

one
November 2022
Darlington

It's panto season!

Pages 6 & 7

Oh yes it is...



CHRISTMAS at The Hullabaloo

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Combining spell-binding storytelling
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Welcome to One Darlington

I was delighted to be asked to be the guest editor of this festive edition of One Darlington. Many of us will be heading out to have fun and celebrate in the next couple of months and I am so pleased that our Safer Streets initiative means measures have been put in place to help us all feel safe. Safer Streets is a government funded partnership between the council, police and the Durham police and crime commissioner. It aims to make communities safer, stronger and more resilient to crime.

We have already spent money upgrading CCTV in the town, are starting to work with young people who are at risk of being drawn into antisocial behaviour and have a raft of work ongoing to try to increase feelings of safety amongst women and girls. You can find out about the successful launch of Number Forty Skinnergate, a safe hub for everyone on a Friday and Saturday night, on page 8.

I am very proud of everything that has been achieved and the work that is ongoing to make Darlington a safer place for everyone. If you, or a loved one, are going out this Christmas and New Year, I would ask you to simply think ahead and make a few plans so you are guaranteed to have a safe time – make sure your phone is fully charged; pre-order a taxi; check the bus/train times or make sure one of your group is a designated driver so you can get home; look after your friends and stick together. Turn to page 12 for more tips for a safer night out. Remember, if you do need help in the town centre on a Friday or Saturday night for whatever reason, Number Forty is open from 9pm-3am.

If you are coming into the town centre during the day, there is a host of great family friendly events on offer this Christmas including the free ice rink, ice sculpture trail, Christmas tree festival and the return of Darlington Lights. You can find out more on page 14.

Don't forget the panto at the Hippodrome with the fabulous Christopher Biggins – if you haven't booked your tickets yet there's a competition to win a family ticket on pages 6 and 7.

There's lots more in this edition of the magazine from updates on Christmas bin dates and the latest on road gritting to the great news of the town's gold win in the Northumbria in Bloom contest.

In the recent One Darlington readers' survey, many of you said you wanted to hear more about the many community groups and clubs that run throughout the town – turn to pages 16 and 17 for more details and don't forget to let us know if your club or society would like to feature in a future edition.

I hope you enjoy reading One Darlington and I wish you all a happy Christmas and a peaceful and safe New Year.



Lucy Hatch
Safer Streets co-ordinator

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An audio and online version of One Darlington is also available at www.darlington.gov.uk/onedarlington



Remembrance Day service

The town's Remembrance Day service will be held on Sunday 13 November with a service in Holy Trinity Church, Woodland Road, starting at 10am, followed by a procession to the Cenotaph in the grounds of the Memorial Hospital. An act of remembrance will be held, including two minutes silence, followed by the laying of wreaths.

Small talk can lead to big changes



Darlington businesses and public services staff attending training to ensure that every contact with you counts

Staff from the council, Durham Police, Triage Central and Cornmill Shopping Centre gathered to better understand how engaging with customers can lead to positive outcomes.

Whether chatting to service users, customers, colleagues, family members or friends, finding out how people are is 'making every contact count' (MECC).

This is a simple but effective way to encourage people to engage in conversations about their health and make changes that will have a positive effect on their physical and mental wellbeing. By using the three As approach (ask, assist, act), MECC directs people to services, information and support so they can make positive health choices around weight, a healthy lifestyle, alcohol, exercise and smoking.

For more details, visit www.meccgateway.co.uk

DON'T SUFFER IN SILENCE

MAKE YOUR VOICE HEARD ABOUT ANTI-SOCIAL BEHAVIOUR

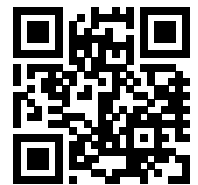
Anti-social behaviour blights communities and can cause serious harm and distress. By reporting anti-social behaviour you can help officers from the police and the council target resources and make a difference.

Anti-social behaviour is any persistent behaviour that causes harm, distress or harassment.

THIS INCLUDES:

**STREET DRINKING • ROWDY BEHAVIOUR • HARASSMENT
INAPPROPRIATE USE OF VEHICLES, INCLUDING MOTORBIKES**

Report anti-social behaviour online and via this QR code
or by calling the police non-emergency number 101
or the council on 406999



www.darlington.gov.uk/asb

SCAN QR CODE
TO FIND OUT MORE



Biggins i in Darl



s back ington

It's panto season (oh yes it is!) and we are very lucky to be in the presence of theatre royalty this year as the King of Panto Christopher Biggins stars as Mrs Smee in The Pantomime Adventures of Peter Pan at the Hippodrome from Friday 9 December to Saturday 31 December.

We caught up with the legend as he returns to where his panto dame journey first began 45 years ago, when he played in Mother Goose.

You have a great history with Darlington, especially with panto. Are you glad to be back?

I am really thrilled to be back in Darlington. I love it here. It has so many memories for me as it's where I started my career as a pantomime dame all those years ago and I always love playing here. When they asked me to be a pantomime dame for the first time in 1976 I refused because I said I was a serious actor not a cabaret performer. Also all the dames I had seen were in their 80s and I wasn't an old man! But they kept asking and then offered me £1,000 which was a lot of money back then! I said yes and it changed my life and has led me to so many wonderful pantomimes.

What do you love about pantomime?

I love the audiences – there's nothing quite like it. They have so much fun and we could all do with some fun at the moment! However

hard life is we can all get together for a good laugh. My favourite bit of panto is when we bring the children on stage, which we haven't been able to do for a few years because of Covid. I love meeting them and chatting to them. There is a real joy in thinking on your feet and adlibbing.

Tell us about this year's pantomime, Peter Pan

It's going to be a great show. We have such a good cast. Steve Arnott is playing the baddie, Hook, and Peter Peverley is his righthand man, Starkey. They are so good and have lots of panto experience. The younger members of the cast are going to be brilliant too. There's some real talent on the stage and it will be a fantastic show with lots of laughs and fun for all the family. I am delighted to hear that we are already selling lots of tickets – the audiences in Darlington are always first class.

Do you still get a thrill seeing giant posters of yourself outside the theatre and being called King of Panto?

It is thrilling and it's lovely that people still want to come to the theatre. I don't know if I am King of the Panto but it's nice of people to say so!

Why do you think pantomimes remain so popular?

I believe panto is the most important form of entertainment. For many people it's their first experience of the theatre. If you put on a good show and people enjoy it they will book for next year's panto, but if they love it they might book other shows during the year and that is how local theatre can grow a new audience. I love the theatre, whether it's plays, the ballet or musicals, but it can be so expensive in London. Local theatre gives everyone the opportunity to experience a live performance. Pantomime is such a great family tradition and the perfect introduction to theatre – there's something for all ages. At the end of the day everyone loves to laugh and spend time together and that's what panto is all about.

Where will you be spending Christmas Day?

We only get one day off so I will be in Darlington on Christmas Day as I don't have time to get home. I quite like it though as you can get away from all the stress. I have already bought all my presents and written my cards so I am all ready and can just concentrate on Peter Pan!



You can book your tickets for The Pantomime Adventures of Peter Pan by visiting www.darlingtonhippodrome.co.uk or calling 405405

Can you help number forty?

Number Forty Skinnergate provides a welcome haven and safe space for people on a night out.

Open 9pm-3am on Friday and Saturday nights, the town centre hub provides help to anyone who feels vulnerable, unwell or has been a victim of crime. It is run by trained security staff and volunteers who are on hand to help, whatever the situation.

Since it opened at the start of September, Number Forty has helped lost partygoers reunite with their friends; provided first aid; helped people get to hospital; called taxis and family members; supported victims of crime and handed out free water, flip flops and ponchos!

Volunteers are needed to join the team running Number Forty. On average people give just one night a month to help out and their efforts are making a real difference to how safe people feel in the town centre.

