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TOWN HALL EXHIBITION EXPLORES WELLBEING

A NEW exhibition which shares personal views of strength and wellbeing is now on show at Bishop Auckland Town Hall.

The exhibition, *Resilience, Remedies and Reasons*, created by artist Emma Fay, builds on the growing everyday conversations of wellbeing and serves as a reminder that everyone has their own view on what it means to be well.

In developing the exhibition, Emma worked with participants from the Community Learning Project (CLiP), the West Indian Senior Citizens Leicester Ageing Together Project and Zfit Community alongside members of the public to understand their impressions of wellbeing and mental health.

Working with participants one-to-one, Emma

CONTINUED ON PAGE 2

Outgoing Town Mayor, Cllr Katie Eliot with ward sisters by one of the newly-painted murals at Ward 7 of Bishop Auckland General Hospital.

MAYOR DONATES FUNDS TO HOSPITAL

OUTGOING MAYOR of Bishop Auckland, Cllr Katie Eliot has used her time as Mayor to raise £3,000.63 for Ward 7 at Bishop Auckland Hospital via the County Durham and Darlington NHS Foundation Trust Charity.

Cllr Eliot has hosted a number of events and

activities, including a *Mayoral Dinner* at Bishop Auckland College, a *Meet the Mayor Afternoon Tea* at Fifteas Tea Room, as well as fundraising stalls at both the 2021 and 2022 Food Festivals.

All events were supported by great raffle prizes and donations

from local people and businesses.

Cllr Eliot said: "Representing this community as Mayor has been a privilege. I have enjoyed every moment and opportunity that the role has given me.

"It has been fantastic to meet so many people

from across the town, region and even internationally.

"The last couple of years have really made us all realise how lucky we are to have such a wonderful NHS.

"I was taken aback

CONTINUED ON PAGE 3



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Resilience, Remedies and Reasons by Emma Fay will be on display at Bishop Auckland Town Hall until Wednesday 29 June.

EXHIBITION EXPLORES WELLBEING

FROM PAGE 1

portrayed their perceptions of strength and mental wellbeing through the medium of body art and photography.

Inspired by Emma's work, Bishop Auckland community arts organisation Daisy Arts will also be exhibiting a selection of works from its *b.u. ... beautifully you* body art and photography series,

which will be displayed alongside the exhibition at the Town Hall.

In addition, Daisy Arts' Youth Theatre members will also be sharing creations from a workshop delivered by Emma in response to her work.

Cllr Elizabeth Scott, Durham County Council's Cabinet member for economy and partnerships, said: "We are delighted to welcome

Emma and her artwork to our gallery space at the Town Hall.

"Emma's exhibition explores a very meaningful topic in a beautiful and thought-provoking way, encouraging people to consider the experiences of others when it comes to strength and

wellbeing."

Resilience, Remedies and Reasons will be on display at Bishop Auckland Town Hall until Wednesday 29 June.

The exhibition is free to view and is open Monday to Saturday, excluding bank holidays, from 10am to 4pm.

BEECH TERRACE, BISHOP AUCKLAND (TEMPORARY FOOTPATH CLOSURE) ORDER 2022

The Council on 30/5/22 made the above Order under the Road Traffic Regulation Act, 1984 as amended, Section 14 (1) to prohibit all vehicular traffic from proceeding on 100 metres of Beech Terrace, Bishop Auckland, between the junctions of Elm Terrace and Mary Terrace to enable vegetation removal works to be undertaken. Alternative route from the east side of closure, east on High Street, north on Close House Road, north-west via Auckland Park, south-west on the A688, south-east on South Church Road, then south-east on Rosemount Road/B6282, and vice versa. The maximum duration of the Order is 18 months. The proposed works are to commence on 19/6/22 from 8am and are anticipated to be completed in 1 day. On occasions, alternative dates for closure may be necessary and these will be signed accordingly.

