



Esh Leaves



Esh Parish Council newsletter for Esh, Langley Park, Quebec, Ushaw and Wilks Hill

Submit items for the next edition to:

Esh Parish Council, Langley Park Miners Institute, Church Street, Langley Park, DH7 9TZ
or email editor@langley-park.org.uk by November 2nd 2015

We reserve the right to edit all submissions.

FAMILY RAISES FUNDS FOR CRY (CARDIAC RISK IN THE YOUNG)

On the 24th April 2014 Robert Smith died from Sudden Arrhythmic Death Syndrome (SADS) aged 22. Previously unaware of SADS Robert's family now know that in the UK it occurs in 12 young people aged 14-35 every week.

Shortly after Robert's death his family were contacted by Alison Cox, the founder of Cardiac Risk in the Young, offering bereavement support and arranging screening and checks for the rest of the family. Since then Robert's Mother Linda has been working closely with CRY to help raise awareness that this can happen to seemingly fit and healthy young people without warning.



Robert Smith

CRY formed in 1995 promote and develop screening programmes, fund research,



Sponsored Walk to raise funds for CRY

distribute information to the public and fund fast track referral, screening and cardiac pathology services at leading UK hospitals. They can be contacted by telephone on 01737363222 (Available 10am – 5pm Monday to Friday excluding Bank Holidays) or by email at cry@c-r-y.org.uk. The CRY website address is <http://www.c-r-y.org.uk>

Having already raised £5000 for CRY to go towards helping other bereaved families Linda is now aiming to raise a further £7000 to fund a two day screening programme in Langley Park with the aim of screening 200 young people for the disease. The total required is £12000 and to date £7242.00 has been raised from various events.

The Co-op in Quebec Street, Langley Park has been raising money in memory of Robert through cake sales, raffles and a

collection pot. The Sacriston branch of Lloyds Bank raised £894 through raffles.

Linda along with 63 friends, family members and 4 dogs, took part in the Durham Riverside Walk raising £2009.50 through sponsorship. Other fundraising events have included Coffee Mornings, Coach Trips, Car Boot Sales and a fabulous charity night at the Langley Park Working Men's Club.

Overwhelmed by the support of Family and Friends Linda would like to thank the people of Langley Park for their generosity.

The next effort was the Great North Run held on the 13th September 2015. Linda her Sister Elaine, her niece Jordan and Simon Moralee took part, raising funds through sponsorship and raising

awareness of CRY whilst going some way towards meeting the £12000 target in memory of Robert.

Editors note:

At a coffee morning at St Andrews Church, Langley Park on the 5th September more than £500 was raised towards the fund. The Great North Run added another £1500 to the total.

PARISH COUNCIL NEWS

New Councillors

At a special Parish Council meeting on the 1st September five people were co-opted onto the Council after interviews.

They were Joseph Armstrong, Sandra Cheal, Beverley Coult, Ian Dowson, and Arnold Simpson.

All of the above signed the Declaration of acceptance of office at the ordinary Council meeting held on Tuesday the 8th September.

There will be more on the new Councillors in the next edition.

Office Hours

The Parish Office at the Langley Park Miners Institute is generally manned in a morning Monday to Friday although it may be closed occasionally to allow staff to attend to issues outside the office or attend training.

Parish Council Meetings

The Parish Council meets on the second Tuesday of every month except August when it is in recess.

The public are welcome to attend the non-confidential part of the meeting but need to

provide at least 3 working days notice of any issues to be raised with the Council. Failure to comply with the 3 day rule will lead to the Council not being able to hear the issue as the Council would not have sufficient time to investigate and provide answers to the issue(s) raised.

Upcoming meetings are October 13th November 10th and the 8th December. All of these are at the Langley Park Miners Institute apart from November which is at Quebec Community Centre. Starting time is 7 pm.

Gordon Coulson IT Suite

The IT Suite based in the Parish Office at the Langley Park Miners Institute is currently open to the public on Monday afternoon 3:30 to 5:30 pm, Wednesday 2 to 4 pm and Friday 3 to 5 pm.