Donations of supplies are also needed and you can scan the QR code to make a cash donation which will be used to buy essentials for the volunteers and those who use the service.



To volunteer, donate goods or to find out more, email chris.knox@darlington.gov.uk or lucy.hatch2@durham-pcc.gov.uk



DARLINGTON
Borough Council

Number Forty is supported by the Darlington Safer Streets partnership, which includes the council, Durham police and crime commissioner and Durham Constabulary. It is just one of a number of recent government-funded initiatives to increase safety and the feeling of safety, particularly among women and girls in the town centre.



Cut the cost of Christmas

With Christmas just around the corner, we've put together a few tips to help you enjoy a cheaper and more sustainable festive season – you'll not only save money, you will also help to save the planet. Remember even small changes in what we do can help to tackle climate change by saving energy and resources.

- Choose wrapping paper that is recyclable. The general rule of thumb is, if you scrunch it up and it stays like that, then it can be recycled. Don't forget to take off the sticky tape.
- Use alternatives to wrapping paper: cloth bags and wraps, brown paper, even newspaper or old maps.
- If you have a real tree, chipping or planting it will reduce its carbon footprint. See page 31 for how to recycle your tree and help a local charity.
- Cut down on food waste and save money by planning what food you're going to have for a few days. If you're cooking Christmas dinner, try to use local and seasonal veg to cut down on food miles. Or use frozen veg, so you'll only use what you need.

Don't buy too much – young children often get overloaded with toys and gifts and many just end up playing with one or two special toys – or even the box it came in! If bikes are on the list, why not try Bike Stop in Skinnergate? It sells reconditioned bikes at a fraction of the price of a new one. It's a great place to drop off unwanted bikes as well.

Some people can be tricky to buy for, so why not give them vouchers for activities and treats such as meals or the theatre, rather than things they don't want or need?

Why not have a family agreement (or Secret Santa), to only buy presents from charity shops or stick to a set budget?

You could also donate old toys to charity shops to make way for new ones or sell or give away on local social media sites.

Use our zero waste map to find where you can get local produce and shop sustainably. Find out more at www.darlington.gov.uk/sustainable



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The council has pledged to become carbon neutral by 2050. This pledge covers all service areas, and we want to encourage residents and businesses to join us on our journey towards a greener and more sustainable future. More details are available at www.darlington.gov.uk/sustainable

Your town needs YOU!



DARLINGTON
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Councillor Mike Renton and colleagues

“ When I took on the role of cabinet member for stronger communities back in May, I called upon every single person in our town to join me in helping to build a safer, happier Darlington.

It goes without saying that building stronger communities is the most effective method to achieving those aims.

But for us to be successful we need people of all ages, from all backgrounds, to take an interest in their local area and in the town.

A strong community has to be reciprocal. It has to have input from all of its stakeholders. And it doesn't take much to start. Just getting to know your neighbours, if you don't already, will make a huge difference.

You could arrange street litter picks, help an elderly person across the road, or even volunteer at a local charity.

The council works side by side with the police and a whole host of partner organisations, including in the voluntary sector, to make Darlington as safe and happy as it can be. But we all have a part to play. It's up to families, friends and neighbours to support and look after each other. To keep an eye on the local area and notice when something is amiss.

And that pride must be passed on to your children and grandchildren, to ensure that our town stays great for future generations.

In this edition of One Darlington, you'll find a lot of articles with a Christmassy theme – whether it's looking ahead to the pantomime, promoting some of the great festive events that are coming up or sharing tips on how to celebrate more sustainably.

But alongside those cosy Christmas articles, equally importantly, you'll also notice a strong focus on community safety.

We're delighted to welcome Safer Streets co-ordinator Lucy Hatch as this month's guest editor. Lucy has played a key role in setting up of Number Forty Skinnergate, a safe space for people on nights out. You can read more from Lucy on page 3 and turn to page 8 to find out more about Number Forty Skinnergate.

We've also got an article focusing on our brilliant street champions who are the embodiment of what I was saying about people taking an interest in their local area. Turn to page 13 to find out more – could you be our next street champion?

Elsewhere, we've got a hard-hitting centre spread reminding everyone that our waste is our responsibility – and so are our bins. If they're left out, they become a target for theft and damage, as well as encouraging rats. Leaving your bins out is going to become as much of a social taboo as not picking up dog waste. It can certainly be more disruptive.

That's just a flavour of some of the community safety-themed content you'll find in this edition of One Darlington – alongside all the Christmassy messages and the usual mix of articles from council departments and partners.

I would like to take this opportunity to wish you and your family a safe, peaceful and happy Christmas – and if you are making a new year's resolution, please remember that your town needs you!

”

Councillor Mike Renton

Cabinet member for Stronger Communities

Contact your councillor

Key: (C) Conservative
(G) Green (I) Independent
(L) Labour (LD) Liberal Democrats

Your councillor is there to listen to you and find out about the issues that are affecting life in your ward. Scheduled ward surgeries are detailed below, but you can email or call your local councillor.

Find out more at

www.darlington.gov.uk/your-council/democracy

Emailing councillors

To email your councillor, their email address is **firstname.lastname@darlington.gov.uk**

For example, if you want to email Jonathan Dulston, type jonathan.dulston@darlington.gov.uk.

The only exceptions are Andy Scott (Haughton and Springfield), Ian Bell (Harrowgate Hill) and Anne-Marie Curry (North Road). Their email addresses are shown with their contact details.

BANK TOP AND LASCELLES

Helen Crumbie (L) Tel: 07743 191014. **Wendy Newall (L)** Tel: 251574 or 07814 448320. **Darrien Wright (I)** Tel: 07724 384264.

BRINKBURN AND FAVERDALE

Scott Durham (C) Tel: 07805 505156. **Rachel Mills (C)** Tel: 482906/07786 077189. **Lisa Preston (C)** Tel: 07793 662154.

COCKERTON

Paul Baldwin (I) Tel: 07515 814007. **Jan Cossins (L)** Tel: 241124. **Eddie Heslop (L)** Tel: 406444. Cockerton Methodist Church, Friday 11 November and 9 December, 10-11am

COLLEGE

Bryony Holroyd (G) Tel: 07570 776553. **Matthew Snedker (G)** Tel: 07780 807059. Abbey Junior School, Monday 21 November, 6-7pm.

EASTBOURNE

Jonathan Dulston (C) Tel: 07775 555251. Firthmoor Community Centre, Wednesday 30 November and 28 December, 3-4pm. **Kevin Nicholson (I)** Tel: 07791 807629. **Steven Tait (I)** Tel: 07825 303036. Firthmoor Community Centre, Thursday 17 November and 15 December, 6-7pm.

HARROWGATE HILL

Ian Bell (C) Tel: 07581 300111, ian.bell2@darlington.gov.uk. **Jon Clarke (C)** Tel: 07875 057253. **Lynn Paley (I)** Tel: 07963 706171. By appointment only at Harrowgate CIU Ltd, Wednesday 7 December, 6-7pm.

HAUGHTON AND SPRINGFIELD

Chris McEwan (L) Tel: 07947 016598. **Andy Scott (L)** Tel: 253707, andrew.scott@darlington.gov.uk. **Nick Wallis (L)** Tel: 07960 247554. Asda foyer, Saturday 3 December, 10-11am.

HEIGHTON AND CONISCLIFFE

Gerald Lee (C) Tel: 314622. **Paul Crudass (C)** Tel: 374537. Summerhouse Village Hall, Saturday 3 December, 10-11am.

HUMMERSKNOTT

Charles Johnson (C) Tel: 463712. **Jack Sowerby (C)** Tel: 07730 480295.

HURWORTH

Christy Chou (C) Tel: 405998. **Lorraine Tostevin (C)** Tel: 333382. By appointment only at Hurworth Grange Library, Monday 12 December, 6-7pm.

