

THE VILLAGE VOICE

Issue No 12 Volume 19

Lanchester, December 2018

For contact information, see page 2



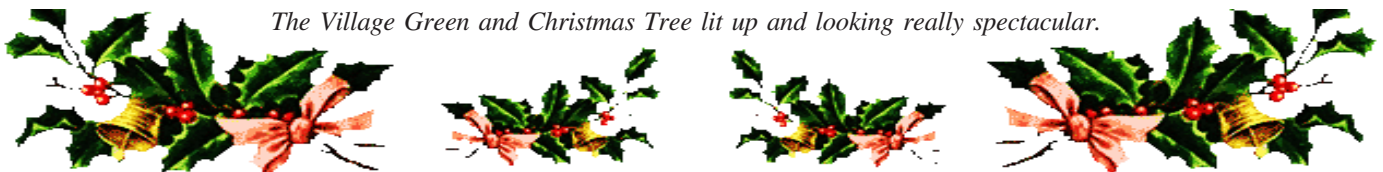
Steffi Coyle and Max Sylvester from the EP School with Catherine Bell and Kai Beet from All Saints' RC Primary School light up the Village Green. In the background are Eric Hepplewhite and Councillor Keith Harrison.



Members of Lanchester Brass Band who played carols and accompanied Lanchester Choral Society for the big Switch On. See story page 3.



The Village Green and Christmas Tree lit up and looking really spectacular.





Dear Village....

THE VILLAGE VOICE

IT'S ALL ABOUT PEOPLE

The views expressed in letters to the editor are not necessarily those of the newspaper, the editor or persons working for the newspaper. The editor retains the right to cut or amend any letter published. Letters must contain your name, address and telephone no, all of which may be withheld at your request.

Dear Village Voice,
The Kelly family would like to thank everyone for their condolences, cards and support during the past difficult months. The collection at Chris' requiem raised a magnificent £868 for the Macmillan and Marie Curie nurses. Thank you.
Alma Kelly

Community Draw

The winning number in the Community Draw for November was 26. The draw was made by R Mosey, Exercise Centre member.

How to contact the Village Voice

To advertise, email: [voiceadverts@gmail.com](mailto:voicoadverts@gmail.com) or telephone Lynda on 07851 775297. Please do not use this number for matters relating to content.

General and news enquiries, email: lanchestervillagevoice@yahoo.co.uk (please include Village Voice in the Subject line).

By post:
The Village Voice,
c/o Lanchester Community Centre,
Newbiggen Lane,
Lanchester,
DH7 0PB.

Healthwatch County Durham

For anyone who may have a need to go to a Pharmacy over the Christmas period, there is a link on our webpage healthwatchcountydurham.co.uk listing Pharmacies' opening times and location. This information will also be displayed in the GP's surgeries who are open at this time.
Brian Jackson, Chair, HWCD

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MERRY CHRISTMAS TO DELIVERERS

As all our readers are aware, the Village Voice is entirely run by volunteers who slave away behind the scenes to get the paper printed and delivered to your doorstep, so may I take this opportunity to wish the following deliverers a very Merry Christmas and Happy New Year.

Feel free to offer them a mince pie if you catch them on their round but go light on the whisky as they have families to go to after they deliver so we cannot have them rolling home at all hours of the night with a penguin in tow.

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plus all the spouses and family who help.

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PROJECT POPPIES 'LEST WE FORGET'

Collection of Poppies

The collection of poppies that have been ordered will take place at Croft View Halls, Lanchester on Saturday 12th January 2019 between 11am until 4 pm. We would ask that no one arrives before 11am as there is a class in the halls until 11am and we need a little time to set up the halls to ease any congestion.

The book 'Lanchester Remembers' costs £5 and DVDs of the Festival of Remembrance at £2 will be available for purchase.

We will still accept orders for poppies without dog tags before the 12th January but will NOT be able to accept any orders on the day as we expect to be extremely busy. We would also ask that all poppies are paid for before the collection day. A poppy costs only £5.

For further details contact, Eric Hepplewhite eric.hepplewhite@btinternet.com or 07969808958.

All proceeds after costs will go to the Royal British Legion Poppy Appeal.

CHRISTMAS LIGHTS SWITCH ON

On Saturday 24th November a large crowd gathered on the village green for the annual Christmas Lights Switch On ceremony. This year, Eric Hepplewhite had been invited to perform the switch on together with two children from each of the village primary schools. Councillor Keith Harrison introduced the occasion with the following speech:

"On behalf of Lanchester Parish Council I would like to thank everyone for coming along today. It is great to see so many families enjoying themselves. It really feels like the start of Christmas when the lights shine bright on the Village Green. I hope that you have enjoyed the Christmas Carols from Lanchester Brass Band and Lanchester Choral Society and may I thank them for attending today and delivering an excellent selection of festive music.

Over by the gazebo we are serving complimentary mulled wine, mince pies, cakes, juice and sweets. There is also a small gift for all the children. Many

thanks to the volunteers who have kindly given up their time to help out today. We are delighted that Eric Hepplewhite has kindly agreed to switch on the lights this year. Eric is well known in Lanchester for his many years of working with young people, particularly with Boys Brigade. This year has seen the magnificent Poppy display in the village as part of the commemoration activities for 100 years since the end of World War I. This project was coordinated and managed by Eric, who worked with members of the community for two years to make and paint

STORY HOMES TO BID AGAIN?

