



Esh Leaves



Esh Parish Council newsletter for Esh, Langley Park, Quebec, Ushaw and Wilk's Hill

July/August 2011 www.eshparishcouncil.gov.uk Volume 1, Issue

The Goodwill Association's annual trip to South Shields



It's a warm and humid morning, the kind that can go either way, into an Indian summer's day or something of a monsoon.

There's a hush over the village of Langley Park, but also a sense of expectancy.

I have never recognised this before, but then I have never been involved in The Goodwill Association's annual trip to South Shields before.

There are young children, who are really excited. There are grandmas and granddads, aunts, uncles, cousins, sons, daughters, mams and dads, disabled, spotty teenagers, all gathering at strategic points in the village. All waiting for the coaches (County coaches, lets travel in style) to pick up all 250+ people and whisk them off for a day at the seaside.

I know every shop/business on the front street and behind have given freely, raffle prizes to support this annual outing. I know £400 came from the Area Action Partnership ('cos I helped Amanda fill the forms in); I know County Councillor Joe Armstrong donated £200 from his member's initiative fund, and also £100 came from the Parish Council.

Amanda and Ester work their socks off to put this show on the road, and why, because they love where they live, and they live where they love.

We can't all be members of the debating society; we can't all give our time and money to the botanical gardens, or the theatre but we can all welcome and embrace the diversities of life.

Well done Amanda and Ester, keep on doing what you're doing.

And next year I will be on the bus!

Parish Councillor Barbara Armstrong



Calling all Community Groups

Area Action Partnership Small Grants Scheme

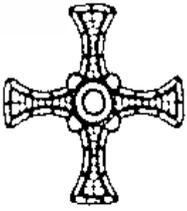
Mid Durham AAP operate a small grants scheme for voluntary and community sector organisations. **You can apply for up to £400 to run activities or buy equipment.**

The Small Grants fund has approved funding to 29 different projects with an overall current grant total of £9,898 allocated leaving £10,672 The 23 project supported will also bring in a further £25,443 of matched funding into the mid Durham area.

The forms can be downloaded—see below – please make sure you use the form for your AAP. If you have any queries about the small grants schemes, you can speak to Julie Taylor at the CVS for information and assistance at

3 Redhill Villas, Durham, DH1 4BA Telephone: 0191 384 4801





**ST. MICHAEL'S R.C.
PRIMARY SCHOOL**

In January 2011, Helen McDaid returned to St. Michael's RC Primary in Esh Village as Headteacher having attended the school as a pupil up until July 1980. This is her second headship, having previously led St. Joseph's RC Primary in Blackhall.



Helen will be the first lay head for many years but aims to maintain the strong Catholic ethos that has been established by previous incumbents. The school is in the unique position of having its own chapel, a quiet and prayerful space which is used regularly both by the school community and the Parish; continuing to develop the already strong links between school and the local community are a key part of Helen's plans.

Another unusual aspect is the Convent attached to the school. Funding has been obtained to convert the downstairs into a Foundation Stage classroom. The Convent Garden is to become a wonderful outdoor learning environment for the younger children in school, providing an exciting area in which they can explore and interact with nature at first hand.

Children at St. Michael's are encouraged to work hard and be the best that they can be by a strong staff team consisting of eight and a half teachers, two full time and two part time teaching assistants, one school administrator, one caretaker, one cleaner and two supervisory assistants. This is underpinned by a creative curriculum, which is enriched by frequent trips, visitors and workshops. The school is particularly proud of its musical tradition, boasting extremely talented drummers, violinists, guitarists, keyboard and recorder players, as well as an outstanding school choir! Another unique aspect of St. Michael's is the annual opportunity for the children to go on a skiing trip up to Aviemore.



Looking at Zambian items

ICT provision has recently been upgraded and the school has become part of an ICT Federation, working with five other Durham schools with the aim of keeping up to date with new innovations and planning joint projects for the children to work on. Helen is also committed to working in partnership with Esh CE Primary to develop opportunities for all children in the local area.

The children at St. Michael's are encouraged to see themselves both as members of a local parish and also as global citizens. The school regularly supports Japanese students from the Teikyo University in Durham and holds an annual Worldwide Day celebration where all the children learn about and celebrate the cultural diversity of our planet. They are hoping to strengthen the global dimension within school through a link with a school in Zambia, beginning in September.

For recent highlights, please visit our school website at

www.stmichaelseshlaude.org.uk



The junior girls' football

Helen McDaid

Want to Relieve Stress, and Improve Health and Fitness? Try Tai Chi (the most popular exercise in the world)!

Tai Chi is often thought of as just an easy, **gentle exercise** for the elderly. While it *is* suitable - and very beneficial - for older/less fit people, *anyone* can practise Tai Chi and gain many **benefits**, both **physical** and **emotional**.

