the charities which are close to their heart.

"The Great North Air Ambulance Service provide a fantastic service and rely heavily on public funding to survive, so we are keen to support in anyway we can, whether that's through time, cash or product donations. The team do a fantastic job and without them many lives would be lost."

Husqvarna has many more fundraising events in the pipeline including a Zumbathon, Football tournament and Christmas raffle.

For more information on Husqvarna visit <https://www.husqvarna.com/uk/>

## HEATING WAREHOUSE SALE

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## SPOT FAKE NEWS



News is out that just one in 50 children can spot 'fake news' stories, is causing concern. The National Literacy Trust found that when 2,200 pupils aged eight to 16 took a fake news quiz, only a handful were able to spot all the fabricated stories.

So, we asked news expert, Dr Lisette Johnston who is ex BBC World News boss and now Head of School at ScreenSpace to give us some top tips on identifying when we're being fed fake news - here are her six top tips...

**Check the source**  
Look at the publication or site and look at its other stories - try to think critically, consider whether there is any other questionable content.

**Check the date**  
Sometimes a story from years ago can be re-run to give the impression of 'new' news.

**Do your own research**  
Check whether the story has been run on other sites, if so, how is the story presented?

**Read beyond the headline**

Some publications and websites use sensational headlines as a way to encourage you to 'click' on the story, this is called 'click bait'. Sometimes the actual story bears no resemblance to its headline.

**Research the writer**

If the article has a writer's byline - Google them to see what other articles they've written.

**Check the facts**

There are some great fact-checking websites such as: <https://fullfact.org> and <https://www.snopes.com/fact-check/> to use when you're really not sure about a story, whether it's a statement from MPs or a piece from other organisations.

But, you can also ask yourself three questions:

- Can the statement be proved or demonstrated to be true?
- Can it be observed in practice or operation?
- Can it be verified by witnesses, manuscripts, or documents?

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St Elizabeths Church Woodham would like to invite you to join us at our Summer Fair on Saturday 7 July from 10am-12noon. Although we can't promise beautiful sunshine and blue skies we can promise you you'll have a delightful morning browsing our various stalls including a delicious seasonal cakes, pies and afternoon treats stall, a superb gift tombola, hand knitted goods, a books stall and so much more! We look forward to seeing you there.

## Aycliffe C.C.

## CRICKET SCOREBOARD



18 year old 2nd team batsman Ryan Patrick who scored a match winning half century on Saturday

21 as Aycliffe looked to be heading for defeat at 166

for 9. However a tenacious unbeaten 10th wicket stand from Lucas Pilling (0 not out from 18 balls) and Dan Weldon (9 not out from 25 balls) saw them safely bat out the last six overs to earn their side a deserved draw in a tense finale as the innings closed on 179 for 9 after 50 overs.

The 2nd team had a brilliant 37 run victory at home to Northallerton 2nd XI in the NYSD 4th division. After being asked to bat first, Aycliffe scored a respectable 154 all out after 33 overs thanks chiefly to a superb career best score by Ryan Patrick (sponsored by A\* Bathrooms), he finished with 68 runs from 74 balls, including nine boundaries and there was an important unbeaten 12 runs late in the innings by Jak Kennedy. In reply, Neil Bancroft, Matty Greaves and James Brown each took three wickets for Aycliffe as the visitors were bowled out for 114 after 29 overs.

The u17's worked hard but were still beaten by 67 runs away at Barnard Castle in the NYSD u17's league. The hosts batted first and scored 140 for 5 in their 20 overs with Aycliffe's Will Varley the pick of the bowlers taking 2 for 24. In reply, Aycliffe opener Dan Bowmer batted really well, top scoring with an excellent 36 runs from 50 balls faced and his innings included seven boundaries as the visitors were dismissed for 73 after 17.1 overs. The club's u15's won their second game in a row, this time beating Billingham Synthonia away by 37 runs in the NYACC league. After being asked to bat first, Aycliffe made an impressive 136 for 7 in their 20 overs thanks to excellent innings from both Lucas Pilling (41 runs) and 12 year old Leo Mercy (37 runs), with Frazer Mills and Iain Robson both chipping in with ten runs each. In reply, the home side were restricted to 99 for 2 from their 20 overs with Lucas Pilling and David Robinson taking a wicket each for Aycliffe.

