

TOW LAW TOWN COUNCIL NEWS

Tow Law Recreation Exercise Club

The facility is located in Tow Law Recreation Ground the cost to use the facility is £1.50 per session for adults and 50p per session for juniors.

To join all you have to do is!

Complete a short health questionnaire and we will give you an induction which will show you how to operate the equipment. Once this process has been completed you may use the facility during the designated opening times which are high lighted below.

The fitness suite offers a programme which aims to cater for a wide range of users. You can use the fitness suite on a casual basis or you can take part in a number of fitness classes all of which are £1.50 per session.

Opening times

Monday: 0930-1100 & 1700-2100
Tuesday: 0930-1100 & 1730-2100
Wednesday: 0930-1000 & 1700-2100
Thursday: 0930-1100 & 1700-2100
Friday: 0930-1000 & 1700-2000

Classes

Tuesday: 1630-1730 Kids club
Wednesday: 1000-1100 Ladies only
Friday: 1000-1100 Ladies only

Please note that places are limited to book your place please ring the number below and leave your contact details along with the class you would like to attend.

For further information please contact:

Tow Law Recreation Ground: 01388 731696

New man at the Helm

Geoff Smith has taken over as Clerk to the Town Council with effect from 1st February. Geoff from Newton Hall in Durham will be in the office in the Community Centre (01388 731444) on Mondays to Thursdays from 1pm to 4.30pm. He can also be contacted at home on 0191 384 6031. Geoff is an experienced Parish Clerk and will continue to serve as Clerk to Esh Parish Council based in Langley Park. He is currently preparing an application for Quality Parish Council status having gained a certificate in local council Administration (Cilca). An early task will be to submit a similar application for Tow Law. Success will provide opportunities which will become available as a result of the recent local government white paper. Welcome aboard Geoff!

Time for recreation

A very enjoyable ceremony took place on 8th February to mark the inauguration of the new gymnasium at the recreation centre. A lot of hard work and effort has gone into bringing the facility to fruition and thanks are due to the many people who have played a part. Two Town councillors Ron Grogan and Jeff Gale have been towers of strength in carrying out the necessary liaison with WVDC and persuading that authority to release the necessary monies to finance the project. The Community Partnership's Diane Pearson and the Project organiser Natalie Drew have worked wonders in performing all of the necessary administration to establish a working committee with a proper formal constitution. Above all, the people at the "sharp end"- the volunteer workers who have offered their services to ensure that the gym operates smoothly and safely on a day-to-day basis can not be praised too highly for their community spirit. Their enthusiasm and their hard work can best be appreciated by maximum use by the community, both young and not-so-young so that the much needed recreation opportunity will be a huge success.

Tree Surgeons?

Tow Law became the unwilling centre of local news recently, when the Chairman of the Town Council appeared on television to criticise the lopping of trees in Bridge Street, High Street and Dans Castle by the energy supplier NEDL. The work was carried out to prevent the snagging of overhead cables though the way in which this was done left much to be desired. The County Council has been approached and tree officers will visit the town to inspect the work, and advise of any remedial measures which might be necessary or indeed possible.

Anti-Social Behaviour

The long awaited public meeting to discuss and air views about Anti-Social Behaviour is to be held in the Community centre on Friday 2nd March at 7pm. The meeting will be attended and addressed by Hilary Armstrong MP and by Police, representatives and an update will be given on the current situation and the work being done to address the problem. Posters are being displayed throughout the Community and it is hoped that a large turnout of residents will reward the work which has been done to arrange meeting.