MOWDEN

Pauline Culley (C) Tel: 250482. **Alan Marshall (C)** Tel: 359138 or 07807 523106. Mowden Junior School, Monday 5 December, 6.30-7.30pm.

NORTHGATE

Sajna Ali (L) Tel: 405998. **Eleanor Lister (L)** Tel: 406444.

NORTH ROAD

Hilary Allen (LD) Tel: 480277. **Nigel Boddy (LD)** Tel: 07583 174104. **Anne-Marie Curry (LD)** Tel: 07531 304050, annemarie.curry@darlington.gov.uk. Morrisons café, Tuesday 13 December, 6-7pm; St Thomas Aquinas Church, Tuesday 22 November, 1-2pm.

PARK EAST

Cyndi Hughes (L) Tel: 480975. **Libby McCollom (L)** Tel: 07910 369887. **Michael Nicholson (L)** Tel: 240750. St Columba's, Friday 16 December, 6-7pm.

PARK WEST

Bob Donoghue (C) Tel: 07767 294194. **Heather Scott (C)** Tel: 468547.

PIERREMONT

Stephen Harker (L) Tel: 380039. **Linda Hughes (L)** Tel: 07904 772387; **Mary Layton (L)** 491802 or 07460 980776. Reid Street Primary School, Wednesday 7 December, 6-7pm.

RED HALL AND LINGFIELD

Hilary Lucas (L) Tel: 249215. Red Hall Community Centre, Wednesday 14 December, 6-7pm. **David Willis (C)** Tel: 07451 214343.

SADBERGE AND MIDDLETON ST GEORGE

Brian Jones (C) Tel: 332820. **Doris Jones (C)** Tel: 332820. **Deborah Laing (C)** Tel: 07747 863297.

STEPHENSON

Ian Haszeldine (L) Tel: 07807 381613. **Mike Renton (C)** Tel: 07495 697592. Wesley Court, Tuesday, 29 November, 6-7pm.

WHINFIELD

Jamie Bartch (C) Tel: 07554 645651. **Andy Keir (C)** Tel: 07597 297654. The Shuttle & Loom, Saturday 3 December 11am-noon.

MPs' SURGERIES:



Peter Gibson (Darlington MP)

can be contacted through his constituency office at 34 Duke Street, Darlington, DL3 7TZ. Call 711711 or email peter.gibson.mp@parliament.uk



Paul Howell (Sedgefield MP)

can be contacted by email at paul.howell.mp@parliament.uk or through his constituency office at Unit 2, Sydney House, Ricknall Avenue, Newton Aycliffe, DL5 6AS or call 790580.



Ben Houchen – TEES VALLEY MAYOR

Cavendish House, Teesdale Business Park, Stockton-on-Tees, Tees Valley, TS17 6QY
Call 01642 524401 or email mayor@teesvalley-ca.gov.uk

STAY SAFE



THINK AHEAD

GET HOME SAFELY



Visit enjoydarlington.co.uk/stay-safe to find out more

**ENJOY
DARLINGTON**



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Borough Council



Join our army of street champions

Are you passionate about where you live? Do you want to do your bit to help keep it looking its best? Why not join our growing army of street champions?

Launched in 2011, the street champions initiative enlists volunteers to help look after their local environment – whether it be the street where they live, their local park, green space, or the town centre. We provide the equipment and support they need, which includes litter picker, hoop, gloves and orange bags.

We have almost 500 street champions, of all ages, who regularly go out and about either on their own or as part of a group for specific events such as the annual Big Spring Clean litter picks.

Pippa Smaling, countryside officer, helps co-ordinate these efforts. She said: “Obviously, we would always urge everyone to dispose of their rubbish properly, by putting it in a bin or taking it home.

“Sadly, that doesn’t always happen, and we’re extremely grateful for all the hard work our street champions put in. They really are local heroes and make a huge difference when it comes to helping us keep our streets and green spaces clean and we’d love to hear from anyone who would like to join us.”

For more information and to register your interest visit www.darlington.gov.uk/streetchampions

Blooming golden!



Darlington was awarded two gold medals, along with best improved entry overall, in the annual Northumbria in Bloom competition.

Judges recognised and rewarded entrants’ hard work and first class floral displays.

FULL RESULTS:

Best bar:

Tapas Bar - Silver Gilt

Best Religious establishment:

Atisha Buddhist Camp - Silver Gilt

It's my Neighbourhood:

Firthmoor - level 3 advancing and category winner

Best park:

South Park - Gold

Best city centre:

Darlington - Gold and category winner

Thank you so much to everyone who played their part!



Enjoy events this winter in Darlington

Sunday 20 November

Christmas Lights
Switch On

17 – 23 December

Ice Rink in the
Market Square

From 21 November

Christmas Tree Festival

Selected Dates in February 2023

Darlington Lights

Saturday 3 and 10 December

Ice Sculpture
Trail

For more information on shopping, eating,
drinking and events in Darlington please visit
enjoydarlington.co.uk

a
Very
Merry
Christmas

AND HAPPY NEW YEAR



DARLINGTON
Borough Council

**ENJOY
DARLINGTON**

Dear Santa...

My name is Oliver and I am 8 years old. I've been very good this year and tried really hard in school and I've been kind to all of the kids in our house. I don't think I'll be getting coal this year! All that I want for Christmas is to live with a family and have my own bedroom. It would be nice if the walls were blue, but I don't really mind. If the family like playing football, going to the park and having pizza for tea, that would be even better! I would also love for the other kids in my house to have families to live with this Christmas, so please can you help them too?

Merry Christmas,

Oliver



Give children in care the greatest gift of all this Christmas... a home

Start your fostering journey with Darlington Borough Council

darlington.gov.uk/fostering | fostering@darlington.gov.uk | 406222



DARLINGTON
Borough Council

Coming together



Rock of Ages



Darlington Triathlon Club

One of the things that came through loud and clear in the recent One Darlington readers' survey is that you love the regular clubs page, as you feel it connects you to both the magazine and what's going on in your area. So we've expanded this regular feature into a new clubs and community section – we hope you enjoy it!

If you'd like your club, community group or not-for-profit organisation to be featured here, just email editor@onedarlington.org.uk with details and we'll be in touch!

CLUBS

Joining a club is an ideal way to fill in those long winter nights and colder days. Plus, it's a great way to meet new people, learn new skills or revisit old ones. Take a look at www.darlington.gov.uk/clubs for more inspiration.

Cockerton Nitter Natter meets every Friday 10am to noon at Cockerton Club, Woodlands Road. A friendly knitting and crochet group who welcome new members. For details email nitternattersuzy@gmail.com

Rock of Ages meets on the first Friday of the month at Cockerton Library (December's meeting will be Friday 16). This free, friendly group will help you take a musical trip down memory lane with your own personal playlist and much more whilst enjoying a cuppa and a biscuit. Call 461320.

Watercolours meets on the third Friday of the month at Cockerton Library. Explore the wonders of watercolour painting together in a positive and supportive group. All levels are welcome from beginners to experts. £5 per session, booking through Eventbrite. Call 461320.

Darlington Ramblers Group hosts weekly Sunday walks of between 6-11 miles with good company in pleasant countryside. Contact Bob King 07707 030164 or David Reed on 350997 / 07866 118929 for information.

South Durham u3a meets on the second Tuesday of the month at 10am at Bowen Road Community Centre. Open to anyone across the borough who is not in paid employment. They host regular speakers and cater for a wide

as a community



Skerne Park Community Partnership

range of interests including walking, crafting, local history, theatre trips and much more. New members welcome. Visit www.sdurhamu3a.org.uk or call Brenda on 496039.

