CONSETT MAGAZINE

May 23 | Issue 126



Small Burn, Ebchester Picture By David Findlay

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Dear Consett Community,

As we turn the pages of the May issue of Consett Magazine, we are met with a diverse range of articles showcasing the beauty and community spirit of Consett. From the newly created Younger Wood on page 4, a testament to the efforts of one of our very own residents, to the plight of Watling Woods on page 5, a cherished natural area under threat from Calibrate's plans to build a factory and road.

On Page 8, we read about Consett Eyecare's revolutionary Light Reactive Lenses, providing a convenient solution for those tired of switching between glasses and sunglasses. Meanwhile, the Consett & Vale of Derwent Naturalists' Field Club on Page 9 invites us to explore the beautiful landscapes of Northumberland, Cumbria, Yorkshire, and the south of Scotland.

The article on Glenroyd House on Page 12 reminds us of the importance of supporting our local charities and the services they provide to our community. At the same time, the Derwent Valley Flower Club on the same page offers the perfect opportunity for flower enthusiasts to connect with like-minded individuals and enjoy each other's company.

As we turn to Page 13, Joyce Shaw's piece on the charity booklet for orphaned children that relied on the sale of photographs to raise funds is a poignant reminder of how far we have come as a society in terms of equality.

And lastly, on Page 15, we are invited to embark on a spiritual journey with the Northern Saints at Minsteracres, following in the footsteps of iconic figures such as Aidan, Cuthbert, Oswald, Hilde, and Bede.

This month's issue is a beautiful celebration of the community spirit that makes Consett such a special place to live.

We wanted to remind you that we are always eager to receive content submissions for our magazine. Whether you have photographs, videos, upcoming events, or compelling stories to share, we would love to hear from you. Our goal is to feature a diverse range of voices and perspectives from the Consett community, and we believe that our readers benefit from hearing from people like you.

If you have any questions or ideas, please don't hesitate to reach out to us. We look forward to hearing from you soon.

Have a wonderful May,

Barry Kirkham, Marco Elsy and everyone who makes the free Consett Magazine possible.

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SCAN ME

The Front Cover

Small Burn, Ebchester - By David Findley

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Younger Wood

Phil Younger, a resident of our community, has recently created a new wood near The Dene, Medomsley, by planting over 1,200 trees. The project was supported by community groups and school children, and the new wood will not only enhance the beauty of our community but also provide several environmental benefits. Phil's planting technique ensured that the trees were properly established, and the wood will serve as a natural habitat for wildlife, reduce carbon dioxide, and provide oxygen.

Before planting the trees, Phil screefed the ground to eliminate immediate competition from surrounding vegetation and ensure that each tree was placed in good mineral soil. This was a crucial step in ensuring the long-term health and growth of the trees. Phil then employed a planting

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Durham County Council

technique that allowed the root systems of the trees to spread evenly and ensured their stability and growth in the future. Each tree was carefully placed into a planting hole or notch that was formed in the shape of a "T." This planting technique allowed for the well-developed root system of the trees to spread more evenly, ensuring their stability and growth in the future.

The new wood, named "Younger Wood" by the community, will offer several environmental benefits as the trees mature. It will reduce air pollution, offer cooler temperatures, and provide increased wildlife habitats. The wood will also serve as a natural space for our community to connect with nature and enjoy its beauty.

Phil's hard work and dedication to planting over 1,200 trees in our community have resulted in the creation of a natural asset that will benefit our community and the environment for years to come. The community is heavily supporting the naming of the wood as "Younger Wood" on social media, and a petition is being submitted to the authorities for this to be made official.

Phil's initiative to plant 1,200 trees and create a new wood is an inspiring example of how we can contribute to maintaining the balance of our ecosystem. The new wood will not only provide several environmental benefits but also offer a natural space for the community to enjoy. The naming of the wood as "Younger Wood" represents the community's appreciation for Phil's hard work and dedication to this project.

