

# Parish Council News



It is with great regret that we have to report the sad loss of former Witton Gilbert Parish Council chairman and former Mayor of Durham Alderman Ray Gibbon. Ray died at home on Monday August 31st he was 85. He was born at Witton Park and for the first 14 years of his working life was a farmer before joining the police force where he rose to rank of sergeant before his retirement. Ray and his wife Margaret moved to Witton Gilbert with their two children in 1968. Margaret was a teacher at Witton Gilbert Primary school and despite various postings Ray and Margaret made Witton Gilbert their permanent home and became very much a part of village life. A staunch Methodist, Ray was involved in various organisations and served as a Parish Councillor, School Governor, Village Hall Chairman and was for many years a member of Durham City Council where he was made Mayor in 2003 and was made an Honorary Alderman in 2009.

Ray touched the lives of many people, he was full of enthusiasm and worked tirelessly for the community.

## *Everyman Club*

EVERYMAN'S, an informal, social and educational speaking club for men, meets every Tuesday night at St John's Court, Sacriston. We meet at 7pm, tea and biscuits, with a 7.30pm start for the speaker, concluding at 8.30pm and home for 9.00pm. Avid T.V. viewers will note this causes you to miss HOLBY.....so together with a speaker it really is a WIN WIN situation.

We run from Sept 1st to April 28th with a varied programme, something to suit everyone. Come along and give it a try, new members and visitors always welcome in this our 70th Year.

For more information please call me on **07950440265**  
**Neil Liddle Chairman**

## *Let us Remember...*

**Witton Gilbert Service of Remembrance** will be held at the War Memorial on 8th November starting at 10.50am. The order of service will be led by Reverend Canon Caroline Dick. Chester-le-Street Riverside Youth Brass Academy will also attend.



## Sacrison Surgery

YES....it is that time of the year once again when the flu season is upon us....

Please call into the surgery and ask about the flu jab – free to everyone over 65 years old and to those who suffer from certain conditions.

We are also inviting patients aged over 40 who do not usually attend the surgery or are not on any medication to have a Free Health Check.

This will include taking some medical history, a blood test, blood pressure, height, weight, smoking and alcohol status.

Prevention is better than cure, so make your appointment now.



## Pilates With Liz

....for core strength, balance and stretch....

The Pilates Mat Classes now

run two sessions in Cooper Hall:

Monday 10-11am & Sunday 6.30-7.30pm

Both classes are suitable for beginners

or anyone with pilates mat experience.

Just bring a pilates/yoga mat and a drink.

£4 per session

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## Reflection on Parish Nurse Role 'whole person health care within a faith community'

Parish nurse ministries United Kingdom (PNMUK) is part of an international organisation within 23 countries worldwide and there are now approximately 90 Parish Nurses working in faith communities throughout the UK.

Following a comprehensive training programme in 2012 the role of the Parish Nurse (PN) in Witton Gilbert, Sacrison and Langley Park has developed gradually over the past 3 years trying to meet the needs of people in the community without being overwhelmed by demand.

Clinics in coffee mornings in Witton Gilbert, Sacrison and Langley Park originally started as monitoring blood pressure and have now developed into a session where people seek me out just to ask the answer to various health queries such as 'I'm not sure I should bother the doctor about this'. I can then give reassurance and support or confidence to seek GP advice. Because of my NHS experience I am able to offer specific health advice, assess people's needs in their homes and signpost to the appropriate service, help complete mobility and attendance allowance forms. I support bereaved people at their request and continue my role with Derwentside Bereavement Support Service.

Partnerships have developed with Breathing Space and the 'Chair exercises for the less mobile' are a great success, not only because of the exercises and Tai Chi, but also because of the social time spent there. Funding was achieved by Gillie

Boggon, Project Manager for Breathing Space.

At present I am working with a local GP in supporting people who want to make decisions regarding health issues and how to make these formal should they become too poorly to make those decisions themselves.

With my experience of palliative care I supported and organised a course in April 2015 'Dying to Know' with Durham Christian Partnership and Dr Lindsay Crack, Palliative Care Consultant. Following the success of this day Lindsay and I are hoping to develop the PN service to meet the needs of people who want to talk about death and dying in a friendly environment.

Working with Gemma O'Brien, Project Manager in Fulforth Community Centre and Gillie Boggon from Breathing Space has been tremendous. There are so many activities in these communities which support not only the emotional, psychological, social and environmental needs of the individual but have an impact on their physical well being.

Encouraging and enabling health promotion from local medical practice may eventually see the working together of the community, faith and medical services.

I have a wonderful, fulfilling life and I thank God for this every day. I am supported by a spiritual mentor Lindsay Crack as well as Reverend Angy Long and my church family who regularly pray with me and for my work in the Community.

