



June/July 2019

THE  
Festival of

# INGENUITY

# FREE FAMILY FUN DAY

SATURDAY 13 JULY / DARLINGTON TOWN CENTRE



DARLINGTON  
BOROUGH COUNCIL

Darlington  
Building Society



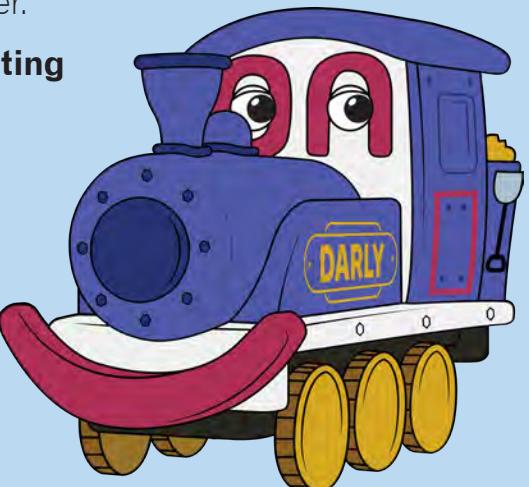
## EXPLORING SUMMER

**Darlington Building Society is delighted to be the partner of the Festival of Ingenuity once again for 2019. As a local building society committed to helping our local area as much as we can, we will once again be inviting the community groups and charities we support to have our space in the Riverside Park area of the festival.**

STEM (science, technology, engineering and maths) careers are significant to our area and we look forward to engaging in the wide range of fun activities on offer at the festival from some of Darlington's most innovative companies.

Why not pop along and see us? Come and visit our Darlington Building Society stand and find out how we can help you and your family with your savings and mortgage needs and how you can get a 2-for-1 annual pass for Bowes Museum during the LEGO®: Building The Bowes Museum exhibition running throughout the summer.

**Caroline Darnbrook, Director of Products and Marketing**



**JOIN US FOR A FREE FUN FAMILY DAY**  
**PROUDLY SUPPORTED BY**  
**Darlington**  
Building Society

# Welcome to One Darlington

**In this summer edition of One Darlington, we celebrate the role children and young people play in our town now and in the future.**

I grew up and went to school here and I've always felt I was really lucky to have so many different parks, shops and restaurants to go to. However, there can always be more done to make young people feel part of the community and that's why it's important young people, like myself, work with the council and other agencies to have our say and hopefully make a difference.

When I was 14, with my mam's encouragement, I applied to become a police cadet. You'll see from Inspector Knox's column on page 18 how important the work of the police is. Everyone, no matter what age, wants to feel safe, and working as a police cadet I felt I was able to make a real difference to my community as well as increasing my confidence and self-esteem.

I was lucky to have supportive parents and a fantastic start in life but I know that is not the case for everyone. On page 14 you can read about the children across the town who desperately need a loving home and how you could help change their future.

After being a cadet for two years, I began an apprenticeship with Durham Agency Against Crime which means I can carry on the work I started as a cadet and use my experience to help others. You can read about the Routes to Work scheme which is helping people find their way into a job on page 38.

Talking of jobs, on page 12, you will meet Trisha English, a school crossing patrol officer, and the first of the council's #50Faces – a celebration of the unsung heroes who work hard every day to make Darlington a great place to live, work and visit.

There's so much going on this summer in Darlington for people of all ages so make sure you check out the what's on guide on pages 31-34. I hope you all have a fantastic, fun and safe summer!



**Emily Snowball**

Durham Agency Against Crime

## Inside this issue

**4-5** Spotlight on Street Scene

**9-11** Meet your councillors

**21** Homelessness myths busted

**24-26** An A to Z of DBC

**40** Young athletes recognised

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An audio version of One Darlington is also available at [www.onedarlington.org.uk](http://www.onedarlington.org.uk)

# A day in the life

## Street Scene's Anthony Whiteside, Neil Anderson and Stephen Clancy

**It's always an early start for Anthony, Neil and Stephen collecting recycling from houses across the borough. They work every Tuesday to Friday helping you to recycle right.**



### 6.30am

**The team arrive at the yard, refuel the wagon and get it ready for the day.** There's a vehicle safety check to be carried out every morning before the round can begin.

### 7am

**The wagon leaves the yard and the collections start.** The team usually works the same two rounds every fortnight.

### 9.30am

**Time for a break!** The guys try to find somewhere to park up near shops so they can grab something to eat. Anthony said: "People might see a few wagons parked up somewhere like Cockerton shops and think we are sitting with our feet up all day but it's the only way we get a break. It's not like an office where you can get up and make a cup of tea when you want. It would take too much time to take the wagons back to the yard so we have to stop where we can!"

### 10am

**Back on the rounds.** The crew opens every recycling bin to take the paper caddy out and that's when they spot if people really have been recycling right. Stephen said: "It's amazing how many people throw dirty nappies into the recycling! I'm sure people know they can't be recycled!"

Anthony added: "When the bins are tipped up to empty we see what people have tried to hide at the bottom. It used to be grass cuttings but we hope now the new garden waste scheme has been introduced that won't happen as much. Hiding things in the bins doesn't help anyone. Just one bin of contaminated recycling could mean a whole wagon can't be recycled so everyone's efforts have gone to waste."



# of...



**If a bin has contaminated recycling in it, the team won't empty it and will leave a sticker on explaining what you should do.**

**See page 19**



You may have heard that all the recycling is just thrown together in the back of the wagon despite you spending time sorting it – this isn't true. The wagons have three compartments – two at the back – one for paper and one for plastic and one at the side for glass. This means all the recycling is kept separated until it gets to the treatment works. Sometimes, if a wagon is in for repair, another vehicle with two compartments has to be used but the recycling is still sorted when it gets to the treatment works.



## **2pm**

**More recycling is collected.**

Sometimes it can be a tight squeeze to get the wagon down streets where cars are parked on both sides. The team work as quickly as they can to collect all the bins so please be patient if you are stuck behind a wagon!

## **4pm**

**Once the wagon is full it's driven to the treatment works at Aycliffe**

**Village and emptied.** This is usually at the end of the round but sometimes, if a lot of people have been recycling right, it will be emptied mid-round and then collections will start again.

## **4.45pm**

**The end of the day!** The wagon is parked back up at the depot, any faults are reported and then home for a shower!

# Making Darling

We know feeling safe and being part of a community are important to you – that is why we have created a new community safety team to work with you to make the town a safer place to live, work and visit.

## What does the com

18

### TRADING STANDARDS TEAM

This team is making sure you stay safe and healthy by enforcing the laws that regulate the way goods and services are supplied and advertised. Their work covers product safety; age restricted sales; counterfeit goods; doorstep crime and animal health and welfare. The team also gives businesses advice so they don't break the law.



### LICENSING

We grant applications for a vast array of licences including selling alcohol; holding car boot sales; taxi driving; scrap metal dealing and even running a zoo! We deal with more than 1,800 licence applications every year and are also on hand to act if someone doesn't comply with the licence they are granted.



### PRIVATE SECTOR HOUSING TEAM

If you rent from a private landlord, this team makes sure your home is safe and fit to live in. If we find a landlord is breaking the rules we will take action against them. We also manage a number of projects to help people on lower incomes heat their homes by replacing old boilers and central heating systems.



### COMMUNITY RESILIENCE OFFICER

We work in the community to find out what issues people are facing and what local services they want to be provided. We are building relationships between different groups in the town and working with the police and other organisations to find long term solutions to the problems that are affecting your lives.

The team is based in the same building in Gladstone Street as the neighbourhood policing team which means we can work really closely with the police to tackle the issues you are concerned about.

Our aim is to keep you safe and we are determined to make Darlington a place that residents and visitors can enjoy. Please do get in touch if we can help you in anyway.

## Community safety team do?



### CCTV

Based in the Town Hall, we monitor 125 cameras around the town 24 hours a day, 365 days a year. This team also provides an emergency response for the council's Lifeline service, handling more than 80,000 calls a year from elderly and vulnerable residents. They monitor other organisations' fire and intruder alarms and also run the council's out-of-hours emergency contact service. By the way, if you lose your ticket at the Feethams Multi-Storey Car Park it will be this team you speak to!



### CIVIC ENFORCEMENT TEAM

We know that most people do care about their neighbourhood but we are stepping up action against the minority who don't. Our uniformed officers are patrolling the streets, taking action against people who do not respect the town and other residents. The team share many powers with the police and are concentrating their efforts to tackle antisocial behaviour, fly tipping, littering, dog fouling and parking issues. You will see their distinctive yellow and black vehicles around town as they are on duty seven days a week, 8am-10pm.



