

# THE BURNHOPE WHEEL

Community news, views & events  
Summer 2019



## BURNHOPE: THE VILLAGE THAT REFUSED TO DIE

A brand new project is coming to Burnhope and over the next 20 months AgeUK will be looking for volunteers of all ages to get involved in a series of exciting events, activities and training opportunities.

*Turn to page 3 to read more...*

## BURNHOPE PARENT & TODDLER GROUP IS CHILDS PLAY!

Mams Eve and Clare tell us more about their passion for the community

*See page 4*

## 9 WAYS TO KEEP UP TO DATE WITH WHAT'S HAPPENING

1. [www.burnhopecommunitycentre.co.uk](http://www.burnhopecommunitycentre.co.uk)
2. Burnhope Community Centre Facebook Page
3. Burnhope Parent & Toddler Group Facebook Page
4. Burnhope Partnership Facebook Page
5. Burnhope Methodist Church Facebook Page
6. Burnhope Chatterbox Facebook Group
7. Burnhope Memories Facebook Group
8. Spot posters in shops, bars, doctors and elsewhere
9. Noticeboards on Holmside Lane, on Community Centre Gates and inside

# BURNHOPE PARISH COUNCIL REPORT

REFLECTION, RESPECT AND LOOKING FORWARD

Hello Everyone

At our AGM on Wednesday 1st May I was re-elected by the members of the Parish Council to serve as Chair of Burnhope Parish Council and once again I would like to thank them for showing their support and trust in me to lead the Council for yet another year.

## MY PERSONAL THANKS GO TO:

As well as thanking the members I would also like to thank Peter Hughes - Parish Clerk; Jan Box - Vice Chair; County Councillors Ossie Johnson and Jude Considine, for their advice and support given to all of the Parish Council members and our local police beat team PC Ian Nelson and PCSO Lisa Cullen-Jackson for their tireless work.

Unfortunately Lisa will have left her role within the team by the time this report is published, however I would like to send her our thanks and appreciation for her work within our Parish and best of luck in her new position at Police Headquarters in Aykley Heads Durham.

Lisa's replacement is PCSO Lewis Formosa who will be introduced to everyone in the coming weeks.

I would also like to mention a special thank you to Councillor Gordon Smith (electrical/engineering and fixing guru) and Councillor Alan Gibson (flower/bulb and garden maintenance programmer) their help and patience with me and my demands...well I can only applaud!

## WE'RE DETERMINED TO TACKLE:

**Dog Fouling** This is still being allowed to happen by a **small percentage of careless dog owners**, especially on public footpaths, grassed areas and around children's play parks. **Come on, clean up after your pets! There are red dog waste bins around the village.**

**Litter** The problem with litter continues. All we have to do is pick it up and bin it, and don't drop it in the first place. How difficult is that? There are waste bins provided for you around the village.

**Speeding** Edge Lane, Langley Lane, Holmside Lane and Holmside Village, are still experiencing vehicles speeding. **Police are carrying out regular speed checks** - some drivers could be more observant with speed awareness!

## AND ON TO THE GOOD NEWS!

Over the past year (through planning and renewing programs) we have:

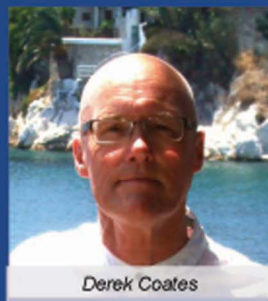
- Replaced village seating and flower tubs/planters.
- Worked with Lanchester Parish Council to produce a very successful "lighting of the beacon event".
- Continued planned maintenance of our Parish cemetery. Thank you to **Four Seasons Gardening/Tree Surgeons** for their care, compassion

and professionalism carrying out their work in this environment).

- Lit up our village Christmas tree.
- Gained Grade Two listing for our wonderful War Memorial, the work put into the refurbishment has not gone unnoticed.

## LOOKING FORWARD...

There have been numerous actions carried out over the past year that I simply don't have space to mention here, yet these have not gone unnoticed.



Derek Coates

**Our Village and Parish is improving steadily year by year and with continued support from members and parishioners we will grow from strength to strength (any doubters out there just think how things were 10/15 years ago!)**

Regards

Derek Coates

Chair of Burnhope Parish Council

derek.coates2@btinternet.com



## LOCAL POLICE NEWS

As from Sunday 28th April 2019 PCSO Lisa Cullen-Jackson is no longer the PCSO for Burnhope due to accepting a new role elsewhere within the force.

Your new point of contact is **PCSO 7532 Lewis Formosa** as well as PC 2058 Iain Nelson who is remaining in the post.

### BURNHOPE CHOSEN FOR NEW POLICE INITIATIVE

Over the coming months, residents may notice an increased presence of uniformed officers walking our streets. This is because Burnhope has been identified as the village in the Consett area to partake in the initiative **Park, Walk and Talk**.

The initiative is all about community engagement and improving public confidence so if you have any problems or queries please don't hesitate to speak to one of our PC's or PCSO's.

