

the cent at tow law

Tow Law Community Centre contact number 01388 731444

New Year New You !!



Weight watchers
to be held at the Tow
Law Community
Centre every Tuesday
evening from
5:30 - 7:15pm

starting January 9th 2007

**Keep Fit
with Pat Parker**



**Tuesday nights
7:30**

FAMILY HISTORY

With the popularity of the TV programmes of celebrities tracing their family history, we have been receiving quite a few requests for help, not just from the UK but worldwide. As a result we have added a section to the community website where we are posting all requests for help. Please, if you have time, look at the page at:

www.towlaw.org.uk/family-history.htm

If you can help we are sure those seeking help will be very grateful, and if you would like to leave a request for help or just general feedback select the feedback link.

Festive Fun at the Football Club

The Christmas Draw and Superdraw take place at the Club House in Monday 18th December from 8.00 onwards.

There is entertainment on Saturday 23rd December, Boxing night and New Years Eve. There is also a festive quiz on Christmas Eve. Look out for the posters or phone the club for more details.

For those that do not have access to the Internet at home call in at the centre and use the IT room at the centre, we will be happy to assist you with this.

**Table Top Sale
Community Centre**

SUNDAY 28th January @ 1

Tables cost £5 ring 731029 to book

May we wish you a happy
Christmas and New Year from the
Committee and staff of the
Community Association and we
hope to see you in the centre in
2007



**Cake
Decorating**
FREE

At
**Tow Law
Community Centre**

**Monday 15th January,
1-3pm**

Tel: (01388) 731444

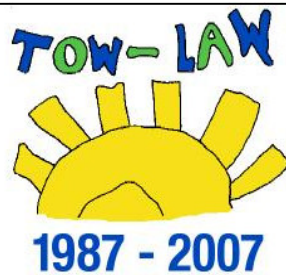
Tow Law Community Partnership
Tow Law Community Centre
Dane Castle
Tow Law
Community Drawdown
01388 731444
Email: info@towlaw.org.uk



Tow Law Partnership News

Diane the Partnership worker has been working with Home Housing, Wear Valley District Council and a group of volunteers to establish the community gym in the recreation ground. The Official opening is planned for January, so watch out for the publicity.

The application packs are now available for the admin worker/finance assistant. The post is for approximately 4 hours per week at £7 per hour. If you are interested please contact Diane at the Centre



Tow Law are planning a year long Community Festival in 2007

We hope to have a community event almost every month. Watch out in your local newspapers, Tattler and Tourist Information Centre for details.

So far we have booked an A play The Man Who Would be King by Rudyard Kipling on 12th March, an Antiques valuation evening at the Community Centre on the **23rd of March**. We are also planning a Community Sports Day on the **8th June** to involve both primary schools. Our big event will be on the **1st of July** with a festival on the Millennium Green. We hope to really pull the stops out and have a marquee for community groups, bouncy castles, dog show, and lots more. There will be a Fun Day **24th of July** at the Community Centre. This always proves to be a great day out.

St Philip & St James Parish Church will be having a Celebration of Marriage during **August Bank holiday (25th & 26th)**. This will include 10 Flower Exhibitions, Wedding dresses and photographs. We hope to have school children from both primary schools to take part in workshops to create flower arrangements for the end of pews.

Tow Law's History Exhibitions have always been a huge success. The Community Association and history group will have their next exhibition on **October- 27&28th 2007** at the Community Centre.

There will be more events arrangements made throughout the year so keep your eyes open and your ear to the ground and any group that wishes to organise an event should contact Diane at the Centre. We are always pleased to hear your comments and suggestions. Planning meetings will be advertised in the Tattler and at the Community Centre. If you would like to speak to someone ring the Community Centre on 01388 731444.

Routeways to Employment

Do you live in Tow Law? Are you in receipt of benefit? Are you looking for work? We have the funds to be able to employ you at minimum wage and place you in a workplace of your choice for up to 26 weeks.

