

the Village Voice

Issue No 1, Volume 22

Lanchester, January 2022



Lilydale Pet Supplies window wonderland



Santa stroll, with his elves *(Full story on p5)*

Celebrating the festive season,
in and around Lanchester



Walking group, winter walk *(Full story on p18)*



Carols on the village green *(Full story on p2)*



Boxing Day tractor rally *(Full story on p3)*



Choral Society *(Full story on p3)*



Parklands Garage Reopens *(Full story on p3)*

Carols on the Green 2021

(continued from p1)

It was a joy to gather again on the village green on Christmas Eve for a traditional Carol Service which has been held there for many, many, years - until last year of course. In recent years it has been Churches Together who have organised it.

Reverend Stuart Earl welcomed everyone and opened the service before handing over to David Hughes who has led the service so faithfully and sincerely for many years. The Choral Society usually take part but this year, because of COVID precautions and social distancing, the only 'guests' were Lanchester Brass Band who accompanied all the carols. David led the singing and encouraged everyone to join in, which they did. It was very pleasing to see so many villagers in attendance and it was so good for our community to be sharing a happy occasion once again. Reverend Lesley Sutherland concluded the special service with a blessing for everyone.

The Christmas story had been told through words and song with its message of love and hope and as the band played 'We Wish You a Merry Christmas' as people dispersed, spirits had been lifted and there was a sense of hope that in the weeks and months ahead our world will slowly but surely return to normality!

Brenda Craddock.



A Christmas Concert (continued from p1)

I am sure I speak for all of us when I say that for the last two years, we have missed hearing the music which our village societies have brought to us for so many years. This year David Hughes was determined that the Lanchester Choral Society would bring some much-needed cheer to our village, and he did that with his usual professionalism and expertise.

'Where there is a will there is a way' they say. David gathered his choir together to produce a brilliant concert without an audience, but which was recorded to put on YouTube the following day. It certainly lifted the spirits of all those who participated in the singing and those who watched and heard it on YouTube the next day. We are very used to the very high standard of singing when the Choral Society performs, and this concert was no exception.

The choir sang every carol with such sensitivity and sincerity. The dynamics of each carol was observed making the words very meaningful. The blend of voices and the pitch and tone was perfect throughout and it was obvious that the choir were very happy to be back together for this special occasion. There was an air of positivity throughout the concert, which we definitely need in these uncertain times.

Several guest solo artists had been asked to take part in the concert, all of whom have sung with the society on previous occasions. They were Elizabeth Woods (Soprano), Anna Foster (Alto), Ian Gray (Tenor) and Paul Smith (Bass). They each had a seasonal reading, in addition to the singing of their chosen carol, and they all performed with great panache and style. The carols had been carefully chosen by David to give an equal blend of the traditional and the more unusual, which meant the whole programme was appealing and interesting. The hour and 17 mins, which was the duration of the concert, held one's attention throughout and it seemed over far too soon. David wished everyone a very Happy Christmas and then closed the concert with some very apt words for all of us, said by Tiny Tim in Charles Dickens' book 'A Christmas Carol'. 'GOD BLESS US EVERYONE'

Thank you David, as Musical Director, the accompanist, David Smith, and every member and guest of the Choral Society for all the hard work behind such a wonderful uplifting evening. It was very much appreciated.

Brenda Craddock

NB The recording is still available on YouTube <https://youtu.be/SXNAnmyC5dQ>. Or go to YouTube on any device and search for Lanchester Methodist Church and you will see it there. It has been viewed over 470 times to date!

Photograph from L-R: Ian Gray, Elizabeth Woods, David Williams, Anna Foster, Paul Smith, and back row, David Hughes

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Tractor Rally

(continued from p1)

Only a couple of diehards – Village Voice correspondents - were watching when a gaggle of tractors (what IS the collective noun for tractors?) emerged from the gloom down Newbiggen Lane and into Lanchester Village Centre.

Damp Boxing Day morning weather failed to deter the enthusiasm of the tractor owners – even if spectators were sparse in numbers. 25 tractors snaked their way down Newbiggen Lane before turning right and through the village. Many had excited looking youngsters inside the cabs as passengers, enjoying an unusual Boxing Day treat.

The rally, organised by the Lanchester Vintage Tractor Club – included tractors of all ages, shapes and sizes.

John Burdon, Chairman of the club said “On the day, the run made £420 which included a generous donation from the owner of the Copper Mine pub in Crook, where we stopped for lunch. The money will be split between two charities at a meeting in February 2022”.

Neil McKay

Cover photograph features a 1957 Ferguson FE 35.



Parklands Garage Reopens

Parklands Garage is owned and managed by Josh Wilks. The Wilks are a local family who have been involved with garage services since Josh’s father started at the Kaysburn site.

The petrol pump service has doubled in size, with twice the amount of space for vehicles. It is almost always the best price around for fuel.

What you don’t see is the new workshop at the rear, which has also doubled in size. It has eight hydraulic car lifts to enable the same number of cars to be serviced. With the expansion of the tyre services and wheel repairs, it is becoming a major service provider. It also continues to sell the Can Am vehicles.

When asked about the possibility of a takeaway Greggs, the manager, Josh, said “No comment!”

Paul Jackson





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Contemplating going Electric?

Many people in Lanchester have reduced their carbon footprint by buying an electric car or by fitting solar panels.

*Are you too one of the many contemplating such a change?
But too many unanswered questions?
Too much uncertainty?*

Well, we may have the solution. The Lanchester Partnership Environment Group is organising an Open Meeting in the Community Centre at 7pm on Sunday 27th February.

We are inviting 3 speakers to provide current information and answer your questions. They will speak about the cost implications of fitting solar panels, giving an indication of payback time and any planning issues. They will also explain the benefits and costs of home battery storage and the part batteries can play in providing energy for the National Grid.

Also, there will be someone to answer all your questions about electric vehicles, for example:

How cost effective are they?

How much can you expect to pay for a second hand electric vehicle and what are the charging issues?

Why not get powered up to make the switch?

The meeting is open to anyone so do come with your questions. If you've already taken the plunge and bought an electric car or fitted solar panels or a home energy storage system why not come along and share your experiences.

Be part of the electric future...don't be left behind!

Lanchester Partnership Environment Group



Problems with buses on Saturdays

The company that operates the buses between Consett and Durham, calling at Lanchester, is experiencing driver shortages. Consequently on Saturdays they will run a Sunday timetable **"for the foreseeable future."**

The Sunday services on Saturday began on January 8 and caused disruption for bus users in the village who were caught unawares by the change.

A statement from bus company Go North East, issued earlier this month, said:

"In light of ongoing staffing challenges, and the Omicron infection rates being seen around the country, we are making temporary changes to weekend timetables on some of our services from Saturday 8 January.

It is hoped that these changes will reduce staffing requirements, and in turn the number of on-the-day cancellations being made to journeys on some routes across the Go North East network."