## LOOKING FOR SOME LOCAL SUPPORT?

MEET JESS FROM KARBON HOMES COMMUNITY INVESTMENT SCHEME

**karbon  
homes**

Hi everyone!

My name is Jess and I'm part of Karbon Homes Community Investment Team and cover Burnhope.

I wanted to introduce myself to you all as the Community Connector for the area.

Part of my role is finding out what's going on in neighbourhoods, supporting community groups/projects and looking



at potential new projects to help address issues for Karbon's tenants and residents.

If you have an idea to improve your community, or are a community group looking for some support feel free to get in touch on **0808 164 0111**.

## NEWS FROM THE HOUSE WITH LAURA PIDCOCK MP

It's nearly two years since I was elected as MP and it continues to be a real privilege to represent North West Durham. I take my role in Parliament very seriously and always try to take into consideration the views of my constituents when speaking and voting in the House of Commons.

Of course, Brexit negotiations have dominated over the last year and it has been a very frustrating process. Theresa May's Withdrawal Bill has been rejected 3 times. As a consequence, we are into our second extension of the deadline for leaving, this one ending in October.

As I have said on many occasions, I respect the result of the 2016 referendum. However, I will, along with the Labour Party, vote for any amendments to the Withdrawal Bill that will stop the catastrophe of no deal Brexit and save jobs in North West Durham and the region. No one voted to lose their job.

As well as the important business of Brexit, there are also lots of other things that I and my office have been working on which affect my constituents' lives and that we are trying to do something about.

A couple of weeks ago, I led a Westminster Hall debate on the work capability

assessment in relation to Employment and Support Allowance (ESA) and Universal Credit. We have a constant stream of people coming into our office with social security issues. The debate was an opportunity for me to highlight to the Government Minister present, the effect their punitive policies are having on my constituents.

This week, I was finally able to ask the Prime Minister for a public inquiry in to the horrific treatment of boys and young men in the 1970's and 80's at Medomsley Detention Centre. A public inquiry would help bring justice to the thousands of survivors of the horrific and sustained abuse at the centre and I will continue to campaign for justice for those men.

Within the constituency, I've been attending various meetings and also short, face-to-face meetings (surgeries). As well as my regular surgeries, phone surgeries are also being advertised on my social media and any constituent can get in touch if they would like to discuss an issue or concern they may have. I will always try to help if I can.

I'll be shortly holding another public meeting, this time in Weardale, again giving the opportunity for constituents to come and discuss any issues they have. Details of the

meeting will be put on my Facebook page and Twitter shortly.

My office has also been working very hard to arrange visits to all the schools in the constituency to chat to children, staff and parents. At the moment, some of visits have been delayed due to Parliamentary business, but I'm really looking forward to getting around the schools.



Over the next couple of months, there will also be an opportunity to meet with the Shadow Secretary of State for Environment, Fisheries and Rural Affairs, Sue Hayman, to discuss anything farming and countryside related. Keep an eye out for further details soon.

As ever, if there is anything you would like to get in touch about, please contact my office on 01207 501 782 or by emailing [laura.pidcock.mp@parliament.uk](mailto:laura.pidcock.mp@parliament.uk). You can also keep up to date with what I am getting up to by following me on Facebook and Twitter. Look for @LauraPidcockMP.

## BURNHOPE: THE VILLAGE THAT REFUSED TO DIE

A brand new project is coming to Burnhope and over the next 20 months will be looking for volunteers to get involved in a series of exciting events, activities and training opportunities.

*Burnhope: The village that refused to die* is an intergenerational social history project exploring life in the village from the 1840s right through to the present day.



The project is supported by the National Lottery Heritage Fund and Durham County Council and delivered by Age UK County Durham.

Volunteers, or 'Time Detectives', will work together to investigate the dramatic ups and downs of Burnhope's history to better understand the village as it stands today. Working alongside members of Burnhope Primary School, community organisations, and members of the public, the project aims to bring together younger and older members of the Burnhope community by sharing a journey of discovery, delving into local archives.

Bursting with fascinating stories, participants will have the opportunity to investigate what life was like as a miner in the 1800s, why 40,000 people once paraded through the streets of the village as part of the famous Miner's Gala, what happened when a deadly virus came to Burnhope, and how the community responded to the 'Category D' notice of the 1970s.

All members of the community will be invited to get involved throughout the project, to share their stories and memorabilia, and to join our volunteers for guided walks, craft activities, exhibitions and more.

Volunteers who would like to commit more regular time and also support younger members through the project will be provided with



Kirsty McCarrison, from Age UK County Durham

various training opportunities including archive training with Durham County Records Office, our Heritage Partners.

Kirsty McCarrison, from Age UK County Durham will be out and about in the community over the coming weeks and would be delighted to hear from anyone interested in participating in the project.

Keep an eye out for upcoming drop in sessions at Burnhope Community Centre where you can pop in for a cup of tea and a chat about *Burnhope: The village that refused to die*.