Darlington Triathlon Club meets on Monday 6pm, Dolphin Centre, Tuesday 7pm, Education Village pool and Wednesday 6.30pm, Eastbourne Sports Complex track. They welcome new and experienced triathletes for training and competing. Call 07976702028 or email DTCNewsletter@outlook.com Look out for them on Facebook or on Twitter @DarlingtonTri

COMMUNITY

Happy birthday Skerne Park Community Partnership

It's been a busy year for Skerne Park Community Partnership, which has just celebrated its first birthday, and is now applying for charitable status.

Sarah Rose, committee member and chair of governors at Skerne Park Academy, explained:

“Our aim is to help residents work with partners and agencies to maximise opportunities for those living in the area and we've already built some wonderful partnerships with the council, its housing team, the police, and the local school trust.

“Our local children have joined in as champions of their area taking part in litter picks, fundraising events and as helpers at discos, sports clubs, playgroups and our newly created community garden and allotment project we've set up.

“I am so proud of all the residents who've been involved. Our partnership has been nominated this year for a Stronger Communities Award, we're all very proud of that and the difference we are making to the local community and residents of all ages.”

The partnership has an office in the Coleridge Centre so residents can call in and find out more. You can also find them on Facebook, email skerneparkpartnership@gmail.com or call 07515 471121 or 380831.



Meet the team: Adult

Taking a look at the adult mental health service, to find out what the team does and how it supports people in our communities.

Working from West Park Hospital, the team is made up of three support workers, 17 social workers and three vital part-time support staff to help take calls from people needing help.

The team is responsible for working with adults in the community, of any age, to support their mental health social care needs. They work in line with relevant legislation so that every process, meeting, decision and assessment follows strict legal guidance.

As a result, there is often a lot of paperwork! Despite this, the team visits homes and hospitals daily to support service users, their families and carers.

There are many reasons people struggle with their mental health, and their needs vary from the level of support and intervention to the length of time they work with the service.

“ We all know the devastation poor mental health can cause and every day we aim to combat that. ”

As well as completing social care assessments to determine what support a person requires, the team also carries out assessments and investigates safeguarding concerns and crisis work.

Team manager Julie Wheatley explains: “I’m sure we all know someone who has suffered with poor mental health. Adult life is certainly not easy at

times and there can be many triggers that contribute to someone’s mental health decline such as a relationship break down, an accident or poor physical health, a bereavement, family issues, financial worries, crime and problems at work. There are also psychological conditions such as schizophrenia, dementia and young onset dementia, psychosis, affective mood disorders and eating disorders.

“Our team works with all of these cases and more and it’s our job to encourage and support people to manage risk and promote their safety and wellbeing, as well as helping people remain as independent as possible and maximise their strengths so hopefully they can remain living in their own homes.”



mental health service

Each day can look completely different for a social worker or support worker in the team and the tone of work can change in a heartbeat with the arrival of an emergency call. Staff respond immediately to help in very challenging situations, to support people at a critical time when they are experiencing significant distress or severe mental ill health.

As with many council services, partnership working is important. The team works closely with a wide range of professionals, including the early intervention psychosis team, forensic services, drug and alcohol services, GPs, district nurses, occupational therapists, physiotherapists and psychologists.

Councillor Lorraine Tostevin, cabinet member for adults, said: “For many of us mental health

struggles exist on our doorstep, if not in our own homes, which is why having a dedicated, experienced service like this within our reach is critical to continuing the fight against battling these issues alone. There is lots of help available in lots of different directions and I hope that the residents of Darlington know we are here to help them.”

Julie adds: “As the number of mental health cases continues to rise, so does the demand on services like ours. We are a dedicated team that helps to change people’s lives and I would urge anyone who is looking for a new role or to retrain or is starting their career journey to get in touch. Take a look at our vacancies or find out how you could have a career in adult social care. We all know the devastation poor mental health can cause and every day we aim to combat that.”

Find out about current vacancies at www.darlington.gov.uk/workwithus or visit www.darlington.gov.uk/xtra for information on gaining experience and qualifications to work in social care.



DARLINGTON
Borough Council

WARNING

**BRING IN
YOUR BINS
OR WE'LL
TAKE THEM
AWAY!**



DARLINGTON
Borough Council

**Your waste is your responsibility
and so are your bins.**

**Leave them out and they're a target for
theft or damage, make our town look
dirty and encourage vermin.**

**This is a polite reminder before we take
action – if you leave your bins out we
will take them away!**

**If you need help with your waste or the rules
about bringing your bins in, contact
Paul McQuillan,
environmental crime coordinator.
Email paul.mcquillan@darlington.gov.uk
or call 406999.**

**If you spot anyone fly-tipping
please let us know using our online form at
www.darlington.gov.uk/reportit**

Enjoy what's on in

There's always lots of fun to be had in Darlington whatever the time of year! Please be aware the events may be subject to change/postponement. You should always check with event organisers/venues before travelling. For more details of what's on visit enjoydarlington.co.uk or follow Darlington Borough Council on Facebook. See page 14 for some extra special festive events.

Want to be in the next edition of One Darlington?

Email your events to communications@darlington.gov.uk

parkrun and junior parkrun – weekends, South Park. A free, weekly, timed run, walk or jog. The 5km event is on Saturdays at 9am. The 2km event, for those aged 4-14, is on Sundays at 9am.

Station Scamps – every Friday, 10am-noon, Head of Steam. A different theme each week. The event on 16 December is Little Learners' messy play, 10.30-11.30am and must be booked in advance via the museum.

November

Tales from Acorn Woods – Tuesday 8, 10am and 4pm, Darlington Hippodrome. Tickets £12 - £15.

An evening with Doctor Richard Shepherd, Unnatural Causes – Wednesday 9, 7.30pm, Darlington Hippodrome. Tickets £16.50 - £30.

Thank you for the Music, Abba tribute – Thursday 10, 7.30pm, Darlington Hippodrome. Tickets £16.50 - £32.

Limehouse Lizzy – Thursday 10, 7.30pm, The Forum Music Studios. Tickets £14.

Darlington RnB Club - The Cinelli Brothers – Friday 11, 7.30pm, The Forum Music Studios. Tickets £13.

Sixties Gold – Friday 11, 2pm and 7.30pm, Darlington Hippodrome. Tickets £17.50 - £40.

The Chicago Blues Brothers - A Night at the Movies – Saturday 12, 7.30pm, Darlington Hippodrome. Tickets £15 - £31.

Adult crafting rag wreaths – Sunday 13, 1pm, Head of Steam. Tickets £15 must be booked in advance via Eventbrite.

Strictly Ballroom – Monday 14 - Saturday 19, 7.30pm evenings, 2pm Thursday matinee, 2.30pm Saturday matinee, Darlington Hippodrome. Tickets £15.50 - £41.

Dementia café – Wednesday 16, 11am-noon, Head of Steam. Free admission includes museum entry.

Hilarity Bites Comedy Club – Sam Avery – Thursday 17, 7.30pm, The Forum Music Studios. Tickets £10.

Christmas fair – Friday 18, 2.30-4.30pm, Hurworth Primary School, includes Santa's Grotto, mince pies, and lots of stalls. Free entry.

Gasto Promotions - Rising From The Deep – Friday 18, 7.30pm, The Forum Music Studios. Tickets £15.

Ultra white collar boxing – Saturday 19, 4.30-10pm, Dolphin Centre. Tickets £25-45, visit info@uwcb.co.uk for more details.

The Stereosonics – Saturday 19, 7.30pm, The Forum Music Studios. Tickets £12.

Bowie Experience – Tuesday 22, 7.30pm, Darlington Hippodrome. Tickets £14.50 - £29.

A Christmas Carol – Tuesday 22 - Wednesday 23, 8pm, Hipp@The Hullabaloo. Tickets £15.50.

Steps into editing – Wednesday 23, 1.15-2.45pm, Cockerton Library. Bring out the best in your fiction, poetry or life writing by learning about editing. Cost £8 per person, payable on the day, but places must be booked in advance. Contact the library for details.