This means only the X5 operates – not the X15 at weekends – and the last bus back from Durham is at 19.18.

There is no change on Saturdays to the service to and from Lanchester to the MetroCentre and Newcastle - according to Go North East.

Neil McKay

PAUL KIRBY Est 1987

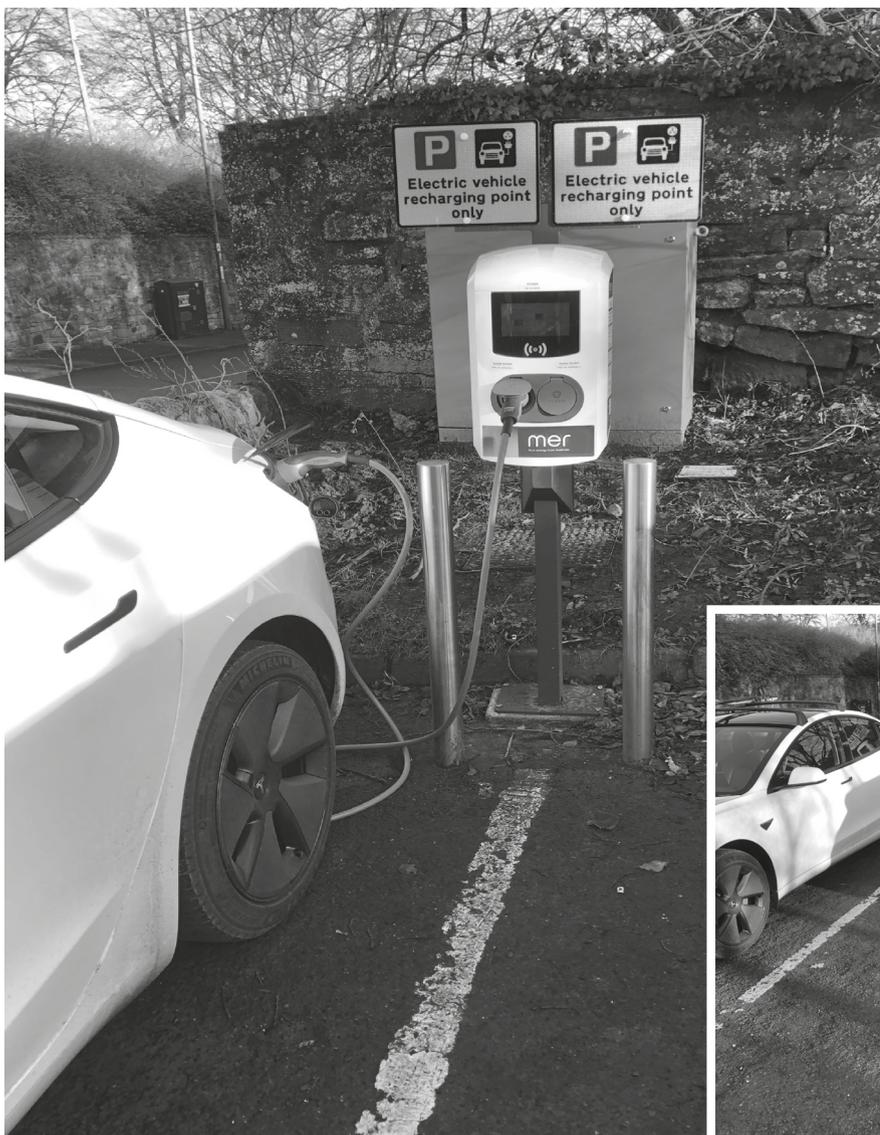
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Electric vehicle charging point, Newbiggen Lane, Lanchester

Space for your electric car?

Lanchester Brass Band at Tanfield

Lanchester Brass Band, conducted by James Draper, had a very enjoyable evening at Tanfield Lea on Sunday December 12th. They had been invited to play for the carols at an Ecumenical Carol Service arranged by the Tanfield Lea Partnership. It is an annual event, at which the band has been in attendance for several years, except last year of course. The service was held outdoors in the grounds of Tanfield Lea Social Club where an awning had been set up for all those with a special part to play in the service. It was very well attended and there was some very good congregation/audience participation.

There were some excellent solo and group performances by members of Delves Lane Music and Dance Group and Tanfield Lea Community Primary School Choir. It was a joy to see and hear all these young people taking part in this lovely Carol Service and being part of the fundraising for a very good cause. This year the 'Bucket Collection' was for the Defibrillator Fund, a vital and very expensive piece of equipment for any community. A Defibrillator saves lives, and it could be ours! The band were proud to be helping such a good cause.

The Reverend Ian Waugh, at present looking after St Margaret's Church at Tanfield, led the service very ably, after first blessing the Christmas tree in the grounds. Its lights were then turned on by two of the pupils at Tanfield Primary School. Meg Gilks who represented the Methodist Church read the story of the first Christmas from the Bible and everyone, men, women and children, showed by their attentiveness and generous applause, their respect and appreciation of all they had heard and seen. It was a very enjoyable, well organised and very worthwhile evening.

Brenda Craddock



A wet afternoon for Santa and his Elves

Santa and Elves Spotted Strolling in Lanchester

(continued from p1)

On Saturday 11th December in the afternoon, Santa and his elves were spotted strolling around the village giving out gifts to any children who appeared at their garden gates attracted by the sound of Christmas music and sleigh bells! It was a rather wet afternoon, but this did not deter over 100 young people each of whom received a gift. There were plenty of smiling faces! Everyone including Santa, elves, parents and littler people had a great time, signalling the approach of the main event on 25th December.

Santa's visit was arranged by the Village Vita group of The Lanchester Partnership with gifts supplied by Lanchester Parish Council. Over £100 was raised from the generosity of Lanchester residents.

Thank you to all who donated.



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www.willow-burn.co.uk/fundraise/valentine-s-day

Win a Diamond Bracelet!

Keep your eyes peeled in next month's issue for information on how you can win a stunning diamond bracelet worth over £3000, donated to the hospice by Berry's Jewellers. The competition will be launched by Willow Burn on 14 February 2022.

Willow Week 9 May – 15 May 2022

Willow Week is back this May for the third year to raise vital funds and shine a spotlight on the special work of the nursing, care and counselling teams at Willow Burn.

The team at Willow Burn would love as many people and businesses as possible to get behind the annual awareness week (9 May – 15 May 2022). The date is particularly important because it also coincides with two national campaigns which are very special to the cause: Dying Matters Week and International Nurses' Day.

During the week you can support Willow Burn by displaying a charity tin in your business, hosting a raffle, wearing green for work or filling a glass jar with pennies. It isn't just about generating funds, there are other ways you can get involved including: registering to become a volunteer, donating items to our shops or colouring in a Willow Tree for us to display at the Hospice.