For more information please contact Kirsty McCarrison on 0191 374 6560 or [kirsty.mccarrison@ageukcountydurham.org.uk](mailto:kirsty.mccarrison@ageukcountydurham.org.uk)

## WELCOME TO BURNHOPE PARENT, BABY & TODDLER GROUP

Local mams **Eve Glendinning** and **Clare Ellis** tell *The Burnhope Wheel* why they volunteer their precious time to run a toddler group in the village.

“We are two girls from the village who decided to come together to set up our toddler group. We both have the same passion to do something not only for our children, but also our community. We are both overwhelmed with the reaction and support from our fellow villagers, as well as folk outside the area.”

### When is the Toddler Group on?

“We are open from 10am to 12pm every Tuesday, including school holidays (we welcome older siblings up to the age of 8 to come join in the fun during the school holidays only), where we cater for their age with different activities.”

### How much does it cost?

Eve tells us, “Entry cost is £2, and for that we include tea/coffee/biscuits and snacks for every parent and toddler. As a non profit organisation, all entry money is ploughed back into the group to fund new toys & supplies as they're needed.”

### What happens at Toddler Group?

Clare explains, “The sessions consist of the children coming together, learning key social skills as well as having fun and getting messy, which as a child that is what it is all about.”

“We have held different events since opening, such as a Valentine's Day special, Half term madness, Pancake week, Mother's Day event, Easter Egg Hunt day & Bouncy Baby Bunny bonanza, we have had bouncy castles, Messy play and lots more.”

“Peppa Pig came to visit one day, the

excitement in the room was not only from the children but the parents too! Selfies galore!!”

There are lots of different activities to keep you and your little one entertained. Eve and Clare invite you to check out their Facebook Group to find out more. They enthuse, “Come along and be part of the community spirit!”

**Burnhope Parent, Baby and Toddler Group meets every Tuesday between 10am and 12pm at Burnhope Community Centre, Langley Avenue, Burnhope, Durham, DH7 0AG**



## FUN, FITNESS AND FRIENDSHIP AT COMMUNITY CENTRE

Toddler Group is just one of many activities going on at the new Community Centre on Langley Avenue.

See the list of activities (right) and make sure you get along to the Community Centre and join in.

- ⇒ **Youth Club** Friday 6pm-8pm
- ⇒ **Gym Sessions** Various times available
- ⇒ **Wellness classes** such as 'Fitness for All Ages', Pilates, Table Tennis Club
- ⇒ **Learning opportunities** - a free maths course is already underway
- ⇒ **Social Activities** Monday Club and Thursday Coffee Morning (see right)
- ⇒ **Special events** such as the Cowboy Night held in April (see left), markets, fairs and other fundraising events
- ⇒ **Summer Fete** Sunday 21st July 2-4pm with bouncy castle, face painting, stalls
- ⇒ **Private Room Hire** for Parties/Events



Yeewhaw! A great night was had by all at the Community Centre's fundraising Cowboy Night

[www.burnhopecommunitycentre.co.uk](http://www.burnhopecommunitycentre.co.uk)  
Enquiries to [burnhope.cc.2017@gmail.com](mailto:burnhope.cc.2017@gmail.com).



Helen's Little Treasures  
Child Minding Service

Open from 7am-  
6pm Monday to  
Friday.



I am a childminder based in Burnhope with an **Outstanding** Ofsted grading. I have 19 Years' experience of working with children and have a BA Hons Degree along with Early Years Practitioner Status. I offer 15 hours funded play and learn session for 2-3 year olds : 30 hour funded sessions for 3-4 years olds for qualifying parents/carers : Breakfast club 7am til 9am : After school 3.15pm til 6pm: Wrap around care and Daycare. I offer outstanding childcare for an amazing price of £4 per hour, this includes all snacks, meals and outings.

For all your childcare needs please contact me Mob: 07896091685  
Email : helenslittletreasures@gmail.com

Find me on  
**facebook**

Please join us for  
*Tea and  
Coffee  
Morning*  
and friendly  
company

Every Thursday  
10am-12noon

Burnhope Community Centre  
18 Langley Avenue, DH7 0AG



  
**Burnhope**  
community centre

## BURNHOPE BLENDS TEARS OF SORROW AND LAUGHTER FOR PRANKSTER PAL KEVIN

Much-loved member of Burnhope community, Kevin Reynoldson, sadly passed away on 26th April aged 66.

In the words of his family, Kevin was a great man, loving husband, father, grandfather, great grandfather and great friend to many, a true legend, and one of the biggest pranksters ever!

Friends and family were quick to share stories of how Kevin had made them 'jump out of their skin' wearing scary masks and disguises over the years! For anyone who didn't jot down their hilarious stories in the Memory Book at the wake, they're invited to contact the family to add their memories (although they might choose to avoid the electric shock joke pen provided by the family!)

Moving poems have been written to mark Kevin's passing, but this is the one he chose to leave with us. Kevin's final gift to his beloved family and friends:

### The Train...

At birth, we board the train and meet our parents, and we believe they will always travel by our side.

*As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of your life.*

However, at some station our parents will step down from the train, leaving us on this journey alone. Others will step down over time and leave a permanent vacuum.

