

Welcoming Lanchester



A Guide to Lanchester addressing Issues around Loneliness

Connecting our Community. Making a difference by starting conversations and taking action on Lanchester's Loneliness.



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Members of the Working Group who have developed this community project about loneliness and have produced this 'Welcoming Lanchester' Guide are not experts or medical and healthcare professionals. They are residents of Lanchester who care about and value the community and are keen to include everyone socially.

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IF YOU HAVE A MEDICAL EMERGENCY, CALL 999 IMMEDIATELY.

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Contents

Section	Topic	Page
	Disclaimer	2
	Contents	3
1	Introduction	
	Background	4
	About the 'Welcoming Lanchester' Guide	
	A Message from your local County Councillors	5
	The Jo Cox Commission on Loneliness	
2	How to use this Guide and to get the best from it	6
	Key to Symbols used	7
3	About Loneliness	
	Definition of Loneliness	8
	Potential triggers of loneliness	9
	Why loneliness matters	
	Are you lonely? 4 questions to reflect upon...	
	Do you know someone who might be lonely?	10
	Things you can do to support someone who is lonely or at risk of loneliness	
	Things you can do to help yourself if you feel lonely	
4	Welcome to those new to Lanchester	11
5	Rural Areas	12
5.1	Selected Walks to get you out and about in and around Lanchester...	13
6	Young People	16
7	Volunteering	18
	Map of Lanchester Village Centre	20
8	About Lanchester	22
8.1	Community Facilities	22
8.2	Sports, Leisure and Recreation Clubs and Groups	24
8.3	Shops and Services	25
8.4	Healthy Living and Health Support	27
8.5	Transport	28
8.6	Churches	30
8.7	Schools	31
9	A Walk through the Life Course of Mid Durham	33
	(Altogether Better Durham and Durham County Council)	
10	Durham County Council and other Health and Social Care Services	34
11	More about the 'Welcoming Lanchester' Guide	36
	More general statements for reflection...	38
	Pocket for information, guides and leaflets is inside the back cover	

1 Introduction

Welcome to all readers. We hope you find this Guide useful.

In order for you to get the most from living here, we've included information about the many places to go and things to see and do, which we hope will inspire you to find out more and to get directly involved.

Background

Loneliness is addressed because it is an issue nationally, and although Lanchester is a very welcoming community there are, no doubt, lonely people here.

At the Lanchester Medical Centre Patient Participation Group (PPG) meeting one chilly evening in December 2016 the topic "Alone and vulnerable" was raised. 2016 had seen the tragic death of Jo Cox MP who had been a campaigner on the issues associated with loneliness and an advocate for society to reflect on how isolating many aspects of daily life had become. This progressed to the PPG agreeing to the formation of a Working Group (WG) which would explore the subject of loneliness in Lanchester.

The WG published monthly articles in the Village Voice newspaper highlighting different aspects of loneliness. In October 2017 an event was held to which many Lanchester groups and residents were invited to discuss the subject. The key theme of the event was to raise awareness of possible loneliness in our community and to find ways of jointly combatting it. Our own learning had made us aware that loneliness can affect anyone at any time, and the often held view that it was almost exclusive to older people was simply wrong.

Lanchester is a very busy and active village and has many groups and clubs. But perhaps this might compound the problem for the person who finds it difficult to take the first step into and engage within a new group. The gulf of isolation may appear to be even more challenging.

About the 'Welcoming Lanchester' Guide

This Guide has been produced by Lanchester people and belongs to us all so that together we can become more welcoming and thus reduce the impact of loneliness. It is helping to start conversations about loneliness in our community. It provides information and looks at how we can support each other and assist those suffering from or at risk of loneliness; these could be neighbours, friends, colleagues, newcomers, teenagers, family members, young families, the elderly and those who are not able to get out and about. Feeling lonely can be short-lived, but if prolonged can lead to emotional and physical ill health.



 The 'Welcoming Lanchester' Guide is a tool, enabling you to 'dip in and dip out' as the need arises. It provides information to help you befriend, support and engage with people who are lonely, or are at risk of becoming lonely.





A Message from your local County Councillors

We are delighted to support this important local community initiative, which has been developed and produced, inspired by local people and for local people, within our community. In looking at issues of loneliness within our community, several ways in which we can all act to make a difference for others, whether they are family, friends, work colleagues, fellow students or neighbours, have been identified.

By personally committing ourselves to taking responsibility for supporting the emotional and physical wellbeing of everybody within our community, then we will all become guardians of this very special sense of place and its associated quality of life that we are all pleased to call Lanchester and that we value so much.

**Ossie Johnson and Jude Considine
Councillors, Lanchester Ward,
Durham County Council.**

The Jo Cox Commission on Loneliness

The Jo Cox Commission on Loneliness works to address the impact loneliness has on so many different sections of society. It focuses on the positive action we can all take to recognise it, build connections and help ourselves and/or others. The Commission aims not simply to highlight the problem, but more importantly to act as a "call to action". It has developed an initiative with the message 'Start a Conversation'.

www.jocoxloneliness.org

"While we celebrate our diversity, what surprises me time and time again as I travel around the constituency is that we are far more united and have far more in common with each other than things that divide us."
(Jo Cox, MP. 2015).

"Every single one of us can start a conversation with somebody that will help break the cycle of silent suffering and unintentional neglect."


(Rachel Reeves and Seema Kennedy,
Co-chairs of the Jo Cox Commission on Loneliness. 2017).




Please use this space to capture your own thoughts, ideas and reminders....

2 How to use this Guide and to get the best from it

The Working Group has identified and reviewed many sources of information and research, some of which have been used in compiling the Guide. The content of the Guide is set out in themed sections listed on the Contents Page (p3).






 **Information has been included in sections. Readers are advised to refer to research documents and websites if they wish to obtain more information.**


There are sections which provide information about rural issues, young people, community and business facilities and services, transport, and medical and health and social care services including those provided by Durham County Council. With so many things going on locally, we have listed venues which regularly host events and groups. These venues include the Community Centre, Library, sports and leisure clubs and our schools and churches. In this way, you will be able to access information that is most relevant to you.


There's also a section with information on volunteering . Opportunities to 'put something back' or to 'make a difference', within a club, group or project activity can be especially rewarding at whatever age.


This Guide encourages us, whether as an individual or as a member of an organisation, business, school and group, to take time, listen, be non judgemental, and to befriend and support somebody who may be lonely.


Key to Symbols used (👍)

	'Tips' for you to consider .
	Volunteering opportunities.
	Questions and lists of things to think about which might help you. There are no right and wrong answers to the questions.
	How to get the most out of this Guide.
	Messages and statements.

 The Guide includes details about services and organisations. From these, you can choose information to suit you and those you may befriend.

 There is a 'pocket' at the back of this Guide (inside back cover) for you to use and store information, guides and leaflets ready for your easy reference when you need them.

 This Guide encourages members of organisations, groups and clubs to actively look at ways in which they may become more welcoming. It provides all of us with information to make a difference.

 If you find information in this Guide useful, do mention the Guide to others who may also find it helpful. You can also encourage others to pick up a copy or view it online.

“ ! There is no one simple answer and quick fix, because we are all unique. ”

This Guide provides information about loneliness and potential triggers. It highlights straightforward practical steps, ideas and actions you might consider if you decide to befriend someone who may be affected by loneliness.

“ ! Five things people look for in a friend: trustworthiness, understanding, support, sincerity and loyalty. (BBC Loneliness Experiment 2018). ”

 We've included this space for you to use and capture your own thoughts, comments and reminders...

“ ! Tackling loneliness starts with the simple things... like spending more time with family and friends...and perhaps making more time for others, too... ”

3 About Loneliness

'Young or old, loneliness does not discriminate' Jo Cox, MP.

It is often thought that loneliness mainly strikes older, isolated people. But research indicates that young people are the ones who most frequently say that they are lonely.

Anybody experiencing a build up of life events may start to feel isolated or lonely. That's all of us. We all experience life events differently. Some people have good reserves and coping mechanisms for tackling feelings. Coping strategies and reserves may well have developed from such life experiences.

It is important that people take time to keep social relationships strong. By doing this, people are more likely to be better protected at vulnerable points in their lives. Making more time for others has the potential to make the biggest impact and most significant difference to those experiencing or at risk of loneliness.

Neighbourliness

Neighbourliness, or being a good neighbour, seems to have got a bit lost in society today where life can become very hectic and quite insular. It could perhaps be seen as nosiness when it is intended to be more about caring and being friendly. Neighbourliness is about being welcoming and there on a regular basis for others, often with a smile and a 'hi', and if required, being prepared to listen to

what others might want to say. It is about engaging with and including other people socially within the community.

Definition of Loneliness

Some people describe loneliness as, **'having nobody to talk to, feeling disconnected from the world, feeling left out, being sad or just not feeling understood'**

(BBC Loneliness Experiment Survey 2018).