DATED: 4th June 2022



Helen Lynch
Head of Legal & Democratic Services
County Hall, Durham DH1 5UL

A689 SOUTH CHURCH ROAD, BISHOP AUCKLAND (TEMPORARY FOOTPATH CLOSURE) ORDER 2022

The Council proposes to make an Order under the Road Traffic Regulation Act, 1984 as amended, Section 14 (1) to prohibit all vehicular traffic, except for access by emergency service vehicles, from proceeding on 105 metres of A689 South Church Road between its junctions with Holdforth Close and the service road for Asda, Bishop Auckland to enable rail bridge inspection works to be undertaken. Alternative route from the northern side of the closure from A689 South Church Road via Kingsway traffic lights and through Newgate Street traffic lights onto Bob Hardisty Drive then generally southerly onto Cockton Hill Road and continuing southerly to the traffic lights then eastwards along St Andrews Road and northwards along A688 to the junction with A689 South Church Road roundabout which leads northwards to the southern side of the closure, and vice versa. The maximum duration of the Order is 18 months. The proposed works are to commence on 26/6/22 from 11pm and are anticipated to be completed in 8 hours. On occasions, alternative dates for closure may be necessary and these will be signed accordingly.

DATED: 4th June 2022



Helen Lynch
Head of Legal & Democratic Services
County Hall, Durham DH1 5UL



Ward Sister, Alison Bottoms receives a cheque for £3,000.63 from outgoing mayor, Cllr Katie Eliot.

MAYOR DONATES TO FRAILTY WARD

FROM PAGE 1

when I realised that even the chair next to the hospital bed was provided by the charity, as only basic care needs are met by core funding."

"I chose to raise funds for Ward 7, the frailty ward here at our local hospital.

"They provide care for some of our most vulnerable people, including those with dementia.

"The charity let me know that they aspired to have new murals painted to help enhance the stay for patients, so I set my sights on raising enough to cover the cost, which I am thrilled to have achieved with a little left over to help fund other items.

"It was wonderful to see the murals put in place.

"They are beautiful and make the ward a much more inviting place."

"I would like to say a special thank you to everyone who supported my fundraising efforts by attending events and donating prizes, including some wonderful businesses in Bishop Auckland."

Alison Bottoms, Ward Sister on Ward 7 said: "We are hugely grateful to the mayor for all her hard work over the year in raising this fantastic amount of money to support our patients.

"The murals will make such a difference for improving patient experience, especially for those patients who have dementia, to make it a more welcoming environment with the addition of

some tables and chairs outside the 'café'.

"The murals include Durham Cathedral which is a wonderful landmark, a café, bus stop and post office which we hope will bring some happy memories for our patients and something else to focus on and talk about during their stay on the ward.

"The cherry blossom tree mural has been placed over a mirrored surface which will be much more calming and less confusing for patients.

"Myself and other members of the ward team attended the mayor's gala dinner which was a wonderful treat and the event raised quite a lot of money."

Pat Chambers, the Trust's Charity Manager, said: "Our charitable funds are used to enhance patient care and wellbeing in all sorts of ways.

"We would like to offer a huge thank you to the Mayor for choosing us as her charity and to everyone who contributed to this fantastic sum of money raised. We are hugely grateful for the support.

"Anyone can help support Your NHS Charity with a text donation by simply texting YOURNHS to 70480 to donate £5.

"Texts cost £5 plus one standard rate message.

"You can also organise a fundraiser. Contact the team on 01325 743781 or email cddft.charity@nhs.net.



Far infrared panels installed on the ceiling.

COMBAT CLIMATE CHANGE WITH JOHN

THIS WEEK, we examine options to allow us to make an immediate impact on sustainable living. How do we keep warm more efficiently?

Firstly, use less gas - something we will all be keen to do in this moment of extortionate energy prices.

Close curtains on winter nights and seal up draughty holes so that the heat we put into our homes stays there longer.

We installed thermal blinds behind the curtains in the rooms we use and heat most.

We live with draught excluders to keep the heat in the rooms we want it in and try not to let it escape.

An extra jumper and a few cosy cuddles also allow the thermostat to be turned down a bit, and every degree is a saving.

Thermal blinds are simply insulated blinds that reflect light and heat back into the room and stopping the heat escaping out through your windows.

These things don't all cost much money, but other items are worth investing in.

The first of these is thermostatic valves on the radiators, allowing rooms to be set at different temperatures.

Fancier systems control the heat throughout the house; different rooms at different temperatures at different times throughout the day and all possible to control from your phone.