Care Connect:

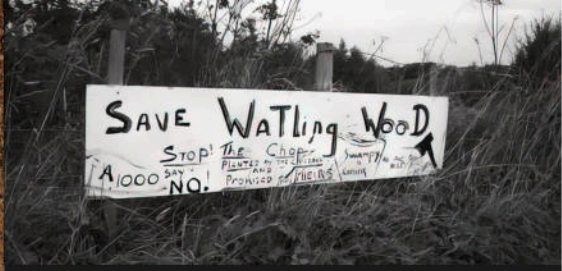
Making a Difference in the Lives of Thousands of Vulnerable People in County Durham!

Care Connect, a service helping vulnerable people across County Durham, has received high praise from its customers in a recent satisfaction survey. The survey revealed that 100% of customers found the service helpful, and 100% felt that they were treated respectfully. Additionally, 100% of customers stated that they would recommend the service to family and friends in need.

These results are a testament to the hard work and dedication of the Care Connect team, who are committed to providing the best possible service to those in need. The service offers a range of support, including assistance with daily living activities, home adaptations, and access to healthcare services.

The positive feedback from customers is a great achievement and demonstrates the importance of services like Care Connect in our communities.

To view the full report visit:
durham.gov.uk/careconnect



Watling Woods Needs Your Help:
Say No to Calibrate's Plans

Watling Woods, a beloved woodland area in Durham, is under threat from Calibrate, a company seeking to build a new factory and road in the area. The company's plans would require chopping down a significant portion of the woods, jeopardizing the ecosystem and natural beauty of the area. The planning application can be found on the Durham County Council website.

It is vital that as many people as possible voice their objection to the proposed plans. Even a simple email stating "please leave Watling Woods alone" can make a significant impact. You can also share why you love the woods and what you do there to highlight the importance of preserving this valuable green space.

The years of hard work put in by local people to plant and care for the woodland, as well as the fight to protect it from Calibrate's plans, must not go to waste. We must unite to protect Watling Woods for future generations to enjoy.

Please email Planning@Durham.gov.uk and quote Planning Application (DM/22/03331/OUT) to express your objection. Let us work together to ensure that Watling Woods remains a beautiful and vital natural resource for our community.



Figure 1 – Google maps image of the site with target notes, detailed below
Note: red line site boundary - indicative

‘Consett in Focus’

Documentary Photography Group

Consett @ Play

Derwent Valley Allstars – Cheer Team

Derwent Valley Allstars are a Cheerleading Club based in Consett, County Durham. It was founded on Feb 1st 2010 by Ashleigh Sowerby and has a coaching staff of 9 and 6 junior coaches. The club currently has 110 athletes and an ever-expanding waiting list of over 40 children. Club successes include countless regional, national and grand champion titles. In 2022 they had the honour of representing the UK at the prestigious ‘Summit’ competition in Orlando Florida, placing 9th in the World. This year the juniors have been selected again to represent the UK at the same competition, as well as their seniors being chosen to represent the UK at the World Championships, both competitions take place in Orlando Florida.

- Photos by George Ledger & Abigail Thompson

Dance Max

Kirstin McGuigan has been running her successful dance company DanceMax for 14 years. She is a qualified Licentiate standard teacher and adjudicator with the Northern Counties Dance Teachers Association, as well as paediatric First Aid trained .

Starting out in Castleside Village Hall in 2009 with approx 10 members, Dance Max has grown and now provides dance classes for over 100 children weekly, in their own studio on Newmarket Street.
They run classes from ages 2 upwards, from tiny tot fun introduction dance classes to a competition team of 40 children who compete weekly around the country. Classes include Pop Dance - a fun, upbeat style of dance to popular and classic chart songs which gets everyone involved and enjoying dance. They also train in freestyle disco and compete with this style - a fast, energetic, gymnastic style of dance which incorporates high kicks, splits and turns with sparkles and glitter to dazzle to the audience!

Whether you are looking for a weekly, fun, no pressure dance class or a competitive team striving for titles and glory, DanceMax can help! contact principal Kirstin at dancemaxstudio@hotmail.com or using the Facebook page DanceMax Studio

- Photos by John Race

‘Consett in Focus’ Documentary Photography Group’

To read and see more photos from these articles, please visit our website – www.consettinfocus.weebly.com

We are photographing how the people of Consett spend their leisure time. Whether you are into model railways or hooky mat making, board games or sport then let us know and we will try and include you and your activity. We want the obvious sports and hobbies but equally the diverse and non-traditional ones. Simply message us at:
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George Ledg
@Consett in F


THE BOSS



Virtual Try-On Tool

If you're interested in trying out Transitions® Lenses but aren't quite sure which colour or finish to choose, Consett Eyecare has a virtual try-on tool that allows you to try the lenses with zero commitment.