Loneliness isn't like a physical condition that can be seen and recognised. We don't go around with labels on our foreheads advertising the fact, which means that others, whether family, friends or colleagues, may not notice the signs. There is no 'set' way to act. Moreover, it may be perceived, by both the person concerned and others, as a sign of failure.

“ ! Loneliness is a subjective, unwelcome feeling of lack or loss of companionship, which happens when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want. It is often associated with social isolation, but people can and do feel lonely even when in a relationship or when surrounded by others.
(Jo Cox Loneliness. Start A Conversation. Combatting loneliness one conversation at a time A call to action. Jo Cox Commission on Loneliness. 2017). **”**



Potential triggers of loneliness

Triggers may include life events, transitions and traumas, personal circumstances, an individual's environment, their personality and psychological responses, and social activity.

Self esteem, confidence and resilience can also be contributing factors.

“ ! Potential Triggers. Examples may include one or more of the following: moving home, changing schools, bullying, experiencing discrimination, starting a new job, losing a job, becoming a parent, entering a period of ill health, becoming a carer, living with a disability, divorce or a relationship breakdown, being a victim of crime, moving into care, retirement, bereavement or children leaving home... (Adapted from A connected Society: a strategy for loneliness. Department for Digital, Culture, Media and Sport. October 2018). ”

Why loneliness matters

Studies since the 1940s have consistently found that 5-16% of people aged 65 or over feel lonely all or most of the time. And remember, those

older people may well be your friends, neighbours or family. Loneliness is a health and social issue.

“ ! Young people are the group who say they feel loneliest. 40% of 16 to 24-year-olds often or very often feel lonely, compared with 27% of over 75s. (BBC Loneliness Experiment Survey. 2018). ”

Being alone is not the same as being lonely. Some people like spending time on their own. Loneliness is related to social isolation but the two are distinct - social isolation is a measurable lack

of social contact, whilst loneliness is a subjective experience. It is therefore possible to be socially isolated but not to feel lonely.

Are you lonely? 4 questions to reflect upon... (☹️) (from the UCLA 3 item scale/ONS)

- 'How often do you feel lonely?'
- 'How often do you feel that you lack companionship?'
- 'How often do you feel left out?'
- 'How often do you feel isolated from others?'


“ ! The health impacts of loneliness - both physical and mental – can be devastating. Loneliness is as bad for our health as smoking 15 cigarettes a day, and worse for us than obesity. Chronic loneliness is cutting lives short, and the problem is growing. (The Jo Cox Commission on Loneliness. 2017). ”

Do you know someone who might be lonely? (☹)


- Do they live alone?
- Have they recently suffered, or are they suffering from an illness?
- How regularly do they leave the house?
- How mobile are they?
- Have they recently suffered bereavement?
- Do they suffer from a sensory impairment (perhaps hearing or sight loss)?
- Do close family live nearby?

These questions are pertinent to people of all ages experiencing loneliness. By helping people to understand their own circumstances and plan their own solutions, any involvement you may have, together with appropriate support can positively benefit, engage and encourage others.

Things you can do to support someone who is lonely or at risk of loneliness (☹)

1. Be more aware of those around you...
2. Go out of your way to show kindness to others
3. Talk to others, and more importantly, listen to what their needs might be
4. Think about and then choose to help somebody who might find even simple everyday tasks quite daunting and difficult
5. Give something back or make a difference to the lives of others in our community by becoming a volunteer 
6. Recognise that confronting feelings and changing behaviours can be daunting.
7. Help people to understand their own circumstances and plan their own solutions
8. Show empathy and be real, genuine, open and honest
9. Have an unconditional positive regard: showing warmth, respect and a non-judgemental manner
10. Go out of your way to show acts of friendship. Be a friend by being there when you are needed and take the time to listen and pay attention

Things you can do to help yourself if you feel lonely (☹). They won't work for everyone but they might help you...

1. Find distracting activities or dedicate time to work, study or hobbies. Volunteering is also an idea to consider 
2. Join a social club or take up new social activities and pastimes
3. Change your thinking to make it more positive, identifying strategies to help you cope
4. Start a conversation. You don't have to say anything deep. The idea is to feel more connected to other humans. We all share the same world
5. Talk to friends or family about your feelings. Many people do still feel there's a stigma surrounding loneliness. Younger people are less likely to conceal their loneliness
6. Look for the good in every person you meet
7. Take time to think why you feel lonely - then consider which solutions might work for you
8. If one solution doesn't work, try another
9. Carry on and wait for the feeling to pass
10. Invite people to do things without fearing rejection



4 Welcome to those new to Lanchester

If you have just moved to Lanchester, here are some things to help you settle in...

Here's a BIG AND WARM WELCOME from us. We hope you'll be very happy within your new environment discovering new experiences locally.

Moving home, for all sorts of reasons, can be challenging and unnerving as well as positively exciting and exhilarating. It could be associated with securing a new job, changing personal circumstances, for health reasons, changing schools and in some cases, a decision to downsize, put down roots within a new community, or a move closer to be nearer family and friends.

At times like this, you might well have feelings of loneliness as you strive to complete all the various tasks of moving home and combining them with your everyday lifestyle, personal demands and routines.

If you do, there's help at hand. There are a number of simple steps you can take to help you engage and begin to feel 'at home'. We've listed some of them for you here (☑️).

1. Firstly, introduce yourself to your neighbours
2. Secondly, call into the Post Office and local shops along Front Street. They can look after your everyday needs and can help if you need to find something out or source a tradesperson
3. Take time out to discover the Lanchester Valley Railway Path. You'll be surprised just how many other residents you'll meet along its route
4. A wide range of interest and hobby clubs and groups use our Community Centre. Find out more about our other sports clubs, too
5. Our Library offers internet access and displays all sorts of useful local information
6. Local schools arrange events and meetings throughout the year
7. Our churches hold regular services as well as social meet ups and events some of which include refreshments and meals
8. For 'me time' and some TLC, relax at the local Social Club or at any of our other food and drink venues. We've a great selection
9. Not forgetting your pets* and walking the dog... it's a great way to meet new friends whilst you both exercise together along the Lanchester Valley Railway Path.
10. We have The Lanchester Partnership. Residents can join as members. It carries out lots of projects within the community and you're free to offer as much time as you want 🧑, whenever you can, or just offer your support socially
11. And finally, get your hands on our monthly Village Voice – the 'must have' newspaper keeping you informed about everything going on within our locality

*Registered charity **Wag & Company** operates across the North East. It enables professionally assessed volunteers 🧑 and their special dogs to befriend the elderly in their own homes, in care or medical establishments.

www.wagandcompany.co.uk

Although Lanchester has no public toilets many businesses and community buildings offer their facilities to visitors. Promotional stickers are displayed by participating venues and are an example of how welcoming the village can be.

5 Rural Areas

“ **! Public Health England state that 19% of the population of England lives in rural areas which make up 85% of the land.** ”

Lanchester Parish includes several settlements in the countryside including the village, but also has large areas where few people live. Those living in such places may find themselves isolated at times. Life events may lead them suddenly to not being able to get out and about, even if only for a short time. Such a sudden change can result in a period of loneliness. Isolated communities experience the impact of the seasons more than those living in the village or larger settlements. A driver not being able to drive for a couple of weeks can have a significant impact on not only day to day activities but on feelings of well being. Not being able to jump in the car and get about or concerns about doing daily routines like shopping and meeting others can affect people. There are other pressures for those who live and work in isolated places. Many of their work practices swing between peaks and troughs as land based activities follow seasonal and livestock demands.

Social isolation is a known problem in rural areas which has become compounded in recent years due to spending cut backs and subsequent reductions in services. Rural bus services are being reduced. Broadband provision, levels of services and reliability may not always be satisfactory. All these infrastructure limitations increase the frustration of rural life increasing the risk to health.

Loneliness and social isolation share many risk factors associated with increasing the likelihood of people experiencing ill health and other impairments. 20% of rural residents live more than 4 kilometres from a GP surgery. 45% of rural households are more than 8 kilometres from a hospital, according to NHS England

! Age UK offer a telephone befriending service for the over 60s. ☎ 0800 4346105 www.ageuk.org.uk/countydurham ( Volunteering opportunities)

Silver Talk (page 35) is a **FREE** befriending service which gives older people the opportunity to connect for regular social telephone chats.

The Silver Line is also **FREE** and offers a confidential helpline providing information, friendship and advice to older people ☎ 0800 4708090.