Groundwork West Durham & Darlington have devised an employment project (funded by the Neighbourhood Renewal Fund) aimed at helping unemployed people in Tow Law get back into work.

If you think you fit the bill and would like to find out more, please call Anna Harris on 07918 619112 or 01388 662666. Anna will place somewhere you want to work and if it doesn't work out your benefits will remain secure. You will be subject to a postcode check as these funds are postcode-specific.



Tow Law Community Association

**pensioners party
at the tow law
community centre
on Friday December**

15th @ 12.00p.m.



Cost of ticket £1.00



**Rainbows are held at
Tow Law Community
Centre every
Wednesday evening
from
5pm till 6pm**



**Brownies are held at
Tow Law Community
Centre every
Wednesday evening
from
6pm till 7:15pm**

Bowls



**Thursday night
5:30 - 7:30**

**Sunday morning
9:30am - 12**



Dancing



**Thursday night
8 until 10:30**



BABY & TODDLER GROUP
EVERY MONDAY AFTERNOON
1PM - 3PM
Starting THURSDAY MORNING
January 11th 10am - 12pm
at the
TOW LAW COMMUNITY CENTRE



COMMEMORATIVE MUG NOW ON SALE
A competition organised by the Community Association produced the designs for the mugs now on sale at the Centre and Green's newsagents for £3.50.
The winners were Blessed John Duckett: Siobhan Owen, runners up Caitlin Hillery and Nathan Ogilivie
Tow Law Millennium: Jonathan Whitfield runners up Ciaran Appleby and Lauren Morton. Design for publicity won by Nathan Gray. All winners were given W H Smith vouchers and a mug




Teen Club
Mondays 7 till 9
Come along and join in!!
We now have a post for an auxiliary worker at the club 2 1/2 hours a week. This is a paid post phone Jenny Flynn on 730525 for application pack.



Our ordinary programme continues throughout the year. Come along to the Community Centre and find out what's on or click look on the website

www.towlaw.org.uk

KARATE
CLASSES NOW ON AT
YOUNG DRAGONS
New starters class 3 to 5 year olds
Tow Law Community Centre
Friday 3.30 to 4.30
Classes throughout the region
Professional and friendly instruction
Come along and have a go!



Contact
Pauline 01434673950
Chris 01207 255330

PILATES CLASSES

For Core Stability and Flat Tummies!
NEW CLASSES STARTING IN TOW LAW
COMMUNITY CENTRE

STARTING Wednesday 17th January 1.30 – 2.30pm

How we treat our bodies from day to day affects how we feel.

The Pilates method is not just a series of exercises, but a complete approach to developing physical awareness in day to day life. It is designed to improve and change the body's postural and alignment habits and is also specifically designed to be carried out in a confined space.

What is Pilates?

Pilates is a series of gentle controlled movements that target core muscles deep inside. Core muscles are the muscles round your trunk, your abdominals, and those round your lower back, pelvis and hips. Pilates and general training of these core muscles helps to create a flatter-looking stomach and an improved posture. It also helps to prevent and alleviate back pain. Pilates itself is a series of exercises that uses your own body as resistance in order to create or improve muscle tone. And you're using your deep abdominal muscles so that your stomach looks flatter even when you haven't lost weight.

Who should do Pilates?

The Pilates method is beneficial for everyone. As all our bodies are unique the benefits we achieve will differ. Pilates is beneficial for:

- General fitness and body awareness
- Prevention of injury
- Remedial and rehabilitation work
- Ante and post natal fitness in pregnancy
- Fitness for the elderly and children over 12 years old
- Strengthens the pelvic floor
- Longer leaner muscles
- Lose inches
- Improved flexibility & suppleness
- Improve posture & balance
- Strengthen the body and back

Pilates is a lifetime exercise, everyone can join it. It can be done either standing, sitting or lying down so those who are less agile can participate too! Pilates assists in increasing and creating a balance between strength and flexibility. It creates an awareness of and strengthening of core stability. Not only does Pilates significantly improve coordination and posture, but it also helps in releasing stress.