The u13's continued their recent good form with a ten wicket victory at home to Blackhall. The visitors batted first and were restricted to 74 for 8 in their 20 overs with Leo Mercy taking 3 wickets for 9 runs and Brandon Grant taking 2 wickets for 9 runs for Aycliffe. In reply opener David Robinson scored an excellent unbeaten 30 and was given good support from fellow opener Matty Greaves, who finished on 24 not out as the hosts hurried to victory after only 10.5 overs.

# DCC Transport Plan Flawed!

Dear Sir  
Last week's Newton News asks for opinions on the transport aspects of the draft County Plan. It's very clear to me that the essence of the Plan is to make using a car so unpleasant that people will only drive when they have to!  
The draft Plan is to 'encourage sustainable transport choices'. In plain English, this means they want us to walk or cycle or maybe ride a horse! Maybe they would like us to travel back in time to before the car was invented!  
They seek to 'put new development in locations which minimise the distance and time of journeys'. This

implies building houses close to factories/ industry, even if people don't want to live there. They want to prioritise 'those with mobility issues or disabilities, walking, cycling, public transport, car sharing and alternative fuel vehicles'. In other words they want to discriminate against the normal car user. This absolutely isn't what I want.  
An example of this is the congestion along Central Avenue when the schools open/ close. If a single pupil wants to cross, the traffic warden stops all the cars and they have to wait. This is because pedestrians have priority. By waiting for a few people to want to cross

and taking them together, the car queues would be radically reduced, but the Council wants to cause maximum inconvenience to the car driver. The draft Plan is telling us this is the sort of thing they want. It's absolutely not what I want. They also want to have a 'proposed cycling network'. They can't afford to fix the potholes in the roads, but they can afford to pay for a new cycling network for a tiny minority of younger people who are willing and able to cycle. This is despite the fact that cycling is statistically far more dangerous than using a car. This is not the prioritisation I want. They want to 'focus on limiting car parking at destination'. What does this mean? It means they will try to ensure you can't find anywhere to park, so people will be driving round in circles wasting time and polluting fuel, and getting annoyed, looking for somewhere to park (and you'll probably then have to pay for the privilege when you do). This isn't what I want.  
Currently, though it gets a lot of criticism, there is very good free parking for shopping in Newton Aycliffe. This is what I want, and what the Council doesn't want. It promotes trade and helps people in their daily lives - exactly what the Council should be aiming to do.  
Traffic light timing to minimise the flow of traffic, pinch points, speed ramps, bus lanes are all methods used already to persuade the motorist to stay at home. There are already plans for extra junctions on the A167 for the massive housing development proposed at Copelaw, which the Council regards as within easy walking distance of the town centre (I disagree!). I predict more such obstacles under this draft Plan.  
In summary, I feel the draft Plan is philosophically flawed, as its main priority should be to improve the daily lives of the majority of people who either have cars and want to use them, or need or want to use buses and/ or trains, the provision of which needs to be improved and made more attractive. Sustainability should be about continuing the process of designing less polluting HGVs and cars, not about expecting people to walk everywhere (though I must say I do approve of encouraging kids to walk to school where possible).  
Everyone who has a car and wants to use it should respond to the consultation, though I feel the Council has already made its decision and is just fulfilling its legal obligation to consult. If enough people respond, the Council will need to change the policy or explain why it can't, or the whole consultation exercise will be exposed as a sham.  
John Snowball

## RUNNING CLUB NEWS

Following the recent Aycliffe 10k it was back to racing for the members of ARC this week. The racing started with two members taking part in the North East Grand Prix at Monkton Stadium where they both competed in the 1 mile race on the track. John Surtees completed his heat in a time of 4 mins 43 and Tracey Surtees completed her heat in 5 mins 36.