If getting a lift is a problem Durham County Council supports two services you could use, **Supportive** and **Link2** (see page 28). Other useful websites include www.dccarers.org and www.durhamlocate.org.uk

However, if you feel able to get out and about there is a wonderful selection of places to walk. The Lanchester Valley Railway line was developed by the North Eastern Railway to run between Durham and Consett. Extending 12 miles (19 km)

along the valley of the River Browney, it opened on 1 September 1862 and closed under the Beeching Axe. It has been redeveloped by Durham County Council as a foot and cycle path. Some people know it as the Lanchester Valley Walk. Some walks are described on pages 13-15. https://en.wikipedia.org/wiki/Lanchester_Valley_Railway


5.1 Selected Walks to get you out and about in and around Lanchester

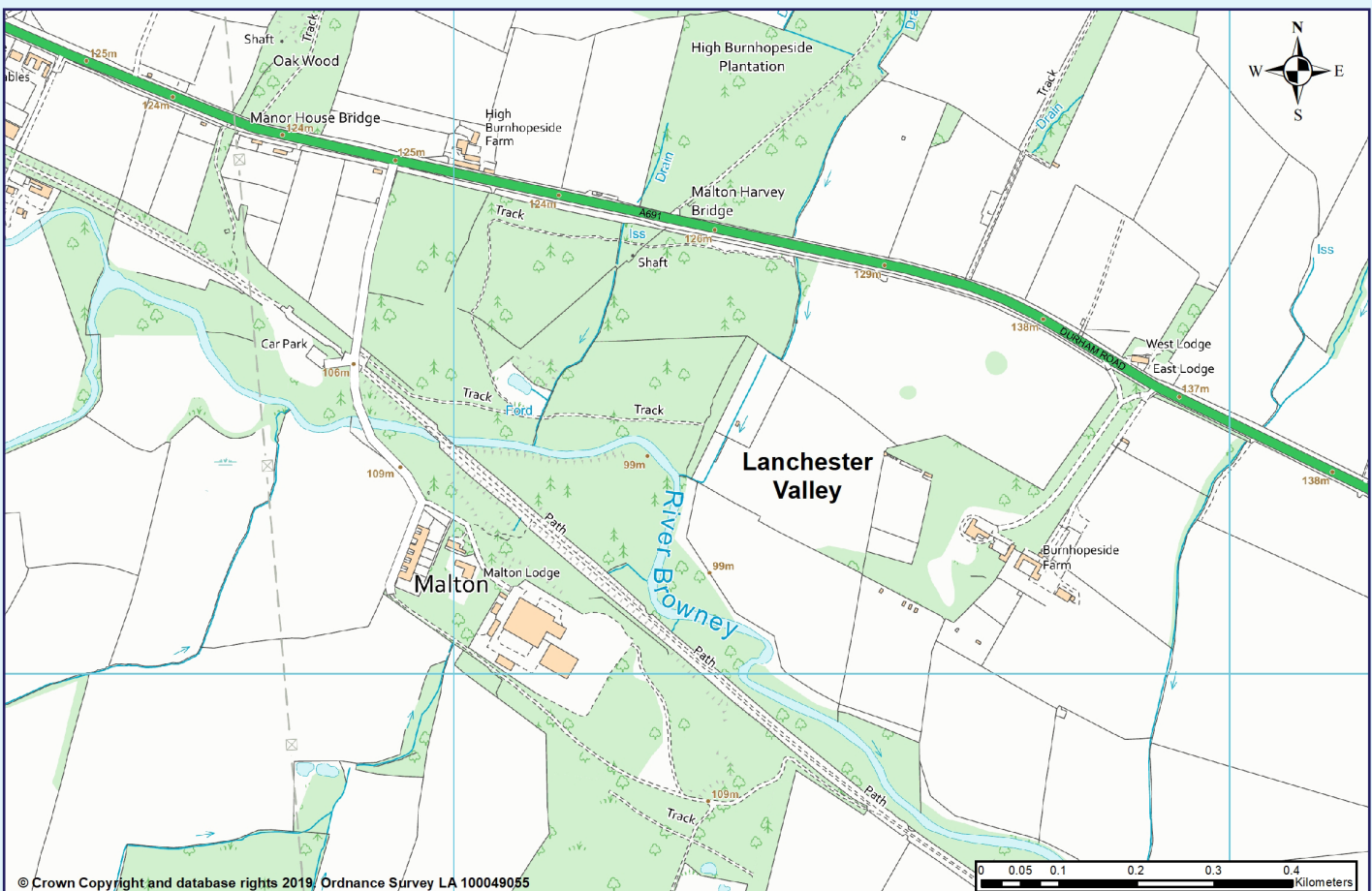
South on the Lanchester Valley Railway Path towards Malton

(Join the path anywhere close to the village centre). Leaving Lanchester walking south on the Lanchester Valley Railway Path you will pass Dora's wood on your right. This is 8.33 acres of level ground, incorporating broadleaf woodland and new woodland. It was designed and created by the local community in 2001 when 2200 trees were planted. It was named after a local 19th century poet who lived at Greenwell Ford. Dora's wood is open and free for you to explore if you wish.

Walking on you reach the picnic site at Malton. This is a good place to go down to the Browney river. Leaving the picnic site, the Lanchester Valley Railway Path takes you across a side road. If you look to the west, you may glimpse the hamlet of Malton through the trees. 12 houses originally built for colliery officials around 1900 and a settlement which at the peak had 42 houses. Originally opened in 1870

the site of the colliery included a chemical works, brick works and coke works which ceased working in 1961. Further development took place with two factories taking over the buildings and using them for light engineering. Now there is one factory and a nature reserve.

The brownfield land which has been managed to encourage ecological diversity since the 1970s lies south east of the remaining 'Officials Terrace'. The vegetation includes large areas of scrub and woodland which is particularly favourable to warblers among numerous other birdlife and mammals. There is also a pond and other areas of standing water which provide a habitat for reptiles, amphibians and invertebrates. The Malton Nature reserve is now managed by Durham Wildlife Trust which always welcomes new volunteers 



Continuing towards Langley Park you can see Burnhopeside Hall on the other side of the river. Today the hall is run as a small Country House Hotel. It was built in 1800 by Mr T Richmond on the site of an older farmhouse some of which is included in the current building. A former resident of the hall was William Hedley who had married into the Richmond family. William was a partner in the South Moor Colliery Coal Company and was a pioneer in the early development of locomotive steam engines and creator of the famous "Puffing Billy". The annual Lanchester Fun Run and Family Day 🧑🏻 has been held in its grounds.

Heading North towards Hurbeck Cottages

(A good meeting point is the car park at the bottom of Newbiggen Lane and just up from the Library). A walk out of Lanchester on the Valley Path heading north from the village brings you close to Hurbeck Cottages, a terrace of 12 single story brick dwellings built around 1925 for the workers of the local drift mines owned at the time by Consett Iron Company.

The next settlement is East Knitsley Grange Farm and the location of a farm shop and café which is convenient for walkers using the Path. Leaving the farm brings you to the hamlet of Knitsley which was mentioned in the 1377 Hatfield Survey as belonging to a family of the name Knitsley. Like other valleys in the Derwentside area, the valley that Knitsley sits in was created by the river and glacier that ran there at the time of the Great Ice Age. The route of the many streams which become the Smallhope Burn then the River Browney are all evidence of glacial impact on the Lanchester Valley. The mill had a 500 year history till 1820 where the last miller was a man called Cook. The area around Knitsley down to the Mill and burn was more populated when the railway was working prior to being taken up in 1964.

West up Cadger Bank discovering Longovicium and on to Hollinside

(A good meeting point is from the signposted car park situated behind Station Road and next to the Playpark). Leaving the village west up Cadger bank brings you, on your left, to the site of the Roman Fort. Longovicium is situated on the route of Dere Street and was a significant fort and staging post for the Romans. 'Friends of Longovicium', a project

group of the Lanchester Partnership, continues to investigate and interpret this important Ancient Monument. There are various volunteering opportunities 🧑🏻. Although there appears to be little to see there has been considerable geophysical survey work done on the structure and civilian settlement traces beneath the surrounding fields. This settlement and associated industrial area provide much potential for archaeologists of the future to work on. It was an extensive settlement with aqueducts, a dam and industry that supported the soldiers and administrators.


Continuing on your right is Upper Houses Farm, a 17th century stone built farmhouse of cross passage type, although it has been much altered, with a very similar floor plan to Hollinside Old Hall – both properties were owned by the Wilkinson family in the 17th century. 'Over Houses' was the usual name for the farm at this period.

Continuing West brings you to the hamlet of Hollinside which is dominated by the 18 Grade II listed Victorian miners' cottages. Built in 1892, Hollinside Terrace, architect John Rutter was to house miners working the coal under Hollinside, Middlewood and Colepike. They have striking facades that have been well preserved. Across the road from the Terrace is Hollinside Old Hall a 17th Century long house with cross passage, which may have some earlier building at its east end. The existing building is of stone, some of which is from the Roman Fort. Alterations took place c. 1710 and 1770, with further restoration in 2006. The remainder of the farm is from the late 19th and early 20th centuries with the coal owner's house, built 1890 for John Urwin, by architect John Rutter.