The centre makes use of the **Learn My Way** system from UK Online, an online learning system designed to help people take the first steps into the world of computers and the internet. This starts from the very basic level progressing higher as the learner improves. A number of other modules are available at the discretion of the learner and Tutor and Certificates are provided as each stage of the course is completed. In addition



The IT Suite

to this we can provide separate tuition in Word-processing; Spreadsheets and Database and provide help with many other I.T. related subjects.

A suitably qualified Tutor is on hand and the sessions cost £1.50 per hour with extra for printing.

If you don't want to learn new I.T. skills but just want to come in and use a computer for Jobsearch (free for the Unemployed) or other activities we would be happy to see you.

Why not come along and see what we have to offer and be part of a small, friendly, informal group who will make you feel very welcome.

LANGLEY PARK MINERS INSTITUTE



Following the success of our last programme of events, published in the July issue of Esh Leaves, we are continuing with the theme of keeping you informed of what is happening at this ever popular venue here in the heart of Langley Park. Since the last issue we have lost the Langley Lion Cubs playgroup but a new and exciting addition to our weekly activities include a new "Messy Play" session which is run by Clart About. We are hoping to also run a "Bookworm" club also run by Clart About so keep looking at our notice boards and check our Facebook page for updates. Also have a look at "Streetlife" where we also advertise our new events. The other new class is an evening Yoga Class which is also on a

Monday and is held between 7:00pm and 8:30pm.

Weekly Activities

Monday

Starting on Monday 7th September Clart About will be bringing their "Messy Play" session to the Institute between 1:15pm and 2:00pm. Booking is essential as places are limited but well worth a visit with your little ones. Have a look at the Clart About website for more information and keep checking our notice board and our Facebook and Streetlife web pages for the latest information. The Smoking Cessation Class is now held weekly between 5:00pm and 7:00pm. This is being run by the Mid-Durham Health Trainers as part of the "Well Being for Life" initiative which supports people to live well by helping to address the factors which influence their health. This class has been very well received. To end the day the new evening Yoga class meets between 7:00pm and 8:30pm. This class only started on the 3rd August but has been so well supported that there is now a waiting list for places.

Tuesday

Starting again on the 8th September our ever popular Art Class is held in the Snooker room between 10:00am and 12:00noon. Whether you are a beginner or more skilled please come along and take part in this most satisfying class. The class is run by Anne Cain who can provide any equipment you may need. Cost of the class is just £4 which includes a tea or coffee and biscuits. Keep watching our notice boards and web pages for the latest information.

While the Art Class are painting away our new Hatha Yoga Class

meets in the main hall between 10:00am and 11:30am. From the number of people we now have turning up it is proving most popular for both men and women. The class is run by "Healthy Horizons" and costs just £3 per session. Your first visit to this class is absolutely free of charge so do come along and see if this is the class for you. To end a really busy Tuesday "Distinctive Dance" run their dance school between 6:45pm and 8:00pm. This freestyle dance school, run by Natalie, is rapidly becoming popular with today's youth and is aimed at pupils between the ages of 3 years to 17 years of age. It covers many genre of dance including acrobatics, ballet, contemporary, disco, lyrical, slow and street dance. Pupils of Distinctive Dance can and do enter regional competitions and exams in either solo, duet or team routines. Natalie would like to hear from anyone who is interested in attending this dance school and the cost of the class is only £5.

Wednesday

The day starts here at 10:00am where the walking group meet for their regular one hour walk in the local area. The venue sometimes changes but there are always refreshments available for those taking part. If you are interested just call in on any Wednesday and meet some of the regular walkers.

The main hall is again in use this afternoon for the "Circuit Training" class which is run by Healthy Horizons. This class is on for an hour between 1:00pm and 2:00pm and is especially designed for adults aged 40+ and only costs £2 per session. Your first session is free of charge so that you can see if this class is right for you. We

finish today with another class from "Distinctive Dance". This session runs for two hours between 5:30pm and 7:30pm and is split into two segments. The first is a new class for beginners only and is from 5:30pm to 6:30pm. This class costs only £5.00. The second segment is from 6:30pm to 7:30pm and is for advanced level (freestyle) which also costs £5.

Thursday

The only current activity today is the Steps Youth Club which is on from 5:45pm to 8:15pm. This is run by Durham County Council Youth Service and helps young people with the Duke of Edinburgh award scheme. There is a possibility that another Yoga class may be held on a Thursday daytime and an evening class as well. More details will be put on our notice boards so keep looking.