Following on from that was the regular parkrun participation which again saw several members gaining PB's at their respective parkruns. At Sedgfield, Melanie Rowland completed this in 30.27 and Carrieanne Ingledew in 37.11. Achieving PB's at Hackworth Parkrun in Shildon were Stuart Joyce in 20.33, Eve Doe in 33.17 and Carol Anne Stenger in 34.47. At Darlington Andy Talbot achieved a PB of 19.29 and at Durham ParkRun Andrew Lumley achieved a PB of 22.54. On Saturday Richard Harvey attended the North East Master Athletic Association track championship at Jarrow. Richard had a very successful



afternoon competing in two races. In the 400m he won the 0/75 race in a time of 89.9 seconds and completed the 800, in a time of 3.32.8 minutes. Richard was extremely pleased with his times. The final race of the week took place at the Lambton Estate near Chester le Street which was organised by the Foundation of Light. This is an annual event set in the exclusive, beautiful and private Lambton Estate which is not normally accessible to the public. The 10k race is a

challenging one of mixed terrain and which is very undulating which takes in countryside scenes including Lambton Castle.

It was a good turn out of members as follows: - Richard Holland (45.18), Rob Young (46.28), Dave Blewitt (47.00), Andrew Lumley (50.32), Trish Kay (52.11), Gemma Holland (58.23), Ian Baronowski (58.49), Lindsey Brown (60.15), Richard Tonge (60.53), Kathleen Tonge (61.05), Denise Evans (62.31) and Susan Clark (66.27).

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The successful candidate will be subject to a Disclosure and Barring Service check.

Applications will only be accepted via NHS Jobs; [www.jobs.nhs.uk](http://www.jobs.nhs.uk)  
The job description and person specification are available on NHS Jobs or at [www.bewickcrescentsurgery.nhs.uk](http://www.bewickcrescentsurgery.nhs.uk)

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# ACORN AT BAMBURGH

ACORN took a group of members to the beautiful Northumbrian village of Bamburgh on Saturday 30th June. With the ongoing heat wave following us up the A1 the mood was buoyant all the way and passengers were delighted to arrive in the coach park which sports a magnificent view of the iconic Castle.

Quite possibly the best coastline in Britain with a fantastic back ground of the Farne Islands the beach sizzled under the hot June sunshine. People who braved the trek across the dunes were rewarded with a magical uncrowded golden beach.

A visit to the epic Grace Darling museum which is free to visit and an inspiring tale of how one heroic young lady rescued people from the North sea during a storm. The museum is well laid out and well worth a visit. Across the road lies the cemetery in which Grace was laid to rest in a magnificent grave and a

lovely cool church which was a welcome relief from the blazing sun. In the afternoon we made our way back to the coach for the short journey to Seahouses. A bustling seaside town with a picturesque harbour offering boat trips to the Farne Islands. Many people relaxed on seats overlooking the harbour whilst munching tasty fish and chips in the afternoon

sunshine.

Think we will be returning to this brilliant place again in the future, meanwhile ACORN continue planning for trips to South Shields, Scarborough and of course our annual amazing Fun Day. Why not join us at our next meeting on 12th July held in the upstairs lounge of the Phoenix club at 6pm to see what else we are up to. Ken Robson 01325 321471

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3 Bedrooms with Garden and Garage to Rear.  
Sale Price - Offers Over £99,950

**FIRST AID AWARDS**

Lifeline Community Action would like to congratulate  
Kerry Wooton from our Helping Hands project and Sheena  
Stephenson from Children's Blessings for completing a  
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done both of you.

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**W.I. Knitted Muffs**

The ladies of Heighington W.I. have been busy knitting  
**Twiddlemuffs** to help people suffering from dementia.  
The muffs have items attached to keep dementia  
patients' hands active and busy. Strands of textured  
ribbons, beads, bells, trinkets and various fabrics are  
attached to both the inside and the outside. The more  
variety and colour the better.  
We have donated a number of these to the Grosvenor  
Care Home in Darlington, now home to a valued former  
member of our WI and to the Rose Lodge Care Home in  
Newton Aycliffe. The photographs show our members  
with residents.