Colepike Hall and farm are part of a Medieval Estate with Victorian Improvements, once the home of the notorious Stoney Bowes, whose name gave rise to the phrase 'Stoney Broke'.



Other ideas for walking and cycling

Sustrans is a charity that's making it easier for people to walk and cycle. There are volunteering opportunities . <https://www.sustrans.org.uk/>

National Route 14 runs from Darlington and Hartlepool and through Durham to Consett (passing through Lanchester) before routing back to South Shields along the south side of the River Tyne.

National Route 7 links Sunderland and Inverness via Stanley, Consett and Glasgow. It forms two-thirds of the famous Sea to Sea (C2C) cycle route.


The Consett & Sunderland Railway path route mostly follows the line of the former Stanhope & Tyne Railway, one of Britain's first commercial railways, which was finally closed in 1985.

Public Rights of Way. The Village and Village Centre maps show several local footpaths, numbered 1, 2, 3, 4, 6, 7, 59, 62, 63, 64 and 66. There is also a Bridleway (No. 57).



 **If you would like some other good local walks, Lanchester Parish Council have information about our local heritage and a pack of great Heritage Walks that are centred on the village. You can also view them online.**
<http://lanchesterparishcouncil.co.uk/heritage-walks-leaflets/>



Within the countryside, the Wear Rivers Trust works locally to improve the landscape and watercourses. They rely on volunteers  to help with work on the river.
<https://wear-rivers-trust.org.uk/>



! Did you know... 1 in 3 young people suffer from loneliness. 65% of 16-25 years old report feeling loneliness at times. 32% say that they feel lonely "often" or "all the time". (Loneliness Connects Us. Young People Exploring and Experiencing Loneliness and Friendship. Manchester Metropolitan University / 42nd Street 2017).




6 Young People


Potential triggers of loneliness can be similar for various age groups. There is no 'set' way to act. However, distinct challenges face our young people. Moments of transition are challenging and especially so for young people as they experience new situations and relationships for 'the very first time'. Coupled with other difficulties, then more than momentary loneliness may result.

Experiences like parental separation/divorce; homelessness or moving house; changing schools; siblings leaving home; difficult break up of early romantic/sexual relationships; illness and bereavement can increase the risk of longer and deeper feelings of loneliness.



Young people's experiences of loneliness can also include such things as being a victim of violence or bullying, encountering loss, being in a new place, perceptions of 'being different' and not fitting in or being left out (online and in social media too), and feelings of failure and disappointment.

 Confidence isn't walking into a room with your nose in the air, and thinking you are better than everyone else; it's walking into a room and not having to compare yourself to anyone else in the first place

Loneliness can make young people feel awkward and anxious. They may not readily ask for help or seek support. They might also find it difficult on occasion to engage with others, especially when encountering members of an already established group. However, they can benefit tremendously from mutual and intergenerational support. Opportunities to do something together, participating in local clubs, leisure activities, venues and voluntary roles can all help to encourage a personal sense of achievement and positive

belonging. Volunteering opportunities are another way in which young people can build confidence by helping other people. There is more information about volunteering  and Lanchester's community facilities in sections 7 and 8 of this Guide.

Showing empathy and respect to young people, taking time to understand what loneliness means to them, being genuine and 'real' and having a non-judgemental manner all help to support young people at difficult times in their lives.

 **Young people readily value acts of friendship as being very important. 'Friends are different to everyone else. Friends are there when you need them. Friends are people who take the time to listen and pay attention'.** 



Here are some questions which may help you as a young person. There are no right or wrong answers. Your answers are individual to you and could help you to think more about situations you experience. ☺☺☺

- Do I go to any clubs or groups?
- Do I sometimes feel left out?
- Do I do any volunteering?
- Would I like to volunteer? 🧑
- What are my family circumstances?
- Do I act as a carer for someone in my family?
- Do I have any ongoing health issues?
- Have I recently lost somebody close to me (bereavement)?
- Do I have any mobility issues?
- Do I have any difficulties with getting to and from where I want to be each day?
- Am I as friendly as I could be?
- What more might I do?

Personal and family circumstances impact upon situations you encounter in your everyday life and activities. How you respond and handle things affects how you feel and potentially may intensify the likelihood of experiencing more than momentary loneliness.

Young people will need to develop and build up coping strategies as they encounter challenges and experiences through life, often for the very first time. This will benefit and impact upon confidence, independence, self image and esteem. By recognising their feelings, a young person may be more likely to approach situations more positively, for example, by acknowledging and stating, "I can handle this. I may need some help but I can cope..."

“☺🧑 We can all make more time to listen, pay more attention to and to make more friends, especially with our young”

Generally, young people are positive about the possibilities and potential of the internet. However, there is a need to establish a balance and to distinguish between this and the pressure and risks of social media including 'oversharing'. Think about, ☺☺☺

- How much time do I spend on social media?
- How much time do I spend on my own?
- When I'm on my own, how does that make me feel?

Why not plan and do something different?

Look into volunteering 🧑, offer your time to support a local club or group which meets in the village or join one of the many sporting and leisure clubs with the aim of learning some new skills and meeting new friends. (See section 7 on Volunteering)

- 👍 • Success is not final, failure is not fatal: it is the courage to continue that counts.
- Don't be afraid to fail. Be afraid not to try.
- Lonely is not being alone, it's the feeling that no one cares.
- It's Monday. Time to take over the world...Let's go for it together!.

Playparks in Lanchester.

These are important, much valued community spaces where people of every age can meet up, enjoy time together and get to know each other. The Play Park behind Park House (just off Station Road) has play equipment, surfacing and seating. There is also a Teen Shelter. The entrance to the Kitswell

Road Park has both a small park with equipment for children under 8 whilst the main park includes a bike track and equipment for older children. There is also a small play area on sloping ground on the corner of Deneside on Manor Grange estate. Their locations are shown on the map of the wider village area.

7 Volunteering

The most precious thing I can give you is my time

Getting more actively engaged and involved within our community...


There are lots of groups and clubs in Lanchester run by volunteers. Your time as a volunteer, by making time to give something back or make a difference to the lives of other people in our community, is one of the greatest gifts you can offer.

Whatever your interests and aims – for example, ‘putting something back in...’, achieving a greater sense of well-being, gaining new experiences and skills, developing more confidence, increasing your social circle or providing a structure to your day, then you should find a welcome.

What causes are you passionate about? What would you like to do? What skills do you have to offer? What skills do you want to gain? Which groups of people would you most like to work with as a volunteer? Where and how would you most like to work?

Durham County Council. If you would rather go outside Lanchester, the council’s website is a good starting point. It links volunteering opportunities  to several of their activities.

www.durham.gov.uk/volunteering

Durham Community Action is Durham’s One Stop Shop for volunteering  and provides support and information to those wishing to volunteer.


<http://www.durhamcommunityaction.org.uk/>



Supportive supports people in County Durham to live full and active lives offering freedom of choice in their own future. If you enjoy driving, then Supportive offers a volunteer driver service  for people of all ages. Training, mileage and support are provided.

<http://www.supportive.org.uk/>

The UK’s national volunteering website  makes it easy for anyone to volunteer in their community and to find a volunteering opportunity near you.

<https://do-it.org/>

Lanchester Community Centre and Croft View Halls (check when open). When you’re next passing, do pop in for a chat about all of the clubs and groups that regularly meet. See which ones inspire you.... and match your skills, interests and activities... then consider which ones to contact and find out more about working with them as a volunteer .

Here are some questions to help you identify the sort of volunteering  you might want to do and some more practical ideas. 

What particular skills, knowledge and experiences have you built up over time that you would like to continue with and share with others?

Have you trained, coached, mentored or supervised individuals and groups?

Do you want to learn something new? What do you want to achieve?

Do you like meeting and being with lots of new people, prefer being part of a small group, or doing things with other like minded people?

Do you like to be mostly indoors or to get out and about in the fresh air?

How active are you currently? Do you want to become more active?

Are you a member of a sports club? If yes, how might you become more involved?

How much time do you have? What other commitments do you have?

Do you prefer a regular routine, or to volunteer as and when you can?

Do you like working with your hands and making things? How might you use your practical skills?

Do you enjoy a good book? How might you support others with your love of reading?

How do you get on with technology? Would you like to find something which harnesses your IT skills?

How about assisting others to use IT?

In what areas would you really like to make a difference, share things and inspire others?



👤 There are lots of opportunities to offer your support locally and to make a satisfying and worthwhile contribution within our community. Our local charities always need your support, for example Willow Burn Hospice and the British Red Cross shop in the village. Volunteers are also welcome to get involved in various aspects of producing our monthly ‘Village Voice’ newspaper.

The British Red Cross also delivers Connecting Communities, through a partnership with the Co-op. They help people connect with local communities and to meet new friends. Just a few hours a week from you as a Red Cross volunteer 👤 could help

make the future brighter for someone who feels alone or isolated.

