

Waterhouses

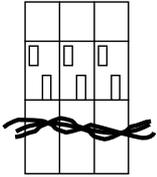
Wanderings

May
2016

News, Views and Events from Waterhouses and the surrounding area provided by the Waterhouses Community Association.



The Queen's Award for
Voluntary Service 2005



Registered Charity number 1064926

Waterhouses Community Orchard

Waterhouses Community Association is always looking to improve the facilities in the local area. Their current big project is to plant a **Community Orchard** along the Deerness Valley Walkway. More details overleaf.

Whilst mentioning planting, just a reminder to get planting your entries for the **Waterhouses Produce Show** in early September – not to mention thinking up ideas for your scarecrow also. More details next time.

The **Waterhouses Summer Fayre** is on Saturday 25th June, with all the usual attractions, including a **chocolate tombola**. So, whether sweet toothed or not, book the date now. More details of this and of all that is going on can be found on the June What's On and on the web site.

Wellbeing for Life is a free service supporting you to live well in County Durham. Our Health Trainers will work with you over eight sessions to set a health plan, which will include small achievable goals that you would like to achieve. The one to one sessions typically last for one hour and is time for you to focus on yourself and what support you would like from the service. This could be...

- Healthy Eating
- Stopping Smoking
- Physical Activity
- Practical Cooking
- Weight Loss
- Mental Wellbeing

Contact the service today to discover how we can help you. Your local Health Trainer is Helen Morton who can be contacted on 07795 306890 or helen.morton1@nhs.net

See www.waterhouses.info for all that is going on

Waterhouses Community Orchard

As part of our ongoing commitment to improving and developing the amenities of the village, Waterhouses Community Association is to plant a **Community Orchard**. Consisting of a variety of fruit trees and soft fruit bushes, the orchard will be planted along the Deerness Valley Walkway (see map below for proposed planting sites). The cost of purchasing the fruiting stock and carrying out this work will be met from funds which are solely reserved for improvements to the village for the benefit of the village and visitors alike.

As well as the planting, we intend to provide appropriate signage to outline the scheme to visitors and residents. It is hoped that this will also be accompanied by some seating and perhaps other amenities where possible and in keeping with the scheme. We have already approached Durham Countryside Rangers (Durham County Council) who are responsible for the maintenance and use of the Walkway and have met with a very positive response. Also, Growing Durham has agreed to act in an advisory capacity.

The planting work and ongoing maintenance will be carried out on a voluntary basis and it is hoped to attract individuals, local schools and other community groups to help where possible.

It is intended that the fruit will be **free to all** (for personal consumption).

Most important in this planning phase, we need to hear from YOU if you have any views or suggestions for the scheme. You can either email to sec@waterhouses.orangehome.co.uk or drop a note or a letter into the Village Hall. Please respond by the Summer Fayre 2016. As the plan develops, there will be more information available on the notice board in the Village Hall.

Please contribute – this is your opportunity to influence and shape this great initiative.



Durham Food Bank needs helpers

29 families or individuals in crisis have come for help with food at the Esh Winning branch of the Durham Food Bank since it opened in a room at the Baptist Church last year. But this valuable service may soon have to close for lack of helpers – two people each week are needed between 11.45 and 1.30 each Thursday. Could you be one of them, helping out one week in three? If so please ring Ann on (0191) 373 0292 or just come along some Thursday to see what is involved.