### SYSTEMS AND DATA ANALYSIS

We analyse information from the council, police and other organisations so the community safety team knows where to focus its efforts to get the best results.



# Meet the people who keep you safe



Come  
and meet  
the team and  
find out more about  
our work in the  
town centre on  
**Sunday 30 June,**  
**10am-3pm**

We will be with colleagues from the police, fire and rescue service and other community organisations, in the Market Square and the Dolphin Centre foyer.

There will be vehicles to explore, people to talk to and information stalls so you can find out everything we are doing to ensure Darlington is a great place to live, work and visit.

For more information about the  
community safety team visit

**[www.darlington.gov.uk/communitysafety](http://www.darlington.gov.uk/communitysafety)**

# Welcome to the new invigorated council



**You voted for a change on May 2 and you will see evidence of this on your roads and streets and in your communities in the next few months. We listened and we will respond.**

Over the next few months you will also hopefully start to see positive changes in communication. We are committed to making communication with the council simpler, more transparent and more straightforward, and to improving the quality of the content and information available from the council via all forms of media.

We are committed to working with anyone who wishes to join with us to improve the quality of life for all Darlington residents.

Darlington had a reputation for being a market town with the historic market hall as the jewel in the crown.

Exciting plans are being developed to restore and enhance our town centre spaces, attracting shoppers and visitors to enjoy our heritage attractions and encouraging them to stay and enjoy the numerous cafes and restaurants with our free parking offers.

The area is also being enhanced by the planting of some mature trees to make it a healthier, more appealing and importantly, greener environment to encourage visitors to spend more time within our beautiful town and to benefit our own residents, families and workers who are Darlington's regular service users.

Residents are rightly extremely dissatisfied about the litter and fly tipping which blights many of areas and we will explore every avenue to deal effectively with this unacceptable problem.

Environmental considerations must be at the forefront of all our decisions. Including in planning, recycling, the use of plastic wrapping, transport congestion, appropriate tree planting and play areas, to name just a few.

We have been fortunate to have benefitted from a share of £85 million devolved budget from Ben Houchen and the Tees Valley Combined Authority. We must ensure it is spent wisely and speedily so you can all benefit from this welcome contribution.

We now have a more diverse make up of councillors and we are all united by our concern for the future health and prosperity of our unique and special town. We are committed and determined to make the most of this opportunity to make a positive change and contribution to Darlington and those who live, work and visit here. We will do our very best to live up to your expectations.

**Councillor Heather Scott OBE**  
Leader of Darlington Borough Council



# Members of Darlington

Bank Top and Lascelles	Brinkburn and Faverdale	Cockerton
 <p><b>Helen Crumbie (L)</b> 148 Barmpton Lane, Darlington, DL1 3HF 462642</p>	 <p><b>Scott Durham (C)</b> 29 Duxford Grove, Darlington, DL3 0GH 07805 505156</p>	 <p><b>Paul Baldwin (L)</b> 15 The Rise, Darlington, DL3 8HD 362690</p>
 <p><b>Wendy Newall (L)</b> 20 Eastmount Road, Darlington, DL1 1JY 251574</p>	 <p><b>Rachel Mills (C)</b> 1 Greenrigg Close, Darlington, DL3 0EF 482906 07786 077189</p>	 <p><b>Jan Cossins (L)</b> 12 Elvet Place, Darlington, DL3 0DA 241124</p>
 <p><b>Darrien Wright (I)</b> 5a Ridsdale Street, Darlington, DL1 4EG 07724 384264</p>	 <p><b>Lisa Preston (C)</b> 12 Dale Road, Sadberge, Darlington, DL2 1ST 07793 662154</p>	 <p><b>Eddie Heslop (L)</b> Beck Lodge, 5 Stainwood Court, Darlington, DL3 9YF 354457</p>
Haughton and Springfield	Heighington and Coniscliffe	Hummersknott
 <p><b>Chris McEwan (L)</b> 8 Millrace Close, Darlington, DL1 3SQ 283262 07947 016598</p>	 <p><b>Paul Crudass (C)</b> 81 Merrybent, Darlington, DL2 2LF 374537</p>	 <p><b>Paul Howell (C)</b> 77 Coniscliffe Road, Darlington, DL3 7EH 07464 688865</p>
 <p><b>Andrew Scott (L)</b> 11 Cragwellside, Darlington, DL1 2TR 253707 07930 553001</p>	 <p><b>Gerald Lee (C)</b> 1 Greenhill Road, Heighington, Darlington, DL5 6RN 314622</p>	 <p><b>Charles Johnson (C)</b> 40 Caedmon Crescent, Darlington, DL3 8LF 463712</p>
 <p><b>Nick Wallis (L)</b> Meadowfield Cottage, Little Stainton, Darlington, TS21 1HN 07960 247554</p>	<b>Park East</b>	
	 <p><b>Cyndi Hughes (L)</b> 19 Oakdene Avenue, Darlington, DL3 7HR 480975 07764 198400</p>	<b>Park West</b>
 <p><b>Sajna Ali (L)</b> Democratic Services, Town Hall, Darlington, DL1 5QT 405998</p>	 <p><b>Libby McCollom (L)</b> 55 Lorraine Crescent, Darlington, DL1 5TE 07910 369887</p>	 <p><b>Bob Donoghue (C)</b> 9 Ayton Drive, Darlington, DL3 8DN 07767 294194</p>
 <p><b>Eleanor Lister (L)</b> 15 Larchfield Street, Darlington, DL3 7TF 254091</p>	 <p><b>Michael Nicholson (L)</b> 25 Coleridge Gardens, Darlington, DL1 5AJ 240750 07906 552714</p>	 <p><b>Heather Scott (C)</b> 76 Carmel Road South, Darlington, DL3 8DR 468547</p>
Northgate	Park East	Stephenson
		 <p><b>Ian Haszeldine (L)</b> 206 Hundens Lane, Darlington, DL1 1JB 496548</p>
		 <p><b>Mike Renton (C)</b> 9 Sundew Court, Darlington, DL1 1AW 07495 697592</p>
<p><b>Ward surgeries</b> – For details of councillors' ward surgeries, see <a href="http://www.darlington.gov.uk">www.darlington.gov.uk</a></p> <p><b>Emailing councillors</b> – If you want to contact your councillor by email, their address is <a href="mailto:firstname.lastname@darlington.gov.uk">firstname.lastname@darlington.gov.uk</a> For example, to email Heather Scott type in <a href="mailto:heather.scott@darlington.gov.uk">heather.scott@darlington.gov.uk</a></p> <p>The only exceptions are Anne-Marie Curry (North Road) – <a href="mailto:anne-marie.curry@darlington.gov.uk">anne-marie.curry@darlington.gov.uk</a> and Ian Bell (Harrowgate Hill) - <a href="mailto:ian.bell2@darlington.gov.uk">ian.bell2@darlington.gov.uk</a></p>		

# Borough Council

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**Anne-Marie Curry (LD)**  
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**Hilary Lucas (L)**  
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## Sadberge and Middleton St. George



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**Doris Jones (C)**  
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## KEY

**(L) Labour**

**(C) Conservative**

**(LD) Liberal Democrat**

**(I) Independent**

**(G) Green**

# Meet the first of our...

# #50 Faces

[www.darlington.gov.uk/50faces](http://www.darlington.gov.uk/50faces)



Trisha English on duty in Brinkburn Road

**The council's #50Faces series will introduce you to some of our unsung heroes. We'll meet people doing all kinds of jobs, who each make a difference in their own way. Trisha English is the first of our #50Faces. Here's her story:**

Trisha has become part of the scenery at her spot on busy Brinkburn Road; plenty of passers-by stop for a chat even if they aren't crossing the road.

She first became a crossing patrol – or lollipop lady as she prefers to be called – when her own children were young.

Following in the footsteps of her mum, who was also a lollipop lady, Trisha's seen countless little ones grow up and leave school, including her own.

Trisha's spot, near the Brinkburn pub, is within walking distance of a number of primary schools including Reid Street and Corporation Road.

She's one of the council's army of school crossing patrols and it's a job she'd recommend to anyone.

"I have loved every minute of the last 15 years," she said. "I started when I was in my 20s and hopefully I can keep doing it for a lot more years.

"I still enjoy it and I know we often need more people to join us. It's very rewarding - the thought that you're helping to keep children safe on their way to school. And it's always nice when they take the time to thank you for helping them across the road.

"It's lovely when you bump into someone in town who sort of recognises you and does a double take. Then you explain who you are and they say they didn't recognise you without your lollipop!"