To request a fundraising pack or for further information about how you can join Team Willow Burn this Willow Week, contact Selina Mankin at smankin@willowburnhospice.org.uk / 01207 529 224

Ravello's becomes a partner with Willow Burn Hospice

Ravello's becomes a partner with Willow Burn Hospice

Local restaurateur Kristo Xhaferri of Ravello's restaurant in Lanchester offers a great donation to become partners with, and to help support Willow Burn Hospice.

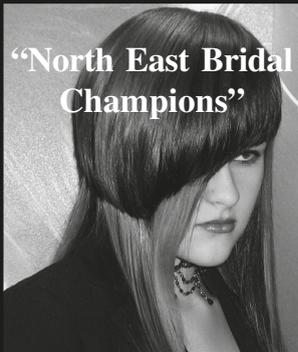
A cheque presented to Paul Jackson, Chairman of the hospice, was gladly received.

Paul Jackson said "The restaurant has become an integral part of the Lanchester community and it's fantastic to see the local businesses stepping up to help the wider population. The donation goes a long way to help the daily running costs."



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Trees for Lanchester

Winter is the perfect time to plant new trees when the roots are dormant. So the Lanchester tree planting group is back in action. In December the group planted over 350 native trees on a patch of land belonging to the owners of Low Meadows. If you regularly walk along the old railway line out in a westerly direction you will be able to see the newly planted trees beside the large stand of pines near the old railway bridge. Hopefully over the years you'll be able to witness their growth and observe a little woodland in the making. 'Trees for Lanchester' is an initiative of the Lanchester Partnership Environment Group. If you'd like to join us for a few hours of planting, there are always plans afoot for further digging, do contact us on: lanchestertrees@gmail.com ***We look forward to hearing from you.***

The Glass & Art Gallery

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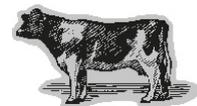
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Good day to you readers.

As you will probably know by now, my name is Poppy, I am a Patterdale Terrier who loves to share info on walks I take my Humans on in and around Lanchester and the surrounding areas. Recently I have been quite interested in a Winter Walks programme on BBC 4 where various personalities go on their favourite walks, often in the Yorkshire Dales.

I am astonished that they don't seem to take their dogs with them. I have heard the saying that golf is a good walk spoiled. In my view the absence of a canine companion is a good walk spoiled. Which is why I am keen to tell you about my latest, to Malton Nature Reserve. We tend to start from the village centre and walk towards Malton Picnic Area, but for the sake of brevity I will start at the picnic area, which does of course have a spacious car park. From there we would continue along the railway path in the direction of Langley Park. It is an attractive stretch of the Lanchester Valley Walk with woodland on both sides and the river on the left. I often have a sniff around the woods and sometimes come across other dogs taking their Humans for an outing.

We continue walking until we see a bench on the left, as well as a sign exhorting us to Walk to Health. A splendid concept in my view. At the bench we turn right, along an often-muddy track for maybe 50 yards until we come across a stile on our right. We cross the stile, which has a sign on advising us that Exmoor ponies graze here, and we should not feed them. I have no intention of feeding them. We walk through the nature reserve with me on a lead to ensure I don't try to socialise with the ponies. Again, there are woods, plants, and wildlife on what is a reclaimed colliery site. Eventually we come to another stile – after passing what seems to be a giant car lot over the fence on the right – and this brings us along to the hamlet of Malton. There are often squirrels here and if I am unleashed, I give chase, always unsuccessfully. We walk along a lane with a field on our left and houses on our right before turning left and across a road bridge which leads us back to Malton picnic area. I am kept on my lead over the bridge because car transporter lorries often use it. But once we turn left along the riverbank I can be let off to run free again. One note of caution, the nearest doggy bins are next to the car park. There aren't any once you leave it walking towards Langley Park. ***But all in all an enjoyable walk which makes me realise how lucky I am to live in Lanchester.***

Lanchester WI meet for the first time in 2022



Harry and Kath Gilbert presenting.

We all look forward to being able to resume our monthly gatherings and wish everyone a healthy and safe new year. January 10th marked our first meeting of the year. We were addressed by President Marie Murphy, who welcomed our visitors and gave useful information about events and contacts. Members were asked to approach WI House if they would like to take part in any of the activities on offer. The details of the proposals for the 2022 resolutions are printed in the November/December issue of WI Life, and our responses need to be with WI House by February 14th. We enjoyed meeting up again, it was a lovely sign of life returning to normal! Dorothy read an amusing verse about 'Christmas Thank You Letters' and raffle winners were Ann Carr, Christine Cowan and Rhoda Joyce. Our competition this month was 'My Favourite Christmas Card' and winners were Jean Forster and Shirley Lamb. We had received a card from Brenda, thanking everyone for their care and their support on the death of her husband, Peter. Harry and Kath Gilbert presented a Power Point report on

the history, geology, and the folklore of Iceland. It really was very informative, but not many of us liked the sound of such a long winter! Harry and Kath had travelled widely in Iceland, and their presentation highlighted the beautiful scenery in a very professional manner. Tina offered a sincere vote of thanks on our behalf to Harry and Kath and we settled to enjoy the variety of soups produced by some of our members. It was served with French bread and was a perfect warming end to our evening! It's so encouraging to meet up with so many visitors to our meetings. Welcome - enjoy your time with us! Lanchester WI would like to thank you for all your support in the past and look out for your continued friendship in the future. ***Maisie Raine***

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Would you like to contribute to the Village Voice?

Situations Vacant!

We're looking to expand the team of writers, reporters, contributors, and photographers. If you would like to join the team, please email lanchestervillagevoice@yahoo.co.uk. We are particularly looking for young people to report on their activities!

Articles/features

If you have ideas for articles or features which you think would work well and be of interest in the Village Voice, please contact us on the same email.

We don't have anything on football, for example.

News and special events

If you have any news stories or events which you would like to see in the Village Voice – for example: fundraising activities, weddings, obituaries – again contact us on the same email address.

Looking forward to hearing from you!



Ladies who lunch

We didn't get to celebrate Christmas together last year. 2021 had to be extra special so we went to Finbarrs in Durham, one of our favourite restaurants of all time. Easily accessible, always welcoming, cosily warm, good food guaranteed. Basket of brown and white bread, butter, dish of scrumptious mixed olives and water always on the table.

The table is covered in a pristine white cloth with white linen napkins and gleaming cutlery.

Not a cheap option - £27.50 for 2 courses and £30 for 3 with a 10% discretionary service charge - but well worth the cost.

Our lunchtime foray was made even more special as we were seated in our own private room, all nicely decorated for the festive season - just the thing to make us feel extra special! We settled ourselves down to peruse the menu and what a treat that was - which options to choose?

Eventually we decided on our starters: spiced pumpkin soup with a dip and buttermilk dressing, pork and hazelnut terrine with red onion marmalade and hot toast and salt-baked winter beetroot with whipped goats cheese and sticky walnuts.