<https://www.redcross.org.uk/get-help/get-help-with-loneliness##>

👤 Why not consider becoming a School Governor, or supporting our local schools in some way? (See page 31).

- 👍 • The real risk is doing nothing. If you can't find an opportunity create your own
- Never stop doing your best just because someone doesn't give you credit
- Stop explaining yourself to other people. You owe no one any explanation of what you do. Your life is yours, not theirs
- Believe in yourself and you will be unstoppable
- Finally, help a neighbour – it all counts and you only have to pop next door for a 'cuppa and a chat'...

👤 Registered charity **Wag & Company** manages a volunteer team and their special dogs to home visit an elderly dog lover in need of friendship in the community.
www.wagandcompany.co.uk

The centre pages of this Guide (overleaf) display a detailed map of Lanchester Village Centre. It will help you to get out and about in the village, meet other residents, and encourage you to get the most out of living in the community.



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Key

★ Lanchester Library

Shopping_Streets

Churches

✚ 1: All Saints Church

✚ 3: Lanchester Methodist Church

Community Buildings

● 5: Community Centre

Leisure Facilities

□ 6: Bowling Club

□ 11: Lanchester Allotments

□ 15: Park House Play Area

□ 16: Tennis Courts/MUGA

Medical/Veterinarian

▲ 19: Dentist/Podiatry

▲ 20: Medical Centre

▲ 21: Optician

▲ 22: Vets

▲ 23: Pharmacy

▲ 24: Physiotherapy

▲ 25: Croft View Surgery

Schools

◆ 27: The Bridge

◆ 28: Lanchester Endowed Parochial Primary

Sheltered Housing

◆ 30: Lynwood House

Social Facilities

● 32: Black Bull PH

● 33: Lanchester Social Club

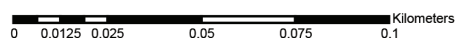
● 34: The Kings Head PH

Lanchester Valley Railway Path

— Lanchester Valley Railway Path

Public Rights of Way (PROW)

— Footpath



8 About Lanchester

In the centuries following the departure of the Romans, Lanchester village became an important agricultural, trading and administrative centre, and the ecclesiastical and collegiate centre of a very large parish. It never became a town but it was an important village.


As transport links improved in the 19th century with a direct road to Durham and the railway to Consett the village grew. In the 1950s and 60s estates were built to house the more mobile workforce. Facilities such as shops, schools, the library and the community centre opened.

8.1 Community Facilities

Directory of Information About Lanchester (DIAL)

DIAL was initiated by the Lanchester Partnership and is now kept up to date by the Parish Council. It is a comprehensive directory of telephone numbers and other contact information for village organisations. Other organisations within County Durham which you may want to contact are also listed. You may wish to keep a copy of DIAL, together with other guides and brochures that you use, in the back pocket of this Guide.

Lanchester Community Centre

The Community Centre is owned by the Community Association which was set up in 1968 with charitable status and a board of trustees. Originally built as the village EP School in 1875, in traditional 19th Century style, later in 1937 a hall extension was built and the school continued to occupy the building until it moved to its current location in 1963. The growth of the Association has led to several refurbishments resulting in an excellent community resource with car parking. The centre provides a range of activities for every age group. The building includes 2 main halls, 3 meeting rooms, a conference room and gym. The building and gym are open daily. Check the website for staff availability. There are activities and groups for all ages offering various volunteering opportunities .

<http://www.Lanchestercommunity.wix.com/lanchester>

☎ 01207 521275

lanchestercommunitycentre@yahoo.co.uk

(The Centre is also on Facebook).

Lanchester Library

The library service from Durham County Council is located in one of the nineteenth century former Lanchester Union workhouse buildings. This prominent building was erected in 1879 as offices for the Board of Guardians and recently has provided a focus for public life in the village. The library provides a full range of county library services including the free use of 2 computers. Staff can assist with any queries. In addition, other regular events take place to support the community. 'Toddler Time' is held weekly and other examples include 2 Bookclubs, 'Knit and Natter' and 'Chatter box' - a book club for children.

The dedicated **Healthzone Information Point** has its own area where you can sit and relax in comfort and consider the wide range of carefully selected material to help you adopt a healthier lifestyle.

www.durham.gov.uk search Residents section for Lanchester library.

Opening: Monday and Tuesday 2.00pm-5.30pm. Thursday 9.00am-7.00pm. Saturday 9.30am-12.30pm.



Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it



Lanchester Parish Council

Lanchester Parish Council works actively for the Parish. The Parish Council's website contains comprehensive information and details about village and Parish life, including Parish Council Reports, events and activities. Other publications include Neighbourhood Plan documents and the Lanchester Heritage Audit and Heritage Walks leaflets, both of which will help you to explore and discover more about the area.

www.lanchesterparishcouncil.co.uk

☎ 01207 520146

Croft View Halls

Croft View Halls was a chapel built in 1886 for the Primitive Methodists but since 1943 when the Methodist Church and Croft View Chapel merged the buildings have been used for different purposes. Croft View Halls are currently used primarily by youth organisations with young people attending from Lanchester and surrounding area. The Halls are situated at the top of Croft View adjacent to the Roman Catholic school and consist of four areas: a large carpeted bottom hall; a separate centre kitchen; a top sports hall and above this a small room used by Lanchester Brass Band.

These rooms are used by young people: Brownies, Rainbows, Guides, Boys Brigade, Anchor Boys and theatre performance. Other groups include various 'keep fit' sessions (all ages), badminton, dancing, indoor bowls and tennis training.

<http://www.lanchestermethodistchurch.org.uk/croftview.html>

Lynwood House

Lynwood House is a retirement complex for the over 55s. It is managed by Karbon Homes. Situated close to the centre of the village, it is next to Lanchester Medical Centre. Built on the site of a former council owned residential home, the village ensured that any property built on the land would have a benefit for the community. As a result of this the Parish Council office is located in Lynwood and there is a communal room. Social events and leisure classes are held.

www.karbonhomes.co.uk

www.housingcare.org

☎ 0808 1640111


Croft Court

Croft Court is a retirement development of 6 one bedroomed and 17 two bedroomed purpose built properties for sale to people over the age of 55. Situated close to the centre of the village there are some shared facilities for the use and enjoyment of all the residents. It is managed and maintained by Anchor, through a weekly estate manager visit. www.anchor.org.uk



Believe you can and you're halfway there

8.2 Sports, Leisure and Recreation Clubs and Groups

 You are your only limit

Lanchester has a good range of clubs and groups for residents of all ages. Most are conveniently situated just a short distance from the village centre. All offer opportunities for social enjoyment as well as more competitive activity. There are distinct opportunities for groups who meet regularly to make newcomers welcome and some have arrangements to keep in touch with members who fail to attend for several sessions.

Lanchester Bowling Club

Founded in 1982, it is a small, friendly club with about 50 members. Members are entitled to free access to the green throughout the season. Bowls are played from May to September on the attractive green on Durham Road, just along from the church. The club is a member of several leagues and matches are played during the week, at weekends and Wednesday evenings. Several friendlies are also arranged each year. A number of club competitions are organised, featuring friendly rivalry between members. Despite perceptions, this is very much a sport to be played and enjoyed by people of all ages, both socially and more competitively.
<http://bowlingclub.wixsite.com/lanchester>

Lanchester Cricket Club

Formed in 1973, the club is situated at Ashley Park, Kitswell Road, and has senior and junior teams playing at various levels in several leagues. The club welcomes both boys and girls. Social and playing members are welcomed. Bookings can be arranged for groups and parties. The Club hosts the Annual Beer Festival.
www.lanchester.play-cricket.com

Lanchester Lawn Tennis Club

Established in 1911 the Tennis Club, which is located just off Ford Road, continues to be a significant part of Lanchester life and the community. It has three grass courts of its own and also uses the hard courts behind the former Green School (on Durham Road).

The playing season is from May to September. The Club currently has senior, intermediate and junior sections and hosts regular social events. <https://clubspark.lta.org.uk/LanchesterLawnTennisClub>

Lanchester Community Orchard and Allotments

Developed along organic lines and nurtured by the community for the community offering fruit, friendship and fresh air, the ethos is to re-introduce community residents to locally grown fresh fruit, to increase knowledge and understanding, to provide leisurely exercise and social work sessions and to further develop our community spirit. Located towards the top of Newbiggen Lane, it is well worth the short walk from the village to experience the wonderful 360° panoramic views across the village and valley.

It is run by the Lanchester Partnership, originally having been set up in 2011. The orchard is thriving with over 200 fruit trees, fruit bushes and nut trees. It is integrated with 30 allotments. There is a large central square which is used for social events and get-togethers, including annual stargazing. Other events have included wassailing, meditation and mindfulness walks, open days, training and education sessions, camp fires, apple gathering and juicing, as well as harvest celebrations. The Community Orchard has been described as, '... a place to go to and rest, relax and reflect, and to re-connect with nature and recharge oneself..' <https://lanchesterorchard.org/>



Allotments are integrated into the Community Orchard, although they are managed separately.