Hilarity Bites the Hipp – Thursday 24, 7.30pm, Darlington Hippodrome. Tickets £16.50 - £17. Featuring Reginald D. Hunter, Ivan Brackenbury, Nina Gilligan, and Brennan Reece.

John P Taylor, w/support Marie Marx – Friday 25, 7.30pm, The Forum Music Studios. Tickets £9.50.

Ultimate Bowie – Saturday 26, 7.30pm, The Forum Music Studios. Tickets £12.50.

Darlington Music Society – Leo Popplewell (cello) and Antonina Suhanova (piano), Saturday 26, 7.30pm, Dolphin Centre. Tickets £16. Call 467163 or visit darlingtonmusicsociety.org.uk. A limited number of tickets will be on sale at the door.

Christmas wreath making – Sunday 27, 1pm, Head of Steam. Tickets £40 must be booked in advance via Eventbrite.

Cockerton Christmas lights switch on – Sunday 27, 4-5.30pm, Cockerton. Children can drop in to Cockerton Library from 4pm and enjoy festive craft activities. Visit the shops and enjoy food stalls, a bar and entertainment, supplied by Cockerton Community Business Group.

Darlington

London Mozart Players – Wednesday 30, 7.30pm, Darlington Hippodrome. Tickets £14.50 - £25.

December

Designs of the future – until end of December, usual opening hours, Head of Steam. Find out more about the museum's redevelopment and see designs created in Minecraft by young people.

The Smyths – Strangeways 65 – Friday 2, 7.30pm, The Forum Music Studios. Tickets £15.50.

Secret Darlington – Saturday 3, 2pm, Cockerton Library. A talk and book signing with Chris Lloyd, looking at some of the lesser-known stories in Darlington's past. Tickets, £3, must be booked in advance via Eventbrite.

Santa at the Station – Saturday-Sunday 3- 4, 10- 11 and 17-18, 10am-4pm, Head of Steam. Meet Santa in his magical grotto and receive a Christmas present, entertainment includes face painting, festive music, mini train ride and arts and crafts. Adults non-members £4, members free; children £8; family ticket £25 (2 adults and 3 children). Must be booked in advance via Eventbrite).

Cornmill Christmas grotto – Saturdays 3, 10, 17 and 24, 10am-3pm; Sundays 4, 11, 18, 11am-3pm; Monday-Friday, 19-23, 10am-3pm. Free. Please note this is not a pre-booked event and there may be queues at peak times.

Darlington Folk Club – The Hayley Sisters – Thursday 8, 7.30pm, The Forum Music Studios. Tickets £12.50.

Christmas party nights (different themes) – Friday 9, Saturday 10, Friday 16, Saturday 17, 7-11.45pm, Dolphin Centre. Tickets £35.

The Pantomime Adventures of Peter Pan – Friday 9-Saturday 31, various times, Darlington Hippodrome. Tickets £17.50-37.50 and £10 relaxed performance on Friday 16, noon.

Darlington RnB Club – The Chris Bevington Organisation – Friday 9, 7.30pm, The Forum Music Studios. Tickets £16.50.

Slade UK – Saturday 10, 7.30pm, The Forum Music Studios. Tickets £13.50.

Christmas party time – Saturday 10, 3.30-4.30pm, Cockerton Library. The Christmas elves are having a party, and you are invited! Festive dress encouraged. Tickets £4 per child and must be booked in advance via Eventbrite.

ENJOY DARLINGTON



Library Christmas parties – Tuesday 20 and Thursday 22, 9.30-10.30am and 11am-noon, Cockerton Library. A party specifically for babies and children 0-4 years. Festive dress encouraged. Tickets £5, including a gift from Santa, must be booked in advance via Eventbrite.

Dementia café – Wednesday 21, 11am-noon, Head of Steam. Free admission includes museum entry.

Gasto Promotions The Straits UK – Thursday 29, 7.30pm, The Forum Music Studios. Tickets £12.50.

New Year's Eve Live – Saturday 31, The Forum Music Studios. With ska/mod band Six Nowt and more bands tba and food. Tickets available soon.

January

Model railway exhibition – Saturday 1 and Sunday 2, 10am-4pm, Head of Steam. Entry £6.50 for adults, £6 for concessions, £3 for children over 5, under 5s are free.

The Jam'd – Friday 6, 7pm, The Forum Music Studios. Tickets £12.50.

Hilarity Bites Comedy Club – Saturday 8, 7.30pm, The Forum Music Studios. Tickets £10.50.

Contacts

Darlington Hippodrome visit: www.darlingtonhippodrome.co.uk or call 405405

The Hullabaloo – call 405405 or visit www.theatrehullabaloo.org.uk

Head of Steam – Darlington Railway Museum – call 405060, visit www.head-of-steam.co.uk or email headofsteam@darlington.gov.uk
Entrance fees apply in most cases and booking is essential.

Darlington Libraries – call 349610 or visit www.darlington.gov.uk/library

Dolphin Centre – call 406000 or email healthydarlington@darlington.gov.uk

The Forum Music Studios – visit www.theforumonline.co.uk

Thank you. For helping us keep our very busy emergency departments free for the most serious and life-threatening situations.



**County Durham
and Darlington**
NHS Foundation Trust



Please - think pharmacy, GP or 111 online first

safe • compassionate • joined-up care

Electronic patient records go live

In October, County Durham and Darlington NHS Foundation Trust went live with a single electronic patient record.

This will improve the experience our patients have by giving clinicians and others involved in their care, access to all their test results, medication and, if they're an inpatient, notes made during their day to day care. Previously, patient information was collected in a number of different ways using different paper forms and computer systems – which didn't always have the ability to 'talk' to each other.

The electronic records system means patients should only have to describe their medical history and symptoms, and give other relevant information, once. This will then be available for everyone involved in their care both at the time, and beyond, who will be able to see all the relevant information

at a glance, on their screen. It will be available to clinicians at any of the trust's hospitals and other sites and to its community teams – on one system at their fingertips, meaning they can focus their conversations with patients on moving their care forward.

This is an ambitious move which will also transform the way patients are admitted and discharged, and revolutionise how the trust works with partners, including GPs and social services.

Caring for patients during the Covid-19 pandemic demonstrated the importance of clinicians having instant and full access to a patient's history and treatments. The new system brings coordination not previously possible, leading to better patient experience and better, smoother, safer and more joined up care.

Support for heart patients



County Durham
and Darlington
NHS Foundation Trust

An app to support early intervention and catch the signs of deterioration in heart failure patients has been developed by the community Heart Failure Team at County Durham and Darlington NHS Foundation Trust.

The digital solution enables patients to monitor their health and medication at home. They are given a kit to submit readings on their blood pressure, oxygen saturation levels, heart rate, and weight, securely into the app for review by their clinical team. If readings are out of the 'normal range' or any are cause for concern, the clinician receives an alert to contact the patient or make an appointment.

For many patients the ability to self-monitor has helped relieve anxiety related to their diagnosis. It's also empowering as it gives patients more knowledge and understanding around their condition and the signs and symptoms to look out for.

The system was designed to be complementary to face-to-face appointments which patients can continue to attend if they prefer.

Brian Fishpool, who lives in Darlington, explains: "I was given the equipment so that each week I weigh myself, then take my blood pressure and oxygen saturations – which I was shown how to do. I submit these readings



The heart failure team

using the Health Call app. The specialist team can then review them. Doing this regularly is very reassuring and gives me the confidence to know that a member of the team is reviewing my care and determining if any changes are needed. I can also speak with one of them about my condition or treatment if I wish. Self-monitoring certainly works for me and I'm grateful to have the opportunity to use it."