Simply scan the QR code with your phone camera and choose your colour!

25 Middle Street, Consett, Co. Durham

Light Reactive Lenses: from Consett Eyecare

Are you tired of constantly switching between glasses and sunglasses every time you step outside? If so, you'll be thrilled to learn about the new range of light reactive lenses from Consett Eyecare. These lenses, also known as Transitions® Lenses, are revolutionising the world of eyewear with their advanced technology and stylish options.



We'll explore the benefits of Transitions® Light Intelligent Lenses™, their always-on protection, and their unique style boosters. We'll also introduce you to Consett Eyecare's virtual try-on tool that allows you to experience the lenses with zero commitment.

What Are Light Reactive Lenses?

Light reactive lenses, also known as photochromic lenses, are lenses that change their tint according to the amount of light they are exposed to. The lenses contain molecules that darken in the presence of UV light, providing protection from harmful rays while also providing clear vision indoors.

Transitions® Lenses: Always-On Protection

Transitions® Light Intelligent Lenses™ are the latest innovation in light reactive lenses. They seamlessly adapt to changing light situations, providing always-on protection for your eyes. When you step outside, the lenses intelligently change from clear to dark, blocking 100% of UVA and UVB rays and helping to protect against sources of blue-violet light, especially in bright sunlight. This helps to reduce glare and provide more comfortable vision.

Style Boosters

In addition to their advanced technology, Transitions® Lenses come in a range of seven lens colours and four mirror finishes. This allows you to express your personal style and tailor the lenses to your eyecare needs. Whether you prefer a classic grey tint or a bold pink mirror finish, there is a colour and finish that will suit your style.

Empower Yourself with Transitions® Lenses

With Transitions® Lenses, you can take control of your light and enjoy always-on protection anytime, anywhere – indoors and out! The lenses seamlessly adapt to changing light conditions, so you won't have to constantly switch between glasses and sunglasses.

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Consett & Vale of Derwent Naturalists' Field Club

(known as Consett Walking Club)

Our Walking Club was founded in 1907 and has been going strong ever since. We visit, by Gillingham's coach, many interesting places every fortnight, in Northumberland, Cumbria, Yorkshire or the south of Scotland.

Before the Pandemic we travelled to the Hunsonby area where we started our walk at a stone circle (Map Ref. OL5 NY571372) a mini Stonehenge. Long Meg is a tall red sandstone megalith standing next to a granite circle of her daughters; a coven of witches turned to stone. Here we had a competition for members to guess how many daughters she had. Gill won with a total of 64. I really wonder if our leader knew the true figure. There is a legend about the stones. After counting twice, one comes up with the same total, then all will be well. Long Meg's surface is covered in Bronze Age markings, cut in the stone. Easily seen is a cup and ring marking.

One of our group thought she found the trace marks of a human figure. After splashing along a road covered in cow dung, we returned to the correct path leading to St. Michael's Church, Addingham; a building of red Dumfries sandstone. Here we were welcome to wander round. The trademarks of various stonemasons, cut in the stone walls were pointed out to us by a local resident. There was a beautiful stained glass window of George and the Dragon at one end of the church, and in the graveyard a gravestone of Gladys, who died in 2001, aged 105. Another gravestone had a steel sword attached.

Along the road from Glassonby we found a large mushroom which was possibly edible. I wasn't sure. We passed Daleraven Bridge and then continued to Kirkoswald where the heavens opened.

We took shelter in a gateway while a few waited in a nearby pub. When the rain stopped we followed the B6413 to Eden Bridge, and then followed the river on a path back to Daleraven Bridge. Here a track led down to the 18th century Lacy's Cave, named after Col. Lacy, who intended to blow up Long Meg and her daughters. Fortunately his labourers refused to carry out his orders following a violent thunderstorm, that they interpreted as a supernatural warning. The Cave's rooms were carved out of a red sandstone cliff at the river's edge in the fashion of an underground house; a romantic Folly. He is reported to have employed a hermit to live there. The walk finished at Little Salkeld and was 7.13 miles long.