*Some, however, will go so unnoticed that we don't realise they vacated their seats.*

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes and farewells.

*Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.*

The mystery to everyone is: We do not know at which station we ourselves will step down.

*So, we must live in the best way, love, forgive, and offer the best of who we are.*

It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life.

**I wish you all a joyful journey.**

So far, £400 has been raised for Macmillan in Kevin's memory.





## BURNHOPE PRIMARY SCHOOL

### GOOD NEWS FROM OFSTED

We are delighted to announce that Burnhope Primary School has been graded a GOOD school by Ofsted. This is an affirmation of our commitment to make our children's educational life enjoyable, interesting and rewarding.

Ofsted Inspectors visited school on 15<sup>th</sup> and 16<sup>th</sup> January this year and carried out a very thorough inspection of every aspect of school life. Their comments were complimentary and a copy of their report is available in school.

### FOR THE YOUNGER CHILDREN

We have a lovely **Early Years Unit** within our school, which Nursery and Reception children attend. There are so many amazing and exciting things happening, with children finding dinosaur footprints and baby dinosaurs, making volcanoes, going on polar expeditions for penguins, and lots, lots more.



### ONCE THEY'RE 3...

Children can join Nursery after their 3<sup>rd</sup> birthday and we have spaces available now for both 15 hour and 30 hour places. If you, or anyone you know, has a child of this age not yet attending Nursery, please get in touch and we can arrange a visit. We would love to see you.

### WARBURTONS FUND BREAKFAST CLUB

Our provision for the children extends beyond the basic school day, as we offer a free **Breakfast Club** every morning for children from Reception age upwards.

This is supported by funding from Warburtons bakers, and children can attend from 8.15 each morning where they will have breakfast followed by some fun activities, preparing them well for their day ahead.

### FREE AFTER-SCHOOL ACTIVITIES

After-school activities are also offered free of charge to our children, and these vary from term to term including Sports Clubs, Origami, Board Games, and currently we have a Homework Club, Maths Club, Stage Design and Drama Group.

### MYSTERY AT MAGPIE MANOR

These last two activities may give you a clue that we are working towards a big Summer Production enticingly called 'Mystery at Magpie Manor' which we are all very thrilled about. This will be even more exciting as we will be performing it on our brand new stage.

### GRANTS FUND NEW STAGE & OUTDOOR PROVISION

We have been fortunate in securing a number of grants from external bodies. Two of these have enabled us to purchase this new stage; the AAP (Area Action Partnership) and Karbon Homes. We would like to express our appreciation for their generous support.

We have also received grant funding from the Healthy School Capital Grant Fund. This is to improve our **Outdoor Provision**, provide equipment and extend the range of activities we can offer to our children to promote a healthy lifestyle. We are looking forward to seeing changes to our school grounds, thanks to the funding from these providers.

### SILENCE ON SCIENCE PROJECT!

In conjunction with North Durham Academy we are involved in a **Very Exciting Science/Technology Project**. Details are still 'under wraps' but we should be able to share the finished product in our next newsletter!

### SMALL SCHOOL WITH BIG HEART

As well as bidding for grants to benefit our pupils, we are also keen to raise funds for charities and other worthwhile causes.

We are a small school but have a very big heart, and over the spring term we have raised money for Comic Relief (Red Nose Day) and Autism Awareness which is a cause close to us.



Our Easter Craft sessions and coffee afternoon also raised money for our school funds, and we would like to thank everyone who supports us in these fundraising activities.



### VISIT FROM WELL-KNOWN AUTHOR

In March we were lucky enough to have a visit from the well-known author, **Adam Bushnell** on **World Book Day**.

Adam has visited school in previous years and is always extremely popular with the children for his amazing story-telling and exciting books. Children dressed up as their favourite book character and we had a fun and informative day.



**WORLD BOOK DAY**

### PREPARING FOR SATS

School life is as busy as ever and, in preparation for the SATs in May, we held a **SATS Easter School** in the second week of the Easter holiday, to give our Year 6 and Year 2 children the opportunity to continue their learning. Thank you to the teachers who gave up their time to run these sessions.

### WHAT'S COMING FOR SUMMER...

We have lots of activities coming up during this Summer Term including:

- A visit to the Roman Fort of Segedunum for KS2 children
- A residential visit to London for our Year 6 children in June
- A whole-school visit to Washington Wetlands Centre
- A trip to Lazer Tag for our Year 6 children to celebrate their hard work in their SATs
- Sports Day for the whole school in July
- Transition sessions where our Year 6 children visit their new secondary school, and the remaining children move up to the classes they will be in in September.

Once a month after school on Fridays we have a Film Club, and we have Family Friday each month where parents are invited into school to see what their children have been doing.

As you can see, we might be a small school but we are a very active and forward thinking one. We are very much a part of the community. Our children receive a well-rounded education in a happy, caring and supportive environment provided by **Burnhope Primary School** "Learning to play, discover and achieve together".