Caroline Levie, matron for the trust's community Heart Failure Service, said: "Our heart failure remote monitoring solution helps our team to keep an extra eye on patients, that wouldn't be possible with face-to-face appointments alone."



Brian Fishpool and Caroline Levie



DARLINGTON
Borough Council

May 2023 elections will be different

Preparations are already underway for the local government (borough) elections and parish elections which will take place in Darlington on Thursday 4 May 2023.

These will be slightly different to previous elections, as the Elections Act 2022 requires people who are voting at a polling station to take photo ID with them to help prevent electoral fraud.

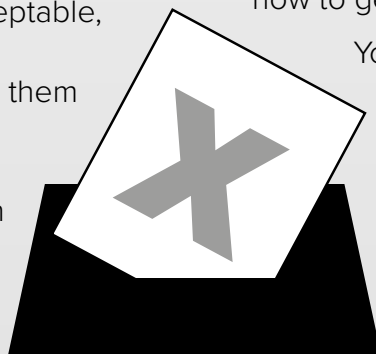
A number of documents will be acceptable, such as a photo driving licence or passport, and you will need to show them before you can vote. Expired photo ID will be accepted so long as the photograph remains a good enough likeness.

We await confirmation from government about the final list of acceptable documents and will let you know as soon as we can.

If you wear a face covering to the polling station, arrangements will be in place to allow checks to be carried out in private.

If you do not have photo ID, you will be able to get a voter card from us, which you must then take along to the polling station. Look out for more details about how to get a voter card in early 2023.

You must be registered if you wish to vote in the elections in May. If you are not already registered, you can do so online at www.gov.uk/register-to-vote - it takes just a few minutes, and you will need your National Insurance number.





DARLINGTON
Borough Council



Fresh look for gym

Visitors to the Dolphin Centre gym are enjoying their surroundings that little bit more following an extensive refurbishment.

New Technogym equipment has been installed, including cardio and resistance machines, as well as a new colour scheme and lighting.

Despite the changes, the cost of membership remains the same so residents can enjoy the new facilities for the same price.

Councillor Kevin Nicholson, cabinet member for health and housing, said: "I'm really pleased that we have been able to make yet another significant investment in the Dolphin Centre. Investment like this enables people in Darlington to have access to facilities which we know improve physical and mental wellbeing."

Gym manager Darren Cole said customers have been full of positive feedback about the new-look gym, saying it looks bigger, fresher and more sleek.

For more information, including membership details, visit www.healthydarlington.co.uk

Buy Your Local Charity Christmas Cards Today Fast Delivery Direct to Your Door

Our wonderfully designed, high quality cards come in 3 designs and are in packs of 10 with envelopes.

All proceeds go towards alleviating isolation and loneliness. We help the elderly in Darlington to enjoy happier and more sociable lives through our free services.

Our Missioners along with a team of trusted volunteers visit our "Friends" in their own homes, care homes or in hospital and assist with transport to medical appointments and shopping trips.

We have a monthly programme of afternoon outings and social events.



Only £5 per pack

3 Easy Ways to ORDER TODAY

Email marketing@darlingtontownmission.org.uk with your choice of packs and quantity you require along with your delivery address.

Call Brian on **01325 264145**

Or visit www.localgiving.org/donation/darlingtontownmission

This article is kindly sponsored in loving memory of our late "Friend" Rita Malcolm

f /Darlingtontownmission www.darlingtontownmission.org.uk
Registered Address 2 Davison Road, Darlington, DL1 3DR - Reg.charity no. 235572



Darlington Town Mission
Enriching Elderly Lives
A local charity trusted since 1838

Dear Constituent,

As your local Member of Parliament, I am here to represent you and the community of Darlington.

I believe it is extremely important to be as accessible as possible in order to be able to best help with any problems or concerns that my constituents have. As such I hold regular advice surgeries on an appointments basis, this approach allows me to provide immediate help and ensures that my constituents do not have to rush through their concerns.

I often make a start on casework matters prior to an appointment to try and resolve concerns quickly, this also allows me to seek any appropriate advice or obtain clarification on technical points, in advance of meeting.

Please do get in touch if you need any help, support or advice.

Peter Gibson

Get in touch



SOCIAL MEDIA SEARCH

Gibbo4Darlo

PETER GIBSON MP



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petergibson.org.uk

CUT OUT AND SAVE THE DETAILS



Are you worried
about someone
begging?

Have A Heart
GIVE SMART

As Christmas and the cold weather draws nearer, you may see vulnerable people begging in the street.

We have a new online form – at www.darlington.gov.uk/reportit - so you can let us know if you see someone begging and we can then ensure help and support is offered. You will see posters around the town centre with a QR code to scan so you can also access the form when you're out and about.

You might think that giving money to those who are begging is a good deed but, in some cases, it causes more harm. That's why we're asking people to 'Have a Heart, Give Smart' as it's more beneficial to make a donation and support charities that help those in need. The 700 Club provides this service in Darlington – to find out more and how to text to donate visit www.700club.org.uk

During severe weather, extra provisions are made for rough sleepers and we work with local organisations and housing providers to make extra accommodation available.

If you are concerned about a homeless person/ rough sleeper, contact:

- **Housing options team** – call 405333 or email housingoptions@darlington.gov.uk (during office hours)
- **Street Link** – make a report online at www.streetlink.org.uk If you request an update, you'll be told within 10 days what action was taken as a result of your alert
- **Outside office hours** call 01642 524552. The team will provide advice for rough sleepers who want accommodation
- **If someone is** unwell, unresponsive, or distressed, please call 999.



01325 366397



01325 405333



101



0300 500 0914

Keeping you moving when winter bites

Our gritting crews are on stand-by 24 hours a day between October and April. When the cold weather sets in, they'll be out on the roads day and night working to keep traffic moving.

Who decides when to grit the roads and how does it work? The duty manager will look at the weather forecast and decide what time to send the gritters out and how much salt to spread. Salt is put down on the road in a dry state. When it hits moisture on the road it dissolves, creating brine. It's this brine that melts the ice.

Salt works best when there is traffic about – when the salt is crushed by wheels it helps to quickly make the brine mixture. If gritting is done in the early hours, when there is very little traffic, it will still work but more slowly.

How do you decide which roads to grit? We have priority routes that cover 50% of Darlington's road network, including the main commuter and bus routes. The aim is to keep businesses open, hospitals and doctors surgeries accessible and outlying villages connected.

What about footpaths? We don't have the resources to clear footpaths. Salt bins are provided and can be used to clear footpaths and

highways. Don't be afraid to clear public paths and put some salt down to improve grip. If you find an empty salt bin let us know by emailing customerservices@darlington.gov.uk

What about when it snows? We will salt the roads ahead of snow falling. Again, if there is traffic about, it will help to create the brine mixture and keep the roads clear. If it snows overnight, the snow will lay over the salt and it will look like we've not been out. Once traffic gets going, it will clear quickly. Laying salt on top of snow doesn't work in the same way.

Worried about a pothole or want to suggest a new location for a salt bin? Email all the details to highways@darlington.gov.uk

Did you know?

- Our gritter drivers come from our Street Scene, waste collection, highways and environmental crime team – they do winter maintenance alongside their usual shifts
- We pre-salt 190 miles of roads (priority one routes) which takes two hours to complete
- We have 5,500 tonnes of salt in stock ready for this winter.



DARLINGTON
Borough Council



Christmas and New Year bin collections

Garden waste collections will end week of Monday 12 December and will start again in April. Look out for more details on social media and at www.darlington.gov.uk/gardenwaste

Good news! Waste and recycling bin collections will remain the same this Christmas and New Year. The only exception is residents who are due a collection on Monday 26 December - this will now take place on Tuesday 27 December.

Please make sure your bins are ready for collection at 7am as collection times may change.

St Teresa's Hospice and the Rotary Club will be collecting Christmas trees for a donation on Saturday 7 and Sunday 8 January.