Residents of Lanchester who successfully fought off a plan to build 150 homes off Newbiggen Lane are preparing for another battle.

They fear that Story Homes, who were thwarted in their efforts to build on farmland overlooked by Ridgeway more than two years ago, is preparing another bid.

When the Village Voice contacted the Carlisle-based builder they did not rule out another bid, simply saying they were unable to comment "at this time." In a submission to planners preparing the Durham County Plan, Story Homes stated their intention to build around 100 homes on the same piece of land. They said a future application would be "more sensitive."

But resident Alan Oliver, a retired journalist from

over 4000 clay poppies. The display really was spectacular. Thank you Eric for your vision to deliver the project.

Every year we ask the primary schools in the village to select two children to help switch on the lights, from Lanchester EP Primary School - Steffi Coyle and Max Sylvester and from Lanchester All Saints' RC Primary School - Catherine Bell and Kai Beet." And now the lights are shining brightly again.

Ridgeway, said: "Durham County Council received 1800 objections to the last application - a record for them. Just about every organisation in Lanchester including the Parish Council, Lanchester Partnership and the Campaign for the Protection of Rural Lanchester objected.

I am told DCC have received a 40 page document from Story Homes objecting to the Durham plan and believe it or not that there is mention of building 100 houses in the fields opposite Ridgeway." Following an eight day public inquiry held in the village Community Centre, a government inspector rejected the original application.

But part of a renewed submission to the council from the builders says: "Following the unsuccessful appeal outcome, Story Homes have reviewed options in relation to the site and realise that a different development strategy is required. In the first instance this will involve promoting the site as a

suggested housing allocation in the emerging County Durham Plan.

The Delivery Document sets out how Story Homes have responded positively to the issues raised in the previously refused application and subsequent Inspector's decision, and demonstrates how a more sensitive and appropriate scheme can be delivered on the site to ensure the delivery of much needed housing growth in the area to help achieve the Council's ambition of rebalancing the population of the County and identifying new development sites that can meet the future housing needs of the area in sustainable, well connected locations.

Whilst the previous application was refused and subsequent appeal dismissed, the Council at no point challenged the principle of new housing development in Lanchester generally, or on the proposed site specifically, and accepted Lanchester as a sustainable location."

Neil McKay



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CUPPA AND CHAT CHRISTMAS PARTY

It was a busy Christmas party for the last Cuppa and Chat this term. Children enjoyed pass the parcel, balloon games, musical bumps and a lovely faith snack time.

To the children's astonishment, Santa made an appearance as he just had time before he was rushing back to Lapland to check that the elves were on schedule

with their toy making. Cuppa and Chat meets on Tuesdays during term time in RC Parish Centre 1.30-3.10. Merry Christmas to one and all from all at Cuppa and Chat.



Santa made an appearance at the Cuppa and Chat party.

See also photo on back page.

CUPPA AND CHAT HELPS THE HOMELESS

This is a group which is open to all, especially those with children under school age. For the past 3 years we have 'adopted' a charity to help. This year our charity is Open Arms which aims to collect clothing, shoes, toiletries and sleeping bags for those less fortunate who will be spending Christmas sleeping on the streets. Imagine our surprise when two lovely ladies, Fiona Kennan and Lisa Hall, contacted us to say that they and the staff they work with, had raised over £550 with which they bought new sleeping bags, socks, thermal hats and gloves, toiletries and sweets for our appeal. There will be many homeless at Christmas, who will be warmer, due to Landlords Integrity Team from Northumbrian



Andrea Stoddart (right) receiving donations from Fiona Kennan.

Water based in Durham. Many thanks also to the many people who brought countless coats, jumpers, shoes, soaps, etc for our Christmas appeal. There but for the grace of God go I.

BUZZING LUNCH

The lunch for the Village Bus, held on 5th December in Lynwood House, was so well attended we ran out of chairs at one point! The Tombola was busy and the winners of the raffle were very happy with their prizes.

A Big Thank You to Lanchester Fish Bar, Crinnions, Deanos, the Pharmacy and Hair with Natalie for their donations and to everyone who donated items for the Tombola.

I would personally like to thank those who helped with the buffet and on the morning, without them I couldn't have managed. The total amount raised for the Village Link Bus is a fantastic (drumroll) £600.40.

Let's all try and keep this lifeline for many, let's try and keep it going.

A very happy and healthy New Year to all!!

Karin Bravington



The very popular lunch for the Village Bus.

PARTNERSHIP CEILIDH

Lanchester Partnership held their annual ceilidh on Saturday 17th November in the Social Club. As always, the Windy Gyle Band were brilliant, playing music ranging from a beautiful Northumbrian pipe duet to a raucous Blaydon

Races. There was lots of dancing for all ages, the food was good, the bar was busy, and the Partnership's core fund (from which it pays running costs like insurance) was given a big boost. The Partnership would like to

thank everyone who helped and everyone who came, and Barclays Bank for agreeing to match-fund the evening's profit. The room and band have already been booked for more of the same on November 16th next year.



A lively evening at the Partnership Ceilidh.