**Improving Cancer  
Diagnosis in the North**

A regional approach aims to  
improve how the NHS locally  
uses endoscopy (telescope  
test) to diagnose cancer of  
the stomach and oesophagus  
(gullet).  
These cancers predominantly  
occur in people over the age of  
50, with 50% occurring after  
the age of 70. Despite this, a  
quarter of all endoscopies are  
being done in people under-50  
and relatively few in older  
people. So, despite having  
one of the highest rates of  
endoscopy in the country, we  
find that many of these cancer  
patients are diagnosed at an  
advanced stage.

Now clinicians across the  
region have joined forces  
in an effort to ensure more  
appropriate use of endoscopy  
- people who need one have  
it at the right time but people  
at low risk of cancer can try  
treatment before having an  
invasive procedure.

Dr. Mark Welfare,  
Gastroenterologist at  
Northumbria Healthcare  
Trust said: "No one wants  
uncomfortable investigations  
like an endoscopy unless they  
really need one."

"In the North East and  
Cumbria, GPs, NHS Clinical  
Commissioning Groups  
(CCGs), the Northern Cancer  
Alliance, hospitals and the  
Sustainability Transformation  
Partnerships (STPs) have  
partnered together to launch  
an initiative that helps to  
better identify patients who  
will benefit from endoscopy  
whilst also helping GPs to  
offer other patients a wider  
range of choices to help their  
symptoms such as heartburn  
or indigestion."

"We found that there was  
room to change practice  
safely because some GPs were  
referring eight times fewer  
young people than other GPs.  
"A comprehensive plan aims  
to turn this around - offering  
a more standardised and  
consistent approach across  
the North East and Cumbria  
with the aims of improving  
cancer diagnosis, helping  
people avoid unnecessary  
endoscopy and offering  
better treatment options for  
patients - including looking  
at how they eat and lifestyles  
factors such as excess alcohol  
consumption and maintain a  
good body weight as well as  
medication."  
Dr Katie Elliott, GP and  
Primary care lead for the  
Northern Cancer Alliance  
said: "This has been a great  
opportunity to work together  
to improve patient safety  
and use resources effectively  
to investigate people for  
suspected cancer."



On Wednesday 11th July at  
7.30pm in Aycliffe Village  
Hall Aycliffe Village the  
Local History Society will  
hold a talk entitled 'Hitler's  
Women' by Richard and Jan  
Crouch.  
All welcome - members £1  
non members £3. Includes  
tea/coffee/biscuits.  
June Palmer  
Programme Secretary



# WHITE BLACKBIRD! BATTLE FOR MIDDLEGROUND



Reader John Williamson sent in this very rare photograph of a WHITE Blackbird.  
Send your photos to [syd@newtonnews.co.uk](mailto:syd@newtonnews.co.uk)

## Congratulations

### Neville Jones



**Happy First Wedding Anniversary**  
8th July 2018 - Lots of love from Jo xxxxxxx

**NEVILLE JONES** a year ago today (8th July 2017), I became a "Jones" and you became my Dad, Thank you. Love always, Charlie xxxxx

Numerous athletes from CrossFit All Out battled it out on the competition floor at two different events recently including Battle For Middleground (Huddersfield) and The Inferno Games (Sheffield).

On Saturday 16th June CrossFit All Out owner and Head coach Terry Anderson went up against some fantastic athletes in the Masters Elite category at this event and walked away with first place and a prize fund of £400! He said "Hard work really does pay off. Battle for Middleground was a great competition, well ran with tough workouts. I have some amazing support and am over the moon with the win." It is great to see Coach Tez leading by example with the work he puts in daily at the gym and in competitions.

On Sunday 17th June Hayley Ashmead competed in the female scaled division. She said "I qualified 42nd and almost missed out on attending the event as I was 2 places out of qualifying, but fortunately for me some athletes pulled out and I got an invite! I trusted the programming at All Out and was pleased with how I did on the day, climbing 34 places from qualifying to finish 8th."