For more information and to book your collection visit www.darlingtonhospice.org.uk/christmas-tree-collection

Make your bin happy this Christmas

The best present you can give us is to recycle right this Christmas. Here's a quick guide to festive recycling.

WE CAN RECYCLE

- Cards and envelopes (no glitter or decoration)
- Cardboard tubes from wrapping paper and crackers
- Glass and plastic bottles and cans
- Chocolate tins ● Food boxes (party food, mince pies)



WE CAN'T RECYCLE

- Gift bags ● Decorations ● Plastic bags
- Containers, boxes or trays with food on them





The former Exhaust-a-Fix on Neasham Road and, inset, how the station could look

DEMOLITION RAMPS UP FOR STATION..

ROAD & FOOTPATH CLOSURES

To make these plans a reality we need to close some roads and footpaths in areas close to the station. This will enable demolition works to take place safely.

Some footpaths along Neasham Road have already been closed and diversions are in place; please follow the signs and avoid walking along busy roads.

As work progresses there will be further road and footpath closures. We will try our best to keep disruption to a minimum. For news on road closures, work updates and an overview of the project, please visit: www.darlington.gov.uk/station

Just a few short weeks ago, I was joined by Darlington Borough Council leader Jonathan Dulston to officially break the ground on the town's £100million-plus station transformation.

Work had begun to clear some of the first buildings to make way for the new redevelopment and, even since then, there has been a huge amount of progress to clear the area.



Tees Valley Mayor Ben Houchen and Cllr Jonathan Dulston at the site

As the picture above shows, work is continuing on properties adjacent to Neasham Road to the east of the station, with the Exhaust A Fix garage now totally brought down. As the council takes possession of further properties, this work will ramp up, ahead of construction next year.

After years of hard work and planning, which we helped kick-start with £25million of funding, we're seeing real changes taking place. These buildings are being brought down to pave the way for the station's extension, providing a multi-storey car park and an entrance to tie it even closer to the town and its assets.

The extension's old and new structures will be linked by a bridge joining the historic train shed to the modern facility, and extra platforms will accommodate current and future services to give the people and businesses of Darlington the fast, reliable transport links they deserve.



AS NEW TREASURY BUILDING REVEALED

To the west of the station, an upgrade to the Victoria Road entrance and car park is also planned, with improvements to the road layout and pavements to make it easier to reach and boosting cycling and walking access.

In one part of the town we're demolishing to deliver and elsewhere plans have been revealed for Treasury's permanent Darlington

Economic Campus building. Designs have been revealed for the new Brunswick building, which will bring together staff from various major Government departments, including Treasury, Department for Business and Department for International Trade.

More than 1,100 new roles will be based at the site by 2025, with 160 currently in-post and

many more available, giving local people the chance to secure a well-paid civil service career in the town they call home.

The building also represents how our region is playing a major role in Government policy to benefit Darlington and beyond in the future.

Tees Valley Mayor | **Ben Houchen**



CPI NETS £10.65MILLION VACCINE FUNDING

In a fantastic boost for a brilliant local biosciences organisation, the Centre for Process Innovation based at Central Park has seen a £10.65million cash injection from Government.

This funding will help it to become an mRNA vaccine innovation centre, producing RNA material for clinical trials crucial to the future of vaccine development.

CPI's Centre for Excellence will be another string to the bow of the growing cluster at Central Park, helping our scientists make even more breakthroughs.

Supporting our research centres, labs and manufacturing space will help create high-quality, well-paid jobs in the innovative industries of the future for local people.

Fostering - the best gift you can give

One of the best Christmas gifts you can give is to offer a baby, child or young person a safe, stable and protected environment.

Could you help? Safe, caring, nurturing homes are needed, from a few regular hours a week to long-term placements for babies, toddlers, children, young people and siblings, as well as parent and child placements.

Although we have a wonderful team of foster carers, we always need more.

Are you an encouraging, kind, and nurturing person who would love to help children grow, develop and find happiness?

You don't need any special qualifications, to be married, or own your own home. If you have a spare room in your home and love in your heart, then we would be pleased to hear from you.

Fostering with the council helps to keep children local so they can continue to live in a familiar environment. The council's fostering and supported lodgings team will provide you with access to a helpful group of specialists who are all familiar with the child you are caring for, as well as other foster



carers, who can always offer advice and support.

Our foster carers frequently tell us that although fostering has its difficulties, overcoming them with the child you are caring for and witnessing them grow and prosper is a wonderful reward!

Giving a child a home will not only improve their life – it will improve yours too.

Open your home and heart to a child who needs love this Christmas and become a foster carer.



DARLINGTON
Borough Council

**Find out
more
about
fostering
with us**

For an informal chat about becoming a foster carer or to request an information pack

Visit www.darlington.gov.uk/fostering

Email fostering@darlington.gov.uk and leave a contact number

Call **406222** and choose option five



Serving up healthy habits



Jake, Sadie and Rhiannon with childcare centre manager Andi, cook Adele Walmsley and Jon Clarke, cabinet member for children and young people.

The council's public health and environmental teams have been busy working with Darlington College's childcare centre to ensure healthy eating is high on the agenda, along with oral health and physical wellness as it seeks to give children the best start in life.

As a result of their hard work, the childcare centre is one of the first to receive an official healthy early years award.

The award, which is run by the council, recognises those childcare settings that have taken steps to ensure they serve only healthy foods, drinks and snacks, and incorporate food education and understanding into the curriculum and physical activity into daily routines.

Staff at the childcare centre are supporting parents by ensuring their children are served healthy snacks and a nutritious, hot, homemade lunch every day that is cooked on site with no processed food. Any surplus fruit and vegetables are made available for families to take home.

Centre manager Andi Brennan said: "We are proud to have achieved one of the first healthy early years awards. It's a passion of mine but we also have a great cook and the whole team has taken it on board to make sure we offer the children only healthy food and lifestyles with positive healthy messages around the nursery."

A youth-friendly place!



We have invested in a new youth employment project to support more young people into good quality jobs and opportunities.

Young people have said they lack confidence in being able to find good quality work. They also say that they have a number of barriers to work, such as a lack of skills, experience and that Covid has impacted their mental health.

We want to change this and the perception of the quality of work opportunities in the area. With significant investment into the local economy internally and from external organisations moving to the area, there are plenty of opportunities

for young people to study, work and thrive in Darlington.

To support this initiative we have employed the services of Youth Employment UK, a leading youth employment organisation, to drive a youth-friendly agenda across the town.

The youth-friendly project will put the voices and experiences of young people at its heart by creating a Youth Advisory Group. It will also build an online hub with support and opportunities for young people and help employers create good quality work experience, training and jobs.

Clamping down on ASB and environmental crime



DARLINGTON
Borough Council

We've been cracking down on anti-social behaviour (ASB) and environmental crimes as part of our zero tolerance approach to ensure everyone can enjoy a safe home and community.

Recent prosecutions included two men from Bishop Auckland ordered to pay fines and costs of £876 each in relation to a fly-tip in Heighington, while a Darlington man also received a bill of £870 for a fly-tip at the rear of Cartmell Terrace.

Meanwhile, we have adopted a new housing services policy which sets out how we will deal with reports of ASB and hate crime and take appropriate and swift action, including eviction in the most serious cases.

In two recent cases, we secured property closure orders which led to a house in Skerne Park and a flat in Firthmoor being boarded up for three months following reports of anti-social behaviour and criminal activity.

If you need to report ASB or hate crime or you see someone fly-tipping, let us know using our online form at www.darlington.gov.uk/reportit



DON'T SUFFER IN SILENCE

Make your voice heard about anti-social behaviour

ASB is an important issue for many of you but often incidents aren't reported to the the police or council.