**Look out for more from our #50 Faces in future issues, on the council's social media and at [www.darlington.gov.uk/50faces](http://www.darlington.gov.uk/50faces)**





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# Change a child's future



**Caring people with a spare room in their home and love in their heart are needed to help change the future of a child.**

**There is no such thing as a typical foster carer. No matter what your background, relationship status, religious beliefs or how much time you can commit – even a few days a month helps - anyone in good health, over the age of 21, can become a foster carer.**

Foster care comes in many forms: respite, short term, long term and emergency – we will discuss what fits best into your lifestyle when you get in touch.

When you foster with the council you help local children and are part of a small team who know the child well. Training and support is on hand, as well as access to other foster carers should you need some friendly advice. You are paid an allowance for the child in your care as well as a competitive fee.

Babies, children and teenagers are in desperate need of your care, love and support. Please change a child's future and find out about fostering with us.

## Change a child's future – foster with us

For more information, including frequently asked questions, visit [www.darlington.gov.uk/fostering](http://www.darlington.gov.uk/fostering) email [fostering@darlington.gov.uk](mailto:fostering@darlington.gov.uk) or call 406222 and choose option 3.

Information meetings are held at Central House Annex, Gladstone Street, DL3 6JX, from 6-7pm on the first Monday of every month.

**Upcoming sessions will be held on Mondays 1 July, 12 August and 2 September.**

## FOSTERING FACT

Last year 254 babies, children and teenagers were helped by our fostering team.

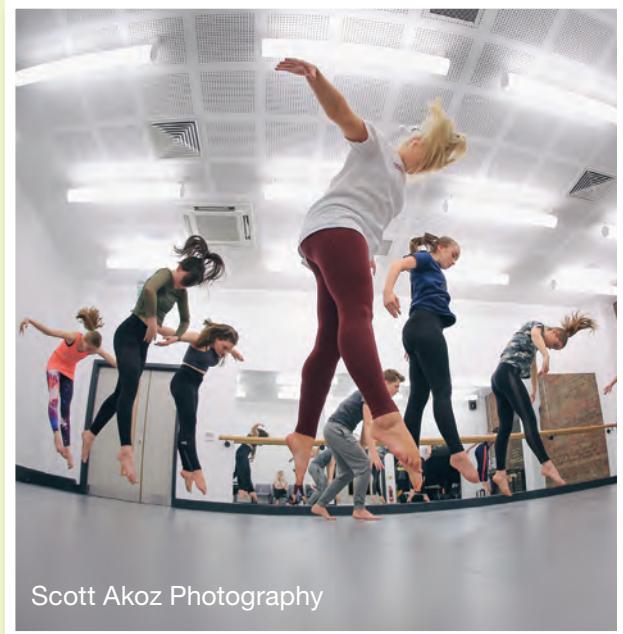
# Could your child be a future theatre star?

**Our award-winning Hippodrome theatre is hosts youth theatre workshops throughout the year aimed at developing budding young stars.**

The sessions, which are split into three age groups, are led by theatre and dance experts and offer young people the chance to explore theatre techniques as well as developing their creative ideas in a fun and welcoming environment.

The young people are already working hard towards a number of performances this summer including Ernie's Incredible Illucinations, on Saturday 6 July, 7.30pm at The Hullabaloo.

For more information on classes or to book tickets for performances, call Darlington Hippodrome on 405405 or visit [www.darlingtonhippodrome.co.uk](http://www.darlingtonhippodrome.co.uk)



Scott Akoz Photography

## Carnival fun

**This year's community carnival, on Saturday 29 June, promises a fun and interesting look back at Darlington's history.**

The celebrations start in the Market Square before a colourful parade sets off at 11am, making its way through the streets to Stanhope Park, where there will be stalls, live music, Punch & Judy, bouncy castles, children's sports and other activities until 5pm.

Thousands of pounds have been raised for local charities by the event since its launch in 1983 and Darlington Play Programme is set to benefit this year.

The carnival is organised by a committee of volunteers and funded by donations from local businesses and sponsorship. It's through their generosity, time and support that this fantastic event is made possible.

To find out more, look for Darlington community carnival on Facebook or follow @darlocarnival on Twitter.



# ENJOY DARLINGTON



**A variety of events and activities are happening over the summer, offering something for everyone and lots of free family fun!**

Thousands of people have already enjoyed our food, jazz and dance festivals.

There's lots more happening - make sure you save the dates and join us to Enjoy Darlington!



## Festival of Ingenuity Saturday 13 July

Free interactive entertainment for the whole family.

For event information turn to page 32. To find out what's happening and for more information visit [www.enjoydarlington.co.uk](http://www.enjoydarlington.co.uk) and follow our Love Darlo Facebook page.

# Darlington by the Sea

Thursday 25 - Saturday 27 July

Tonnes of sand transform the market square into our very own beach - come and join in the seaside fun and entertainment.



## Jess Glynne

Friday 2 August

Global Superstar Jess Glynne brings her powerhouse vocals to Darlington Arena!

Why not pop into town for a drink and a bite to eat before the show?



## Drum Festival

Friday 16 August

Celebrate the rhythm of the drum beat, have a go and enjoy some vibrant performances!



## Mish Mash Family Music

Sunday 25 August

Gypsy folk, flamenco hip-hop, Afro beat and energetic headliners Chainska Brassika will have you dancing into the early evening!



## Rhythm & Blues Festival

Sunday 15 September

Join us for a chilled afternoon of live RnB music which continues into the evening in many local bars.



**DARLINGTON  
BOROUGH COUNCIL**



# A safer summer for all

**We've all got a part to play in making sure Darlington's a safe place for everyone this summer – that's the message from the town's Neighbourhood Inspector Chris Knox.**

"During the spring months, your policing team has been working hard to both tackle and prevent crime with regular patrols in hotspot areas and home visits to suspects. We've particularly been targeting burglary and theft from cars in the west end of the town.

At this time of year we tend to see an increase in antisocial behaviour (ASB), particularly young people drinking alcohol, lighting fires and generally causing a nuisance. Broken Scar, for example, is one of the places where this kind of behaviour happens as we saw over the Easter weekend this is a real shame as it stops others making the most of our green spaces and enjoying the warmer weather.

We are tackling this with a no-nonsense approach so those involved can expect to be challenged.

I have upped patrols, we are gathering information on those involved and we even have a drone out capturing footage. Rest assured we'll be knocking on doors and issuing fines if this behaviour does not stop.

We are also working closer than ever with our council colleagues - the new community safety team - which is great news for reducing this kind of behaviour.

A plea from me to parents is please check where your children are and make sure they aren't part of this problem. I firmly believe if we all work together we can drive down crime and ASB across our town."

**There are small things we can do to make life more difficult for criminals. Here are my top tips for a safer summer:**

- Don't allow opportunist thieves to strike by locking your car and keeping valuables hidden from view
- Don't leave your car keys lying around on hall tables near to the door, keep them somewhere secure and out of sight
  - Keep sheds and outbuildings locked and secure
  - Lock bikes away in sheds and garages
  - Store garden furniture securely when it's not in use.

Neighbourhood Inspector Chris Knox

# What is contaminated recycling and why does it matter?



**Contaminated recycling is when the wrong thing is put in the wrong bin or a recycled item is contaminated (for example with old food) before being recycled.**

**The council gets paid for every tonne of recycling you produce and we use this money on a wide range of services.**

So when you recycle right not only are you helping the environment but you are boosting local services too! However, we have to pay to have contaminated recycling treated. This money could be spent on all the other services we provide.



## Check if it can be recycled



Please take a minute to #recycleright

YOUR CONTAMINATED RECYCLING COULD AFFECT A WHOLE WAGON OF RECYCLING!

To see what you can recycle and what goes where visit [www.darlington.gov.uk/recycleright](http://www.darlington.gov.uk/recycleright)



# GARDEN WASTE COLLECTION

**Don't miss out -  
sign up ONLINE**

More than 4,000 households have signed up to the new garden waste collection service – and you can too!

An annual fee of £35 is charged for fortnightly collections from April to November each year.\*



## What CAN and CANNOT go into your garden waste bin

### ✓ YES Please

- ✓ Grass cuttings
- ✓ Hedge trimmings
- ✓ Twigs/small branches
- ✓ Flowers
- ✓ Weeds
- ✓ Leaves
- ✓ Prunings

### ✗ NO Thank you

- ✗ Bags or plastics
- ✗ Stone, rubble, soil, turf
- ✗ General waste
- ✗ Food waste
- ✗ Animal waste
- ✗ Japanese knotweed
- ✗ Ragwort

**Please remember to put your bin out before 7am on collection day.**

For more information, to sign up and to pay your annual fee visit [www.darlington.gov.uk/gardenwaste](http://www.darlington.gov.uk/gardenwaste)

\*this is a fixed rate regardless of when you sign up

# Homelessness uncovered

There is so much information out there about homelessness and rough sleeping - how big an issue it is, what you should and shouldn't do to help and what's being done to tackle it.