Main course was: confit pork shoulder with black pudding, spiced red cabbage and parsnip crisps; and butter roasted turkey breast, chipolatas, bread sauce and cranberry compote with sage and onion stuffing.

Puddings were creme brûlée with mincemeat palmiers, rich chocolate and chestnut creme spiced clementine and sugared pistachio, and Christmas pudding with homemade brandy sauce.

What an absolutely delicious meal we all had, conversation flowed in our own private space, a wonderful way to begin the Christmas festivities, greatly appreciated by all of us.

We now look forward to 2022 - hopefully a year full of good news, good health and above all good meals to come our way, to enjoy together.

Wishing everyone a happy and prosperous new year.

The Gourmet Girls



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Dear Village...

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Dear Sir

Frederick Laycock

I am doing some family history research and I have been told that you may be able to help through a notification to villagers through your paper.

My 3x great grandfather was schoolmaster, postmaster and church warden in Lanchester between 1832 and 1870. A lot of information about him, including many letters to and from him, were passed down the family and deposited by a relative of mine in Durham archives in 1979. He was called Frederick Laycock and he and his family lived in the flat above the schoolhouse.

I have only recently (through an 1857 map in Durham archives) been able to identify the location of the school (which was an endowed school supported by charity) as being what is now Lilydale Pet Supplies. I have had a huge amount of help and information about this building from the present resident of the flat and the previous tenant of the shop. The latter was very knowledgeable and was able to tell me a lot about the building and about many of its uses since it was sold by the charity in 1876. She thought that your readers, especially those who have lived in Lanchester for a long time, might be able to add to this.

I should add that a member of Lanchester Local History Society was very helpful in pointing me in the direction of two small books on Lanchester's history, written by Lilian Dixon about 30 years ago, which have several references to my ancestor.

With many thanks for any additional information that you are able to give.

Kind regards,

Carol Tritton

caroltritton@hotmail.com

Correction

In the November edition of the Village Voice, the quotation:

*They shall grow not old,
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning,
We will remember them.*

was mistakenly attributed to
John Maxwell Edmunds.

This was a mistake as it was actually written
by Laurence Binyon.

Thank you to an eagle-eyed reader who
pointed this out.

John Maxwell Edmonds is actually credited
with the words:

*When you go home,
tell them of us and say
For your tomorrow, we gave our today.*

We're sorry for the error.



Thursday Club

We held our Christmas meeting in the Community Centre on December 16th when we welcomed Geoff Hughes to give us a talk and slide show all about Christmas customs around the world.

It was a most enjoyable and entertaining afternoon. We listened, looked, and sang along to a karaoke machine full of Christmas carols and we had a quiz, which with our combined effort we did very well at. As it was Christmas, we held a Christmas hat/headgear competition. Geoff chose the winner - Judith Collins.

To finish off our meeting we indulged in delicious iced Baileys and mince pies.

All in all - a lovely festive occasion to send us home full of Christmas cheer -
a good way to end the year!

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WHATS ON - January, and February

Lanchester Vintage Vehicle Club has a meeting on the first Wednesday of the month in Lanchester Social Club to discuss forthcoming events. For more information, contact John (01207 520540 or 07580 518226).

Lanchester Flower Club's next meeting will be held on 23rd February 2022 in Lanchester Community Centre Main Hall at 2 pm. We will be holding our Annual General Meeting along with a small flower demonstration with plenty of chatter, tea, coffee and biscuits. At our January and February meetings the annual membership subscription of £25 will be due. Should you need any further details please contact Helen Tomlinson (Chairperson) on 01207 503667 or Lestrine Kelly (Secretary) on 01207 521494.

Lanchester Local History Society will be meeting on Friday 4th February in Room 3 in The Community Centre. The talk is being given by Richard Judd of The History of Consett Steel Works group. This group is fairly new and has set up a website which Richard will be sharing with us on the night. Talk starts at 7.00pm.

Public meeting: All about Electric Cars and Solar Panels.
Your Questions answered. 7pm Sunday 27th February 2022 in the Main Hall of Lanchester Community Centre.

Thursday Club's next meeting will be in the Main Hall of the Community Centre on Feb 17th at 1.30pm. 'Fool's Gold' are coming along to entertain us.

Lanchester Social Club
Rhian Lesley – 29 January
Nicola Brown – 5 February
Karaoke – Every second Saturday of the month from 8pm
Danielle Hurst – 19 February
Buskers Night – Last Thursday of the month from 8pm
80's Hype – Friday 25 February tickets £5 from the bar. Doors open from 7pm
David Bryan – 26 February

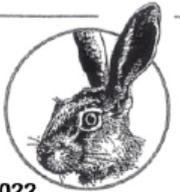
Lanchester WI's next meeting will be held at 7.15, on Monday February 7th. Our speaker, Lynn from Lanchester Bridal Wear, will describe the history of wedding dresses. Our competition is to make a 'wedding favour.' Please remember to check on the information table at the back of the hall to keep up to date with information and future events. Proposals for our 2022 resolutions can be found in the November/December issue of WI Life - these are due to WI House by February 14th. Looking forward to another evening of friendship and good humour! You're very welcome to join us!

Library Book Groups Lanchester Library welcomes back the two reading groups in 2022. The Monday group will meet on 28th February from 2.30 - 3.30 pm to discuss 'Walking the Lights' by Deborah Andrews. The book is set in the 1990's Glasgow and is a story about a recently graduated drama student. The Thursday group meet on Thursday 17th February from 4.00-5.00 pm. They welcome

new members, so please pop into the library and pick up their latest read.

Lanchester Wildlife Group meets on 8th February at 7.30pm in Lanchester Community Centre Small Hall. The speaker will be Dr Vivien Kent; the topic is 'The Incredible, Adaptable Fox'.

LANCHESTER
WILDLIFE
GROUP



Programme of Meetings 2022

All indoor meetings commence at 7.30pm in Lanchester Community Centre Small Hall.

Date	Speaker	Title
11 January	Noel Jackson	Borneo – wildlife travels
8 February	Dr Vivien Kent	The Incredible, Adaptable Fox
8 March	Patrick Oulton, North Pennines AONB	Tees-Swale: naturally connected – landscape scale nature recovery
12 April	Elliot Lea, Naturally Native (DWT)	Water Voles & their recovery
10 May	Dorinda Kealoha, SeaScapes, Durham WT	SeaScapes (from Tyne to Tees): Intertidal Interactive
June	Field Trip	TBC
Sat 2 nd July	Field Trip – Joint with Weardale Wildlife Group	Water Voles & Peat Restoration near Langdon Beck
August	Field Trip	TBC
13 September	Terry Coult	A Nature Reserve in the making:- Malton
11 October	Kirsty Pollard, Naturally Native Project Manager, Durham Wildlife Trust	Newts of the North: DWT's work to help support great crested newts across the region
8 November	Paul Davidson	Birding in Gateshead, Spring & Autumn migrants and a few surprises
13 December		AGM & Wildlife Quiz

Contact us: email lanchesterwildlifegroup@outlook.com or Phone E Williams 01207 520063



Monday Art Group

The Monday Art Group is starting up again (after a long Covid break) with a new programme for 2022 filled with visiting artists and group sessions. We are a small group of art enthusiasts who meet every Monday at Lanchester Community Centre to practice and refine our various skills in drawing and painting. The meetings are a mix of free "do your own thing" sessions together with more formal tutorial workshops led by visiting artists.