Jonny Griffith also competed in the male scaled division. He said "I went into the competition with no expectations, other than to enjoy the experience! I came away from the day with 23rd place and the highlights being finishing top 15 in two of the workouts. It



an obstacle course. Vicki competed alongside Natasha Hughes, a fellow CrossFitter from CrossFit Watford who she met through competing. The girls fought their way to the top spot on the podium, taking away with them first place and £175 prize money to share. Vicki said "we really enjoyed the weekend, had such a good time doing workouts that weren't your typical CrossFit style and had an awesome partner in Natasha Hughes who is an experienced athlete in the sport, competing in her 5th Inferno Games. We had four 1st place finishes, two 2nd place finishes and one 3rd place so we were happy to be consistent amongst 60 teams during the day. My favourite event by far was taking me back to my running days doing 200m sprints."

was nice to compete in my first competition and I'm now pushing forward to my next one in the near future."

Sophie Bentley competed in the female scaled division. She said "I joined CrossFit All Out 6 months ago and entered Battle for Middleground for an event to focus my training on. I was nervous when I qualified but I know we train hard at All Out and was pleased with how I did on the day, climbing 10 places from qualifying to finish 21st. The workouts were tough but the experience has helped me to identify what my weaknesses are and made me motivated to get better!"

The Inferno Games  
On Saturday 16th and Sunday 17th June Vicki Finn Smith took part in The Inferno Games, a CrossFit pairs event held at the EIS indoor track in Sheffield. This event was unlike other CrossFit competitions, had no rig movements involved, meaning there was plenty of sprinting on the track, barbell movements and unusual events such as



## Thank You

**THANK YOU** to the people who came to help me on Thursday, when I fell in the town. Thanks to the nurses who dressed my head wound. Ever grateful. Judy Morris

## In Memoriam

**JEFF CLARK** 4th July 2002. Treasured memories of my dear devoted friend Jeff. Always in our thoughts. Joy-Marie  
**PAUL CLARK** Died 8th July 2009. It's hard to put on paper the feelings we have inside. It's hard to walk the road along without you by our side. There will always be heartache and an occasional silent tear. But always beautiful memories of the Dad we loved so dear. Thank you for the years we shared, the love you gave, the way you cared. You never asked for much in life, your heart was always true. You simply lived for those you loved and we will always love you. Your loving Sons, Adam and Matthew (Diane, Sarah and beautiful Granddaughter Emilia) xxxxxxx

**PAUL CLARK** Died 8th July 2009, aged 52. Still hard to live without you, it is now been another year. I keep busy, but behind the smiles, I shed a silent tear. I think about you always, I talk about you too. I have a million memories, but I wish I still had you. My everlasting love for you, is all that stays the same, as well as being able to proudly speak your name. For what it meant to lose you, no one will ever know. I will think of you forever because I miss and love you so. From your loving Wife Carole xxxxxx  
**PAUL CLARK** Died 8th July 2009. In loving memory of a loving Brother and Uncle. Those we love don't go away, they walk beside us every day. Unseen, unheard, but always near, still loved, still missed and very dear. Liz, Roger, Joanna, Chris, Martyn and Andrea xxxxxx

**PAUL CLARK** 8th July 2010. Life long memories of my dear friend Paul. Forever in our thoughts. Joy-Marie  
**BRIAN DUNN** 8th July 2010. I wish with all my heart, that you were here with me. And we could share the laughter, that there always used to be. It isn't always easy, to stop the tears that fall, as I relive the joy I shared with the best Husband of them all. Deeply loved and always in my thoughts. Your loving Wife Margaret xxxxxx

**BRIAN DUNN** 8th July 2010. *The Best Little Dad and Granda in the world!!!* There's a corner in our hearts you visit every day. It gives us this warm feeling, that you are never far away. Deeply loved and missed always. Love from all your Bairns and Grandbairns xxxxxxxx  
**PATRICIA FISK** (Pat) 24/03/1936-07/07/2000. A loving Wife to Tony, Mam to Susan and Michael a loving Daughter to the late Eleanor and a doting Nana. So sadly missed by all her family and friends R.I.P xxxxx. Birthday Remembrance for Eleanor Featherstone. 25/06/06 - 08/05/2006. Mother & Daughter RIP xxx