Other allotments are located in the village just up from the corner of Durham Road and Peth Bank and also on Maiden Law Bank when leaving the village.


“
 ✓  **The countryside can be enjoyed all year round. It not only keeps us physically fit, research shows it contributes to our happiness and wellbeing. Our connection with nature has been shown to reduce our stress levels, boost our mood, ease our pain and sharpen our attention. With such an array of immeasurable benefits, we should all be out there, whatever the season...**”

8.3 Shops and Services

Lanchester Village has a good variety and range of shops, services and businesses which are able to meet and satisfy most everyday needs and requirements. By supporting our local businesses and shops, you are helping to secure our community services and facilities and keep our rural village thriving.

Shops and services are mainly independent businesses and are concentrated within the centre of the village along Front Street, with remaining ones located along Station Road and Durham Road. Most are conveniently accessed via short walking routes



into the village. Limited timed parking is available on Front Street, including parking for disabled people. There is also free car parking at either end of the village (signposted) and behind the main row of shops.

“
 ✓  **Staff offer a friendly, sociable and inviting welcome. They are most happy to help you whenever they can by answering any questions you may have and to offer valuable information, guidance and advice.**”


The Village Voice is a FREE monthly newspaper funded by advertising. It started in 2000 and is run entirely by volunteers. It is delivered to every house in the village and surrounding area by a team of volunteers . It provides a comprehensive Guide to what has happened in Lanchester and is a good source of contact details for local organisations,

and dates and times of future events. It also features limited advertising from local trades people together with brief information about how to contact them. You can read it online and view the newspaper's archive, too.

<http://www.lanchestervillagevoice.co.uk/>

“
 ✓  **If you enjoy reading, why not join one of the Book Clubs which meet up regularly in the Library. Events are also held through the year for families and children. Better still, why not consider becoming a Library volunteer  – call in and find out more when you're next in the village...**”

The Library (page 22) is situated on the corner of Newbiggen Lane and Front Street and directly opposite Lanchester Community Centre (with adjacent parking for members).

In addition to the British Red Cross charity shop, which is always keen to welcome additional volunteers , the village offers a full range of shops, businesses and services:

- **Health, wellbeing and lifestyle.** Facilities include Lanchester Medical Centre, Croft View Surgery, Lanchester Pharmacy and the Community Centre fitness centre. Hair and beauty, bridal and wedding, and other complementary services are also found including a dentist and opticians, as well as physiotherapy, podiatry and chiropody services.
- Willow Burn Hospice on Maiden Law bank is our local hospice. It receives excellent community support throughout the year. They have a cafe which is open to the public. There are opportunities for volunteering .
- Daily fresh food and other provisions: Post Office and cash-point services; newsagents and general store; DIY hardware, building and gardening supplies and services; pet supplies, grooming and veterinary surgery.
- Business services: solicitors, estate agents, property consultants, sales and lettings, land agents and chartered surveyors.
- Garage services: sales, repairs and service, MOTs , accessories and fuel.
- Venues for meeting up socially include public houses, restaurants, cafes and coffee shops as well as food to go services. Lanchester Social Club is situated on Newbiggen Lane.
- Some businesses offer overnight accommodation. Bed and breakfast and self catering accommodation is also available.

You never really realise how lonely you are until it's the end of the day and you've got a bunch of things to talk about and no one to talk to...

 Tomorrow, why not hop on the Village Bus (pages 28-29) or walk down into the village, pop into a few shops, or stop for a coffee and a chat and discover somebody new to share things with...



8.4 Healthy Living and Health Support

The village is well provided with traditional medical services. There are two GP practices, a Pharmacy, a Dentist, Physiotherapy service, a Podiatry service and Opticians.

These days we are encouraged to find ways to maintain good health through being actively involved and taking responsibility for our bodies. Health care comes in a range of solutions not all accessed through a doctor. Care navigation when you ring the doctors surgery is one example as is social prescribing.

With this in mind, the village provides most services that are important to wellbeing including beauty, massage, and hair and barbers shops. With physical exercise and weight management classes and activities which are also offered, this means that we should all be able to do more to take control of many of our own health and wellbeing needs.

If you need more information you could try Healthwatch County Durham. They have a monthly newsletter, can provide the whole family with information on health and social care, as well as keeping an eye on health and social care delivery in County Durham.

www.healthwatchcountydurham.co.uk

☎ 0800 3047039

healthwatchcountydurham@pcp.uk.net

- 👍 • We sometimes think we want to disappear, but all we really want is to be found
- Never judge yourself through the eyes of someone else
- A positive attitude gives you power over your circumstances instead of your circumstances having power over you

Dementia Friendly Community (DFC)

Lanchester is committed to becoming a Dementia Friendly Community (DFC). This initiative is organised by the Alzheimer's Society and is supported by the Mid Durham Area Action Partnership. We aim to become a village where people with dementia are understood, respected and supported. The people in our community will be aware of and understand

dementia, so that people with dementia can continue to live in the way they want to and in the community they choose.

lanchesterdfc@gmail.com


Alzheimer's Society Memory Support and Advisory Service ☎ 0191 3890400

“ ✓ 👤 Local events and activities. There are several community events each year within the village - why not get more directly involved? Our local churches provide various social activities and events. The Lanchester Partnership runs various events including a Fun Run, Ceilidh, Litter Pick and a Fun Dog Show each year. Our Community Centre always welcomes and is on the lookout for more volunteers... 👤 ”

8.5 Transport

! Bus services detailed here may be subject to further review in the future.

Lanchester Village Link Bus.

This important community operated and supported bus is wheelchair accessible and runs a weekday morning scheduled village service including Front Street to and from residential estates. The service provides a vital link for residents and is run by the Lanchester Partnership (volunteers always welcome ) with help from Durham County Council. There is a small charge but concessions apply. The service is operated by Stanley Travel. www.stanley-travel.com
☎ 01207 237424

! The current (2019) timetable and route details of the Village Link Bus are shown on page 29 (information provided by the Lanchester Partnership)

Bus Services to Other Places

Go NorthEast runs the public bus services through the village. Destinations offer access to the rest of the North East and beyond.
www.gonortheast.co.uk
☎ 0191 4205050

Service	To and from	Frequency
M6	Stanley (and Metrocentre)	Hourly
X5 and X15	Between Consett and Durham	Up to every 30 mins.


Correct as at August 2019. Some services have wheelchair and buggy access and contactless payment services. Timetables can be downloaded

Park and Ride. If you are travelling by car to Durham, the Park and Ride service has a car park and bus link 7am-7pm at Sniperly which makes it easy for getting to the city centre.

Local taxi services. Several services advertise in the Village Voice.

 If you have need of a little help with getting around, the Mid Durham Area Action Partnership and Durham County Council (page 34) support a range of initiatives.

Link2 is an accessible bus for people with mobility difficulties who need to make a journey where there is no other suitable bus service. Booking
☎ 0300 269999.

Supportive is another option. This service helps you live a little more. It helps you to get to appointments or social events where a volunteer driver  will provide a door to door service. There is a small charge for the service, £1 minimum to £5 maximum, depending on the mileage.
www.supportive.org.uk
☎ 01740 658881

 Write your useful bus times and reminders here...



Kitwell Road Cemetery Depart	09:30	12:30
Newbiggin Lane (Library)	09:32	12:32
Brook View	09:35	12:35
Foxhills Crescent	09:37	12:37
Alderside Crescent	09:39	12:39
Front Street (Vill. Green) Arrive	09:43	12:43
Front Street (Vill. Green) Depart	09:45	12:45
Lynwood House	09:48	12:48
Ford Crescent	09:51	12:51
Colepike Road	09:53	12:53
Station Road	09:55	12:55
Fenhall Park	09:57	12:57
Front Street (Vill. Green) Arrive	09:59	12:59
Front Street (Vill. Green) Depart	10:01	01:01
Burnhopeside Avenue	10:04	01:04
Deanery View	10:06	01:06
Deneside	10:08	01:08
Oakwood	10:12	01:12
Valley Grove	10:15	01:15
Lynwood House	10:18	01:18
Front Street (Vill. Green) Arrive	10:20	01:20
Front Street (Vill. Green) Depart	10:22	01:22
Kitwell Road Cemetery Arrive	10:25	01:25

and at the same time in each hour until

Lanchester Village Link Bus Timetable and Route (2019).
 (Information provided by the Lanchester Partnership. May be subject to review in the future)

8.6 Churches

Churches Together is made up of representatives from each of the three churches within our village. It organises events within our community and each of the churches works collaboratively with the others.

All churches offer a range of activities in their Parish facilities. The buildings are available to be hired for external events and musical societies in the village hold performances in the Churches.