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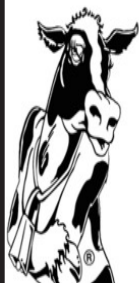


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RED CROSS FESTIVITIES

On November 27th, the ladies from the village Red Cross hosted one of their very popular Afternoon Tea events. This time, it was a festive celebration and the hall of Lynwood House was decorated for the occasion.

These events are always anticipated with

pleasure, and greatly enjoyed for their gorgeous sandwiches and cakes, as well as the friendly atmosphere and the opportunity to catch up with old friends and the chance to meet new.

Charity Shop Manageress Tracey

Dobson was delighted to report that the sum of £487 had been raised for the Red Cross, and she warmly thanked everyone who supports this good cause in so many ways.

We look forward to the next Red Cross event!

Maisie Raine



The Red Cross Festive Tea around the Christmas tree in Lynwood House.

CANNY CAFÉ LUNCH

On Wednesday 21st November, the 'Canny Café' customers again enjoyed a light lunch. Soup, sandwiches and cakes were on offer on this occasion, along with 'bottomless cup' tea and

coffee, which all contributed to a warm and friendly atmosphere. The 'Canny Café' is open to all from midday to 2.00 pm on the third Wednesday of the month (excluding December) in

All Saints' RC Parish Centre, on Kitswell Road, and is supported by contributions from its customers.

The next 'Canny Café' opening will be on January 16th, 2019.



Customers enjoying their lunch at the Canny Café.



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LANCHESTER PARISH COUNCIL

Notes from the Ordinary Meeting held on 11th December 2018

A moment's silence was held for Michael Cook a past Parish Councillor who passed away recently.

Northumbrian Water Ltd - Sewer System

Officers from Northumbrian Water Ltd attended the meeting to discuss a number of concerns regarding the sewer system in Lanchester and in particular on Ford Road. A lengthy and detailed discussion took place. Northumbrian Water Ltd agreed to undertake a number of actions to investigate the matter.

Minutes - Ordinary Meeting 13th November - approved.

Police report - received.

Correspondence

1. Durham County Council - Drainage works on Front Street - Members considered the information received on proposed drainage works

on Front Street which form part of the planned wider flood mitigation works in Lanchester. Some of the work will be on Parish Council owned land.

2. Letters of thanks from residents - Beacon Event - received.

3. Letter of thanks - All Saints' Catholic Church - Donation - received.

4. The Clerk Magazine - November 2018 - received.

Area Action Partnership - Councillors were informed that the Area Action Partnership Co-ordinator has left his post for a new job. The process of appointing a new co-ordinator is ongoing.

Neighbourhood Plan - Feedback on draft three of the document has been received and draft four of the document has been compiled. This draft will be sent to the County

Council for a health check. A meeting has been arranged to progress the printing and design of the document.

Shotley Bridge Hospital - Councillors discussed their concerns over the current and future provision at Shotley Bridge Hospital, including the concerns over closure of the hospital site.

Councillors were informed that the community and stakeholders would be consulted on future options for the hospital in a consultation exercise which will take place next year, dates to be confirmed. The Parish Council will be able to submit their response as part of this process.

Kitswell Park Play Area - Annual Inspection - Councillors were informed that the Annual

Inspection for Kitswell Park Play Area had been completed. No major or high risk problems were raised, however a number of maintenance issues need to be undertaken.

Budget 2019/20

Councillors discussed the budget for 2019/20. The level of ring-fenced reserves for play equipment repairs, maintenance and projects was discussed. It was agreed that the proposed budget for 2019/20 be approved, that £20,000 is retained in ring-fenced reserves for play equipment and that the ring-fenced reserves for play equipment is increased by £2000 every year.

Financial report - discussed and approved.

Accounts for Payment - approved.

The next Ordinary meeting of the Council will be held on Tuesday 8th January 2019 at Lynwood House at 7.15 pm.

CROFT COURT LIT UP BY MP

North West Durham MP Laura Pidcock delighted residents of Croft Court in Lanchester when she switched on their Christmas lights for the second year running. This year Ms Pidcock brought an additional guest, her four and a half month old baby son, to the obvious enjoyment of the people of Croft Court, just off Kitswell Road.

The residents - who fund the lights in their courtyard themselves with subscriptions from a monthly coffee morning - also celebrated the switch on with mulled wine.

The MP accepted an invitation from resident Jean Dougherty, who also installed the lights herself. She wished the locals a Merry Christmas and kept her promise "not to mention Brexit!"



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THURSDAY CLUB CHRISTMAS OUTING

On Wednesday 5th December we set off from the village on a wet, cold and dull morning for our Christmas Outing to Ramside Hall. It was still dreary when we arrived but when we walked through the door into the lobby it was bright and warm with sparkling decorations and the most fabulous Christmas Tree. We made our way to the Bishops Suite where the tables were beautifully decorated including party poppers,

Christmas crackers and a booklet of gift vouchers for everyone. Poppers popped, crackers pulled and hats on we were now ready to party. The meal was 2 course and the main was chicken supreme with all the trimmings. It was beautifully presented, served hot (not lukewarm) and delicious. Pudding was chocolate torte with winter berry compote and cream and for those who were not chocoholics an alternative of lemon



Happy Christmas revellers at Ramside Hall.

cheesecake was offered. Yummy - no dirty plates returned! Tea or coffee with mints followed. After the meal there was a short disco before the Four Seasons (tribute) group took to the stage. Great songs and routines performed well. After the performance the disco took over playing 50s, 60s and

70s music. Some of our number went walkabout to see what else the hotel had to offer while others went for a cooler, quiet room and indulged in Baileys on ice. The 'die hards' well we just kept on dancing. The afternoon was spent in fun and friendship, in festive surroundings, with

friendly and helpful staff, great food and entertainment. Who could ask for more? A great party atmosphere to lead us up to Christmas.