## HELLO FROM ST. JOHN'S CHURCH

This month still sees us in the middle of an interregnum. However news of the proposed reorganisation of the Lanchester Deanery means that our **new priest** will have to be shared with an adjoining parish. This parish turned out to be Harelaw.

An inaugural meeting has been held with members from our PCC and members of Harelaw PCC, the Area Dean and the Archdeacon to discuss the future plans for our two parishes and the appointment of a new priest.

The Archdeacon outlined his desire to be ready to advertise the position for two weeks shortly after Easter, followed by

shortlisting and interviews in May/June.

If an appointment is made at that time then the new person could be in post by end of September/October.

The new priest will live in the Lanchester vicarage.

Obviously, given the distances involved and overlapping service times, there will have to be changes to the present patterns to allow the priest to care for the various congregations.

We have been charged by the Archdeacon to have a new timetable for services in place before the new person arrives – a taxing problem but, with goodwill on all sides, not insurmountable. Please pray for us during this time. **GOD BLESS.**

*Doreen Park*  
(Churchwarden and Reader)

**Cafe Church – 1st Thursday of every month in Community Centre 6-7pm**



## DURHAM MINERS' GALA 2019

Saturday 13th July

Book your seat on the Coach (call Freda Dawson on 07812173915)

Bus leaves at 8am from the bus stop on the main road near the Garage Bar & Grille

Tickets are just £6 return and must be booked/paid for in advance



## NEWS FROM BURNHOPE CHAPEL

### SONGS OF PRAISE

On Sunday 7th April over 50 people enjoyed a Songs of Praise in Burnhope Chapel when an insight into the writers of hymns was explained.

### BBC RADIO NEWCASTLE

There was also two duets given by Anna Foster (from Radio Newcastle) who is a beautiful Soprano Singer and Paul Smith who sings Tenor.

Anna and Paul were accompanied by a Flute and Viola played by Wendy and Margaret with David Williams on Piano.

Everyone said what a truly wonderful evening was had by all.

We hope to have a similar evening again sometime.

On Monday 10th June at 7pm we are to have a Fellowship evening (no Preacher or Sermon) when the Speaker will be Paul Smith talking about Mental Health.

Everyone is welcome and you can follow us on Facebook at Burnhope Methodist Chapel.



THE BURNHOPE PARTNERSHIP  
BRINGS YOU A DAY OF FUN &  
LAUGHTER FOR ALL THE FAMILY!

## BURNHOPE SUMMER FAYRE & FUN DOG SHOW

Fun Dog Show kindly run by Take Away The Tears CIC

Bank Holiday Monday 26th August  
11.30 - 4pm at Burnhope Cricket Club

**FOR THE KIDS** Inflatables, fancy dress, face painting, sports  
**FOR YOUR FOUR-LEGGED FRIENDS** Fun Dog Show with rosettes  
**STALLS INCLUDE:** toys, local crafts, jewellery, gifts,  
prize raffle, tombola, prize-every-time,  
refreshments, hotdogs, cakes, sweets

Thanks to Burnhope Cricket Club for hosting  
the Fayre. The bar will be open  
for the adults.



Find us on  
**Facebook**

## THE HAVEN SURGERY | PRACTICE NEWS with Mental Health Feature

### Sunscreen and Sun Safety

#### Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

#### Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

#### Who should take extra care in the sun?

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally – for example, while on holiday
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they don't take the right precautions.

People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. But skin cancer can still occur.

### UK bowel cancer screening programmes

#### Bowel Cancer Screening in England

If you are aged between 60 and 74, you will be invited to take part in bowel cancer screening every two years

If you are aged 75 or over, you can ask for a screening test by calling the free bowel cancer screening helpline on 0800 707 60 60.

Call the screening helpline on 0800 707 60 60 or visit NHS Choices for more information about bowel screening in England.

Bowel scope screening is another part of the national bowel cancer screening programme in England. The test is gradually being introduced and will eventually invite all men and women in England aged 55 to take part. The NHS Choices website has more information on bowel scope screening.

The English bowel cancer screening programme currently uses the FOBT test, but has committed to introduce the new FIT test in 2019.

The Haven Surgery is keen for our patients who are eligible for the above screening to participate in the Bowel Screening Programmes.

Should you have any questions or require further information please do not hesitate to contact the surgery.

### Autism Awareness

#### What is autism?

Autism is a lifelong neurodevelopmental condition. It is characterised by differences in behaviour, social interaction, communication, special interests and sensory processing. These differences can present people on the autism spectrum with challenges in how they interact with their environment.

To receive a diagnosis of autism, these symptoms need to be evident from childhood and impair the person's daily functioning.

Some characteristics of autism are common to a greater or lesser extent among many people on the autism spectrum; other characteristics are typical but not necessarily experienced by all people on the autism spectrum. Thus, the word 'spectrum' is used to reflect the wide scope of differences in how individual people experience autism and their environment.

While some people on the autism spectrum also have an intellectual impairment or disability, many others have average intelligence, while others have above-average intelligence.



### Opiate Reduction In Primary Care

NHS England has set about reducing Opioid Medication for persistent pain for patients.