Reporting is important because it means officers can build a picture of what is happening in a particular area and target patrols and other resources to tackle the issue.

What happens when I report? Depending on officer availability and what events are happening, someone may be able to attend there and then. If not, the report is not ignored – every contact is logged and mapped, which will show where there are hotspots of ASB and if they take place at a particular time or day of the week. This

can help direct proactive police and council enforcement patrols to an area at times we know there are likely to be issues.

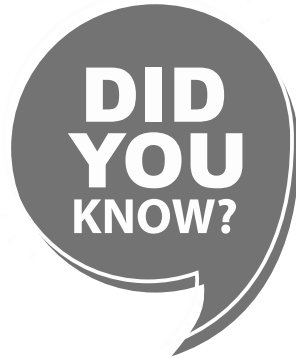
The more incidents that are reported, the more data the police and council will have to actively target those causing issues.

How can I report? You can call the police non-emergency 101 number or the council enforcement team anonymously on 406999. You can also send a report online at www.darlington.gov.uk/asb

In an emergency, call 999.

For more information about ASB reporting and what action can be taken against individuals, visit www.darlington.gov.uk/asb

Are you at risk of prostate cancer?



1 in **8**

Prostate cancer is the most common cancer in men in the UK, with about **1** in **8** men in the UK affected in their lifetime.



over **50**'s

Prostate cancer mainly affects men over **50**, and your risk increases with age. The average age for men diagnosed with prostate cancer is between **65-69**.

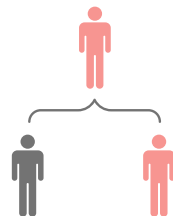
ethnicity



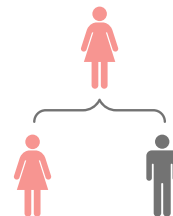
Black men are more likely to get prostate cancer than other men. In the UK **1** in **4** black men will be affected, and you may be more likely to get prostate cancer if you are **45+**.



family history and genes



You are **two 1/2** times more likely to get prostate cancer if your **father** or **brother** has been diagnosed, compared to a man with no family history.



Your risk of getting prostate cancer is higher if your **mother** or **sister** has had breast cancer.

Most men with early prostate cancer don't have any symptoms. If you do notice changes in the way you pass urine, this is more likely to be a sign of an enlarged prostate or other health problem, but it is still a good idea to get it checked out. Possible changes could include:

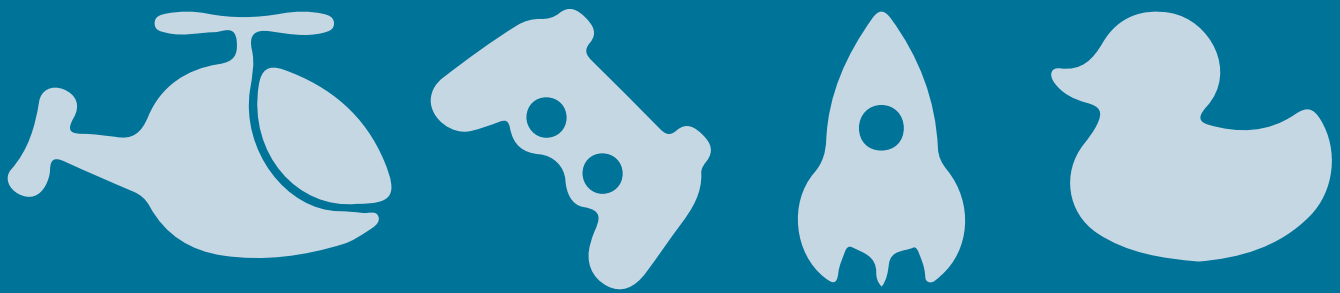
- Difficulty starting to urinate
- A weak flow when you urinate
- A feeling that your bladder hasn't emptied properly
- Dribbling urine after you finish urinating
- Needing to pass urine suddenly/more often, especially at night

If you are worried about prostate problems or have any of the risks mentioned above and would like to know more, then contact your GP practice by phone or using the econsultation service. If you are 50+, you have the right to a PSA blood test; however, please consider the advantages and disadvantages below:

- A PSA test can pick up prostate cancer before you have any symptoms
- A PSA test can help pick up fast-growing cancer early when treatment could stop it from spreading and causing problems
- A raised PSA level does NOT necessarily mean cancer; however, you may need a biopsy, which can cause side effects such as pain, infection, and bleeding.
- A PSA test can also miss prostate cancer
- Being diagnosed with slow-growing prostate cancer that is unlikely to cause any problems or shorten your life may still make you worry and may lead you to have treatment that you don't need.

Having a PSA test is a personal decision; what is important to one man may be less important to another.

You can find more information about the PSA blood test and prostate cancer at: www.prostatecanceruk.org



Be a smart shopper and think TOY safe!

When money is tight, it's tempting to buy cheap copies of genuine branded toys, but there's a risk you could end up with toys that are poor quality and potentially dangerous.



DARLINGTON
Borough Council

Toy safety

- All toys must be UKCA marked to show they meet safety requirements.
- Check the age range of a toy to make sure it's suitable for the child, especially those under three years.
- Don't buy fake goods – they are often poor quality, unsafe and are being sold illegally.
- Check for small parts, loose hair and sharp edges.
- Check any electrical toys are fitted with a three-pin UK plug or charger.
- Use the charger supplied with the toy – cheap, fake chargers can be a fire hazard.
- Ensure any button batteries are safely behind a screwed-down flap.

Check out your trader

- Only buy toys from recognised and trusted traders. Check manufacturers' websites for approved stockists.
- Does the trader provide a postal address on its website, or is it just a PO Box number or email? Remember co.uk does not always mean they're in the UK.
- Only use websites that are secure - look for the padlock symbol on the address bar.
- If goods are advertised a lot cheaper than elsewhere, this should ring alarm bells. They could be fake.
- Look out for spelling mistakes, poor grammar and deadlinks on websites or packaging – all tell-tale signs of a website that's not reputable and products could be fake.

Visit the consumer advice page on our website www.darlington.gov.uk/tradingstandards for more information. For advice on a consumer problem, visit www.citizensadvice.org.uk or call 0808 223 1133.

Please note trading standards does not provide consumer advice or dispute resolution services.



County Durham and Darlington
Fire and Rescue Service

DON'T OVER DO IT

this festive season by overloading your sockets with all the Christmas lights. Also use a residual current device (RCD) to protect against the risks of electrocution and fire.

Have you booked your free Home Fire Safety Visit?

Did you know our fire crews can come out to your home, to offer bespoke home fire safety advice and also provide smoke alarms absolutely free? To book an appointment with our Community Safety team, please call:

 **0345 223 4221**

Winter pressures... help is out there



If you're struggling to cope with rising energy bills and other expenses – or if you know someone who is – help and advice is at hand.


We've pulled together a host of useful information, tips and links to organisations that can offer specialist support and advice – head to www.darlington.gov.uk/moneyadvice

You can find help with:

- ✓ Council tax or rent
- ✓ Energy and utility bills
- ✓ Food costs
- ✓ Boosting your income
- ✓ Cutting the cost of debt
- ✓ Childcare and school uniform
- ✓ Emergency support
- ✓ General budgeting



Look out for details of our upcoming winter pressures advice events, which will be held regularly over the winter months. The first event, at the Dolphin Centre in October, was attended by representatives from a range of council services and other organisations offering support.

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- ✓ Age UK
362832
 - ✓ Morrison Trust
387700
 - ✓ King's Church
469884
 - ✓ Primary Healthcare Darlington
952577
 - ✓ Citizens Advice
266888
 - ✓ YMCA
462452
 - ✓ Darlington Association
on Disability
489999
 - ✓ 700 Club
366397
 - ✓ Green Doctor
0808 1683547
 - ✓ The Bread and Butter Thing
0330 0945373