We revisited the area in March this year and found there was a new good- sized carpark with directions to Long Meg. However, the path to Lacy's Cave from the north is closed. We did not have the time to check the path from the south to the Cave, but we saw enough to recommend a visit to this historic site when the north path is repaired. This walk is well worth doing. Our club would love to welcome new members who want to explore our wonderful Northeast by coach; both walkers and non-walkers.

Visit our website
consett-walkingclub.org.uk
We are also on Facebook
Or contact Christine on **01207 505826**

Compiled by Lewis Pilbrough

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Rock On

By Lorraine Weightman

If you can; take yourself back to 1972. I was in my middle to late teens and was quietly metamorphosing from St Mary's Youth Club in Blackhill to the heady heights of Botto's; while intermittently discovering the juke boxes in The Britannia and The Masons Arms in Consett, along the way. It was also the year I discovered Led Zeppelin and Deep Purple.

Some of my friends were two or three years older than me and they were all well into rock music. Before this time, among my LP collection, I possessed Gilbert O'Sullivan's album 'Himself' with two of my favourites, 'Nothing Rhymed' and 'Alone Again Naturally', which my Auntie Rose was happy to listen to when I borrowed her record player.

I was also a fan of Marc Bolan from T.Rex, who pouted down from his poster on my bedroom wall, while I listened to 'Ride A White Swan', 'Metal Guru', 'Get It On' and 'Rock On'.

It's amazing how music can influence our life and induces memories which can make us want to dance, sing, laugh or even cry.

In my household there was a myriad of eclectic tastes; and beside the stereogram in the record rack, there were LP's by John McCormack, Mario Lanza, Doris Day, Elvis Presley, Carole King's Tapestry and a couple of Top Of the Pops Hallmark compilations that you bought in Woolworths! This was all going to change when I purchased Fire and Water by Free; as I'd basically fallen in love with 'All Right Now' while dancing round my handbag at the youth club.

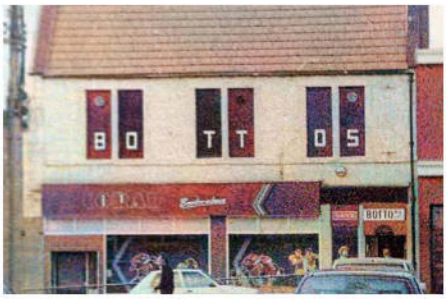
There was something about the pulsating rhythm, the riff and the dynamic voice of Paul Rodgers that held its own kind of magic - even now, it entices me to play air guitar and run to the dance floor to strut my stuff when I hear it; yet these days I have to be careful of my arthritic knees and hope the 'Voltarol' is still working! - It could only get better when I was introduced to 'Smoke On The Water' by Deep Purple and Led Zeppelin's 'Stairway To Heaven'.

By now a fully fledged member of Botto's, I spent Friday and Saturday nights waiting for the heavy spot - at the end of a brilliantly eventful evening - when these legendary songs were played back to back to the delight of the crowd.

There have been recent studies into the powerful effect music has on human behaviour, and among numerous other positives, it allegedly helps boost concentration, reduces stress and anxiety, improves sleep quality and enhances creativity.

A few months ago, just after Christmas I was at The Grey Horse in Consett, which holds an Open Mic Night on Sunday evenings, and I was delighted to hear some of my favourites played live, by people almost half a century my junior. These songs gave me so much joy; taking me back to a time when I first discovered them. I found myself as happy as Larry, chair dancing to 'Paranoid' by Black Sabbath.

And though I wasn't physically able to jump around Botto's dance floor; in my head I was still eighteen!



Glenroyd House – Supporting the Consett Community - By Darcie Rawlings

Glenroyd House based in Consett, County Durham is a registered charity that provides a little bit of everything to the local community and surrounding areas.

Visiting the centre, it is clear to see the space is truly being used to its full potential, from crafty social sessions, drop-in clinics with the home group for housing and benefits assistance, wellness and exercise classes, a contraceptive clinic and sessions with counselling service talking changes, all taking place in one centre is incredible, there really is something for everyone at Glenroyd House.