In past programmes we have included traditional sketching and painting workshops in pen and ink, watercolour, and acrylics. We have also experimented with mono printing, lino cut printing, collage, and painting on wood and pebbles. Sessions are informal and will suit absolute beginners. All members are happy to swap ideas and share advice on techniques and materials.

There are places available for new starters. If you are interested come along and meet us at the Community Centre on Mondays from 10:00 to 12:00 or call John Dixon on 01207 521791 or email john@johndixonarchitect.co.uk

Also check out our Facebook page on facebook.com/mondayartgrouplanchester

**Lanchester Medical Centre:
Lanchester Patient Participation Group**



**Lanchester
Medical Centre**

How to look after your mental health and wellbeing: encourage good habits and bin bad habits

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious, or stressed. It's something we should think about all the time and invest in.

Stay connected

Whether isolating, shielding, or working from home, it's easy to feel disconnected from family, friends and colleagues. Thankfully there are more virtual methods of staying in touch. Make time to connect, use the telephone, try FaceTime, play a board game online or even host a Zoom quiz.

Set boundaries

Whether working or retired it is alright to say no when asked to do something on your free days. Setting boundaries with screen time for work and your social life can help to retain a sense of control and reduce your blue light intake!

Relaxation

We all have different ways of relaxing; use your usual or rethink your approach. You can unwind without leaving the house: a hot bath, a good book, listening to music. Still struggling to de-stress, try an online course related to meditation and mindfulness. These are designed to help you develop greater resilience tools that'll last you a lifetime.

Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of negative thoughts or behaviours that are unhelpful; recognise them and take steps to think differently and positively.

Learn something new

We are spending more time at home than ever before; now's the perfect opportunity to have a go at learning something new, however daunting. Whatever you fancy, learning something from scratch is a good distraction and a great way to flex some mental muscles you might not have used for a while.

Eat well

The food we eat affects our energy levels and our mood. Convenience foods, like comfort eating during times of stress, while serving a purpose, doesn't always include the healthiest foods. The occasional takeaway is fine, but you will benefit from a balanced daily diet.

Go outside

Feeling cooped up from isolating or working remotely? Take a 10-minute stroll outside, plan a longer walk, potter in the garden, enjoy a change of scenery. Fresh air is underestimated; getting outside can make a huge difference to your mood.

Exercise

Regular exercise while keeping you active and mobile can do wonders for your state of mind. Stretching, balancing, aerobic and strength are all types of exercise, some you can do sitting on a chair. Choose what suits you.

Whatever your personal circumstances may be, we hope there's something useful in this list of tips for everyone. If you are struggling with your mental health, please speak to someone, there is help there. Don't suffer in silence. It's good to talk!

Helen Embleton Urgent Care Pathways Lead TEWV

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing

www.recoverycollegeonline.co.uk

www.mind.org.uk

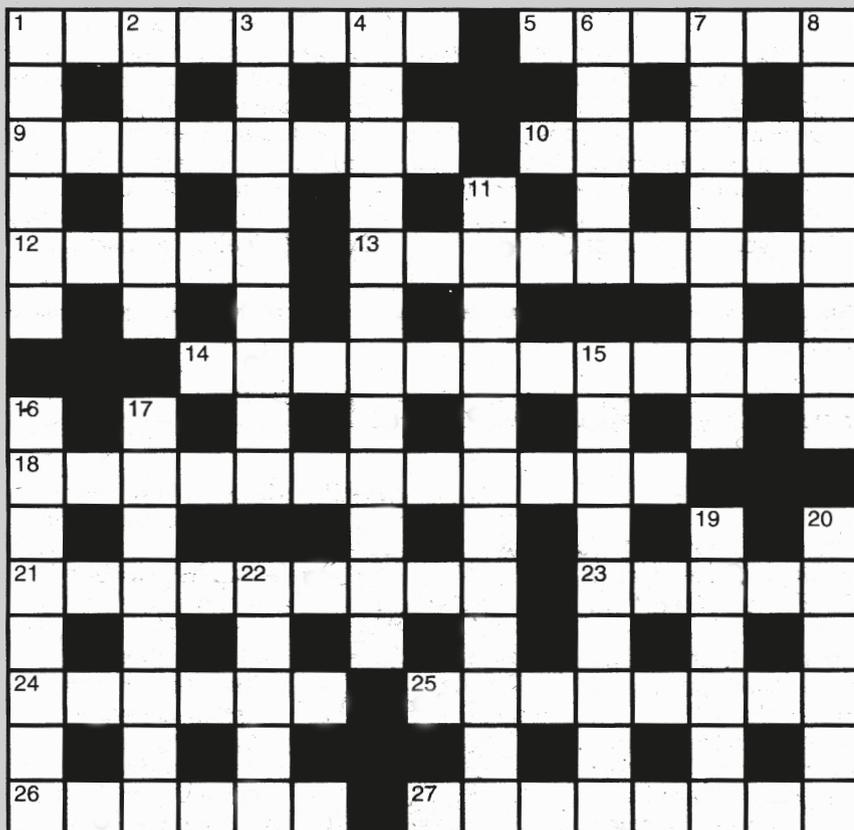
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CLUES CROSSWORD 169



Across

1. Careless (8)
5. Secret (6)
9. Status (8)
10. Fine point (6)
12. Adult Insect (5)
13. Stimulate (9)
14. Miner (4,8)
18. Unexpected problem (6,6)
21. Specifically (9)
23. Excite (5)
24. Cold container (3,3)
25. Brief account (8)
26. City in Devon (6)
27. Time restriction! (3,5)

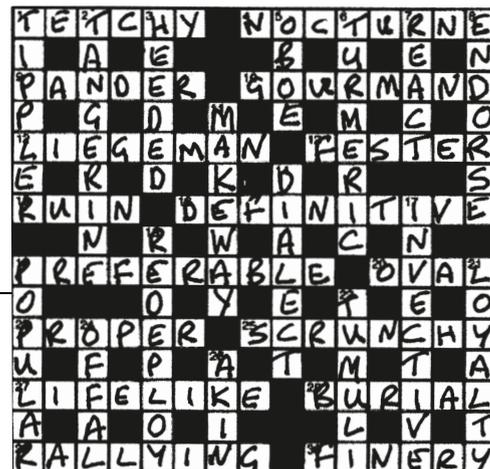
Down

1. Infected (6)
2. Put in place (6)
3. Covet soot in a quiet voice! (5,4)
4. Good tin tools for teeth disease expert (12)
6. Type of window (5)
7. Style (8)
8. Hybrid soft fruit (3,5)
11. Item of jewellery (8,4)
15. Believing in a set of principles (9)
16. Childish (8)
17. Pioneers produce synthetic rubber chemical (8)
19. Tradition (6)
20. Desert (6)
22. Arouse (5)

Name: _____

Address: _____

Please send your completed entries for the £10 prize draw (by the deadline date on back page) to the Village Voice, c/o Lanchester Community Centre, Newbiggen Lane, Lanchester, DH7 0HY



Winner of the Crossword 168 is Barbara Irvine.