But how much do you really know? We look at the facts behind some of the myths:



MYTH	FACT
Homelessness and rough sleeping is a big problem in Darlington.	At any given time there's usually no more than two people sleeping rough in Darlington. This figure of course changes all the time but it's rarely more than two and can sometimes be zero.
People who sleep rough or are homeless have no other option and aren't offered any support.	Some rough sleepers or homeless people may have declined help for a variety of reasons. No one needs to sleep rough in Darlington as there is enough support for everyone.
It best to give money to homeless people on the street.	It's not. If you want to help, a donation to charity or offering the person food or hot drinks is a much better option.
It's their own fault.	It's not. There are many reasons why people become homeless, often it's a combination of relationship, money and health problems that come together at the wrong time and make someone's life spiral out of control.
All beggars are homeless.	This isn't always the case which is why it's best to make a donation to a homeless charity rather than giving cash to someone on the street.
Nothing's being done to tackle it.	There's lots of work going on to prevent and tackle homelessness and rough sleeping in Darlington and the low numbers of people sleeping rough in our town is as a direct result of this work. We also work closely with numerous charities offering accommodation and help to those who need it.

## How can I help?

If you want to help tackle homelessness and rough sleeping in Darlington:

- Don't hand over cash to people on the street
- Offer hot drinks and food
- Make a donation to the 700 Club via [www.700club.org.uk](http://www.700club.org.uk)

**If you are concerned you could lose your home  
call the council's housing options team on 405333.**

# Falls service tackles fear



**One in three people over 65 will have a fall this year. While the risk of falling increases with age, it's by no means inevitable and experts believe the majority of falls could be prevented with some fairly modest changes to our lifestyle and home.**

The falls service from County Durham and Darlington NHS Foundation Trust is tackling the problem by offering a specially devised programme of one hour weekly sessions for people who have either had a fall or who are considered at increased risk of falling. The programme, led by physiotherapists and occupational therapists, runs at a number of locations including Hundens Lane Rehabilitation Centre.

Vicki Hird, occupational therapist, who is helping lead the Trust's focus on falls prevention, said: "We work with small groups so each person gets a lot of personal attention. An initial assessment looks at strength, balance and general walking ability, before creating an individual exercise programme which includes a few exercises to do at home. Our programmes last for 10-12 weeks, at the end of which a reassessment often produces amazing results and many people tell us they feel transformed both physically and in confidence. It's all done gently and gradually, there's no pressure."

**"As well as older people, and those who have already had a fall, we also work with people who have long term conditions such as Parkinson's, or who have had a stroke."**

"Each day, across the country, 500 people are admitted to hospital following a fall. Of those 500, very sadly, 33 are never well enough to return home, so it's really important that we identify those at risk of falling and offer them the support they need to reduce their risk.

"As well as older people, and those who have already had a fall, we also work with people who have long term conditions such as Parkinson's, or those who have had a stroke.

"Through our Trust charity, we have also produced a booklet 'Get Up and Go – a guide to staying steady', which has advice on maintaining balance, exercises for improving strength plus other hints and tips. You can download a copy at [www.csp.org.uk/publications/get-and-go-guide-staying-steady](http://www.csp.org.uk/publications/get-and-go-guide-staying-steady)

"Patients falling whilst in hospital is also a problem across the NHS. Dizziness is one of the main risks whether caused by standing up suddenly, being generally unwell or because of medication. When they are admitted, our patients have their blood pressure checked both when they're standing and lying down. We've also produced a falls prevention leaflet which is given to all patients and their family.

"When a patient falls in hospital there's quite a high risk they'll sustain an injury so we're pleased that the measures we've introduced have already reduced patient falls by almost 10%."

# #NextStepHome

**Latest research suggests that, for older patients in particular, the shorter the time they're in hospital, the better it is for their mental health and physical recovery. All the indications are that, once patients have been assessed and had any necessary treatment, home is definitely the best place for them.**

A new initiative from County Durham and Darlington NHS Foundation Trust, which includes Darlington Memorial Hospital, aims to change the way patients and their families think about being admitted to hospital. Launched in November, #NextStepHome is already showing positive results for patients.

Consultant physician, Dr Paul Peter, said, "We know that patients don't want to be in hospital any longer

than necessary. For older people, in particular, the familiarity of home makes a huge difference to how they feel in themselves. They can eat the food they like, when they want, follow familiar routines and even enjoy the comfort of a favourite chair. Being in hospital can also feel overwhelming – everything is new. So, initially, when a patient comes to us, we ask ourselves whether admission is really necessary or can the patient receive the care they need from our community teams at home?

"One of our main aims it to help patients return to, at the very least, the level of independence they had before their hospital stay."

"We've also introduced Consultant Connect, a telephone service for GPs, so they can speak directly to our on-call consultants for advice and guidance on urgent patient issues which may mean they do not admit someone to hospital.

"When patients do need to be admitted we make sure they are assessed as soon as possible, including getting blood tests and results, booking scans and any other investigations needed to make a diagnosis. We then focus on getting treatment in place quickly, regularly assessing the patient's condition so that once they've improved we can get them home with packages of care, prescriptions and anything else they need already in place. We talk to patients at every stage, keeping them updated.

"One of our main aims it to help patients return to, at the very least, the level of independence they had before their hospital stay. Normal daily living helps keep us active but all that stops when you're in hospital and muscle strength is lost very quickly."

Sharon Morgan, associate director of nursing for community services, said: "As a healthcare system we're working in partnership to make this happen. We appreciate that some patients and their families will worry about whether services in the community are robust enough to provide the care and support needed and we want to reassure them we have a menu of services supporting people to live independently.

"We also work closely with GPs, specialist nurses, social workers, community physiotherapists, and therapists with other specialties, to make the transition home as safe and seamless as possible."



Find us on social media!

@CDDFTNHS

# We've got you cove

Ever wondered what the council does and what your  
Here's a handy A-Z guide to just a few of the things we



## Anti-Social Behaviour

We work closely with the police to tackle it and take action against those who cause it, making our town safer for everyone.



## Bins

Did you know we empty over 50,000 household bins every fortnight? That's an awful lot of rubbish! You can find when your next collection is by using the handy post code search tool on our website.



## Enjoy Darlington

We want everyone, near and far, to enjoy Darlington and all it has to offer. We are really proud of Darlington and want to encourage people from far and wide to visit for entertainment, eating out and shopping.



## Fostering

Do you have a spare room and want to change a child's life? If so, we want to hear from you, please call 406222 and choose option 3.



## Indoor Market

Exciting plans are currently being considered for the development of our iconic Victorian market.



## Jess Glynne

Superstar songstress Jess Glynne comes to Darlington on Friday 2 August. Tickets are available from Ticketmaster. Jess's show is just one of the many events we have a hand in organising and supporting each year.



## Museum

We are really proud of our Head of Steam railway museum and it's a must visit this summer for a trip back through time to Victorian Darlington. Find out more on our website.



## Naming Ceremonies

Oliver and Olivia topped the a recent chart for the most popular names for boys and girls in England and Wales. Whatever name you decide why not celebrate your choice at a naming ceremony? Find out how we can help on our website.

# red from...

council tax helps to pay for?  
're involved in.



## C

### Car Parks

With more than 3,500 car parking spaces, our town is perfect for shopping and socialising. We keep the car parks clean, safe and well maintained.

## D

### Dog Fouling

As much as we love our furry friends, there's nothing worse than dog fouling in our streets and parks. The message is simple: take responsibility for your pet by bagging and binning it!

## G

### Gritting

Not the time of year for it, but a lot of hard work goes into keeping Darlington on the move when the snow and ice hits! Last winter we dumped 3,155 tonnes of grit on our roads, that's the same weight as 175 double decker buses.

## H

### Houses

Did you know there are about 5,000 council houses in Darlington? To find out more or apply for a council house visit [www.darlington.gov.uk/housing](http://www.darlington.gov.uk/housing).

## K

### Kitchen

Did you know every kitchen serving food to the public in Darlington is regularly checked by our environmental health officers? This is to make sure strict standards are in place. Check out the Food Standards Agency website for more information on your favourite restaurant or take away.

## L

### Library

We have two libraries – Crown Street and Cockerton. Crown Street opened almost 135 years ago in 1884! An iconic piece of Darlington history right in the heart of our town.

## O

### Octopus

Rarely seen in Darlington apart from when we enjoy our annual Darlington by the Sea extravaganza where all manner of sea creatures, deck chairs and ice cream stalls take pride of place in our market square as we recreate a weekend at the seaside. Buckets and spades at the ready for this year's event starting on 25 July.