Lanchester All Saints Parish Church

Lanchester Parish Church of All Saints along with St John's Burnhope serves the Parish of Lanchester, in the Diocese of Durham. The original building dates from the mid 12th Century, and was extended by the Bishop of Durham Anthony Bek in 1284. The tower dates from c.1430. The church features a Norman chancel arch, and there is a Roman Altar from 244 AD in the porch. The church is a Grade I listed building. The Parish Team have strong links with Lanchester Endowed Parochial School. The monthly newsletter gives dates and times of services and activities.

<http://www.theparishoflanchesterandburnhope.co.uk/>
<https://co-curate.ncl.ac.uk/church-of-all-saints-lanchester/>

All Saints Catholic Church

All Saints Catholic church serves the parish which was founded in 1901 from St Michael's, Esh and the present church was opened in 1926. The Parish serves the two communities of Lanchester (population 4381) and Burnhope (population 1355). All Saints is on the edge of the Derwentside Deanery. The parish has a flourishing Primary School on the same campus as the church, parish centre and presbytery.

<http://www.allsaints-catholicchurch-lanchester.co.uk/>

Lanchester Methodist Church

In the very centre of Front Street, set back slightly, sits the Methodist Church. This church along with Burnhope Methodist Church serves the joint Methodist Circuit community. There were 2 chapels in the village which united together in 1946 resulting in worship taking place in the central church, formerly the Wesleyan Chapel. Croft View which was formerly the Primitive Chapel then became known as Croft View Halls. The Halls are used for activities under the management of the Methodist circuit, within the District of Darlington. The Methodist Church organises a comprehensive programme of regular 'church life' activities and events welcoming members of all ages from our community and offering social and practical support opportunities.

<http://www.lanchestermethodistchurch.org.uk/index.html>

<http://www.lanchestermethodistchurch.org.uk/churchlife.html>



8.7 Schools

 **“Failure is success in progress” - Albert Einstein**

There are two primary schools and one secondary school with a Sixth Form College plus the Bridge in Lanchester.

All Saints' Catholic Primary School

Opened on 1st May 1905, the school is situated on Kitswell Road in Lanchester. All Saints' has a supportive Friends of All Saints' group which organises social functions, fund raising and other meetings. At the age of eleven years, pupils transfer to Secondary Education. The majority of pupils from this school transfer to St. Bede's Comprehensive School, also in Lanchester.

www.lanchester.durham.sch.uk

Lanchester Endowed Parochial (E.P) Primary School

is on Front Street just along from the Community Centre (which was once the village school) on the opposite side of the road. The school has a nursery, an infant and junior department and extensive outdoor learning and exercise facilities. Parents and carers use the eSchools platform to access information.

www.lanchesterep.durham.sch.uk

St. Bede's Catholic School and Sixth Form College

(coeducational secondary and sixth form) is situated along Consett Road on the edge of the village. Established in 1964 and part of the Diocese of Hexham and Newcastle, it serves the students of North West Durham, catering for nearly 1400 students, having become an Academy in summer 2012.

www.stbedes.durham.sch.uk

The Bridge.


This school, run by Education Plus North East in the Green School building which overlooks the bowling green, is for students with special educational needs.

www.educationplusne.co.uk


Getting to and from school and college.

The Lanchester Valley Railway Path which runs through the village offers families, children and students living in the village a most convenient route along which to walk to and from school and college. As well as being a much healthier option, it also offers users opportunities to meet up socially and spend key time with family, friends and schoolmates.

“

Why not consider becoming a school governor or look to support our schools by volunteering in other ways?  Contact the schools direct or Durham County Council's website: www.durham.gov.uk/schoolgovernors

”

 “Strength doesn’t come from what you can do, it comes from overcoming the things you once thought you couldn’t” - Nikki Rogers

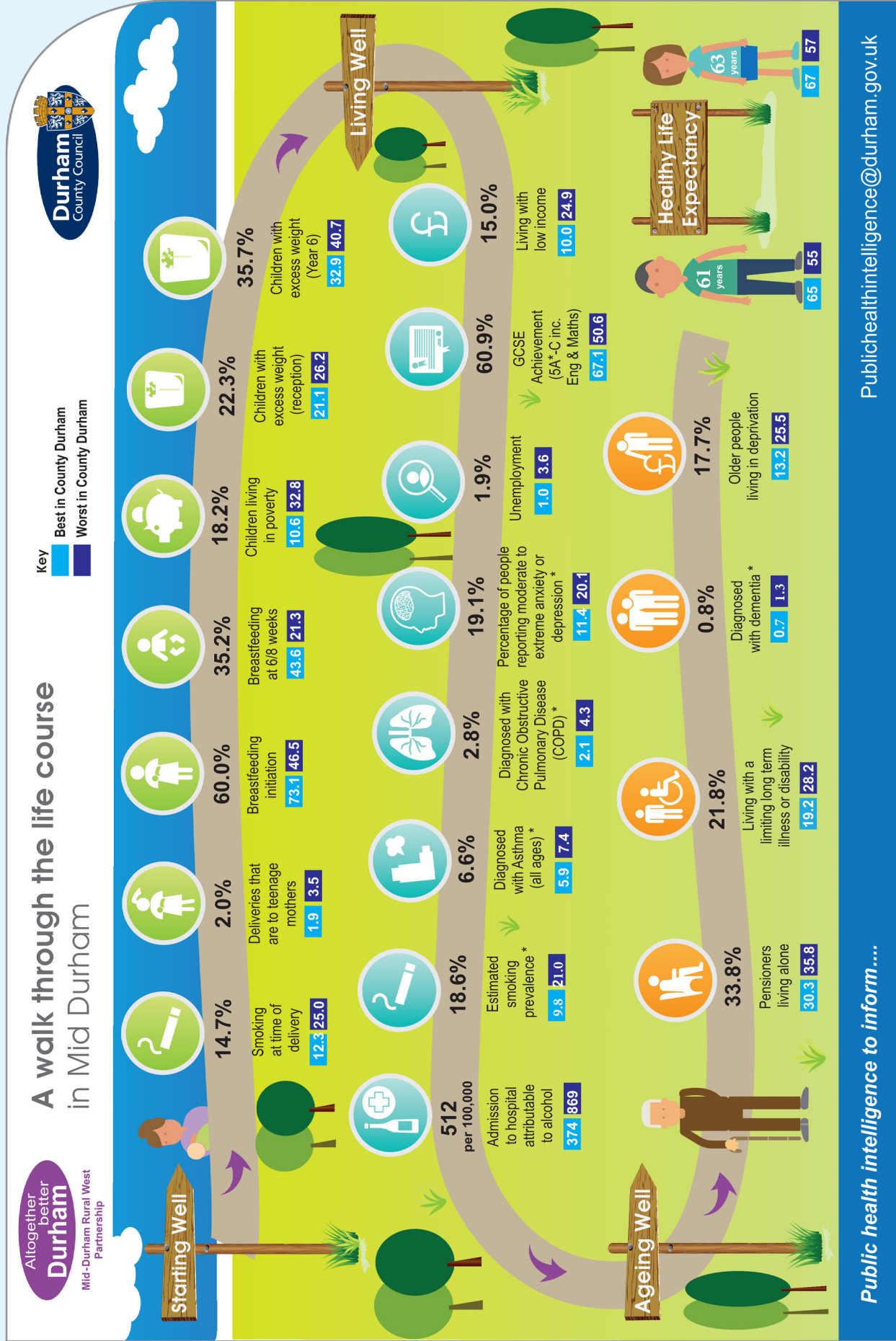
I don’t worry about things I can’t control

Accept what is, let go of what was, and have faith in what will be

 Here’s some more space for you to use to note down your own reminders....


The Infographic shown on page 33 represents ‘a walk through the life course in Mid Durham’ for people living in this area. This Mid Durham area includes Lanchester parish and village. Various indicators are shown. Some of these indicators may impact upon and be triggers of loneliness. The percentage achieved for our area for each indicator is shown and contrasted with the ‘best’ and ‘worst’ performance within County Durham. You may be surprised by some of the figures...