We would like to take this opportunity to wish everyone a very Merry Christmas and a Happy, Healthy and Lucky New Year.

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PARISH CHURCH FAIR

The fair was held on Saturday morning, 24th November, in the Anglican Church. Table tops were placed on the pews with teas and coffees served in the Chapter House. The fair was quite well attended with a good variety of stalls. Included in those were two tombolas

offering gifts and bottles respectively, always good attractions. In addition, there was a well stocked Fairtrade offering, and a Hook and Duck area which included a section for children. There was a lovely Christmas Decoration table, a superb Hand Crafted stall, a Scarves and Jewellery

table coupled with traditional home made Ginger Wine, which along with the Grand Draw, is a top money raiser.

The organisers would like to thank all those who attended which enabled the church to raise in the region of £1800.

See also photo on back page.



Eric Gaskill and Dick Hunter man the Bottle Tombola with Margaret Matthews in the background clutching her prize.

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LANCHESTER FLOWER CLUB

'Christmas Greetings'

The Club held the second of our Open Evening meetings on Friday 30th November in Lanchester Community Centre. The demonstrator for the final meeting of 2018 was John Thexton, his theme was 'Christmas Greetings'. John prepared some very beautiful arrangements and regaled us with some very funny stories. Everyone enjoyed a really lovely night. All the lovely arrangements were raffled to the delight of the lucky lady winners. We then had a plated light supper thanks to the hard work of two of our members, a big thank you to Rosemary Wilson and Mary Britton. We would also like to thank Gillian Harrison and Jane Pegram for attending with their lovely homecraft stall and home produce stall. This has been a very special year for



Demonstrator John Thexton with his 'Christmas Greetings' creations.

Lanchester Flower Club as we celebrated earlier in the year our 45th anniversary, quite an achievement. Please contact Mrs Helen Tomlinson 01027 503667 or Lestrine Kelly 01207

521494 should you want any further general information about the Flower Club. We would like to wish all readers and our members a very Happy and Peaceful New Year.

COMMUNITY CENTRE

Latest News

The refurbishments are going well. The office is now totally updated and after an appeal on Facebook for two new desks we were contacted by Durham County Council, who have given us, free of charge, desks, chairs, storage units and filing cabinets from their store of surplus office furniture. A big 'Thank You' to them for this as it has made the refurbishment more than we could have wished for. A bag drop has gone out from both Junior Schools explaining about Friends of the Community Centre, and for just £2 a month you can help to support the upkeep and improvements of the centre.

If you haven't seen the form, pop into the new reception, complete a simple form, and you will receive a window sticker to proudly display! We have had a very busy year and we are planning that 2019 will be fun, interesting and varied too. There will be a lot happening so keep an eye on this column and our Facebook page, or pop in and have a look at the Information Point. Your Community Centre Management, Staff and Volunteers would like to thank you for your support over the past year and to wish you a very Happy Christmas and a brilliant 2019.

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Our December meeting was one of the most popular dates in our calendar, the evening of our Christmas celebrations and our Faith Supper. President Marie Murphy welcomed members and visitors, and in a news sheet, she reminded everyone that our annual subscriptions are due in January. Cheques to 'Lanchester WI' can be posted in a box on the Treasury Table. The New Year might be the time to become more involved in your WI - by volunteering to donate raffle prizes, give readings or the vote of thanks to our speakers, or by becoming a committee member. Marie thanked everyone who had contributed in so many ways over the

past year. She also reminded us about the six resolutions decided upon by members. These must now be voted on and members are invited to cast their votes for the resolution they deem most worthy of further discussion. More information can be found in 'WILife'. Our social time began with a quiz about Christmas movies and a raffle, then singer Chyrelle Adams entertained us with a wide selection of songs. Her programme ranged from festive melodies through to well remembered tunes of the 70s and 80s, and she displayed a warm personality as she told us a bit about her life. The music tempted many members onto the floor dancing, before Ann Carr

gave an amusing and sincere vote of thanks to Chyrelle. Everyone had contributed to our Faith Supper and the feast ranged from delicious savoury dishes to lovely sweet treats.

We now look forward to our programme of meetings and events over the next year.

In January, we will enjoy a pie and pea supper, and our speaker will be Ruth Smith, who will inform us about recycling - what can we recycle and how can it be sorted? Our competition is to make something from recycled material.

As always, we enjoyed our Christmas festivities, with an evening of music, food, and friendship, and look forward to 2019!

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GERMAN SHEPHERD RESCUE AT LILYDALE



Featured left to right are: Alex (GSR), Margaret May (Lilydale) and Daniel (GSR). Dogs are Zak, a puppy not yet named and Zabre.

A well attended fundraising event for 'German Shepherd Rescue' was held on Saturday 8th December, from 11.00 am until 3.00 pm. The shop was very busy with customers and supporters of the charity. £330 was raised in cash from the raffle and a further £100 from the sale of bedding, treats and toys. Debbie, from the organisation, was thrilled with the amount raised and wishes to give her thanks to everyone for their kindness and generosity.