the tattler february 2007

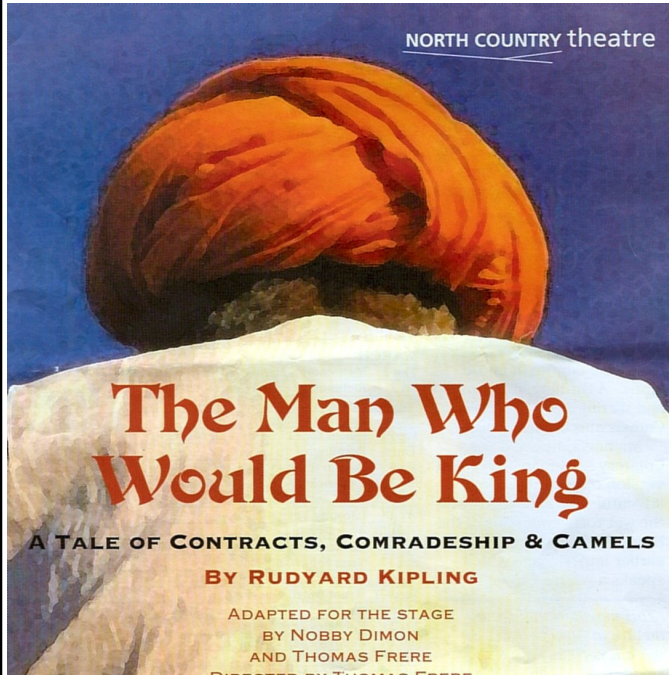
Learning Links

We are pleased to announce that as from Monday February 12th, we shall be working with *Learning Links* to help provide you with your learning and training needs.

Learning Links is a training organisation and has Centres throughout the UK. At the moment, they are expanding into rural areas such as Tow Law. This means that they will be able to assist in providing with the existing training sessions that are already being run at the Centre. Their assistance now means it is even easier for you to access our range of on-line courses and individual tuition.

Those of you who wish to take courses in computing, numeracy and literacy, languages or whatever, can now do so **entirely** at the Community Centre. We will be able to register you with a course or courses from Learn Direct at the Centre, you will be able to receive tuition at the Centre and you can even take any tests that will give you a qualification at the Centre. The training, registration and courses in numeracy and literacy are all free. Some of the courses may carry a small charge but in some cases, there may be financial help available.

In addition, once you have taken out a registration, all of your learning can be conducted at the Centre or even at home, particularly if you have broadband access. So don't delay, if you are not sure of what you want to do, phone (01388) 731444 and ask for Alan; or pop into the Centre for a coffee (or tea) and a chat



NORTH COUNTRY theatre

The Man Who Would Be King

A TALE OF CONTRACTS, COMRADESHIP & CAMELS

BY RUDYARD KIPLING

ADAPTED FOR THE STAGE
BY NOBBY DIMON
AND THOMAS FRERE
DIRECTED BY THOMAS FRERE

Tow Law Community Association
Tuesday 13th March at 7:30pm
Tickets £4.50 Adults / Family £12.00 /
Concession or Child £3.00

Tickets available from the Community Centre
731444 or via email towlawca@hotmail.com

Tow Law Post Office

As you maybe aware many local Post Office's are under threat of closure, we aim to keep our Post Office and with your help we can!!

Many people are still unaware of the services your local post office offers, so here is a reminder:

- ◆ Cash Withdrawal (no charge)
- ◆ Personal banking (Barclays, LloydsTSB, Co-op, Alliance and Leicester)
- ◆ Car tax
- ◆ Paying of Utility Bills
- ◆ Postal Orders
- ◆ Gas Cards & Electricity Keys
- ◆ Savings stamps
- ◆ Gift Vouchers
- ◆ Car, Home & Travel Insurance
- ◆ Foreign Currency
- ◆ Mobile Phone top-ups

So next time you want to withdraw cash or pay a bill
THINK TOW LAW POST OFFICE
 Your support for our Post Office will be very much appreciated. Keep Supporting us and we will keep supporting you!