## Birthday Remembrance

### BAZ MELNYK (Wasy Sydney)



**6.7.56 - 28/29.11.17**

Remembering you, our beloved friend, with much love, on your birthday. Formerly of Bradford, and Shipley, West Yorkshire. Ex 1 DWR, a loved and respected friend and colleague of all at J. & C. Coaches, Newton Aycliffe. Lifelong friend of 'Angie' (Andrea) McCulloch, Godfather to Trudi, a much-loved 'Uncle Baz' of Trudi and family, and Craig. A dear friend of Diane (Australia), Cath, Maureen and the late Doug, and others. A lovely man, who is very much missed, and worthy of remembrance.

## Acknowledgement

### Eileen Findlay

16/06/1938 - 12/06/2018



#### MY LOVELY MAM

I would like to thank my family and friends who have been there for my Mam and bless them for there continued support and love. Heartfelt thank you to Defoe Court, care team and housekeeping staff for your kindness and care I will be eternally grateful. Reverend Andy Bryer for your words of comfort. "I love you every day. And now I will miss you every day." Your loving Daughter Alison x

## COUNTY PLAN - HOUSING What's Your Opinion?

The County Durham Plan (CDP) consultation theme for the next fortnight (9-22 July) is HOUSING, and the relevant policies are summarised below.

- The relevant CDP text is on pp.43-69 and 97-121 here: [bit.ly/CDPPOF](http://bit.ly/CDPPOF)
- Raise issues on Cllr Clare's blog at: [bit.ly/CDPPOHousing](http://bit.ly/CDPPOHousing)
- Post any comments to FREEPOST Spatial Policy, or email them to: [cdpconsultation@durham.gov.uk](mailto:cdpconsultation@durham.gov.uk)

#### BACKGROUND

In the past, local authorities wanted as many new houses as possible, because housing was a proxy for economic development. Nowadays, by contrast, Planners try to put housing where economic growth is happening – this was why the previous, failed CDP focused most housing in the City of Durham area.

However, more than half the respondents to the 'Issues and Options' consultation for the current CDP supported a 'Wider Dispersal' option, to safeguard services and encourage regeneration across the county. So the Planners have listened and – whilst taking into account constraints such as social infrastructure, market attractiveness and employment prospects – they are now proposing a balance of housing 'allocations sites' across the county.

One final point: if you decide to respond to this 'Housing' element of the consultation, remember that the government requires local plans to 'proactively drive and support development' – a Plan simply seeking to prevent growth will be rejected.

#### POLICY 5 – HOUSING ALLOCATIONS (pp.43-60)

The government requires 1,368 or more new houses a year in County Durham (= 25,992 new homes 2016-35). However, 16,808 of these houses are already either under construction or on sites with planning permission, plus we need to allow for renovations and smaller 'windfall' sites ... so the CDP is able to fulfil its target by proposing 43 allocation sites for 6,272 houses.

For the Great Aycliffe area (see map), this will mean 830 new houses by 2035 – 44 new houses a year – comprising 600 at Copelaw (H30), 80 on the Persimmon site at Middridge Lane (H31), 100 on the

former Avenue Playing Fields (H32) and 50 at 'Site N' on Burnhill Way (H33).

#### POLICY 7 – UNALLOCATED SITES (pp.68-59)

For 'windfall' proposals (on sites other than the 'allocated' sites, the Plan suggests seven criteria any application will have to meet to get planning permission – including that it fits in with the existing settlement, does not coalesce settlements or encroach unacceptably onto the countryside, does not take land which has recreational, historical, ecological or visual value, et al.