LONELINESS UPDATE

A timely update meeting on our community Loneliness Project took place at Lanchester Medical Centre on 27th November. It was well attended by key individuals and organisations active within the community. To start, Marian Morrison outlined the progress to date following on from our initial event held just a year ago. The key activity has been the proposed Loneliness Guide (working title only!) which was described and then discussed in detail. The task has taken longer than expected, the main reason being that so many people and organisations are now talking about Loneliness and its challenges, and the project group has been busy attempting to incorporate their work, research, messages and ideas, into our guide. It is

still hoped to publish the guide in spring 2019. Overall, the group was very supportive of this project and confirmed we were still heading in the right direction. Comments included the need to ensure key messages were clearly communicated to appropriate audiences and that the content needed to be carefully written, visually appealing and information simply presented for ease of use, reading and reference. Distribution by key venues and through contacts in other organisations was identified as being of critical importance if the guide was to be fully effective. The guide would need to be available electronically with website links established between websites. Another comment reinforced the need for the guide to be 'championed and owned'

by key individuals within organisations who would then be able to instigate and develop conversations with individuals about Loneliness as the need arose. The exact budget and funding arrangements are still to be finalised. Next steps were confirmed and it is hoped that most of the text copy will be drafted by the end of the year. Guide content will then be made available for review and fine-tuning before it is finally produced. One final comment made by one attendee was as follows - we need to rediscover our 'neighbourliness' within our community. Somebody once said, "Loneliness isn't just for Christmas - Loneliness can become a way of life". Let's all commit to taking some time to make a difference in our community this Christmas.

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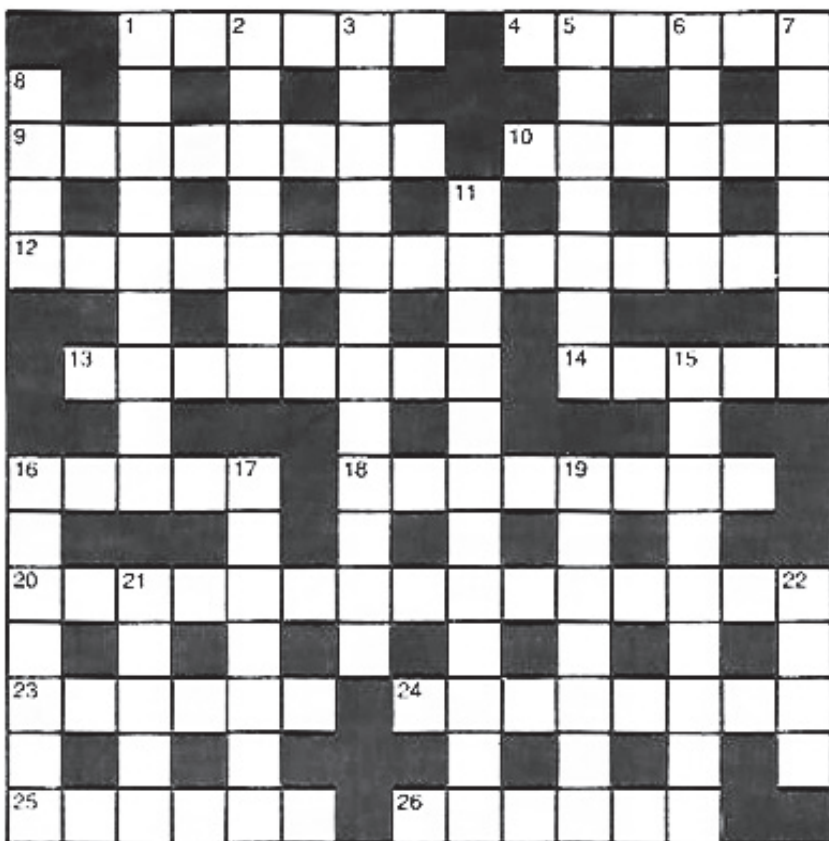
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CROSSWORD 152



ACROSS

1. Disappear (6)
4. Sear (6)
9. Pickled herrings (8)
10. Wind instruments (6)
12. An exact reference (7,3,5)
13. Calvary (8)
14. Goes with numeral, wall and candle (5)
16. Prices (5)
18. Knowledge (8)
20. Dumbfounded (2,1,4,3,5)
23. Good-looker (6)
24. Save something for future use (3,5)
25. Prompt (6)
26. Stick (6)

DOWN

1. Mountains that belch! (9)
2. Returning gate man is identifier (7)
3. Unconnected record (8,4)
5. Chopper (7)
6. Measuring device (5)
7. Insignificant person (3-4)
8. ——— Bristow, former World darts champion (4)
11. A cute gnu load is not listed (12)
15. Small financial penalty (5,4)
16. Go up awkwardly (7)
17. Cut (7)
19. Prison that features in several novels by Dickens (7)
21. Frighten (5)
22. Goes with garden, water and tears (4)

Name _____

Address _____

Please send your entries (by deadline date on back page) to The Village Voice, c/o Lanchester Community Centre, Newbiggen Lane, Lanchester, DH7 0HY.

CROSSWORD 151

There were only 12 entries in last month's crossword competition.