The move away from gas central heating is coming, and we have explored low energy far infrared heaters.

Initially a standalone plug-in heater, but then one that hangs like a picture on the wall and, having tested it to see if this technology works for

us, we have this winter installed ceiling panels in our most used rooms.

Far infrared is a type of radiant heating most easily absorbed by people's skin and is a part of natural sunlight and completely safe.

This infrared heat beams at us from a heater in waves like the heat from the sun.

Compared to 'radiators' which actually don't radiate at all but warm the air in the room, with the result that the air rises and heats the ceiling a lot more than it does your feet, infrared heaters warm whatever is in line with the heater, which means it can be blocked by furniture in a room, but when placed on the ceiling beams heat down at you, warming you before it warms the air.

It is a different way of living and heating ourselves rather than heating the air in the room and has helped us drastically reduce our gas consumption.

Infrared heaters start at less than £100, certainly cheaper than a new gas boiler, and also don't need annual servicing.

Thermal blinds are not much more expensive than normal blinds and in fact some companies offer free thermal lining upgrades on their blinds and curtains.

Draft excluders cost nothing if you have some scrap material that you are willing to pack into old tights or stockings.

Heat pumps are also advised and is something we are investigating, alongside solar panels and possible battery storage. Grants will become increasingly available to make these more costly transitions, so watch out.

Next time, we will examine the logistics and benefits of switching to electric cars.



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Home Group run weekly drop-ins at Woodhouse Close Church in Bishop Auckland every Monday between 10am and 12 noon.

Our friendly advisors are available to provide free confidential advice. If you are unable to attend our drop in at Woodhouse Close Church, then please feel free to contact our staff on our support line on 0191 371 1470.



Cllr Andrew Jackson and Dehenna Davison MP.

SPEEDIER TICKETS AT BISHOP TRAINS

BISHOP TRAINS have installed a new ticket machine to speed up queuing times at Bishop Auckland Railway Station, with the help of Bishop Auckland's MP Dehenna Davison and Durham County Councillor Andrew Jackson.

Bishop Trains is now in its tenth year and is celebrating by expanding the services offered to include telephone sales staff.

Luke Allan Holmes, Business Development Director at Bishop Trains and also a Durham County Councillor said: "Improving the quality of the services we provide is my top priority."

"Cutting queuing times for on-the-day sales is fundamental to improving the customer experience. We're also expand-

ing our telephone sales team who can guarantee the best possible rail fares when purchasing tickets over the phone from us, providing local jobs for local people, and we can arrange for your tickets to be delivered to you by first class post or we can send you a code to collect your tickets from any UK rail station."

David Million, CEO at Bishop Trains said: "We are a local independent business and we need your support to keep our station open."

"Bishop Trains now offers a range of national and international rail products, as well as coach trips and holidays, hotels, flights, ferries, and special train services."

To find out more about Bishop Trains, visit www.ba-rail.co.uk.



The ice cream van proved popular at Cockton Hill Junior School's Jubilee Party.

JUBILEE CELEBRATIONS UNDER WAY

NEW BISHOP Auckland Town Mayor, Cllr Michael Siddle attended the Jubilee Party at Cockton Hill Junior School as a start of the Mayor's Jubilee activities last week.

After opening the celebrations, Mayor Siddle said: "It has been lovely to see the children participating in such a lovely celebration and lots of fun was had despite the weather."

"This Jubilee really is a once in a lifetime event. It has been great to be here as part of the overall celebrations of the town."

"The school also took part in a Jubilee Jog, which the Town Council supported through the Angel Trust so that all the children could receive a memento."

The Town Council is hosting a range of events across the Jubilee weekend as well as supporting other organisations.

"We are thrilled to be an official Jubilee Beacon Town, with our beacon being lit as part of our Platinum Party celebrations on Thursday," (2 June) said the mayor.

"There will be a Full Moon Street Market and entertainment in the Market Place from 6pm."

"This is followed on Friday with our Platinum Car Show, in collaboration with the Northern Bygones Society."

"On Saturday, we have a free children's fun fair in the Market Place, along with the sold out Platinum Picnic at the Castle grounds, in Partnership with the Auckland Project."