When asked to describe Glenroyd House centre Manager Sharon Unsworth explains "Glenroyd House is just one big happy family our motto is we never look down on people, we only look down when we are picking them up". One of the most important elements of the work conducted at Glenroyd House is the community pantry that provides local people in need with food and hygiene parcels. "if they are struggling, they don't have to be on benefits, the community pantry is for everyone even those who work, they are entitled to the food hampers as well" says Sharon.

The Glenroyd Community Pantry supports around 4-6 members of the community today and the service relies on the help from volunteers who spend their time packaging up food and toiletries for those who vitally need them. "We always make sure to ask those using the service why they are struggling as it allows us to signpost them on to where they can get further help" explains Sharon, highlighting the integrated approach the centre takes to helping those in the community. The community pantry also receives vital donations from supermarkets in the area such as Morrison's and Iceland.

Speaking with those regularly using the facilities at Glenroyd house it is clear to see t hat the centre means so much to local people. "Glenroyd house has been my lifeline since I have been homeless" explains a regular user of the Glenroyd House facilities "I can come here and stay warm during the day; the staff here couldn't do enough for me and I'm safe here".

With the support from volunteers and incredible hard work of the staff it is clear to see that this centre is truly something the Consett Community should be proud of.



Derwent Valley Flower Club

If you have a passion for flowers and want to make new friends, then the Derwent Valley Flower Club may just be the perfect group for you! This group of flower enthusiasts come together to have fun with flowers and enjoy each other's company.

At the Derwent Valley Flower Club, members have the opportunity to attend demonstrations, practical workshops, and meals out. One of the club's main events is the Christmas demonstration, which is held at Blackhill Comrades Club and is always well attended.



The Derwent Valley Flower Club has recently celebrated its Diamond Anniversary, which is an impressive achievement for the group. Meetings are held at the Dene Court Communal Room in Hamsterley on the second Wednesday of each month at 2.00 pm. The group also has a Facebook page where members can keep in touch and stay up to date with all the latest news.

If you are interested in joining the Derwent Valley Flower Club, you can contact the chairman, Jean Gibbon, on 01207 505576 for further information. The group welcomes new members and is always happy to see new faces at their meetings.

So, why not join them and have some fun with flowers while making new friends?

All our Yesterdays... But was it the Good Old Days? - By Joyce Shaw

Some may talk of the good old days and there are some good things which have now disappeared and given way to technology and forward thinking. However one memory of my childhood and teenage years I am glad is now obsolete, and rarely talked about now.

At Sunday School,once a year, we would bring home a small booklet of glossy black and white photos of beautiful children, blonde, dark haired, brown, black or white skinned. These children were all orphans and were put into adoption agencies because in the late 50s/early 60s there were no means of keeping an illegitimate baby and this aspect of society totally relied on charity. We would take the booklet home and try to sell each photo so that each book managed to raise money to support these babies. It seems so incredible now that there were such inequality as this in our society only 50 years ago! It is hard to understand another event which involved babies. Every year in he summer, at the home of the Managing Director of Consett Iron Company, there would be a Bonny Baby Competition and the Director's wife would open up the large garden and hold a charity garden fayre. The mothers would parade with their babies, like a beauty contest and a select board of ladies would choose the bonniest baby.

A woman was still regarded as slightly lacking in something if she wasn't married, and being married made her the "lesser" half. . .but it was a mindset that was inherent in the brain. To become pregnant out of wedlock was the fault of the woman who was then deemed "loose`' and carried a stigma throughout her life. Children born out of wedlock were branded "bastard" and carried this disadvantage unless they could be adopted.

Going out to work as a woman was regarded as "pin money" or if she had a career she would not have children. My last year in college in the early 60s saw 5 students unable to get qualified as they became pregnant and were told they had to marry in order to get their teaching degree! There was no easy opportunity or promotion for female teachers and equal pay had only started a few years earlier.

It was taken for granted that the woman in the marriage could cook, do all the housework and manage on whatever the husband gave her..her job was secondary to looking after the home so she then had 2 jobs!