9 A walk through the life course in Mid Durham



10 Durham County Council (DCC) and other Health and Social Care Services

Durham County Council's website is a good starting point to find out information about services available within our community and to identify what support is available that could help you. They offer a variety and range of services to residents. Some are listed below. (adapted from the council's annual Your Guide to Council Services). www.durham.gov.uk ☎ **03000 260000**

<p>Care and support for adults and support for carers</p>	<ul style="list-style-type: none"> • Locate Contact them if you think you need care and support www.durhamlocate.org.uk • Social Care Direct provides advice and information • Care and support assessment and eligibility to assist you in identifying your care and support needs • Dementia Advisor Service offers information and support to those who have memory problems and their carers www.alzheimers.org.uk • Care Connect offers 24/7 alarm monitoring and response services • Support for Carers Support services provided by local carer support organisations www.durhamcarers.info
<p>Environmental issues</p>	<p>Flooding has often been an issue for the village, particularly the village centre. The Lanchester Community Emergency Plan, operated by volunteers , has been developed to support the village in the event of a potential flood or other emergency. There has been significant investment from 2018 which should help reduce the risk of further flooding events</p>
<p>Healthy living and health support</p>	<ul style="list-style-type: none"> • NHS Health Check www.nhs.uk/conditions/nhs-health-check • Wellbeing for Life offers support to help you to be happier, healthier and be come more involved in your community www.wellbeingforlife.net • Growing Healthy County Durham supports the emotional and physical health and wellbeing of families, children and young people www.hdft.nhs.uk • Smokefreelife County Durham free stop smoking service www.smokefreelifecountydurham.co.uk • Ways to Wellbeing programme helps you to access opportunities to meet new people, be more active and learn new skills www.durham.gov.uk/waystowellbeing
<p>Leisure centres and sport</p>	<p>Find information about facilities, membership and bookings at www.durham.gov.uk/leisure</p>
<p>Libraries history and heritage</p>	<p>Libraries offer a range of information including free access to books, e-books, bookable computers, regular activities for all ages and Healthzone Information Points (page 22)</p>
<p>Museums festivals and events</p>	<p>A comprehensive programme of festivals and events is supported. These include Durham Book Festival, Take Off, BRASS as well as the Durham City Run, various food and drink related events and the city's biennial Lumiere Durham. Venue based exhibitions take place at Bishop Auckland Town Hall and the Gala Gallery, Durham</p>



Parks and outdoors	Walking, cycling, running and riding activities. There are a wide range of opportunities for you to make your first steps towards becoming active and maintaining a healthy lifestyle or if you want to get back into being more active.
Roads and Travel	<ul style="list-style-type: none"> • Public transport. For information and journey planning www.durham.gov.uk/publictransport or www.travelinenortheast.info • For Link2 and Access Bus dial-a-ride services call ☎ 03000 269999 • The Access Bus service provides people who have limited mobility, or are unable to use mainstream public transport, with a door-to-door transport service to popular venues. • The Link 2 pre-bookable bus service is for people making journeys up to 5 miles where there are suitability, access and mobility issues • The Bridge card scheme helps you if you struggle to travel on the bus alone
Schools 	Why not become a School Governor?  ☎ 03000 265704/5 www.durham.gov.uk/schoolgovernors
Tourism	The official tourism website for the county provides information on accommodation, activities, attractions, events, food and drink and shopping www.thisisdurham.com
Volunteering 	County Durham Community Action provides a one-stop shop for volunteering  www.durhamcommunityaction.org.uk There are lots of council activities you can volunteer  to take part in www.durham.gov.uk/volunteering   (See pages 18-19)

Silver Talk is a **FREE** befriending service which gives older people the opportunity to connect for regular social telephone chats. It's up to you what you talk about. Your Silver Talk companion will provide you with both friendship and information about services and activities that could benefit you
silvertalk@karbonhomes.co.uk
☎ 0808 164 0111

The Macmillan Joining The Dots County Durham service is delivered by **Wellbeing for Life** (mentioned above). It is a **FREE** service for people diagnosed or affected by Cancer.
www.joiningthedots.info
☎ 0800 8766887

Citizens Advice County Durham

Citizens Advice County Durham provides a free, confidential and impartial information advice service on a wide range of subjects including benefits, budgeting, consumer issues, debt and housing. Their goal is to help everyone find a way forward, whatever the problem they face. You may be facing a crisis, or just considering your options. You can also get help over the phone or online.

54 North Road, Durham, County Durham, DH1 4SF
77 Medomsley Road, Consett, County Durham, DH8 5HN
<http://www.cdca.org.uk/Advice> and appointments ☎ 0344 411 1444
Debt advice ☎ 0300 323 2000
To cancel or rearrange appointments ☎ 0300 323 1000

County Durham and Darlington Fire and Rescue Service. A Safe and Wellbeing Visit is a totally **FREE** service offered by County Durham and Darlington Fire and Rescue Service.
csequiries@ddfir.gov.uk
☎ 0845 2234221

County Durham Community Foundation provides grants that make a genuine difference to the lives of people in local communities by managing charitable fund donations and acting as the vital link between donors and local needs.
<http://www.cdcf.org.uk/>

11 More about the 'Welcoming Lanchester' Guide

All information is understood to be correct at the time of printing. No responsibility is accepted for any information which proves not to be correct. All readers are advised to check for the most up to date, accurate and relevant information including specific research and related websites.

Printed copies of this Guide are available at key venues within the community, for example, in the Community Centre, Library, Lanchester Medical Centre, and local schools.

Online copies of this Guide are available electronically and there are links to this Guide on other websites.

There is a 'pocket' at the back of this Guide. You may find it useful to collect and store information, guides and leaflets ready for easy reference whenever you need them.

'Map pads' are available at the Library, Community Centre and Lanchester Medical Centre. We've also included some maps in this Guide to help you find your way around the village and Parish more easily, and to locate the various venues and places described.

If you have any particular concerns about loneliness, then visit the Lanchester Medical Centre or visit your own Lanchester GP. You can discuss things with the receptionist who will then be able to guide and direct you accordingly towards further tailored confidential support and assistance. You can also pick up a copy of this Guide if you don't have one.

www.lanchestermedicalcentre.co.uk

☎ 01207 520877

Croft View Surgery ☎ 01207 521906

To find out more about Loneliness...

It is not possible to include everything about loneliness within this Guide. Readers who wish to find out more and or perhaps engage more directly with others are encouraged to make direct contact with organisations.

The Working Group gratefully acknowledges the following organisations for the work they have undertaken on the subject of loneliness. This information has been used to inform and shape this Guide. The compilation of this Guide has been inspired by the various pieces of work, research, studies and surveys completed by many organisations. Readers can view other websites for more information.

Age UK	www.ageuk.org.uk www.ageuk.org.uk/countydurham
Alzheimer's Society	www.alzheimers.org.uk
BBC Loneliness Experiment	www.bbc.co.uk search loneliness experiment
Campaign To End Loneliness	www.campaigntoendloneliness.org
Dept for Digital, Culture, Media and Sport. HM Government	www.gov.uk A connected Society: a strategy for loneliness. 2018.



Independent Age	www.independentage.org
Jo Cox Commission on Loneliness	www.jocoxloneliness.org
Sense	https://www.sense.org.uk/
The British Red Cross and the Co-op	https://www.redcross.org.uk/
The Silver Line	https://www.thesilverline.org.uk/
Manchester Metropolitan University and the 42nd Street Charity	Loneliness Connects Us. Young people Exploring and Experiencing Loneliness and Friendship. 2017.

Various services facilitated, provided and delivered by Durham County Council can help people who are lonely or at risk of becoming lonely. (Pages 34-35). www.durham.gov.uk

Thank you to the following the Working Group gratefully acknowledges and thanks these organisations for their support:

Durham County Council Transformation and Partnerships

Lanchester Medical Centre and Patient Participation Group (PPG)

Lanchester Parish Council

Lynwood House (event venue)

Mid Durham Area Action Partnership. The Partnership enables you to get involved with our local community, to have a say and influence decisions on community issues.

<https://www.durham.gov.uk/mdaap>

The Lanchester Partnership

! Everyone can play a role in helping to tackle loneliness. Friends, families and communities are all important. Government, the voluntary sector, local authorities and public/health services, and employers can all have an impact too.

More general statements for reflection...

- “The secret of change is to focus all of your energy not on fighting the old, but building the new” – Socrates
- You can't start the next chapter of your life if you keep re-reading the last one
- Every morning we get a chance to be different, a chance to change, and a chance to be better. Your past is your past. Leave it there
- Starting today, forget what's gone, appreciate what still remains and look forward to what's coming next
- Have the courage to live life the way you want to
- I just want to feel that I'm important to someone
- Think like the person you want to become
- Stay positive, work hard, make it happen
- Don't believe everything you think
- Don't waste your energy - you can't please everyone, change happens, the past has gone forever and don't overthink things
- Break free of the fear of what others think and focus on just being you
- What others think of me is their choice, what I think of myself is my choice
- Falling down is an accident. Staying down is a choice
- Remember all your past challenges, what you've achieved and all the fears you have overcome
- Whenever you doubt how far you can go, just remember how far you have come
- Never stop telling yourself...I am an amazing individual, positivity is my choice, that I can do things I first thought were impossible and that I am going to succeed





**“We have far more in
common with each other
than things that divide us”**

Jo Cox, MP

The ‘Welcoming Lanchester’ Guide ©2019 is an initiative by the Patient Participation Group (PPG) of Lanchester Medical Centre. It has been developed by a Working Group (WG) consisting of members of the PPG and the Lanchester Partnership. Working Group members include David Friesner, Jill Gladstone, Marian Morrison and Mike Gladstone. Online copies of this Guide are available electronically and there are links to this Guide on other websites.

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