There were 4 correct entries in last month's crossword competition. The winner, drawn from the hat, was Barbara Irvine who wins the £10 prize.

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LANCHESTER PARISH COUNCIL

Notes from the Ordinary Meeting held in Lynwood House on
Tuesday 14 December 2021 at 7.00pm

Minutes – Ordinary Meeting 9 November and Finance Meeting 24 November – approved

'Heritage 100' walk project

Keiron Young the Operations Manager for Walk and Talk Trust attended the meeting. Walk and Talk Trust promotes the physical and mental health benefits associated with regular healthy exercise, specifically walking. The Heritage 100 walk project aims to create 100 circular heritage walks across County Durham. Each walk will tell a story about the heritage of the area. A walk in Lanchester could be included. The support of the Parish Council and the community would be needed to take this forward. The Parish Council were pleased to be involved and support the project. Information from the Lanchester Community Heritage audit could support this project. It was agreed that a meeting is arranged in the new year to progress a walk in Lanchester.

Manor Grange Play Area

Councillors considered the three designs submitted as part of the tender process. James Young from Durham County Council went through each plan in detail. It was agreed that the consultation with children prior to the tender process was sufficient to progress now to a decision. Councillors voted unanimously for design one. Durham County Council will correspond with the company of design one as part of the tender process. Lanchester Parish Council will then place the order for the works and receive the goods. It is hoped that the play area will be completed for April 2022.

Police report – received.

Correspondence

Letter of thanks from Richard Holden MP - received

Durham County Council – Welcome Back Fund Project – information was received

Training session – Members Interests – agreed that the Clerk attend the training

Clerk & Councils Direct Magazine, War Memorials

Trust Magazine and The Clerk Magazine – received

Durham County Councillors – An update was received on several issues including changes in Covid restrictions, communication with organisations following the power outage after Storm Arwen, progressing several grants with local organisations and planning applications.

Parish Councils Committee (PCC)

The Police and Crime Commissioner had attended the last PCC meeting and had expressed an interest in visiting local communities. It was agreed that the Police and Crime Commissioner is invited to attend and walk around Lanchester.

Traffic and Speed Concerns - Following a Community Speedwatch referral for B6296 Cadger Bank the location was subject to speed enforcement attention by the Roads Policing Unit during November. A seven day 24 hours speed survey was undertaken at the bottom of Howden Bank within the 30mph speed limit area. There were significant levels of vehicles above the speed limit. There will now be a period of speed enforcement attention from the Roads Policing Unit.

Poppy Wreath Remembrance Sunday – It was agreed that a donation of £100 is made to the Royal British Legion.

Solar Powered Seat - Councillors received information on a solar powered seat which would allow for the charging of phones, laptops etc. Limited prices sought had shown the seats to be expensive.

Planning Application - Application for Reserved Matters consisting: appearance, landscaping, layout and scale from approval DM/19/00118/VOC (resubmission) at 14 The Pastures (formerly plot 13), Lanchester DM/21/04079/RM It was agreed that the objections raised about the original application still apply and that a letter of objection is sent to the County Council.

Budgets 2022/23 - the proposed budget for 2022/23 was agreed

Financial report - discussed and approved

Accounts for Payment – approved

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LANCHESTER PARISH COUNCIL

Notes from the Ordinary Meeting held in Lynwood House on
Tuesday 11 January 2022 at 7.00pm

Minutes – Ordinary Meeting 14 December – approved

Correspondence

Letter of thanks – Lanchester Choral Society - received
Lanchester Partnership – Christmas Events - The Lanchester Partnership Santa Stroll in December had gone well with approximately 260 gifts given out to children. The Parish Council were thanked for providing the gifts. The live streaming of the Christmas Light Switch On had 262 viewers and has had over 6,700 views. The Parish Council thanked Lanchester Partnership for providing this element of the event.

Durham County Councillors – An update was received on several issues including drainage problems on Kitswell Road, parking outside schools and planning applications.

County Durham Association of Local Councils (CDALC) Referendum principles for 2022/23 precepts

Councillors were informed that the Government have confirmed that Parish and Town Councils will not be constrained by any cap on precept increases for 2022/23

Remote Meetings

It was agreed to send letters to the MP and Minister supporting the ability for Parish Councils to hold remote council meetings.

Double Taxation

Councillors were provided with information received from the County Association which included a report from the County Council. The matter of double taxation is complicated and options to address double taxation could be very time consuming and complex. Double taxation can

occur when within a principal local authority's area there are services delivered in some places by that authority and in other places by a Town or Parish Council. This can result in some residents paying for the services in their local area through its precept while at the same time they contribute to the cost of provision elsewhere through the Council Tax bill from their principal local authority. Further information is awaited from the County Association.

Storm Arwen

Councillors discussed Storm Arwen which occurred in November and the subsequent power outage which lasted for several days for some residents in Lanchester. Durham County Councils Civil Contingencies Unit (CCU) have confirmed that they are undertaking a detailed debrief over the coming months. Councillors discussed the role of Northern Powergrid. It was felt that they did not provide accurate information and updates on timescales or contact affected residents and provide adequate support. It was agreed that a letter is sent to Northern Powergrid expressing these concerns.

Recycling Bins – Front Street – it was agreed that the County Council are asked to consider the provision of recycling bins in the village.

Precept Report 2022/23 – Following discussion it was agreed that the precept be set at £70,660.78 for 2022/23

Financial report - discussed and approved

Accounts for Payment – approved



Community Centre News

Here is the latest news from your Community Centre.

A very happy and healthy 2022 to you all from the staff and volunteers of your Community Centre. This is always a time for making resolutions about improving our health and fitness, expanding our interests, learning something new and meeting new friends. Your Community Centre is the ideal place for you to do this; we are local, friendly and have great facilities! There are lots of activities and events to choose from for all ages, abilities and interests and all in the heart of our lovely village.

Do you have any family occasions or parties planned for the coming year? The Community Centre is a really great venue. Alcohol is allowed for private consumption, and we have details of local caterers if needed. Children's parties are a regular event which often include a bouncy castle being hired in.

The office is staffed 9am-3pm Monday to Friday. If you have any enquiries about any of the activities or clubs available or you want to know more about hiring our brilliant facilities, please get in touch on 01207 521275 or drop in and have a chat - it will be good to meet you!