Friday

To end our daytime activities at the Miners Institute we run our ever popular Miners Kitchen which runs from 9:30am to 12:00noon and serves the most delicious breakfast treats. Whether you just fancy a bacon butty or a full English breakfast you will not be disappointed with our new breakfast menu. Remember that a cup of tea or coffee is included in the price of the full breakfast which includes a free refill. Also on a Friday morning, between 9:30am and 12:00noon, we hold a "Check 4 Life Health Check" where a Mid-Durham Senior Health Trainer will be on hand to give you personalised advice and information about your lifestyle. This covers Diet and Weight Management, Social Isolation, Finance and Debt Management, Employability and all things related. A "Drop In" session is

also held once a fortnight on a Friday morning where you have the chance to report any problems or speak in confidence to your local PCSO (Police Community Support Officer).

The last class of the week is on tonight run by Lotty of "Watermelon" and is called Fitsteps. Lotty has been running Zumba and dance classes in the area for some time now and Fitsteps is proving very popular. The class runs from 6:30pm to 7:30pm and is extremely popular with people of all ages. The mixture of music and rhythmic moves is sure to bring a smile and to get those muscles working for you. The class costs just £4.

Saturday and Sunday

We have no organised events on Saturday or Sunday at present.

Forthcoming Events and Classes

We are hoping to start a new free IT course in October, date and time to be confirmed, called "Start ITQ". On completion of the course a "City & Guilds" Start ITQ award certificate will be issued. If you are interested in this course please call in and complete an application form as soon as possible.

Staying In Touch

The Miners Institute can be found on Facebook where we try and keep all of our activities advertised and up to date. You can even comment on events and leave messages. We also have a page on the new "Streetlife" website but make sure you find this Langley Park page and not the Langley Park one in Buckinghamshire.

On behalf of all the volunteers at the Miners Institute we hope that

you will find something of interest in the classes we run. We would love to hear from you if there are any other courses or classes that you would like to participate in. We will always try and accommodate you if we can.

The Miners Institute is available for private hire for a variety of functions including childrens parties, family celebrations, weddings, funerals, christenings, craft fairs etc. Catering can also be arranged at extremely competitive rates if required. Remember too that we have a full size snooker table that is available to book at a cost of only £1.50 per hour.

Our contact phone number is 07599 951523. As this phone is only manned when a volunteer is in the building please be prepared to leave a message or send a text so that we can get back to you.

If you have some spare time, and maybe handy at doing odd jobs, the Institute is always looking for volunteers to help out with the running of the building and helping with the various activities and events that we have on. Please either ring or call in for a chat. Our Email address is: lpinstitute@outlook.com.

LANGLEY PARK TUESDAY CLUB

The Langley Park Tuesday Club is looking for new members aged 40 and over who live in Langley Park or the surrounding area, for an afternoon of fun, games, a general knowledge quiz, bingo, raffle with tea/coffee and biscuits.

The price per session is between £3.80 and £6.20 depending on how many bingo books are chosen.

We are open every Tuesday between 12:00 and 2:30pm and meet at St. Joseph's Church Hall, Langley Park.

Telephone 01913733736 or 07880254084 to find out more.

FORMER LANGLEY PARK YOUTH CENTRE SITE

The new houses under construction on the site of the former Youth Centre are to be known as "Sleetburn Court". A total of 17 houses (3 Storey) and 1 bungalow will be built

The first 11 houses are underway and by the end of September they should be up to roof level.



Sleetburn Court under construction
© George Hawxwell

LANGLEY PARK COMMUNITY GARDEN

An "official" opening event for the Langley Park Community Garden took place on Thursday 9th July with County and Parish Councillors, Parish Council Officers and members of the Public in attendance.

The garden to the rear of Garden Avenue is open between the hours of 10 am and 5 pm to anyone who would like to help out or just to have a look.

THE RETIREMENT OF DR MURRAY

It was a sad day in the village on Tuesday, 25th August when many people turned up and queued at the Sir Bobby Robson Surgery bearing cards and gifts to say farewell to a very popular G.P. Dr. Murray, who is retiring after 30 years service to the community.