Chronic pain is difficult to treat. Complete relief of pain is rarely achieved with opioids.

The goal of therapy should be to reduce symptoms sufficiently to support improvement in physical, social and emotional functioning.

Due to these changes patients on the above medication will be reviewed by the practice and discussion on how these changes will be implemented.

Should you wish to discuss these changes with your GP please make an appointment at the Surgery.

### Self-Care Campaign

People have a key role in protecting their own health, choosing appropriate treatments and managing long-term conditions. Self-management is a term used to include all the actions taken by people to recognise, treat and manage their own health.

Self-care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help and when to get advice from your GP or another health professional

- **Hay Fever and Allergies** have you thought about buying what you need.
- **For aches and pains**, can you buy what you need?
- **For minor illnesses** have you thought about talking to your pharmacist and buying what you need?



Prescribing readily available medication like antihistamines costs the NHS millions every year, adding unnecessary strain to local GPs and the NHS. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or supermarket.

Before you call a GP, talk to your pharmacist. You don't need an appointment and for most minor illnesses it's faster and easier.

If you take care of the little things, your NHS can keep taking care of you.

# MENTAL HEALTH AWARENESS

Mental Health problems are all too common nationally and within our own community.

We all know what it's like to feel stressed - being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse.

Taking steps to look after your wellbeing can help you deal with pressure and reduce the impact that stress has on your life.

The information listed right is to reassure patients that there is always someone there to help.



## Young Person Patient Forum Group

Are you interested in finding out more about The Haven Surgery? Would you like to influence the development of local services?

The Haven Surgery has a Patient Participation Group and are really keen to extend this to you, 'The Young People' in our Community, which allows patients the opportunity to discuss ideas and hear about future developments. Meetings would be held on a quarterly basis, at the surgery.

If you are interested in joining the group, or if you have any queries about the group, please contact Marion Punton, Office Manager on 01207 214707.

## Veterans

A veteran is someone who has served in the armed forces for at least 1 day. There are around 2.6 million veterans in the UK.

When servicemen and women leave the armed forces, their healthcare is the responsibility of the NHS.

It's highly important for continuing healthcare that you register with an NHS GP and remember to tell them you have served.

Telling the GP practice about your veteran status will trigger the transfer of your full medical documentation from the Ministry of Defence (MoD) to your GP, and enable you to benefit from veteran-specific services.

## Patient Expectation

Patient expectation in health care continues to increase and this is something that The Haven Surgery manages on a daily basis in order to improve on its service. Understanding patients' expectations can enhance their satisfaction level.

Staff at the practice are there to help patients however, aggressive behavior, be it violent or verbal abusive, will not be tolerated and may result in you being removed from the Practice list

## DNA – Did Not Attend

The practice carried out an audit on patients who did not attend their appointment at the surgery during March. The result of the audit confirmed that 77 patients failed to attend for their appointment. This equated to 19.25 hours of wasted clinical time.

Can patients **please** ensure you contact the practice to cancel your appointment.

Failure to do so can result in patients having to wait longer for an appointment.

## Crisis support at a national and local level

This section provides general advice on how to support someone who is distressed, or suicidal: this may be you or someone close to you.

### Who to contact if you need urgent support

If you feel like harming or hurting yourself or other people:

#### Call 999

Go to your nearest Accident and Emergency department (A&E).

### For non-emergency situations:

#### Visit your GP

The Haven Surgery: 01207 214707

#### Call NHS 111 (NHS Direct)

Open 24 hours a day, 365 days a year. Trained nurses can tell you about your local crisis support services or your nearest A&E and provide other health advice.

Call: 111 Web: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

#### Derwentside Bereavement Support - Reaching out to Grief

Call: 01207 500 910

#### If U Care Share

Call 0191 387 5661 Web: [www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)

#### Cruse National Helpline

Call: 01325 288 644 (Durham)

#### Samaritans

Samaritans provide confidential, non-judgmental emotional support for people experiencing feelings of distress or despair

Call: 116123 FREEPHONE (LAND LINES AND MOBILES)

Web: [www.samaritans.org](http://www.samaritans.org)

#### Papyrus

PAPYRUS is the national UK charity dedicated to the prevention of young suicide. If you are a young person at risk of suicide or are worried about a young person at risk of suicide you can:

Call: 0800 068 41 41 (Mon-Fri 10am to 10pm Bank Holidays 2pm to 10pm; Week-ends 2pm to 10pm)

Text: 07786 209697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**CALM -Campaign Against Living Miserably (CALM)** is the male suicide prevention charity.

Call: 0800 585858 (national) - free, confidential helpline open every day 5pm-midnight.

#### [www.thecalmzone.net/get-help](http://www.thecalmzone.net/get-help)

Web-chat service offering support, information and signposting to men who are depressed or in crisis (also 5pm-midnight).