To keep up to date with what's going on check out our Information Point, follow us on Facebook 'Lanchester Community Centre' or visit our new website - <https://lanchestercc.co.uk/>

Lanchester Endowed Parochial School

Reports from the pupils

At Lanchester E.P. School, we try to bring the children's learning alive as much as possible. This means that we do tend to have lots of visitors into school as well as lots of trips out. Here is just a flavour of some of the things that take place in school written by the children themselves!

Year 6 Visit to Beamish

In December, Year 6 travelled to Beamish to be involved in adventure to the past to the era of the Victorians which was our topic at the time. We started off by visiting the mines to explore what conditions would have been like for coal miners. At one point, the lights were turned out which taught us how dark the mines could be. After we had visited the mines, we toured the pit village house and visited the village hall.

One of the highlights of our trip was visiting the school where we were given a lesson by the strict and sinister Mr Hall! The second we stepped into the classroom we were transported back to the 1800s. Whilst we were there, we were taught maths, spelling and handwriting. In maths we were told to calculate and convert money. In spelling we had to write a paragraph focusing on the spelling of hard words. Then we copied out a sentence to practise clear and readable handwriting. Once we had completed the lesson, we headed outside onto the playground to try Victorian games.

After lunch, we headed into the 1900s town to find out some more about different periods of history. We visited different places of work such as the dentist and a grand house where servants worked. All in all, it was an amazing trip – especially the sweets we bought.

Theatre Visit to Early Years - December

Our EYFS children were delighted to welcome the Greediest Elf to school on the last Thursday of the Autumn Term. The show featured just one performer from Bigfoot Arts, but the children were enthralled by the show which featured songs, action and lots of participation as they helped the Greediest Elf see the error of her ways and save Christmas! It was a thoroughly entertaining show which was perfectly pitched for our younger pupils.

Year 6 Visit to Newcastle - December

In the middle of December, Lanchester EP took their Year 6 pupils on a trip to the theatre in Newcastle to watch Snow White and the Seven Dwarfs.

The trip started by taking Stanley Coaches to Durham Train Station (some pupils had never been on a train before), where we rode to Newcastle. After a brief walk

along the river front and Fenwick's Window, we eventually headed to the quayside Italian restaurant (Sambucca's). Once we had an enjoyable meal (yum, yum), it was time to make a quick dash to the Theatre Royal where we watched Snow White and the Seven Dwarfs starring Danny Adams and Joe McElderry. There was some magic and singing featured too! There was a huge bus that floated around the theatre. On the way back, there was a spectacular garden lit up with Christmas lights. It was a perfect way to spend a day which started Christmas!

Crazy Creatures Visits Year 1 - January

Year 1's topic this half term is Paws, Claws and Whiskers and we had an amazing day last week! A man and a lady came into school with all sorts of animals and they let us touch them all and hold them. There was a snake, rat, dragon as well as a chameleon – I hadn't heard of one of those before! There were lots of shrieks and screams from our classroom but it was really great fun. I can't wait to see what else we are going to learn about in this topic.

Captain Chemistry Visits Year 3 - January

On Monday 10th January Captain Chemistry visited Year 3 to talk to us and carry out some investigations linked to our Science topic of Rocks and Soils.

To begin with, we used magnifying glasses to look closely at different types of rocks. We discovered all about igneous, sedimentary and metamorphic rocks and how they are formed. We also looked at different fossils. Did you know that fossils are the remains of living things? Next we got to make our own fossils by using plasticine, a shell and a mixture of plaster. We pushed the shell into the plasticine and it made an imprint. We put a plastic tube around the fossil and poured the plaster into the mould. When it had cooled we had our very own fossil!

Captain Chemistry then showed us the rock cycle that helped us understand how rocks are formed. At the end of the session, we made a volcano erupt by mixing vinegar, baking soda and food colouring which created a chemical reaction. Year 3 had a fantastic session and cannot wait for his next visit!

Mrs Jane Davis

Head Teacher

Lanchester E.P. Primary School

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Lanchester All Saints' Primary School

A Conversation with Our Youngest Pupils in School

(Initials after the replies are those of the children)

Why do you like school?

I like learning about lots of different things. TB
I like choosing activities from my classroom. IC
I love my delicious snack. ICNR

What is your favourite thing to learn?

I like learning about words in phonics. HM
I like learning about numbers and counting. JR
I like learning about dinosaurs. KS

Where is your favourite area in your indoor classroom?

The reading corner because it's cosy. TB
I like the dinosaur dig; you can find things in the sand and put them under the microscope. IC
I like building with the bricks, especially the Lego. JR

What do you like to do in your outdoor classroom?

I like using the pens and clipboards from the writing shed. IC
I like digging in the mud pit with the shovels. TB
I like the bikes. ICNR

Which school lunch do you like the best?

Cheese sandwiches. HM
Pizza. CB
Fish and chips. TB

How do your buddies help you?

They help you if you get hurt. IC
They play with us. TB
Sometimes we work with them in our classroom. CB

What have you learned at All Saints'?

I have learnt to write. TB
I have learnt to read. ICNR
I have learnt about fossils and dinosaurs. TB

What would you tell someone about our school who had never been before?

Our school is fun. IC
There's a whole shed of things to build. TB
We get house points for our houses. I'm in St Bede's house, sometimes we're the winners. VM

Frances Stephenson
Head Teacher



Police Report

Firstly, I hope everyone enjoyed Christmas and New Year. Overall, Lanchester has seen a considerable fall in incidents in December 2021 compared to November 2021 (-34%). This is encouraging as there has also been a decrease on the number of incidents over the course of

the year compared to the previous year.

Consett NPT will be continuing to carry out patrols around schools during morning drop offs and afternoon pick-ups. We are still encouraging people to be considerate with where they park vehicles and strongly encourage walking to and from school where possible to help ease congestion and reduce the risk for children and all those around the schools.

There aren't any ongoing crime trends around the area, however we are encouraging people to be vigilant with regards to keeping vehicles and houses locked.

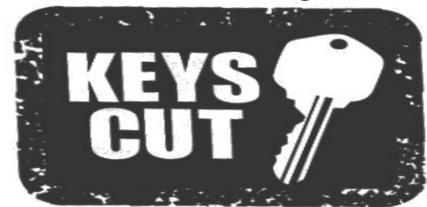
We are looking to work with the community to help make the area you live in a better one. So if you have any information you want to share, please get in touch and let me know.

If you have any queries or questions, please feel free to get in touch via email, andrew.tonge@durham.police.uk or you can call 101, select option 1 and enter extension 208722. This is for general use and incidents shouldn't be reported this way. Please report any incidents via 101 (or the online report form) or 999 in an emergency.

PCSO Andrew Tonge

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Cheers David & Caroline



Lanchester Village Walking Group

Lanchester walking group meet on the 2nd and 4th Wednesday of every month. We walk approximately 5 miles including some gentle hills, meeting at 10am and walking for around 2 ½ hours. All are welcome.