Men never attended births or looked after the children. Women having miscarriages were dismissed with no mental help, right up to the late 1970s. I lived in Brandon at the time of my miscarriage which lasted 4 days but was dismissed from an antenatal clinic because I hadn't registered and therefore couldn't be pregnant!!

In 1979, as a teacher I had gained a post-graduate diploma in Teacher Counselling which was new in the field of pastoral care. I had carried the fifth year (now year 11) which was up for promotion and I was the only well qualified candidate but I was told that if I had been a man and could teach Woodwork I would have got the job. In those days, boys never took domestic science (home economics) and the girls never took woodwork or metalwork.

In teaching, I was not allowed, as a woman, to fill in a form to name my next of kin who could benefit if I died in service. I was a single mother in the 1980s but it was only men who could qualify for a death pension.

When I needed a bank loan to mend my roof, I was turned down by my bank because the deputy bank manager didn't bother to ask for guarantors which I had, but saw me as a single mother. . .despite being in a full time professional job.

There was no such thing as a carer's allowance and old folks' homes in the 50s were just starting up. . .my grandmother always dreaded going into a home as it had been a workhouse in her early youth in Victorian times.. she lived all her life with us so that fear was unfounded.

Coming of age was 21 and the rules for the girls' hostel in which I lived during college days in Durham in the 60s would be laughable to 18-21 year olds today!

Dyslexia wasn't even a word when I first began teaching, and special needs children were identified with titles unspeakable today. During lectures one day in college, we were told that we may, in the future, be teaching certain children with a new disability. We needed to watch a film of small children opening drawers with their feet as they shuffled along with only stumps for arms . They had been damaged in the womb as their mothers had taken the new anti-sickness drug..thalidomide.

So my memories of yesterday have mixed feelings and I am thankful that laws have changed and society has become compassionate . . .perhaps not quite perfect! but much improved from "the good old days!!!"



PoodleReview

5 Paws

A Day in the Life of a Pooch at Stonecellar Doggy Day Care and Hotel

Woof woof! My name is Max and I just got back from an amazing stay at Stonecellar Doggy Day Care and Hotel. Let me tell you, it was pawsome!

My human had to go out to work for the day and I didn't want to be left alone at home, so they decided to book me in for a full day at Stonecellar. As soon as we arrived, I could tell it was going to be a fun day. The staff were so friendly and welcoming, they even gave me a couple of treats and a belly rub.

The indoor play area was huge! There were so many toys to play with, tunnels to run through, and even a ball pool. I met some new doggy friends and we played and played until we were exhausted. But don't worry, there were plenty of comfy beds and a large leather sofa for us to rest on when we needed a break.



STONECELLAR

DOGGY DAYCARE & HOTEL

Stonecellar Doggy Daycare & Hotel,
Waskerley, Consett, Co. Durham DH8 9DD

07774 517 982

07710 652 163

stonecellardoggydaycarehotel@gmail.com

Later in the day, we got to go outside and play in the sunshine. The outdoor play area was just as fun as the indoor one, with mountains of toys to choose from. I even heard the staff talking about setting up some water pools for us to cool off in when the weather gets warmer.

The best part about Stonecellar is that they only take up to 10 dogs at one time, so it never feels too crowded or overwhelming. And with two staff members always on hand, I always felt safe and looked after.

My human picked me up at the end of the day and they were so happy to see how tired and content I was. They even signed me up for a regular slot, which means we get a discount on future visits!

Overall, my stay at Stonecellar was a tail-wagging success. I can't wait to go back and play with all my furry friends again soon. Thanks Stonecellar Doggy Day Care and Hotel for a woof-tastic time!

Minsteracres
Retreat Centre

On a journey with the Northern Saints, Mon 22nd to Fri 26th May, 2023

Embark on a spiritual journey with the Northern Saints from Monday, 22nd May to Friday, 26th May, 2023 at Minsteracres. Follow in the footsteps of iconic figures such as Aidan, Cuthbert, Oswald, Hilde and Bede, and discover their spirituality and motivation, early Celtic beliefs and visit the places where they lived out their faith. Explore Holy Island, Bamburgh, Durham and Hadrian's Wall with our expert guides.