#### Rethink National

Contact their Advice team about mental health & related issues

Call: 0300 5000 927 Monday - Friday 10am - 2pm, not including bank holidays

#### Rethink - Crook Business Centre

Call: Tel: 01388 766310

New Road

Crook

Durham

DL15 8QX

#### STREETWISE - Mental health support for young people

Call: 0191 2305400

Alternative Number: 0191 - 2305533

#### Barnardos Drug Support Service

Newcastle

Call: 01912963358

Anxiety UK runs a helpline on weekdays between 9.30am-5.30pm,

Call: 08444 775 774

#### Beat (Beating Eating disorders)

Beat run a helpline for people experiencing an eating disorder. The national number is

Call: 0845 364 1414

## Local car dealers for Burnhope and beyond

“We've outgrown our current site, so it's time to move on. New premises from 1st July will be at Delves Lane on the **BESCOL MOTORS** site.”

NO HIDDEN ADMIN FEES  
NO FUEL CHARGES  
NO SURCHARGE FOR CREDIT CARDS

OVER 40 IN STOCK READY TO DRIVE AWAY  
**QUALITY USED CARS**

AutoTrader



**AutoTrader Reviews**  
Read our 5 star reviews

### 1 Quality

With **over 35 years experience** in the motor retail industry, we make sure all of our vehicles are subjected to a thorough and comprehensive workshop check and preparation process prior to sale to guarantee that the car you are buying from us is in the best possible mechanical condition for its age and mileage.

### 2 Satisfaction

We are proud to be a **5 star Auto Trader dealer**. Here's what one customer said:

'Excellent service, guys were very friendly, up front and most importantly, very real, no sales pitch just telling it as it is. No reason why I wouldn't go back again, keep it up guys.' *Steven G*

### 3 Finance

Our expertise with finance means that even if you have a poor credit rating we can help arrange finance for you.

We have relationships with high street lenders and specialist motoring finance houses too, that is why we have helped hundreds of customers secure the best finance deal for their budget.

All cars supplied with 12 months MOT and a minimum of 3 months or 3000 miles warranty for customer peace of mind

[www.newtonandlee.co.uk](http://www.newtonandlee.co.uk)

**Newton  
& Lee**  
AUTOMOTIVE LIMITED

### Come along and take a look for yourself

For now, Newton & Lee Automotive Limited is at Morrison Busty Industrial Estate, Annfield Plain, DH9 7RU which we've outgrown. **From 1st July** you'll find us at **Delves Lane on the old BESCOL MOTORS site**.

Visit [www.newtonandlee.co.uk](http://www.newtonandlee.co.uk) for directions, opening times and to view our full range of stock.

Give us a call on **01207 239 900** or 07985 598 423. You can email us at [sales@newtonandlee.co.uk](mailto:sales@newtonandlee.co.uk)

## BURNHOPE CRICKET CLUB NEWS

### DRAINAGE GETS IN THE FLOW

Once again the weather delayed the start of this season with rain showers, our first game against Belmont was cancelled by the decision of the Umpires.

The new drainage system that was installed at the end of last season has made a huge improvement to the ground with no more problems of large amounts of water lying on the field.

### THE SCORES ON THE BOARD

Over the years the old wooden scoreboard had served its purpose and needed replacing. In April we took delivery of an electronic scoreboard with



the help of a grant obtained from the Area Action Partnership, which was most appreciated towards the cost.

The new scoreboard is a huge improvement, and will benefit not only the players, but also the spectators watching the games. Hopefully the weather will improve and we will all enjoy another good season of cricket.

	First XI
Sat 27th April	Burnhope v Belmont
Sat 4th May	East Rainton v Burnhope
Sat 11th May	Burnhope v Coundon
Sat 18th May	Burnhope v Seaham Harbour
Sat 1st June	Cup: Burnhope v Beamish
Sat 8th June	Murton v Burnhope
Sat 15th June	Burnhope v Beamish
Sat 22nd June	South Hetton v Burnhope
Sat 29th June	Burnhope v Wearmouth
Sat 6th July	Burnhope v Stanhope
Sat 13th July	Belmont v Burnhope
Sat 20th July	Coundon v Burnhope
Sat 27th July	Burnhope v East Rainton
Sat 3rd August	Seaham Harbour v Burnhope
Sat 10th August	Burnhope v Murton
Sat 17th August	Burnhope v South Hetton
Sat 24th August	Stanhope v Burnhope
Sat 31st August	Beamish v Burnhope
Sat 7th September	Wearmouth v Burnhope

	Second XI
Sun 28th April	Belmont v Burnhope
Sat 4th May	Burnhope v East Rainton
Sat 11th May	Tantobie v Burnhope
Sat 18th May	Burnhope v Seaham Harbour
Sun 25th May	Cup: Beamish v Burnhope
Sat 8th June	Burnhope v Murton
Sat 15th June	Burnhope v Beamish
Sat 29th June	Kibblesworth v Burnhope
Sat 6th July	Simonside v Burnhope
Sat 13th July	Burnhope v Belmont
Sat 20th July	Burnhope v Tantobie
Sat 27th July	East Rainton v Burnhope
Sat 3rd August	Seaham Harbour v Burnhope
Sat 10th August	Murton v Burnhope
Sat 24th August	Burnhope v Simonside
Sat 31st August	Burnhope v Beamish
Sat 7th September	Burnhope v Kibblesworth