THANKS BE TO GOD

Parish Nurse Maureen Brown

*Coffee Morning/book swap.....*

*Treat yourself to a cup of tea/coffee with a delicious slice of home-baked cake at WITTON GILBERT COMMUNITY CENTRE on a Tuesday from 9.30 – 12.00....and whilst you are there you can browse through the second-hand books (suggested price £1 for 3) If you have any books to off-load bring them along.*

## A date to remember this Autumn....



The Bonfire will be on Nov 7th on the Clink Bank. Bonfire lit at 6.30pm and Fireworks at 7.00pm. The Parish Council will provide the fireworks. Refreshments are on sale. A planning meeting will be held at the home of Noel and Diana Dixon, 34 Friarside on the 22nd Sept at 8.00pm. Anyone who would like to become involved in the planning of this event is welcome..... or just turn up at the site at 9.00am on the date of the event to help build the bonfire.

**ENTRY TO THIS EVENT IS FREE!!**

## Woodland Wonders

The Woodland Wonders holiday club returned to St Michael's and Witton Dene this August for its second year. It proved hugely popular, despite some very wet weather, as we welcomed many familiar friends as well as some new recruits.

The children enjoyed making a fire, wood-crafts, shelter building, bug hunting, games and many more activities while developing an awareness and appreciation for, not only our rich natural environment, but also the beauty and tranquillity to be found in their local church and graveyard.



There was a wide age range among the children, but it was lovely to see the older children supporting and encouraging younger ones and the co-operation and team work that developed.

Thanks goes to the dedicated volunteers who worked enthusiastically to ensure the children had a challenging but rewarding experience that will live long in their memories and hopefully inspire a continuing relationship with nature and their community.

Special thanks also goes to Witton Gilbert Parish Council who generously helped fund this event.

## Witton Gilbert Student Plays for England....

Durham 6th form student Leanne Bates completed a fabulous season when she was selected to represent England in the under 17 home international soccer competition in Northern Ireland on the 3rd to the 6th of August 2015.

Playing in three matches, the teenage star who also plays for Durham under 19s, helped her team secure three victories as they defeated Scotland 1-0, Wales 7-1 and the hosts Northern Ireland 10-0.

The talented player is the daughter of Ivor and Claire Bates and grand-daughter of Mrs. Jean Geddes of Snookacres farm. Well done Leanne!



## Witton Gilbert Nursery..

The Nursery has returned to full quota of children, all have settled well and we look forward to a fun packed term. We are starting to participate in a range of different projects including our Forest School Approach and Benji Bear. Miss Burgess has returned from India and has gained employment, Miss Fenwick has gone to Australia on an adventure and we welcome Miss Megan Robinson as our new apprentice. We also welcome back the familiar faces who always go the extra mile for all our local children. Our waiting list is now open for September 2017. Please ring or email to place your child's name onto our waiting list in the academic year they are 2 years old.

Lynn Markwell Witton Gilbert Nursery Manager  
l.markwell100@durhamlearning.net

## Allotment News

As another growing season draws to a close it's fair to say it has been a mixed year. A very dry April made germination difficult and the soil remained cold throughout Spring. Now is the time to take up most crops leaving swede, leeks, brussel sprouts, spring cabbage and parsnip until spring. These vegetables will stand the frost and provide most household's needs over the winter. The Allotment gardens are administered by the Parish Council and are covered by the 1908 to 1950 Allotment Act.

There is currently a short waiting list and interested residents should contact the Parish Clerk or one of their Councillors.

Further details can be found on Witton Gilbert Parish Council website.



## Witton Gilbert Playgroup....

ENROL YOUR CHILD NOW!....your child's start to independence can begin when he/she becomes a member of Witton Gilbert Playgroup at Cooper Hall, where the children Play...Learn....and Grow together! The group offers a wide range of fun activities and learning opportunities in a happy and secure environment whilst preparing your child for their next step into Nursery. Sessions run every weekday morning from 9.15am – 11.15am. Playgroup is registered with Durham County Council and staff hold Level 3 Childcare qualifications and First Aid Certificate. To request a place for your 2 year old or register your younger child to our waiting list....**phone JOANNE on 01913719668 or 07825255532.**



## Witton Gilbert Art Group

Witton Gilbert Art Group is looking for new members. They meet in Cooper Hall every Monday morning at 10am - 12.00. This is a friendly, informal group who welcome people of any age and tuition is given by a professional artist. So if you would like to immerse yourself in a bit of artistic leisure time just turn up next Monday.



### Parish Notice Board

A cautionary notice...

October is the month for clock change and a time when all householders need to spend a few moments thinking..safety! Remember to leave a light on when going out....check that you have secured all your doors and windows, especially to the rear of your property, and don't leave sheds/ garages unlocked. If taking a late holiday ask your neighbour to keep a look out. ....it only takes a minute to keep SAFE!

### Your Parish Councillors

Arnie Simpson (Chair)	3712161
Paul Guy (Vice Chair)	3710455
Lynne Michelle Cowan	3719461
Fraser Reynolds	3711198
Anthony V. Harries	3710988
Amanda Hillary	3718239
Neil Liddle	3710339
Maria Waller	3718365
Alexander Woodmass	3710732
Geo.Thompson (Clerk)	3711808



Tell us what you think.....

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