#### POLICY 16 – ADDRESSING HOUSING NEED (pp. 97-103)

We are not building enough affordable dwellings, so the Plan proposes that developers' applications should provide 'affordable' houses, depending on viability – in Great Aycliffe, this will be set at 15% – of which 80% should be affordable houses for rent, with 20% for 'intermediate products' (such as joint equity, rent-to buy etc.). It is also proposed that 10% of housing should be suitable for older people, including flats, bungalows, sheltered housing or 'lifetime' homes. (This is a policy, perhaps unique in the country, of which the Planners are very proud; it is worth noting that the Great Aycliffe Neighbourhood Plan requires that 10% of any housing built on the former Avenue Playing Fields will be bungalows.)

#### POLICY 20 – TYPE AND MIX OF HOUSING (pp.118-121)

County Durham has an imbalanced housing stock, with a high proportion of 'low demand housing' which is difficult to sell or rent. We need, not just 'more houses', but 'the right kind of houses' which meet the ambitions and expectations of residents. Policy 20, therefore – subject to viability – requires developers to build dwellings appropriate to the household sizes, ages and incomes of the local area (as revealed by the Strategic Housing Market Assessment) so as to create an appropriate choice and mix.

#### (POLICY 31 – REQUIRING GOOD DESIGN

This policy affirms the Council's commitment to future developments "of the highest standard" in terms of architecture, design, sustainability and innovation.

We will address this element of the CDP next week.)



# AYCLIFFE TRI CLUB REPORT

June has seen an increase in the amount of competitive events where club members have represented Aycliffe Tri Club. First up a cycling time trial event held at the croft racing circuit near Darlington saw five members compete with times recorded as: Andrew Sedgwick 24:06, Dave Wilkin 26:55, Michelle Scott 29:26, Den Dale 30:12 and Kevin Greenhall 32:14. Some great times recorded.

On 3rd June the Northumberland Triathlon saw three club members compete in the Sprint event which is a 750m open water swim, a 20km Bike & 5.25km run. Susan Brown finished in a time of 1:14:32 which saw her take 1st in her age group and 2nd lady overall. Anne Kellett was also on the podium with a time of 1:46:16 and 2nd in her age group.

Also on the 3rd June 2018 was the Hartlepool Big Lime Aquathlon, a 750m open water sea swim followed by a scenic 5km run. Mick Casey completed the course in a time of 37:45, 2nd in his age category and Jim Wilson finished in 45:45 and 3rd in the same age category. Fantastic results.

The 9th June saw two club members compete with around 3000 other athletes in the Great North Swim, a one mile swim event in Lake Windermere. Susan Brown was again on the podium finishing in a time of 26:23 which was 2nd in her age category. Penny Johnson finished in an impressive 39:15 for this very challenging event.

On the 10th June two club members were fortunate enough to receive a free place at the World Triathlon Series Olympic Distance Event in Leeds which is a 1500m open water swim, a 36.2km bike followed by a 10k run.



Ian Readman completed the course in 2:16:32 and Mick Casey finished in 2:53:13. An Epic effort and a great experience for both.

Also on the 10th June Nicola Darragh represented the club at the Day in the lakes quarter Ironman distance triathlon at Pooley Bridge, Ullswater, this event is a 1000m open water swim, a 28 mile bike followed by a 6.7 mile run. Nicola came in 16th in her age category with an impressive overall time of 3:21:26.

June 16th was the day of the Cleveland Triathlon a 1500m open water swim in Ellerton Lake, a 25 mile bike and 5.5 mile run. Participating in this event were Dan Halladay, Dave Wilkin and Fraser Kirkley. Dan finished in a time of 02:09:57 which was 5th in his age category, this was following him being first out of the water. Dave's time was 2:24:54 which saw him place 15th in his age group, Fraser's time was 2:25:55 which was 15th in his age group. Some fantastic times noted.