**Community Centre Summer Fete**  
 Sunday 21st July from 2pm- 4pm  
 At Burnhope Community Centre



Fun for all the family with bouncy castle, facepainting, lots of stalls and refreshments

#### THE BURNHOPE WHEEL

Designed & edited by volunteers for Burnhope Partnership

For articles and advertising please email:  
[burnhopewheel@gmail.com](mailto:burnhopewheel@gmail.com)

**Burnhope Partnership** is a membership organisation for the residents of Burnhope Parish. It has a committee of representatives from local groups such as the school, church, chapel, fitness group, women's group, youth partnership, Community Centre and more. See back page for information about membership.

# DRIVING LESSONS

**First 10 lessons  
 for beginners**

**£170**

Call now on  
 0191 4880420

or 07703 462623

Email [lorddriving@gmail.com](mailto:lorddriving@gmail.com)

[www.theldtgroup.co.uk](http://www.theldtgroup.co.uk)

**LORD**  
 Driving Technique

## WHAT'S ON IN BURNHOPE...

Designed so you can tear off the back page and keep it handy by sticking it on your kitchen cupboard door!

As with any events calendar, it's always worth contacting the venue in advance to check times and details.

Date	Event	Venue	Time
<b>SPECIAL EVENTS</b>			
<b>Mon 10th Jun</b>	Fellowship evening (all welcome)	Burnhope Chapel	7pm
<b>Sat 6th July</b>	Live music from Red 5.	The Garage Bar & Grille	8pm
<b>Thurs 11th July</b>	Strawberry Supper	Burnhope Community Centre	7pm
<b>Sun 21st July</b>	Community Centre Summer Fete	Burnhope Community Centre	2pm-4pm
<b>Sat 27th July</b>	Live music from Holly Ritchie	The Garage Bar & Grille	8pm
<b>Fri 23rd August</b>	3 Day Beer & Gin Festival with live music	The Garage Bar & Grille	Various
<b>Mon 26th Aug</b>	<b>Burnhope Summer Fayre &amp; Fun Dog Show</b>	Burnhope Cricket Club	11.30am
<b>Thurs 10th Oct</b>	Pie and Pea Supper	Burnhope Community Centre	7pm
<b>REGULAR EVENTS</b>			
<b>Mondays</b>	Monday Club - cuppa, chat and games (£2.50 plus optional Bingo)	Community Centre	1pm-3pm
<b>Tuesdays</b>	Weekly Health Walk	Meet at Chapel Hall	10.00am
<b>Tuesdays</b>	Weekly Friendship Group at the Chapel	Chapel Hall	1pm-3pm
<b>Tuesdays</b>	Keep Fit For All Ages with AgeUK (£2.50)	Community Centre	6.00pm
<b>1st Tuesday of each Month</b>	Open Mic Night	The Garage Bar & Grille	8.30pm
<b>Wednesdays</b>	Cash Bingo (fundraiser for over 60's Xmas Meal)	Cricket Club Hut	7.30pm
<b>Wednesdays</b>	Quiz Night	The Garage Bar & Grille	7.30pm
<b>Thursdays</b>	Coffee Morning	Community Centre	10am-12pm
<b>Thursdays</b>	Biker's Night	The Garage Bar & Grille	6pm-9pm
<b>1st Thursday of each month</b>	Burnhope Parish Council & PACT Meeting	Community Centre	6.00pm
<b>1st Thursday of each Month</b>	Café Church (term time)	Community Centre	6.00pm
<b>Fridays</b>	Youth Club for age 11+	Community Centre	6pm-8pm
<b>Sundays</b>	Church Service	St John's Church	TBC
	Chapel Service	Burnhope Methodist Church	5.30pm
<b>Last Sunday of each Month</b>	Ford Meet	The Garage Bar & Grille	12noon

## FIND OUT MORE ABOUT BURNHOPE

When you join the Partnership you'll:

- be kept up to date with what's happening in all areas of the village and its surroundings
- be able to have your say at regular meetings
- be able to get involved (as much or as little as you like!)

As a Membership Organisation, the Partnership was set up to bring together all parts of the community such as representatives of the Primary School, Community Centre, sports clubs, pubs, shops, businesses, doctors surgery, youth support, Friends of Burnhope War Memorial, the Burnhope Banner Group and most importantly the residents.

**Influence from our members** includes successes such as Italby Paddock's allotments and the skate park for the younger generation, as well as the publication of the Burnhope Wheel three times a year and the annual Summer Fayre.

The Burnhope Partnership Facebook page is run by volunteers too and this is where you'll find information in between the editions of The Wheel.

If you are over 18 years of age, resident in the parish of Burnhope, and wish to be involved in improving the community, for the benefit of all generations, we'd love you to join us.



**Contact us on 01207 528852 or email us at [burnhopewheel@gmail.com](mailto:burnhopewheel@gmail.com) for more information or to get an application form.**