For further information or to book your place contact RUSS on (07951782657)

Homework Club

Mondays
4:30 - 6:30

Wednesdays
6 - 8pm



MONDAYS
4:30 - 6:30

WEDNESDAYS
6 - 8pm

CALM IT!

The Town Council is conscious of the disquiet in the community caused by continuing instances of Anti-Social behaviour, despite increasing Police presence and the appearance of the community street wardens who are now in post. The proposed public meeting with the Police and the constituency M.P. has not materialised because of a number of factors, but Police have been invited to come along to such a meeting proposed for early January. The meeting will be held on a Friday evening, when the Community Centre is not used, and when the M.P. is more likely to be able to be present. At this stage a definite date has not been agreed, but the meeting will be widely advertised in the community.

SPORT FOR ALL

The recreation centre will soon be back in use. Thanks to the efforts of the Community Partnership, to the enthusiasm of a dedicated band of helpers, and to money provided by Wear Valley District Council through its Section 106 fund, the equipment used in the Summer by the Wellness on Wheels project in the community centre car park, will be accessible to all members of the community. This will form the first stage of the revitalisation of the recreation area, and will be followed by a revamp of the multi-use games area, the refurbishment of the indoor facilities, and a overhaul of the grass football field which has long been plagued by drainage problems. The new look centre will provide long awaited recreation facilities, and will offer much needed opportunities, especially for the young people of the community.

SEASON'S GREETINGS

Members and Staff at the Town Council extend their Best Wishes for Christmas and the New Year to all residents of Tow Law and wish them a happy and peaceful holiday season.

SO HERE IT IS – MERRY CHRISTMAS

Very soon the High Street will be lit to herald the Festive Season. 50 Christmas trees are on order, and by the time this edition is with you, they may well be in place. Our thanks are due to Ken Taylor and Tom Hauxwell who do all of the hard (and in this weather, uncomfortable) work, and to those householders who provide the lights.

THE GREAT OUTDOORS

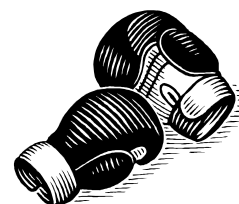
Work is progressing apace on the Fell by the Durham Wildlife Trust to provide a valuable outdoor recreational facility for residents and visitors alike. The next stage involves over half a mile of fencing on that part of the perimeter adjoining the road, not to exclude visitors, but to ensure the safety of grazing cattle and sheep. Further information is available by the Trust's Wildlife & Community Officer, Craig Best on (01388) 488728.

MONEY MONEY MONEY

The Town Council's Community Fund is still accessible to local groups who require some financial assistance for their activities. The fund is provided by n-power, and application forms are available from the Town Clerk at the Community Centre, or by telephoning (01388) 731444.

BOXING

We want to restart the Boxing Club in the New Year



subject to us finding a qualified coach. We can pay expenses etc so if you know of anyone who might be interested please can you contact Ashley on 01388 731444 or Jenny Flynn on 01388 730525.

2007 Year of the Community Calendar Comes Home

Tow Law Community Association is publishing for the first time a calendar of the town and its inhabitants which will be in the local shops for Christmas. The calendar is the brainchild of the Management Committee of the Tow Law Community Association, who felt that there would be a market for something produced locally centring on Tow Law and its community. Aileen Green, Chairperson, said, "We are really pleased with the calendar. It is a result of the efforts of a number of people and we are hoping that the people of Tow Law will find something of interest in it. It will make an ideal stocking filler for anyone who lives in Tow Law or who wants to send a copy to a relative abroad." The calendar will be on sale at £3.95 or 2 for £7 and profits from the sale of the calendars will go into the funds of the Community Association