## P

### Parks

At this time of year it's all about getting outside and enjoying the great British summertime and where better than in the park. We work hard all year round to make sure our parks and green spaces are in full bloom so they are picnic ready whatever the weather!

Continued overleaf

# We've got you covered from... A-Z



## Quiet

There's nothing more annoying than barking dogs, disruptive neighbours or a noisy car alarm? If you're in need of some peace and quiet, we can help, contact us on [customerservices@darlington.gov.uk](mailto:customerservices@darlington.gov.uk)



## Streetlights

Believe it or not there are 13,552 lamp posts across the borough. Our job is to maintain them all making sure they are in full working order so you aren't left in the dark!



## Uniform

Lots of our staff wear uniforms for work - Street Scene teams, parking enforcement officers and dog wardens to name just three. Give them a wave next time you see them out and about!



## Weddings

Big congratulations to engaged couples looking for a wedding venue. Remember we do weddings at the Town Hall in the council chamber.



## Your Council

We're here to provide a range of services for you. Every member of our staff is working hard every day to create a healthier, safer and happier Darlington for everyone.



## Recycling

We collect your recycling every fortnight and recycling right is so important to protect our environment. You can find out more about how to recycle right on our website.



## Theatre

Our award winning theatre, the Hippodrome, is an award winning venue and has a packed programme coming up. Check out the Hippodrome website to find out what's on.



## Volunteer

Would you like to get involved and give back to your community? Would you like to develop new skills and have new experiences? Volunteering could be for you! See our website for a range of volunteering opportunities.



## Xercise

OK, we've cheated a bit with this one but we had to mention how important exercise and keeping fit are. The Dolphin Centre and Eastbourne Sports Complex are popular with residents of all ages. Can you believe the Dolphin Centre is 37 years old this year?



## Zest

We believe there's a real buzz about Darlington and we certainly have the zest, passion and enthusiasm to make it a great place to live, work in and visit.



Ron, Ellen and Francis

## Young people against hate crime

**Two prominent young people have lent their support to Hate Hurts, a campaign to raise awareness of hate crime.**

Earlier this year, Ron Hogg, Police, Crime and Victims' Commissioner for Durham and Darlington, launched the campaign to show how much concern there is in our communities about hate crime.

Ron said: "Hate crime is very unpleasant of course. It's different from so many other types of crime or incident because it's so personal. People are victimised because of who they are, and not because of anything they've done. That's why tackling hate crime has always been a priority in my Police, Crime and Victims' Plan".

"What's great is the strength of support for the campaign. We are starting to see posters, stickers and messages in the media and community venues, showing how many people are supporting a zero tolerance approach."

Francis Humble, Darlington's Youth MP, and Ellen Terry, the Young Police, Crime and Victims' Commissioner have lent their support to the campaign.

Ellen said "The police tell me the number of hate crimes which are being reported has been growing. I think that reflects people are more prepared than they used to be to report hate crimes. That's really important because it means they will be addressed, and victims will be supported."

Francis added: "This campaign is a big deal. We are united against hate crime. I really would urge anyone who experiences hate crime, or witnesses it, to report it."

You can find out more at [www.hatehurts.co.uk](http://www.hatehurts.co.uk).





# New social housing among UK's best

**A scheme to build more homes for affordable rent has been shortlisted for a national award.**

The council is one of six finalists in the social housing initiative category of the MJ Local Government Achievement Awards 2019.

Winners will be announced at an awards night in London on Wednesday 26 June.

The new-build programme aims to help meet housing needs in the borough.

The initiative has been a partnership project – involving contractors, Healthy New Towns, occupational therapy, the tenants' customer panel and residents.

Over the past three years, more than 200 flats and houses have been designed and built using the council's in-house team, and we're now planning another 100 properties a year over the next ten years.

Work is already underway on three sites at McMullen Road, Fenby Avenue and Wordsworth Road. These should be ready for tenants to move in to later this year.

Visit [www.darlington.gov.uk/housing](http://www.darlington.gov.uk/housing) to find out more about council properties available to rent.

I'm enjoying  
**FREE**  
childcare...  
**...is your  
2 year old?**

Check your child's eligibility for up to 15 hours a week – have your national insurance number to hand and go online: [www.darlington.gov.uk/childchecker](http://www.darlington.gov.uk/childchecker), call the council's people and families information support team on **406222** or email [pfis@darlington.gov.uk](mailto:pfis@darlington.gov.uk)





## We Are Investing In Darlington

Work is under way on a number of major Darlington infrastructure projects with funding from Tees Valley Combined Authority as part of our £588million ten-year investment plan.

Construction on the £8.5million Feethams office development has now begun, with the 3,900sq m site set to be completed by spring next year.

The new five-storey high building is being supported by a £3.2million investment from the Combined Authority.

When complete, it will provide high-class Grade-A accommodation for small and medium-sized enterprises in key sectors including business and professional services and in the digital and creative field.

The offices are located on the site of the old Beaumont Street car park, next to the DL1 leisure complex, and within walking distance of Darlington station and its vital East Coast Mainline rail services.

Road upgrades are also going ahead on the outskirts of the town, with a total of £7.27million funding committed

via the Combined Authority for improvements close to Morton Park and Darlington Retail Park.

A total of £3.9million of the Tees Valley Investment Fund has been used to significantly upgrade the access from Yarm Road to Ingenium Park, including the building and resurfacing of 0.7km of road along Salters Lane.

Work is also well advanced on a second scheme, providing improvements on Yarm Road between the A66 Strategic Road Network and Darlington's Central Park. A £3.37million investment from the Government's National Productivity Investment Fund is helping to deliver junction improvements where Yarm Road intersects with McMullen Road and Lingfield Way.

Both improvements are complemented by work Highways England are undertaking to improve capacity between the A66 and Morton Palms Roundabouts.



# Final preparations underway for Northumbria in Bloom

Photos by  
Diane Pickering;  
Marie Hirst;  
Luke Piper;  
Peter Giroux

**Staff and volunteers will show the Northumbria in Bloom judges around the town centre when they visit next month, highlighting the impressive planting and the area's unique history.**

The judges will visit South Park, Green Park and Riverside Park as well as other heritage and floral highlights.

Thank you to all the businesses and volunteers who work tirelessly throughout the year to make sure the town looks its best. You've done a bloomin' good job!

# A sizzling summer of events

**Look forward to a summer full of fun packed activities. We've got something for everyone!**



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

**DON'T MISS OUT!**  
Visit the websites or pick up a brochure from the venues

**Find these brochures and more events at**  
**[www.darlington.gov.uk/events](http://www.darlington.gov.uk/events)**



[www.head-of-steam.co.uk](http://www.head-of-steam.co.uk)



[www.darlington.gov.uk/events](http://www.darlington.gov.uk/events)

# WHAT'S ON WHAT'S ON

**Whether you're looking to get fit and healthy or just want to try something new, there's a host of activities coming up in Darlington in the next few months.**

**parkrun – every Saturday,** 9am, South Park. Free 5k run. To register visit [www.parkrun.org.uk/darlingtonsouthpark](http://www.parkrun.org.uk/darlingtonsouthpark) or email [darlingtonsouthparkoffice@parkrun.com](mailto:darlingtonsouthparkoffice@parkrun.com)

**juniorparkrun – every Sunday,** 9am, South Park. Free 2k run for juniors only (four-14-year-olds). To register visit [www.parkrun.org.uk/southpark-juniors](http://www.parkrun.org.uk/southpark-juniors) or email [southpark-juniorsoffice@parkrun.com](mailto:southpark-juniorsoffice@parkrun.com)

## JUNE

**Crow's family funfair – Thursday 13, 5-9pm**, South Park. Entry £1.

**Spirits of the Sea – Saturday 15, 10.30am, 1pm, 2.30pm**, The Hullabaloo. Step inside a mystical mariner's hut for this enchanting tale. Ages 7-11. Tickets £7.



**Winning words writing competition – Saturday 15, 10am-noon**, Crown Street Library. Aspiring writers could see their work in print, with help from author Tracey Iceton. Tickets £5 from ARC, visit [www.arconline.co.uk](http://www.arconline.co.uk).

**8th Darlington Scout Group 104th summer garden fete – Saturday 15, 1-5pm**, Cockerton Green. Annual fundraising garden fete, free admission.

**Thank You For The Music – Saturday 15, 7.30pm**, Darlington Hippodrome. Abba tribute act.

**Father's Day card and gift making – Saturday 15, 10am-2pm**, The Hullabaloo. Paint a Father's Day gift. Suitable for all ages. Price per gift, booking required.



**Moon exhibition – Saturday 15 June – Monday 26 August**, Head of Steam. Booking not required; usual entrance fee applies.