"We have tried to support and arrange a range



Town Mayor, Cllr Michael Siddle.

of events to be as inclusive as possible.

"It is lovely to see the town start to turn red, white and blue as people start to decorate for the celebrations."

"Don't forget that there is a competition in every ward for best dressed windows, and don't forget to let us know so we can make sure we take a look at yours as part of the judging next week."

Other events being supported include the Woodhouse Close Community Centre and Auckland Youth and Community Centre event on 1st June.

On 2nd June, Wear Valley Community Action Group has an event at Henknowle Community Centre.

There will be a Com-

bined Church Service, by Bishop Auckland Churches Together at Auckland Castle on Sunday 5 June.

Across the weekend there will also be a display of knitted bunting and knitted jubilee Beefeater soldiers, knitted by King James WI, in the Market Place and on Fore Bondgate.

"The knitted Beefeaters are very special and the work that has gone into them is outstanding. King James WI have made a great job of them," said the mayor.

There will be a *Find our Queen* free trail in the town centre - sheets can be collected from the Town Council stand at the beacon event or No.42 over the weekend.

There are also other activities to see including a display of jubilee flags designed by school children of the town in No.42 Market Place, coordinated by the Angel Trust and kindly displayed by the Auckland Project.

For more information on events taking place, visit the Bishop Auckland Town Council Facebook page.

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Our 4 core RISE values (Respect, Inspiration, Resilience and Excellence) form the core of what it means to be a Bishop Barrington Academy student. These values reiterate positive attitudes to build character and encompass everything that we try and instil in our students on a daily basis to be the best versions of themselves.

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PCC SUPPORTS SERVICE FOR SEXUAL VIOLENCE VICTIMS

COUNTY DURHAM and Darlington Police and Crime Commissioner (PCC) Joy Allen has improved and extended the support for victims of sexual violence with the award of a three-year contract, worth more than £650,000, for the provision of Independent Sexual Violence Advisors (ISVAs).

The award to Darlington & County Durham Rape and Sexual Abuse Counselling Centre (RSACC) follows a competitive tendering process and will ensure a consistent and sustainable service over the next three years for survivors across the force area.

RSACC will also provide specialist support to male survivors of sexual abuse and various community groups including LGBTQ+, older people and people with learning disabilities.

The service will be available for victims and survivors who are considering making a report to the police or who have already reported their experience to the police.

ISVAs are specially trained advocates who provide crucial support throughout the survivor's journey through the criminal justice pro-



PCC Joy Allen with advisors from Darlington & County Durham Rape and Sexual Abuse Counselling Centre.

cess including reporting the incident to police through to supporting clients at court.

They work with individuals who have experienced rape and sexual assault and provide independent information about the options available to them, including pre-trial therapy and sexual violence counselling and help from bespoke health services.

Among an extensive list of duties, ISVAs keep survivors informed of case developments, liaise with the police, Crown Prosecution Service (CPS) and other public agencies, assist with court arrangements including special measures and witness service support and act as an advocate on behalf of the survivor.

Earlier this year, the Ministry of Justice announced that it was providing additional funding in support of those affected by sexual violence.

It has committed funding to secure 1,000 extra ISVA and Independent Domestic Violence Advisors (IDVAs) by 2025 nationally.

Joy Allen has confirmed that she will continue to work with partners to review capacity, support bids for further funding and identify further opportunities for development going forward.

The PCC has pledged to protect vulnerable people, setting out robust action in her Police and Crime Plan to improve the response to victims of crime over the next three years.

Her goals include the delivery of seamless, high-quality support for victims to help them recover from their experiences and to ensure victims feel empowered and confident in reporting their experiences to the police.

Commenting on the new service, Commissioner Allen said: "I'm determined to provide the very best care and support to all victims of sexual violence from the earliest opportunity.

"It's vital that anyone affected in any way by sexual violence can access top quality support throughout the criminal justice process.

"This service will ensure that experienced and professional support workers will provide personalised help to assist their recovery and reduce the impact of trauma to improve their mental health for as long as they need it."

For sexual violence survivors who need support, RSACC runs an Emotional Support Line on Tuesdays from 10am to 1pm and 6.30pm to 9pm and Thursdays, 10am to 1pm. Call 0300 222 5730.