Congratulations to Bill Heslop of Satley who was the winner in the draw and will receive the £10 prize.

ANSWERS TO CROSSWORD 151

ACROSS

1. frustrated
9. alpaca
10. decrepit
11. top-notch
12. Erne
13. narcissism
15. evident
17. proverb
20. displeases
21. lame
23. tribunal
25. examiner
26. on edge
27. descending

DOWN

2. reefer
3. sore head
4. repugnance
5. tatters
6. damp
7. part-time
8. fathomable
12. emendation
14. in Rosslare
16. inspired
18. vilified
19. useless
22. modern
24. need

LAST MONTH'S SUDOKU ANSWER

8	4	9	1	3	2	5	6	7
1	5	3	6	4	7	2	9	8
2	7	6	9	5	8	1	4	3
4	3	8	2	1	9	6	7	5
6	1	2	5	7	3	4	8	9
7	9	5	8	6	4	3	1	2
5	2	1	7	9	6	8	3	4
3	8	7	4	2	1	9	5	6
9	6	4	3	8	5	7	2	1

SUDOKU

There is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. See next month for answers.

6					4	7		
	7						6	
		1	2					3
1			8	3				
		8				1		9
5						2		
		9						5
3		2				8		
				6	7			2

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NEW YEAR'S RESOLUTIONS

8 tips in making your resolution a success



Lanchester Medical Centre

Lanchester Patient Participation Group

I wonder how many people are joining me in making a New Year's resolution, and I wonder how many people, me included, will be able to stick to it. Many of us make health related resolutions, maybe to lose weight, quit smoking or drink less and exercise more, but how do we stick to it! Then I read that Psychologists have found we're more likely to succeed if we break our resolution into small goals that are specific, measurable and time-based. I read on:

Top 8 goal-setting tips

1. Only make one resolution; this increases your chances of success as you are channelling your energy into one aspect of change.
2. Don't wait until the New Year to decide your resolution. Take time, a few days before, to think about what you want to achieve.
3. Avoid previous failed resolutions; this can lead to memories of past frustration and disappointment.
4. Don't go with the crowd; think about what you really want.

5. Break your eventual goal into small steps that you can measure and are time-based.
6. Tell your family and friends what you want to achieve; we all need support.
7. Make a checklist of what you are achieving; keep a journal or a computer spreadsheet. Be encouraged as you review these facts of your progress.
8. Give yourself a small reward whenever you achieve a measured step. We will all have setbacks and revert to old habits, but see it for what it is; a temporary setback and not a reason to give up. So come on; let's get started.

Most common resolutions and available help

- * Lose weight - follow a healthy weight loss plan whether with a group or individually.
 - * Quit smoking - ask your surgery for help. NHS Smokefree app.
 - * Get active - join a group, gym based, brisk walk. NHS Fitness Studio, Couch to 5k.
 - * Drink less alcohol - calculate your units. Track your drinking.
 - * Eat more fruit and vegetables - plan your shopping and your meals, frozen alternatives are also good.
- I think this year's resolution will be to really think, plan and stick to it! Going to join me?
Senga

HOW CAN YOUR LOCAL PHARMACY HELP YOU?

When people think of a pharmacy they often think about prescriptions; at Lanchester Pharmacy we offer more than just dispensing your prescription. We offer a range of help and support. **Health advice:** For minor health problems such as colds and rashes, the pharmacy is your first point of call. We can provide advice and if appropriate provide you with over the counter medication. Or refer you to the best place if you need further support. Lanchester Pharmacy also participates in the Minor Ailment Scheme which provides over the counter medication within certain criteria.

We participate in campaigns to raise awareness of various health conditions in the community. For instance November was pancreatic cancer awareness month. The pharmacy is currently taking part in a pilot for testing heart rhythm, it is free of charge in the pharmacy and uses a simple device. This check can show if you have an

irregular heart rhythm and can indicate if further testing is needed.

Medicines: The Healthera app makes ordering your medication more convenient to fit around a busy schedule. The app can be downloaded onto your phone. For information please ask any of us in Lanchester Pharmacy.

Pharmacists provide Medicines Use Reviews and the New Medicine Service which both aim to improve patient care. Pharmacists can administer the flu jab, helping to protect the local community. If you need information on medication or help using

your new inhaler, we can support you.

Online Pharmacies:

Recently there has been information in the local community from online pharmacies such as Pharmacy2U. To clarify, this is not your local pharmacy. If you choose to use an online pharmacy your prescriptions will no longer be sent to Lanchester Pharmacy. We hope that we can continue to support the community.

Lanchester Pharmacy is dementia friendly and the staff are happy to help. We can dispense your prescription but we also do lots more for our local community.

Sarah, Lanchester Pharmacy

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WHAT'S ON?

Library Book Club

On Monday January 28th 2019 from 2.30-3.30 the group will be discussing 'The Snow Child' by Eowyn Ivey. Finalist for the Pulitzer Prize, an instant classic set in 1920s Alaska. A great read. Join us for this discussion if you have read this book or would like to join the group.

Thursday Book Club

On Thursday January 17th from 5.30-6.30 the discussion will cover 'Coming Home to Island House' by Erica James. A May 2018 bestseller, 'full of warmth and appeal' (Good Housekeeping review), sounds like a page-turner for fans of Erica James. If you would like to join this group, pop into the library and pick up this book and join the discussion.