Medical research has shown what the Chinese have known for hundreds of years: that Tai Chi is helpful in improving many conditions, such as **arthritis, heart problems, high blood pressure, stress, bad posture, and muscle and joint pain**, as well as **improving overall health and fitness**. It has also been proven to be the best exercise by far for **improving balance and preventing falls** in the elderly.

The mainly slow controlled movements work on the **core postural muscles** (which is great for increasing general **strength and flexibility**), and are **deeply relaxing** to perform. The Tai Chi Form becomes a **moving meditation**, the **mind settles** and one feels a **sense of peace**, as you learn to **release habitual tension** and **improve your posture**.

This ability can be transferred into day to day life, meaning you are able to **deal with stressful situations** more easily. Tai Chi is therefore **not just an exercise** but a **way of life!** With time the postures can be made **increasingly challenging** depending on your level of ability/fitness. There are also Fast Forms for advanced students.

People have practised Tai Chi in China for centuries, originally as a **martial art**.

For those interested in the **self-defence** aspect of the art, this can be catered for in classes, though it is not compulsory.

Classes are held throughout County Durham and Sunderland. More information can be obtained from the website www.htkpartnership.co.uk or Tel: 07970 103 440 / 0191 389 3812 for more details.



Getting things done!

Following recent complaints regarding Anti-Social Behaviour and Environmental issues from residents in the Langley Park area a multi-agency walkabout was held in the village on Thursday 14th July involving PCSO Steven Liddle, Neighbourhood Warden Stewart Liddle, County and Parish Councillors and local residents and it was decided to take action by organising a clear up within Langley Park.

On Friday 22nd July the Neighbourhood Warden Team were joined by members of the Consett Neighbourhood Team to clear up the hotspot areas that were identified during the walkabout.

1.6 ton of waste and debris was cleared from various locations around Langley Park and a noticeable difference could be seen in the affected areas. Stewart Liddle stated, "As a Neighbourhood Warden it is my responsibility to investigate and report these issues however it is not usually in my remit to be involved in the clear up action. Due to the recent increase of reported incidents we liaised with the Police and agreed it was best to adopt high visibility approach to combat this growing problem.

Police Community Support Officer Steven Liddle added, "We have also had recent problems with youths gathering in the area, causing Anti-Social Behaviour and annoyance to local residents. This often results in a build up of litter and criminal damage to certain areas within the community. Working with the Neighbourhood Wardens has enabled us to share information and intelligence on where the youngsters are found to be congregating and a number of drinking dens have now been dismantled and cleared up. We can now patrol these areas and continue to monitor and take appropriate action on those committing offences".

The Parish Council would like to take this opportunity to remind all residents to ensure that they report any damage and any other concerns promptly. The next walkabout will be on :

Thursday 25th September meeting at 10.00 a.m. outside the Methodist Church.



Meet your Parish Councillors



Julie Carr (formerly Spencer)

Julie was born and raised in Langley Park. She is a single working mother with a teenage son. She moved out of the village for a short while and returned in 2000. Her parents also live in the village and her Grandfather was also a Parish Councillor.

Her memories of being a child in Langley Park were of Village Fete's, coffee mornings and fun runs and she would like to help create that community spirit again, where the needs of the younger and older members are better met. She is also keen to create a cleaner village.

Her interests are walking her dog, socialising with friends and family and eating out. Julie became in Councillor in May of this year and is now a member of the Finance and Publicity committees.



Firstly may I thank the Esh Parish Council for asking me to contribute this article, which is intended to explain the role of an organisation of which I am the Derwentside representative. This organisation is currently called 'COUNTY DURHAM LINK (Local Involvement Network)', and in 2012 this will evolve into **Local Healthwatch**.

It is charged by the law with challenging/assisting

Health and Social Care Commissioners and Providers to improve their services to our communities.

It is a volunteer led organisation (with some employed office support) which can ask questions about the efficiency of their services, and can statutorily expect an answer within 20 days. It can also provide properly trained volunteers whose task is to `enter and view` health and social care services in action.

In practice it tries to work with Providers to `iron out` any perceived problems with their functioning by consensus. However it can if necessary report any unresolved issues to both the local authority Scrutiny Committee, or to the Commissioners of the relevant service. It does not have the authority to investigate specific complaints which should be reported to the relevant Commissioners.

I believe that my organisation provides a very relevant service as a `critical friend` to all these services. It is also true that we are always in need of new members to help in this task, therefore if you are interested in joining us, or merely want more information please contact me :

Colin Burton on 01207 520840, or by email at colinburton@talktalk.net.

You can also get more information about our organisation by contacting the Pioneering Care Partnership on 01325 327431 or from the LINK website at

www.linkcountydurham.co.uk