What's on at the Community Centre

Monday	10:00 - 12:00	IT Drop-in
	1:00 - 3:00	IT Drop-in
	1:00 - 3:00	Baby & Toddler Group
	4:00 - 6:00	Solicitors surgery - Hodgson & Angus, Stanhope. With Ken Robinson
	4:00 - 6:00	Homework / Drop-in Club
	7:00 - 9:00	Teen Club
Tuesday	9:00 - 11:30	Family Support Worker Drop-in with Tamsin Lowe
	12:30 - 2.30	IT Drop-in with a crèche
	12.30 - 2.30	Numeracy /Literacy Session
	6:30 - 8:30	Digital Imaging
	6.00 - 7.15	Weight Watchers
	7:15 - 9:15	Keep Fit Class
Wednesday	10:00 - 12:00	IT Drop-in
	10.00 - 1.00	Young persons drop in
	1:00 - 2:00	IT Drop-in
	1:30 - 2:30	Pilates
	2:00 - 3:00	Home Housing surgery with Angela Mason
	5:00 - 6:00	Rainbows
	6:00 - 7:15	Brownies
	6:00 - 8:00	Art with Ashley
	6:00 - 8:00	Homework / Drop-in Club
Thursday	10:00 - 12:00	Baby & Toddler Group
	6.00 - 8.00	Carpet Bowls
	6:30 - 8:30	Basic Web-Design
	8:00 - 10:30	Sequence Dancing
Friday	9.00 - 11.30	Tapestry
	9.30 - 11.30	Writing Skills
	9.30 - 11.30	Business support
	3.30 - 4.30	Young dragons 3 - 6yrs exercise class £3 per session
Saturday	10am - 12 Noon	Internet Café £1 per hour

If you would like more information on any of the activities or sessions held at the Community Centre contact us on 01388 731444, or just drop in and have a chat. The Community Centre also has a fully equipped meeting room and IT suite which can be hired, as well as the main hall and kitchen which can be used for parties and evening events. Contact the centre for more information on the above number.

Antiques Roadshow to be held at the Tow Law Community Centre on Friday 23rd March @ 7pm



£2 entrance fee to include refreshments

Valuation fee of £1 (limited to 50 valuations for the day)

For further details contact the centre on 01388 731444

If you are aged between 16 and 19 and you are out of education and not in full time training, call in to the Community Centre on Wednesday between 10.00 am -1.00pm.

Drop in or make an appointment with Jenny Mountain

Find out about Training and Education
What's on offer?
What you can do to start things happening for you?

Phone 07786878982 or the centre on 01388 731444

The following are also based at the Community Centre:

- ♦ Tow Law Community Partnership (contact Diane Pearson on 01388 731444)
- ♦ Clerk of the Tow Council (contact Geoff Smith on 01388 731444)
- ♦ District Nursing Team (contact number 01388 731130)
- ♦ Health Visitor (contact number 01388 730976)

Wanted Boxing Coach: to run Boxing Club, possibly Wednesday or Friday evenings, 7.30 – 9.00 p.m.

The Club has equipment and a waiting list of young people but requires a qualified coach to run the Club.

Coaching Fees / Expenses will be paid relative to experience. Contact Tow Law Community Centre on (01388) 731444



ENTERPRISE COACH

Michael Smith, who is employed by the Enterprise Agency based in Bishop Auckland, and covering the Wear Valley, will be based in the community every Friday 10am till 12pm and will be there to assist any members of the public who are looking to go self employed or want to kickstart there business idea.

I also have the ability to help with any voluntary organisations who want to start up.

As well as these services what the agency offers we will also be offering help to existing businesses in the Tow Law catchments, all services are completely free and confidential.

JACK DRUM



Drama workshop Spring half term

Jack Drum's youth theatre will be at the Community Centre on Wednesday 21st and 22nd Feb 07 from 1:30 - 3:30.

FREE!!!!

First Time Online

Just a reminder that Alan is running a number of Drop-In sessions through February and March, to anyone interested in either learning to use a computer, developing new skills such as word processing, spreadsheets, presentations, etc or those who wish to learn how to use the Internet e.g. how to e-mail, how to shop on line, etc and it's all for free. That's the sessions not the shopping – you'll have to pay for that yourselves!!

In addition, these sessions are a must for anyone who wishes to access any of the Learn Direct courses and work towards a qualification. This can be done totally online either at home or at the Community Centre. There are courses in Literacy and Numeracy (you can update your qualifications to Level 2 for free!), Computing, Digital Photography, Business and Management – you can even research your family history online. Again, there is no cost for doing any of this!

For further details give Alan a call on 01388 731444.

Times of sessions, every Monday and Wednesday, 10.00 - 12.00 p.m. and 1.00 – 3.00 p.m.

Tuesday afternoons (with crèche) 12.30 – 2.30 p.m.

If you cannot make these times, then please ring and we can make alternative arrangements, either on a morning or evening. Funding is also available for crèches, so if you need childcare, then let us know in advance.