**In conversation with the Yorkshire Vet: Julian Norton – Monday 17, 7-8.30pm**, Crown Street Library. Tickets £8 via [www.arconline.co.uk](http://www.arconline.co.uk)

**Poetry workshop with Lisette Auton – Wednesday 19, 2-4pm**, Crown Street Library. Develop new ideas with quick fire exercises. Tickets £5 [www.arconline.co.uk](http://www.arconline.co.uk)



**An evening with Scandibrit crime writer Quentin Bates – Wednesday 19, 6.30-8pm**, Crown Street Library. Join the journalist and author of six crime novels in this fascinating talk. Tickets £5 via [www.arconline.co.uk](http://www.arconline.co.uk)

**Paul Donnelly Organ Trio – Friday 21, 7.30pm**, The Travellers Rest, Cockerton. Organised by Opus 4 Jazz Club. Tickets £8 on the door, contact 382676.

**Mitch MJ Mimms, Michael Jackson tribute night – Saturday 22, 7.30pm**, Railway Athletic Club, Brinkburn Road. Tickets, £6, from the venue or call 07707 957343.

**An audience with LJ Ross, Saturday 22, 7-8.30pm**, Crown Street Library. International bestselling author of the DCI Ryan Mysteries series. Tickets £5 via [www.arconline.co.uk](http://www.arconline.co.uk)



**The Great Get Together – Sunday 23, 12-4pm**, South Park bandstand. Free music, children's activities and stalls aiming to bring people of different backgrounds together. Bring a picnic! For details email [admin@moreincommondarlo.com](mailto:admin@moreincommondarlo.com)

**Summer Sunday charity quiz night for Darlington Samaritans – Sunday 23, 7-7.30pm**, Devonport Hotel Middleton One Row. A charity quiz with fish and chips and a raffle. To book, call 07789 91699. Price £2.50.

**PCVC's celebration of local superheroes – Saturday 29, 10am-3pm**, Locomotion, Shildon. A fun day out where kids get to meet their local heroes, plus exciting activities.

**Darlington Community Carnival – Saturday 29 June, 10am-5pm**, Town centre and Stanhope Park. Family entertainment, live music, and food stalls at this annual event.



**Proms in the Park – Sunday 30 June, 3pm**, South Park bandstand. A day of celebration with live music. Bring a picnic!

# WHAT'S ON WHAT'S ON

## JULY

**Miniature train rides – first Sunday of every month until September, 10am-noon**, Hurworth Grange.

**Four Villages community fete – Sunday 7, 1-5.30pm**, off Wood Lane, Low Coniscliffe.

**A Rainbow Hullabaloo – Sunday 7, 11am-1pm**, The Hullabaloo. Enjoy crafts, story time, and more. Ages 0-10. Tickets £5.

**History Wardrobe – Wednesday 10, 6.30-8.30pm**, Crown Street Library. Tickets £8 per person and must be booked in advance from Eventbrite or Crown Street Library.

**The Festival of Ingenuity – Saturday 13, 10am-4pm**, Market Square and Riverside Park. Try a wide range of fun, free and interactive activities.

**Vintage Summer Fair – Saturday 13, 10am-4pm**, The Bridge Centre for Visual Arts, Hundens Lane. Arts and crafts stalls, music, tombola, and refreshments.

**The Riviera Quartet - Friday 19, 7.30pm**, The Travellers Rest, Cockerton. Organised by Opus 4 Jazz Club. Tickets £8 on the door, contact 382676.



**Community fun day event – Saturday 20, 1-4.30pm**, North Park. Activities including face painting, circus skills, sumo suits and more!

**All the fun of the fair – Sunday 21, 10am-4pm**, Head of Steam. Family fair with mini train ride, arts and crafts, and much more. £2 for adults, £1 for children, under 5s free.

**Romans at the Railway Museum – Tuesday 23, 11am-4pm**, Head of Steam. Find out what life was like in the Roman army, with dressing up, craft activities, and more. Drop in sessions included in admission and yearly passes.



**Darlington by the Sea – Thursday 25th – Saturday 27th, 11am-5pm**, Market Square. The beach experience is brought to Market Square.

**Crafts from around the world – Wednesdays throughout the school holidays and Saturday 31 August, 10am-4pm**, Head of Steam. Craft sessions inspired by different art from around the world. Included in admissions and yearly passes.

**Crazy Creatures at Head of Steam – Thursday 25, 10am-4pm**. Meet John and his crazy creatures. Included in admission and yearly passes. Booking essential.

**Station Scamps activites and crafts – every Friday, 10am-12.30pm and 1-3pm**, Head of Steam. Toddler sessions. Included in admission and yearly passes.

**Time travel Tuesdays – every Tuesday until August 20, 10am-3pm**, Head of Steam. Travel to different time periods each week, provided by That History Bloke. Included in admission and yearly passes.

## AUGUST

**Farmyard Flyer – Thursday 1, 10am-4pm**, Head of Steam. Meet animals and the Farmyard Flyer team. Drop in session included in admission and yearly passes.

**British Town Crier Championship – Saturday 3, 11am-3pm**, town centre. Darlington.

**SG Petch Darlington 10k – Sunday 11, 10.30am**. Further details: [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k)

**International dancers – Monday 12 to Tuesday 13, from 1pm**, Joseph Pease Place. Dancers from the Billingham Folklore Festival.



**Acorn Antics – Thursday 15, all day**, Head of Steam Museum Field. Outdoor fun, activities and crafts. Included in admission and yearly passes, booking essential.



**Gold Tea Dance – Thursday 15, 11am-3pm**, Market Place. Dig out your dancing shoes for the annual tea dance, organised by Growing Older Living in Darlington (GOLD). As well as dancing and entertainment, there will be stalls with information about services available for older people.

# WHAT'S ON WHAT'S ON



**Darlow Drum Festival – Friday 16, 11am-7pm**, town centre. Darlington's first ever drum festival featuring live performances and workshops.

## Tom Rolfe circus skills workshop

**– Thursday 22, 10am-4pm**, Head of Steam. Contact the museum for information. Included in admission and yearly passes, booking essential.



**Darlington Vintage Vehicle Rally – Saturday 24 August, 10am-4pm**, Market Square.

**Mish Mash family music event – Sunday 25 August, 1-8pm**, Market Square. Live music.

**Make a mobile – Tuesday 27, 10am-4pm**, Head of Steam. Drop in sessions included in admission and yearly passes.

**Jewellery and model making – Thursday 29, 10am-4pm**, Head of Steam. Modelling with drinking straws. Drop in sessions included in admission and yearly passes.



**Model Railway Weekend – Saturday 31 to Sunday 1, 10am-4pm**, Head of Steam. View a wide range of model railways. Included in admission and yearly passes.

## SEPTEMBER



**NERA Exhibition – Trains, Boats and Planes (and Other Railway Activities) – Tuesday 3 to Friday 13**, contact museum for opening times, Head of Steam. This display looks at various railway activities, mainly before the 1948 grouping. Normal entrance fee.

## The afternoon lectures –

**Saturday 7, 1.45pm**, Head of Steam. A talk by Niall Hammond and Caroline Hardie about preservation of the railway. Free to members of the Friends, non-members welcome but must contact museum regarding price.



**Roald Dahl screening & crafts – Saturday 14**, The Hullabaloo. Celebrating Roald Dahl with a movie screening and crafts. All ages. Tickets £3.

## CONTACTS

**Darlington Hippodrome** box office open 10am-8pm (6pm on non-performance days); Cornmill Centre ground floor open 10am-4pm Monday to Saturday; call 405405 10am-8pm Monday-Saturday (6pm on non-performance days); or visit [www.darlingtonhippodrome.co.uk](http://www.darlingtonhippodrome.co.uk)

**The Hullabaloo** – call 405405 or visit [www.theatrehullabaloo.org.uk](http://www.theatrehullabaloo.org.uk)

**Head of Steam** – Darlington Railway Museum – call 405060, visit [www.head-of-steam.co.uk](http://www.head-of-steam.co.uk) or email [headofsteam@darlington.gov.uk](mailto:headofsteam@darlington.gov.uk). Entrance fees apply in most cases.

**Darlington Libraries** – call 349610.

**Dolphin Centre** – call 406000 or email [healthydarlington@darlington.gov.uk](mailto:healthydarlington@darlington.gov.uk)

**The Forum** – visit [www.theforumonline.co.uk](http://www.theforumonline.co.uk) or call 363135.

**ARC** – visit [www.arconline.co.uk](http://www.arconline.co.uk) email [box.office@arconline.co.uk](mailto:box.office@arconline.co.uk) or call 01642 525199.