He will be greatly missed!!



Farewell Dr Murray

WILDLIFE CORNER

There has recently been a surprising increase in deer across the country.

Considering how nervous they are of people, they are often to be seen locally. On a number of occasions over the years, deer have crossed the road in front of me on my way up or down Ragpath, early in the morning. Once, one ran at 35 miles an hour for over a mile as I followed it up Long Edge. On another occasion I hit one near the Five Lane Ends but I'd had a strange feeling that something was coming out of the verge and I was only doing about 5 miles an hour by the time we made contact. It rolled round my Saab's rubber bumper and I swear that it had at least seven legs as it landed! There

READERS LETTERS (Please note that Esh Parish Council does not necessarily agree with the views expressed)

DR ROBIN MURRAY

My Dear Friends

I was overwhelmed by the kindness, generosity and friendship shown by so many in the last few months.

I am going to miss so many patients who are much more my friends now. It has been a privilege to have been a GP in Langley Park and I wish all of you a safe and healthy future.

With fondest appreciation,
Your Friend,
Robin Murray

FROM A LONG TIME RESIDENT OF LANGLEY PARK

To whom it may concern.

The church of All Saints in Langley Park has been in existence for over 130 years and has served the community in its present form through two world wars and beyond without the need to alter its design or function. It was built from the vision of three from the village and was built to stand the test of time, which it has.

Many generations has used the church for family occasions some happy and some sad but the feeling and atmosphere has remained the same. It has a familiarity that the people of the village knew and expect. Now that the church has received a legacy of £69,000 I would like to suggest that the monies would be better spent on ensuring the structure is weatherproof, warm and redecorated back to a standard that the founders of the church would recognise and be proud of instead of ripping out the pews and the font and replacing them with plastic chairs. To remove the pews would remove the character of the church and turn it into an empty space akin to an empty warehouse.

If renovation works were carried out and there were monies remaining then by all means use the money construct an additional tea/meeting room to the north of the present building but please do not follow the present trend of ripping out the heart of the church. This trend will be short lived but once carried out the money will be gone and the church could not be restored. Please keep the church in the design that it was built as laid down by previous generations. The present generation is only here for a short while and has a responsibility to look after our heritage for future generations. I am sure that many residents of the village will be of the same opinion.

seemed to be limbs in all directions. By the time that I'd got out of the car it had leapt into the wood (using four legs, I have to say!) I hope it was none the worse for the experience. All these deer were fallow or roe

deer and so were the ones that regularly used to cross my field during the summer of 2008. My fences are designed to keep goats in so an early morning stroll across means some serious leaping!

Even the little muntjac has made its way north and I saw one near Stanley Crook a few years ago. In our countryside it is an unwelcome invader as one of its favourite foods is bluebells. Our bluebell woods have enough threat from felling to be able to withstand much determined munching.



Two springs ago, however, I had a real treat. I watched a red deer doe have a fawn in the field below mine. I always keep a pair of binoculars on the bathroom

window sill, mainly for bird watching, and they really came into their own that day. Over the next fortnight I had frequent sightings as the mother kept returning to feed the fawn. It's lucky that their habit is to leave their fawns in the grass and return to them rather than expect them to follow, since the youngster was over a month old before it was capable of jumping over the gate to get out of the field. Last year, the mother re-appeared with a half-grown daughter and had another fawn in the same place. Strangely, despite the fact that deer are sociable animals, I never saw the others of the herd at all.

This habit of leaving the fawns hidden while the mothers graze some way away is usually a safety mechanism, keeping them away from predators. However, as with hill lambs, sometimes people think that they're lost and try to take them

to safety. The result is, invariably, an orphan. The mother, even if she is found, will reject the fawn (or lamb), which has been handled by a human. As at Raby Castle, fawns seen should never be touched.

Last boxing day, we went for a family walk and I pointed out some deer footprints in a ploughed field to my grandchildren. 'Don't worry, granny,' said the littlest 'It's only reindeer!'

Alison Hiles

Esh Leaves

Editor

David C. Rider

*Assisted by Lynne Rowland,
George Hawxwell, Lynn Finch,
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Articles must be in Word format with photographs provided separately at 300 dpi.

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