Monday, 22nd May: Arrival, welcome and introductions

Tuesday, 23rd May: Explore Holy Island and Bamburgh, and discover their associations with St Cuthbert, St Aidan, and St/King Oswald.

Wednesday, 24th May: Visit Whitby and the remains of the Priory associated with St Hilda and the Synod of Whitby. Entry to the Priory/Museum requires a small charge.

Thursday, 25th May: Visit Jarrow Hall/Bede Museum and St Pauls, which have associations particularly with St Bede. Followed by a trip to Durham Cathedral, where you can explore its associations with St Cuthbert and St Bede. There will be an opportunity to visit the new Monastic Museum.

Friday, 26th May: Visit Heavenfield, the site of the battle associated with King Oswald on the Roman Wall, and Hexham Abbey with associations to St Wilfrid.

Make sure to bring suitable clothing for outdoor visits in case of poor weather. If you have a bus pass, please bring it along for the visit to Durham. Membership of English Heritage is useful but not essential for Holy Island. The Jarrow Hall Museum requires a modest charge of approximately £5, and although there is no fixed charge, entering Durham Cathedral now requires a contribution. The Monastery Library Museum also requires an entry fee.

For more information please contact us at:
info@minsteracres.org
or call **01434 673 248.**

To book online visit
www.minsteracres.org/retreats-2023



The Channel Challenge

David Scott, a member of Consett Rotary, was in 2021 planning to swim the Channel to raise money for charity. He booked a slot for August 2023 with the Channel Swim Association. While in training, having completed many 10 mile swims, David noticed that his times were getting progressively slower and he started to feel unwell. In July 2022 after investigations, he was diagnosed with a rare form of stomach cancer and the future didn't look hopeful. However, after this devastating news, David did respond to chemotherapy treatment, but was still advised to have his stomach removed earlier this year.

Returning to Rotary he verbalised his wish to continue with fundraising for local charities and came up with the idea of completing a 22 mile swim but in a different way.
Consett Rotary Club have hired the pool in Consett Leisure Centre on Sunday 20th August 2023 and are inviting and welcoming individuals and groups to rise to the Channel Challenge. By picking up a sponsorship form you can swim to help them raise money for David's chosen charities.

David has set up a Just Giving page and you can read his story there. Please visit and help David reach his goal.

www.justgiving.com/rotaryclubofconsett

Ask the Vet: Stick Injuries

Now the days are getting warmer and the nights are getting longer, people are spending more time outdoors with their pets. If you throw sticks for your dog or your dog manages to find their own stick to play with, they could be in real danger.

'Stick injuries' are a common presenting complaint at veterinary practices at this time of year and can cause all sorts of damage including broken teeth, lacerations of the tongue and back of the mouth and damage deep inside the mouth and neck where there is a lot of important nerves and blood vessels.

Worse still, if you don't know your pet has been injured at the time, weeks later painful abscesses can develop at the site of the injury which may mean a prolonged course of medication, or even repeated surgery, for your pet. The best way to avoid any problems is to **NEVER THROW STICKS**, use balls or toys to amuse them instead! If your dog picks up a stick while you're out on a walk, take it from them gently and reward them with a treat, do not play tug of war with them as this could result in the stick splintering in their mouth. If you think your pet has been injured by a stick while out a walk, please seek immediate veterinary attention.

www.princebishopvets.co.uk

Are you eligible for the ECO scheme?

Do you receive any of the following benefits?

- ✔ Child Benefit
- ✔ Pension Guaranteed Credit
- ✔ Income-related Employment and Support Allowance
- ✔ Income-based Jobseeker's Allowance (JSA)
- ✔ Income Support
- ✔ Tax Credits (Child Tax Credits and Working Tax Credits)
- ✔ Universal Credits
- ✔ Housing Benefit
- ✔ Pension Credit Saving Credit

Apply Here

scan this with your phone camera

TOB HEATING & GAS

Call: **01207 297794**
WhatsApp: **07377 693 798**
Email: **info@tobhg.co.uk**

If you are not in receipt of qualifying benefits but your household income is less than £31,000 per year then you may qualify for LA-FLEX funding (Local Authority ECO4 Flex)

or visit:
eco4freeboilers.com

ofgem GOV.UK