## ENJOY TEES VALLEY

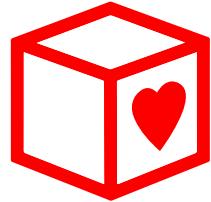
The Tees Valley is bursting with things to do and places to see. Find out more, visit [www.enjoyteesvalley.com/whats-on](http://www.enjoyteesvalley.com/whats-on)

**Stockton International Riverside Festival – Thursday 1 to Sunday 4 August**, Stockton town centre. A packed programme of wall-to-wall theatre, circus, dance and music.

**Great North CityGames – Saturday 7 September**, Stockton Riverside and High Street. Watch world-class athletes from around the globe compete against home-grown talent.

If you have any events you would like listing in future editions, email [communications@darlington.gov.uk](mailto:communications@darlington.gov.uk) or call 406058. Listings are free and we will try and include as many as we can. Deadlines for listings are about eight weeks before the publication date. All information is correct at the time of going to print and we would advise you check details with venues before travelling.

# The Red Box Project needs you!



The Red Box Project

**The Red Box project is a community-based-not-for-profit initiative providing essential items for young girls to use during their period.**

Research has shown that many girls don't have access to essential sanitary items and as a result may feel like they can't attend school, missing out on vital learning.

The project provides red boxes filled with free sanitary products to schools and youth organisations.

Sixty-four have been distributed throughout the borough so far but donations are needed to keep the boxes full.

If you would like to make a donation please email [redboxprojectdarlington@gmail.com](mailto:redboxprojectdarlington@gmail.com) or find out more on The Red Box Project Darlington Facebook page.

Any of the items listed below would be gratefully received:

**Shopping List...**

- ✓ Always platinum sanitary towels 1 and 2
- ✓ Always or Bodyform sensitive pads normal size 1/2/3
- ✓ Bodyform or Lil-lets ultra/thin/normal sanitary towels
- ✓ Gigi or Nutracare normal natural day pads
- ✓ Bodyform, So-slim or own brand panty liners (normal or fragranced)
- ✓ Sensitive baby wipes
- ✓ Femfresh, Bodyform or own brand feminine cleansing wipes
- ✓ Sanitary fragrant disposal bags
- ✓ Feminine wash
- ✓ Girls and women's pants - brief or shorts style ages 11-15 and sizes 8-20
- ✓ Women's black opaque tights 30,40 or 60 denier sizes small-extra large

**We need YOU!**

**Thank you so very much!**

Darlington Red Box Project  
Donation point

# Available soon...

## GO PAY

pay for transactions as  
and when you use the card

## GO FLEX

limited amount of free  
monthly transactions

## GO TOTAL

UNLIMITED FREE  
TRANSACTIONS

a credit union relevant for the modern age



**darlington**  
credit union

Please note all accounts attract a small monthly fee. Please ring a member of our team or visit our website to get full details and help you pick the account that is right for you.

Phone: **01325 529 829**

**[www.darlingtoncreditunion.co.uk](http://www.darlingtoncreditunion.co.uk)**

41 Tubwell Row, Darlington, County Durham DL1 1PD

Email: **[info@darlingtoncreditunion.co.uk](mailto:info@darlingtoncreditunion.co.uk)**



# £1000 Instant Holiday Loan

**£100 per month  
repayment!**



£10 admin fee which includes  
£5 membership fee.

38.48% APR.

Total repayment £1186.22.  
Further terms and conditions apply.

# A portrait of success

Marie puts the finishing touches to her latest pet portrait

**Marie has been given the confidence to get back into work and launch her own business thanks to a scheme to support people into jobs.**

The budding artist had been out of work for two years when she attended a jobs fair organised by the council's economic growth team and signed up with Routes to Work, part of a £7.5m Tees Valley-wide initiative.

Having previously worked as a teaching assistant, Marie was keen to work in a school again and explore whether her passion for art could open up a new career.

Her key worker, Sara, suggested a course to teach her how to set up a business and after preparing a business plan, she decided to start drawing portraits of pets and people, part-time, alongside a more secure role working in a school.

Marie now works in a local primary school and has launched a Facebook group to promote her artwork.

She said: "I am really happy with the support I've been given at Routes to Work. It really helped me focus on what I wanted to do for a career and the relationship I've built with my key worker has allowed me to improve my self-belief and assertiveness."

For more information about Routes to Work visit the One Stop Shop at 13 Horsemarket, Monday-Thursday 10am-4pm, Friday 10am-3pm, or call 406170.



TEES VALLEY MAYOR

## Help to claim Universal Credit

**Applicants for Universal Credit (UC) can now get help with their claim from Darlington Citizens Advice.**

Help to claim is available for new applications and includes:

- Making sure you are able to manage your claim
- Checking if you should be applying for UC or if another benefit is more suitable
- Helping with emails, bank accounts and other paperwork like proof of identity
- Advising on the practicalities of monthly payments
- Making the claim.

The team can also arrange alternative payment arrangements, for example for applicants who need rent paid direct to their landlord. Applicants are supported throughout their claim.

To access the service, visit Citizens Advice Darlington at The Core, Church Row, between 9.45am-noon Monday to Friday or call 268888.

The service is also available at Darlington Job Centre Plus, Bondgate or via the national helpline on 0800 144 8144.

# "I didn't realise I was entitled to claim!"



**Since my husband died I'm all alone. My arthritis means I find it difficult to carry out simple household chores and I can't walk far so I don't get out much.**

After hearing about DarloMillions I decided to check to see if I was eligible for any financial help.

I'm so pleased I did – Shelagh from Darlington Citizens Advice visited me at home and helped me make a claim. Not only that, she also arranged for me to borrow a walking frame to help me get around more and a stool to use in the shower.

I now receive £85 a week more – money I didn't know I was entitled to!

I can move around, afford to have some help around the home and pay for taxis so I can go out.

My life is so much better.



**To find out if you, or someone you know, is entitled to claim visit [www.onedarlington.org.uk/darlo-millions](http://www.onedarlington.org.uk/darlo-millions)**

**For advice or help to make a claim, email  
[darloomillions@darlingtoncab.co.uk](mailto:darloomillions@darlingtoncab.co.uk)  
or call 734999.**

# Summer fun cash boost



**Youngsters can look forward to an action packed summer thanks to a £30,000 cash boost.**

A full programme of events aimed at keeping young people busy during the six-week holiday has been organised by Groundwork North East & Cumbria after it secured a grant from the Masonic Charitable Foundation.

There will be 12 sessions held in Firthmoor, Skerne Park, Cockerton and Red Hall, giving children aged 8-11 the chance to take part in a range of activities.

Each event will give up to 24 children the chance to be creative, socialise and learn new skills. All places will be offered on a first come, first served basis and Groundwork will be working with schools to invite youngsters to take part.

Programme manager Lisa Locke said: "We are really pleased to continue the enrichment programme this year and Groundwork is looking forward to working with children to create memories of the summer and develop their skills."

For more information call Natalie Whitworth or Loren Bellwood on 464270.



## Young athletes recognised

**Young athletes have been recognised for their sporting prowess with a regional award.**

Pupils at Beaumont Hill Academy have been presented with the North East Disability Sports Award for their efforts in a variety of disciplines including swimming, football, table top cricket and basketball.

Pete Ramsey, head of PE at the school, said: "There are the obvious health benefits of being active but we also see the pupils grow in confidence, develop leadership and team-building skills, enjoy the camaraderie enjoyed in sport and experience a boost in social interaction."





**let's GO**  
tees valley  
*Your journey, your way*



## Using a car is not the only option for your local journeys around town



Let's Go Tees Valley has lots of advice on how to travel greener, healthier & cheaper in Darlington.

for more info visit:

**[www.letsgoteesvalley.co.uk](http://www.letsgoteesvalley.co.uk)**

Funded by the Department for Transport's Access Fund, supported by Tees Valley Combined Authority and delivered by the Tees Valley local authorities.

# Don't be a firestarter!

We have seen a rise in deliberate rubbish and grass fires in Darlington in recent months. Some of these fires have been caused by fly tipped rubbish being set alight. You can help us to tackle this issue.

## Reduce it:

- If you use a private company to remove rubbish from your home, check they are reputable and have the appropriate license to dispose of the waste correctly. If your rubbish is fly tipped you could be fined!
- Dispose of large amounts of rubbish in the right way – whether it's at the Household Waste Recycling Centre or you pay someone to take it away. Visit [www.darlington.gov.uk/streetscene](http://www.darlington.gov.uk/streetscene) for more information
- If possible put your wheeled bins out on the morning of collection and bring them in once they have been emptied.