27th June was the fantastic Triology Super Sprint

Triathlon at Ellerton Lake. The course consisted of a 400m open water swim which due to the hot weather was wetsuit free, followed by a 15.5km bike and a 2.2km run. The event saw five club members competing with lots more marshalling and supporting the race. Austin Donoghue completed in a time of 51:00.9 which was 22nd in his age group, Mick Casey was 4th in his age category with a time of 51:56.6, Alan Kellett's time was 53:11.1 which was 5th in his age group, James Wilson was 6th in his age group with a time of 57:15.4 and Anne Kellett was 4th in her age group with a time of 1:10:47.1. Excellent performances.

The final event in June was the Ripon Triathlon a 1500m open water swim, a 40km bike and a 10k run. Susan Brown, again placing 2nd in her age category, finished in 2:27:24 and Mick Casey finished in 2:59:49 which was 12th in his age category, amazing results.

For the month of July there are more races and events planned as well as a range of training for club members including bike skills, training rides, run coaching, swim coaching and core strength and conditioning sessions. If you would like to join this friendly and active club then contact us on facebook or by email: aycliffetriclub@gmail.com.

## Aycliffe Gym Inspires Teenager's Life Change

In January of this year Be Inspired Gyms decided to offer a new concept being our Gift For Life Programme for any person who entered their name for the programme. Be Inspired had over 30 people who enrolled for the programme, after careful consideration we decided on Alfie Carlton.

Be Inspired listened to all candidates but Alfie was different in that he was being: Bullied, Depressed, Down and Sad.

It was sad to see a 15 year old boy was so low in his life which was a B I G Challenge

so we decided we wanted to work with Alfie & change his life around.

Alfie was awarded with 1 years free gym membership along with 3 weekly PT sessions, free diet plans, meetings and weekly progress reports.

Weighing in at 20st 7lb at his first weigh in in January of this year, the year ahead was not going to be an easy ride.

Be Inspired PTs have worked hard on Alfie pushing & driving him.

June of this year we have Alfie 6st lighter weighing in at 14st 5lb which is major



## 19 Medals for Local Swimming Club



Medals galore at Harrogate Gala again where 9 swimmers represented Sedgefield 75 Swimming Club at The Hydro pool at Harrogate in the A Grade Summer Meet Gala in June. Charlie McEwan, Charlotte & Kathryn Lee, Ethan and Katelyn Craig, Matthew Wimbury, Oliver Turnbull, Emma Price and Chloe Harding competed in 52 races over the course of the weekend. They all had a very successful weekend and between them they achieved 36 Personal Best times, 19 Medals and 3 Speeding Tickets. Emma Price brought home 9 Gold medals and 3 speeding tickets, Kathryn Lee - 1 silver, Matthew Wimbury - 2 Gold, 2 Silver and 3 Bronze and Katelyn Craig - 2 Bronze. Fantastic results from all swimmers yet again.

Medals galore also for our 2 masters swimmers. Elisabeth Yaneski retained her 50m and 400m titles taking gold in both events at the Masters competition at the weekend. Matthew Bradley won 7 gold and a silver in his 8 races. Brilliant results proving that with the correct training winning isn't just for the younger club members!

Finally in a busy month for the club we are delighted that our swimmers along with Chief Coach John Moore raised £1,800 at the sponsored swim. From the youngest swimmers to the oldest everyone played their part in achieving this amazing sum. Thanks to all swimmers and to everyone who sponsored them. The money is to be divided between the swimming club, St Teresa's Hospice and Cancer Research UK.

transformation to his health, fitness and most of all his physique & mind set.

Alfie is proof of what can be achieved, Be Inspired have now many weight loss transformation programmes running with our professional team of PTs As well as making progress in the gym, Alfie has become part of the 'BIG' family where everyone shares in the excitement of his achievements and they add another dimension of support which is rarely found in other gyms.

Well done Alfie, here is to

another 6 months of success!! If you have been inspired by Alfie's story & you want the change then call in to Be Inspired Gyms, Ketton Way, Aycliffe Business Park, where our experienced friendly staff will be most happy to assist by taking you through gym memberships, PT plans, boot camps and dietary requirements tailored to your needs. Other success stories can be found on Be Inspired & John Watson Facebook page along with exercise videos and regular updates on their products and events.

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