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West Auckland Amateur Boxing Gym's members and founders celebrate its inaugural award winners.

INAUGURAL AWARDS AT BOXING GYM

TEN INSPIRATIONAL young people have been honoured during West Auckland Amateur Boxing Gym's first ever awards ceremony.

Thomas Nicholson received the Best Overall Boxer and Best Junior awards in recognition of his winning the most bouts over the season, with the 12-year-old claiming three victories.

Kalim Stuart picked up the Best Performance award after the 22-year-old claimed his – and the gym's – first title belt last October after lifting the 57 kilo Tyne Tees Wear Development Belt.

Head coach Ernest Spowart said: "I'd like to pay tribute to the dedication and hard work of all those involved as well as the generosity of those organisations and businesses that have provided practical help, because without their support these awards would not have happened."

"A special mention must go to Thomas Nicholson

who deservedly won the Best Overall Boxer and Best Junior categories. He had a tough start to the season but responded by working even harder which delivered him plenty of success."

Last year the gym received a £3,000 grant from West Auckland Parish Council to buy a variety of training equipment, while the gift of a minibus by Peter Johnson, chief executive of ASL Group, allowed members to travel to competitions and training sessions across the country.

Earlier this year businessman Simon Whitfield of Halt Hire donated £900 to pay for new tracksuits and general running costs.

The gym was founded in 2020 by Mr Spowart and Stephen Nicholson, managing director of Bishop Auckland-based painting and decorating firm S Nicholson and Sons.

Since then, it has attracted a host of high-profile visitors

including former IBF cruiserweight champion Glenn McCrory, former IBF bantamweight champion Paul Butler, former IBO super middleweight champion Robin Reid, and current WBC silver middleweight title holder Sam Eggington.

The awards ceremony, held at West Auckland Working Men's Club, also saw accolades presented to: Hardest Worker, Alfie Campbell; Most Dedicated, Ella Carey; Most Courageous, Brad Meale; Best Prospect, Joseph Blake; Fittest Boxer, Rhys McGurk; Most Fearless, Stephen Hutchinson; Best Effort, Lewis Marley; Best Senior: Hayden Wells.

Stephen said: "It was a celebration of what has been achieved in such a short time and involved everyone connected with the gym. All our members, not just those that won awards, have worked very hard to improve their fitness and wellbeing and to become better boxers."



Champions: Bishop Juniors U11s have won their 9v9 league.

U11S ARE LEAGUE CHAMPIONS

AFTER A first season at 9v9 format, Bishop Juniors U11s have won the league after defeating Gretton Hartlepool in an end of season title decider.

Gretton pushed Bishop all the way in the league but some fantastic football and effort saw Bishop take the title with a convincing 4-0 win.

Team coach, Allan Lowes said: "Bishop Juniors is all about long term development. It was absolutely fantastic to see how far these boys have come."

"Well done and congratulations to the whole squad, including parents, grandparents, carers and shirt sponsor, Treetop Joinery NE Ltd."

CRICKETERS REMAIN TOP

BISHOP AUCKLAND Cricket Club First XI extended their lead at the top of the NYSD Div One courtesy of a powerful 8 wicket victory over second place Darlington RA.

The much-anticipated home game against the promotion fancied Railwaymen got off to a terrific start for the visitors, who were put in to bat.

Opening pair, Adam Hickey and Tom Hewison moved the score quickly on to 42 before Hewison was caught by Matthew Cowling at backward square leg for 14.

Hickey made 33 before driving casually at a length ball which saw the visitors slip to 54/2.

Paul Freary chipped to mid-wicket and Jamie Hood fell soon after, run out without scoring.

BACC old boy Carl McGregor dug in, driving nicely when given the chance and moved to 24 before being caught at slip.

Craig George was introduced to the bowling attack shortly after and the spinners squeezed the remainder of the RA innings which saw a collapse of 6/23 to leave the visitors all out for 118 with Chapman finishing with 5/28 and George 2/14 from 7 overs.

The chase for Bishops proved to be a relatively easy, albeit patient one.

After the fall of Jack Rutherford (9) and Chapman (28), Craig George made 54 from 82 balls, sharing a match-winning partnership of 75 with Scott Oldfield (26 not out).

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