## Report it:

- Report fly tipping to the council by emailing [www.darlington.gov.uk/reportit](http://www.darlington.gov.uk/reportit)

## Talk about it:

- Talk to your children about the dangers of starting a fire to themselves and others and remind them it is a crime!
- You can anonymously report information about deliberately started fire to

**FIRESTOPPERS  
0800 1695558**

For more information on how to reduce the risk of arson visit our website [www.ddfire.gov.uk](http://www.ddfire.gov.uk)



County Durham and Darlington  
**Fire and Rescue Service**





# # iamstepforward

An inspiring photographic exhibition charting the stories of some of the people **Step Forward Tees Valley** has supported to overcome their problems and move closer to work or training.

**Darlington Indoor Market until 19th June.**



**Is something stopping you from finding work or training?**

Whether it's an illness, money worries, lack of skills, low self esteem, a conviction or anything else we can help!

For more information telephone **01325 525100**

Find out more at: [www.sfteesvalley.co.uk](http://www.sfteesvalley.co.uk) or follow us on



**stepforwardteesvalley**

# Who are Learning & Skills a

We offer a wide range of courses for the local community. This includes courses for children within our Family Learning provision and Intensive Support learning, young people embarking on Study Programme, Diplomas and Apprenticeships and adults who want to develop their careers, have a love for learning or are coming back to learning after many years.

## Apprenticeships

Apprenticeships give you the chance to learn and gain nationally recognised qualifications whilst being employed.

Courses will involve training on and off the job and will allow you to develop your skills and knowledge in one of the following areas:

- Business Administration
- Customer Service
- Leadership and Management Level 5
- Adult Care and Lead Adult Care
- Childcare
- Supporting Teaching and Learning in Schools
- Site Joinery
- Motor Vehicle

We are a small friendly organisation and we pride ourselves in offering you a unique service, including 1:1 guidance on your next steps in learning or employment once you have completed a course with us to help you achieve your goals and ambitions. Our team of dedicated staff are here to offer advice and guidance to help you choose the right course for you.

*"I feel that I have gained more confidence at work and would recommend Learning & Skills to anyone as I have now secured a job in the housing department and I am very excited to get started."*

**Kennedy Elmer -**  
Business  
Administration  
Apprentice



## Distance Learning

Distance learning is flexible as you are able to choose when and where you study.

Studying by distance learning allows you to develop your career without having to worry about attending classes, childcare, or making changes to your work. It also means that you can apply new knowledge and insights to your working life while you are still studying.

We offer a variety of Distance Learning courses such as: Equality and Diversity, Awareness of Mental Health Problems, Common Health Conditions, Understanding Autism and much more.

*"Due to working full time, Distance Learning gave me the flexibility and support I needed to complete my qualification away from a classroom"*

**Josh Parker** - currently completing  
Safeguarding and Prevent course

## Level 3 Award in Education and Training

**Become a tutor and inspire your students!**

Our Level 3 Award in Education and Training is a great way to get into teaching if you would like to work as a tutor / trainer with no teaching qualifications. This course is the first stage of the Education Certificate / PGCE.

*"I completed my Level 3 qualification in Education and Training in March 2018. It boosted my confidence and gave me knowledge of the skills and qualities required to become a successful teacher. Extra support throughout the course and invaluable feedback on lesson observations from the tutors played a key role in my professional development."*

**Hina Fiaz**



# nd what do they do?

## Family Learning and Parenting

We offer courses available to parents, grandparents and carers to increase their ability to support their child's learning and encourage families to work and learn together in a fun and safe environment.

Courses such as below, are available:

- Positive Parenting
- Happy Families
- Family Safety
- Family Budgeting
- Helping in School
- Child Development
- Fun with Numbers

*"I have gained a lot more knowledge in maths and my confidence has grown that I am able to help my boys at home."*

**Fun with Numbers learner**

## Study Programme



**Study programmes are a range of courses for 16 - 18 year olds that enable them to develop their personal and employability skills in an environment that suits their way of learning.**

The course allows the young person to gain some real life work experience with an employer to increase their chances of gaining an Apprenticeship, employment or further education, whilst improving their maths and English results if required.

*"I enjoy coming to Learning & Skills Tubwell Row. The tutors are very supportive and have helped me with my studying since September. I look forward to joining the Motor Vehicle Diploma course in September and then becoming an Apprentice."*

**Ayman Alammar**

## Functional Skills

### Are your English, maths and ICT skills a little rusty?

Take the opportunity to improve your skills and achieve a recognised Entry Level, Level 1 or Level 2 qualification and learn in a supportive, friendly, small class sized environment.

The functional skills courses start throughout the year and are FREE.

*"The learning I have had has been fantastic. I think the initial assessment procedure is brilliant. I started as an Entry Level 2 and now I am on Level 2."*

**Natasha** - Functional Skills ICT

## Learning for Leisure



Learning for Leisure courses are available to adults who wish to learn a new skill, develop a new passion or learn simply for fun. All our learning for leisure courses are very informal, fun and a great way to socialise and meet new people. We offer a variety of courses such as:

- Cookery
- Dressmaking
- Languages
- History

*"Loved the dressmaking course, I have learned a lot of techniques and I feel more confident using the machine. Very friendly course, made new friends which is a bonus."*

**Marcia Downer** -  
Dressmaking course



For further information please contact Learning & Skills on 405601, text us on 07932 869325 or email [l&s@darlington.gov.uk](mailto:l&s@darlington.gov.uk)

Check out our wide range of courses starting in September  
[Visit www.darlington.gov.uk/learningandskills](http://www.darlington.gov.uk/learningandskills)



# News in brief

## Top of the class

Darlington College has been named as one of the best places in the country to learn. According to the Department for Education, more than 92% of students achieved their qualification, placing Darlington College as top in the Tees Valley and sixth in the country for further education. The figures assessed student retention and full and part-time qualifications gained by post-16 students.

## Award winning theatre

The ambitious project to refurbish and remodel our much-loved Edwardian theatre to create Darlington Hippodrome and children's theatre The Hullabaloo, has scooped the honours as best Building Conservation at the annual RICS Awards, North East. Judges commended the project team – the council, Space Architects and Willmott Dixon Construction – for their meticulous attention to detail, breathing new life into a valuable community asset.

## Drugs and alcohol survey

We are carrying out a survey to find out your views on our drugs and alcohol services. As part of our responsibility for providing prevention, treatment and recovery services for drugs and alcohol users your views are really important. Please fill in the survey and encourage others to complete it too. The survey is open until Sunday 18 August. Thank you for helping make sure the service is the best one possible.

[www.surveymonkey.com/r/  
Darlington-DrugsAlcohol2019](http://www.surveymonkey.com/r/Darlington-DrugsAlcohol2019)

# Getting the ball rolling for over- 50s footy



**Walking football is a fantastic chance for over-50s to make new friends, keep active, and improve their ball skills.**

Sessions, run by Eastbourne Sports Complex and Martin Gray Football Academy, take place every Monday from 1-2pm and are a great way for footballers to get back into the game.

The game has many benefits including improving balance, coordination, and overall fitness.

John Chesterton, 63, said: "The sessions are great fun. There is a friendly atmosphere and it is a fantastic feeling having the ball at your feet."

Sessions cost £3 (first session free) and everyone who takes part gets a free hot drink at the end of the game.

**Healthy  
Darlington**  
*eat well, move more, live longer*

**For more information call Eastbourne Sports Complex on 405400.**



## STAINABILITY

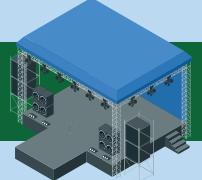
**MARKET SQUARE 10am – 4pm**



Visit the exhibition marquee, home of the ingenious exhibitors, full of engaging activities for the whole family, provided by the incredible businesses of Darlington including Cummins, Nifco and Deep Ocean to mention a few.

Watch a 3D printer at work, try controlling a miniature subsea robot and much more fun!

**RIVERSIDE PARK 11am – 6pm**



Come down to the Riverside Park behind the Town Hall, and enjoy a wide range of live music and entertainment. Our local catering businesses will keep you going by providing plenty of tasty street food and refreshing drinks.

The Riverside Park is also where you will find Darlington Building Society's fun family activities!

**We hope to see you at the Festival of Ingenuity  
on Saturday 13 July**

**IN DARLINGTON TOWN CENTRE**

BROUGHT  
TO YOU BY



**DARLINGTON  
BOROUGH COUNCIL**



## MARKET SQUARE

Meet Darlington's most innovative companies and take part in fun interactive activities.

## RIVERSIDE PARK

Great live music and entertainment. Food and drinks served throughout the day.

Darlington Building Society's fun family activities and street entertainment.



**FOLLOW US FOR UPDATES AND FUN COMPETITIONS!**

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



The Festival of Ingenuity



IngenuityFestDT