Chatterbooks

Will be held on Monday January 14th from 3.45-4.30pm. Children aged 8-11 years old have the opportunity to read and take part in activities relating to the book of the month. Places are limited so please contact Zena or another librarian at the library or contact 03000269514.

Future dates are February 11th, March 11th, April 8th 2019.

Toddler Time Sessions

for Under Fives, every Thursday between 2 and 3 pm. Come along to this social time for you and your child to enjoy music, songs and rhymes.

A capella

'The Happy Mondays', Lanchester's A capella group meets every Monday morning at 10.30 till 12 in the Chapter House of All Saints. Everyone welcome.

Paradiso Social Club

The next Social will be held on Sunday 13th January at 7 pm in the Main Hall of the Community Centre. There will be the usual raffle, refreshments and a film show.

The film we are going to screen is LADY BIRD, described as 'smart, emotional, funny and completely original' and won two golden globe awards with Saoirse Ronan in the starring role as Christine 'Lady Bird'. She is a fiery, strong willed, deeply opinionated adolescent battling against her equally strong willed mother, a nurse, who is working tirelessly to keep her family afloat after her husband has lost his job. A film about family relationships that shape us, the beliefs that define us and the unmatched beauty of a place called home.

All are welcome:

Ticket entry:

£2.50 members

£3.50 occasional visitors

£2 young persons.

Local History Society

Subject: Show and Tell
Date: Friday January 4th 2019

Time: 7pm

Venue: Lanchester Community Centre.

Always an interesting evening with members and visitors bringing along vintage/antique finds and collectables.

For more information contact the History society at marian.morrison@btinternet.com

Sunday Bridge

In the Community Centre on 6th January at 2.00 pm. The entrance fee is £3.00 and all profits to the Community Centre.

Lanchester WI in January

Our January meeting will take place on Monday 7th, in our usual hall in the Community Centre. Subscriptions for 2019 are due - cheques should be made payable to Lanchester WI, and posted in the box on the Treasury Table - envelopes will be available, please write your name on the front.

We will share a Pie and Peas supper, and our speaker is Ruth Smith, speaking about recycling ... what can be recycled and how to decide in what category items should be placed? The competition is to make something from recycled material. Members are also reminded that a 'mini market' of bags and scarves will take place tonight.

We look forward to greeting the New Year together, and to enjoying another full, happy year with Lanchester WI!

Wildlife Group

The next meeting on Tuesday 8th January with Luke Hawkins whose subject is 'Lifelines': Why my patch is an oasis', Luke's study along 'the line'.

Meet at 7.30 pm in the Community Centre dining room.

Mah Jong

In 2019, how about learning something new? How about the Chinese game of Mah Jong? The Lanchester Mah Jong group play in the upstairs meeting room in the Community Centre every Thursday morning from 10 to 12 noon. New players welcome. Full instruction available for beginners. Cost £2.50 including light refreshments. For further details, please contact Dennis on 01207 520278.

Junior/Family Wildlife Group

Our next meeting will be on Sunday 13th January. Meet in the Community Centre car park at 9.30am to go to Lindisfarne.

Please bring a packed lunch etc as there is a long crossing time.

If the weather is wet the trip will not take place and we will meet in Malton car park at 10 am.

Mothers Union

Wednesday January 9th is our Wave of Prayer at 7.30 pm in the Chapter House.

Tuesday January 22nd is our New Year's Meal - 7.00 pm at Ravellos.

We wish everyone a Very Happy Christmas and Good Wishes for 2019.

Willow Burn Annual Dinner

Willow Burn Hospice is pleased to announce the annual visit to the Pavilion Restaurant on Monday 28th January 6.30pm.

As usual this will be a fantastic evening to celebrate the upcoming year of the PIG.

There will be a raffle and an auction and lots of good food and fun.

Contact Paul Jackson or the Post Office for tickets Paul 07957871106, email Lanchesterinvestments@hotmail.com

Why not give tickets as a gift to friends and family? Paul Jackson Chairman, Willow Burn

Crafty Coffee Morning

We meet every 2nd and 4th Tuesday at 10 am till 12 noon at Lanchester Methodist Church. We have had a large donation of wool and needles and more knitters needed! We are making trauma teddies, premature baby clothes, knitted angels etc. Everyone welcome to call in for coffee and chat.

Lanchester Social Club

New Year's Day from 1 pm in the concert room:-

The Lianne Rivers Band & Stephz

Tickets available from behind the bar during opening hours, £6 per ticket.

New Year's Day from 5pm in our lounge bar:

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January from 9 pm

Sat 5th - Peter Kelly

Award Winning Vocalist

Sat 12th - Abby Faye

Sat 19th - Mark McCann

Sat 26th - Aryana

Thursday Club

At our next meeting, at 1.30pm on 21st February, we will once again be welcoming Glynis Grainger who will give a talk on the Young Prince Philip. If you would like to join us please come along new members always welcome. Membership subscription is only £13 per year.

Canny Café

All Saints' RC Parish Centre will be providing a light lunch every third Wednesday of each month except December and August. Please come and join us for lunch and good friendship. No charge but donations welcome. Further information, contact Andrea Stoddart 01207 520291.

Community Centre

Coffee Morning

The next monthly coffee morning will be on Thursday 10th January.