The group has a long history in Lanchester, created in 2009 by 2 Methodists Ian Andrew and Eric Skipsey. It is an informal group where like-minded people can walk and chat. There are no fees and anyone with knowledge of a walk can lead. Everyone is responsible for their own safety.

In the early days, Ian sketched maps and provided information about the area. The group membership was over 50, but the average number walking was between 20 and 30. There were approximately 40 circular routes on the books, some from the village, some further afield. They sometimes incorporated a coffee shop, but most times people brought their own food. There was a social aspect to the group, with Christmas lunches and meals at Derwentside College and an annual trip to the Lake District that was extremely popular.

Helen Thomas, a member of the group, had been occasionally leading walks with Eric when COVID-19 struck, and many members were no longer able to walk. Eric and his wife Marjorie were shielding, so Helen continued to organise a walk whenever possible between lockdowns and working full time.

A core number of the group met when they were able, staying connected during difficult times and getting some well needed exercise and a break from the house. As time went on and restrictions were lifted more people came out to walk, some original and some new. The group now have about 26 people, with an average walking group of 10-12. They have recently walked both over and

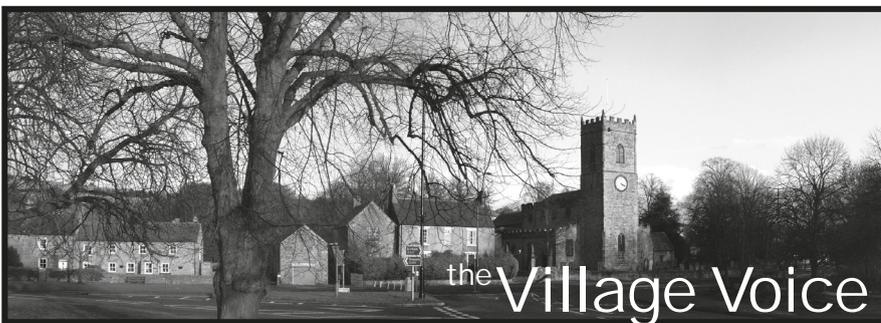


*Lanchester Walking Group Christmas walk and lunch.
L-r Mike, Helen, Sarah, Helen Thomas, Dianna, Martin,
Bob, Rosemary and Shirley.*

under the Hownsgill Viaduct in lovely autumn sunshine. Christmas Lunch was a well-earned bacon roll at East Tanfield Station Café, after walking from Causey Arch down to Beamish Farm and back through the golf course, woods and fields for a festive get together.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Helen shares the walk map and details of parking etc on WhatsApp, an interactive application where you can chat together and share photographs from your phone. If you would like to go on one of the walks, please contact Helen Thomas on 07712425623.

The next walk is Wednesday 9th February meeting at Ebchester Station Car Park at 10am and walking 4.5 miles.



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Cricket News

Winter is always traditionally quiet for the Cricket Club as we hibernate ahead of the 2022 season. We can confirm that All Stars for children aged 5-8, led by Ben and Fiona Holden, will take place again on Friday evenings, set to start around May 6th. The course runs for 8 weeks but there will be a week's gap due to the Beer Festival. People who have previously booked for the course will get the opportunity to book again on 10th February. Dynamos for children aged 9-11 will have a second year on a Saturday morning and is expected to be led by the

returning overseas player Pasindu Madushan.

Opportunities are available for children aged 8-11 to attend some indoor practice on a Monday night at Croft View Hall between 5 and 6 pm. Cost is £2.

As previously hinted at, the Beer Festival will run from Thursday 2nd June to Sunday 4th in line with the extended Bank Holidays for the Queen's Jubilee.

The Club is generally open on either a Friday night or else a Saturday afternoon if Newcastle are playing. We are also experimenting with opening on a Wednesday night.

The Club is available for all types of celebrations and contact can be made through Facebook.

Keeping fit in Lanchester

The Keep Fit class is one of the longest running exercise groups in the village. The original venue being the EP School in the 70's, moving to Croft View Hall and finally to the Community Centre in the early 80's, where it is still held. Aside from outdoor venues during the lockdowns!

The class is run by a qualified KFA (Keep Fit Association) teacher, and offers safe, effective, and fun exercise through movement and dance suitable for all ages and abilities. Previously, prior to Covid, routines would use a variety of equipment including weights, pom-poms, scarves, resistance bands and soft balls all combined with choreographed dance steps. However, at this present time, exercises are purely dance orientated.

An important aspect of a KFA class is not only to promote physical exercise but to encourage friendships and social interaction. This includes special celebrations and looking out for others, which has been particularly relevant during the pandemic.

Many class members have been participating since the 70's and 80's and over the years have taken part in events, such as the Lions Carnival, Gateshead Garden Festival, and Panorama of Movement and Dance, all of which there are many stories to tell!

Regarding music, much has changed. Initially a pianist would provide the accompaniment, not without its pitfalls, you needed not only a piano but a good pianist, and costs were greater. Next the record player, providing more varied music but unfortunately many scratched records! This was followed by music tapes, CDs, iPods and smart phones, providing huge access to a wide range of music.

Just as the provision of music has changed, so have the fashions for clothing and shoes. During the 1970's, traditional wear was black leotard and tights with no

shoes. Everyone dressed the same! Exercising in bare feet continued well into the 80's until jazz shoes or trainers became popular. (See the photo of the group performing at the Lanchester Carnival!) In the 90's leotards and tights exhibited more colour, often with the addition of ankle warmers. Now leggings and T-shirts are fashionable. The present class is thriving, but Covid restrictions have placed limitations on space and there is unfortunately a waiting list. Most class members have been participating for many years and it is an indication of the benefit of exercise as to how the class with an average age of over 70 is still raring to go!

Liz Laycock



Keep Fit group, strike a pose!

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Keeping Fit in Lanchester

The Keep Fit class is one of the longest running exercise groups in the village.

Left: Keep Fit group performing at the Carnival, some decades ago! (Full report on p19)



Lanchester Walking Group

1. Original walking group walking through a corn field on a great summer's day (it is a right of way!).

2. Original walking group at Watergate Forest Park. Eric Skipsey, one of the founders is on the extreme left.

3. The current walking group on a recent walk.

(Full report on p18)



Mahjong

Do you fancy playing something different this year? Why not give the game of Mahjong a go! This is not the computer game of the same name, but "proper" mah-jong. Sessions are held in meeting room 3 in Lanchester Community Centre on Thursday mornings 10am – 12 noon.

Cost £3.00

Light refreshments are available.

Full instruction will be provided (British Mahjong Association Rules)

If you require any further information, please call Dennis on 07960494442 or email den.lizjane@gmail.com

Or we'll see you there!



NEXT DEADLINE

Please submit any articles for the next edition of the Village Voice by **Tuesday 15th February 2022**. The deadline for advertisers is **Tuesday 15th February 2022**

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