Lacemaking

In the upstairs room, on Mondays from 10.00 am - 12.00 noon and Fridays 7.00 - 9.00pm.

Needlecraft

On Wednesdays 1.00-3.00 pm.

CUPPA AND COMPANY CHRISTMAS LUNCH

The Christmas lunch was on 11th December. A massive thank you and well done to the ladies who have kept this going since I couldn't due to work commitment, it was lovely to see everyone again and the guests are so happy it has continued. It was a fantastic day and start to the Christmas celebrations. A wonderful cake was donated by Ethel Armstrong MBE, the organisers gave everyone a Christmas bag filled with gifts and the EP school choir came to sing beautiful carols. These ladies and other volunteers who provide lifts work so hard every month, they are true

angels. Thank you to the guests that come each month and continue to support us. Merry Christmas to you all. Could we please ask if anyone can offer support of lifts to and from Lynwood House, please contact Barbara on 07808243720. A lot of the guests cannot manage the village bus; volunteers in cars is their only method of getting to this lunch. It is very important for them and helps towards combating loneliness so if you have family that attend can you speak to neighbours or friends who may be available at 11.45 to pick up and at 1.50 to take back once a month.



The 'Angels' who work so hard at the lunches.

It's always a quiet time of year for news from the Cricket Club but it was the Annual General Meeting at the end of the November. There were three key personnel changes, with Helen Houghton taking the role of Secretary and Paul Deaville stepping in as Fixture Secretary. Stuart McPhail had already indicated he would be stepping down as first team captain ahead of his serious illness and Kieron Taylor was elected as his replacement. The club was able to announce a profit thanks to the

CRICKET NEWS

success of the Beer Festival, making enough money to get the club through the loss making winter months. It is hoped that the new venture with Centurion will help to bolster the income throughout the year. By the time the gin festival takes place, Centurion will have completed the transformation of the function room part of the club into a warm inviting dining experience, so look out for future events that they will be headlining. In the New Year, we are aiming to fundraise to purchase a defibrillator

and put it in a cabinet outside for public use, so we would ask that if you do get asked to contribute, please give generously. The under 14s are playing in an indoor 6-a-side tournament at Chester le Street Riverside and had an exciting tie with Willington to start, both teams making 111 in their ten overs. Practice nets won't start until the first Sunday in February at Fyndoune. We would like to wish everyone a Merry Christmas and a Happy New Year.

Let's keep this great village lunch going.
Joanne Allison



The beautiful cake donated by Ethel Armstrong MBE for the Christmas lunch.

LANCHESTER TENNIS CLUB Error Correction

I would like to correct an error (on my part) in the November article. The email for Sam Stokoe should have read: Sam@dctp.org.uk
Dennis Laycock

RECIPE OF THE MONTH

Braised Steak and Onions in Stout

The wintry weather calls for good, warming food and you'll find this an easy and delicious meal at the end of the day. Serving 2 people, you need:
2 pieces of braising steak
2 onions, halved and sliced
5 fl oz stout (150 ml)
Half teaspoon Worcestershire sauce
Oil
Some seasoned flour
Salt and freshly milled black pepper

1) Pre-heat the oven to gas mark 1, 275F (140C).
2) Heat a tablespoon of oil in a flameproof casserole, and when it's sizzling hot, coat the meat in seasoned flour and brown the pieces on both sides till they're a rich brown colour. Lift them out of the casserole and reserve on a plate.
3) Fry the onions to brown them well at the edges, then arrange the meat on top (plus any juices that are on the plate) and

season with salt and pepper. Next, pour in the stout and Worcestershire sauce. Then put the lid on and transfer the casserole to the oven. Cook for approximately 2 and a half hours or until the meat is tender.
4) If you like, you could braise the steak on top of the stove using a very low heat, but because this method causes a bit more evaporation, add one extra fluid ounce (25 ml) of stout.

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BOWLING CLUB DINNER



Lanchester Bowling Club trophy winners, Paul Hammond Jnr, Ian Murray (most improved player), Stan Easten, Bruce Fox and David Friesner were presented with their cups by retired member Roy Stewart (2nd from right) at the annual presentation dinner at Ravellos.

BUZZING LUNCH



A well attended lunch in aid of the Village Link Bus with plenty of chat and lots to eat took place at Lynwood House. See page 5.

LANCHESTER COMMUNITY CENTRE

CUPPA AND CHAT CHRISTMAS PARTY



Your Community Centre Management, Staff and Volunteers would like to thank you and wish you a very Happy Christmas and a brilliant 2019. See page 9.



Santa was in great demand at the Christmas Party in All Saints' RC Parish Centre. Story on page 4.

PARISH FAIR



Barbara Sproat and Maureen Barker serving customers Bob and Glenys Gibbon. Story, page 8.

PARTNERSHIP ANNUAL CEILIDH



The annual ceilidh organised by Lanchester Partnership in the Social Club with the Windy Gyle Band was a great success. See page 5.

EARLY JANUARY DEADLINE

Please send any **articles** for the next edition of the Village Voice by Tuesday 8th January. The deadline for **adverts** is Friday 4th January.

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The views expressed in this periodical are not necessarily those of the publishers. Whilst all efforts are made to check the authenticity and accuracy of all articles submitted for publication, occasionally something is bound to be printed incorrectly. Please let us know and we will endeavour to correct the mistake.