



EDITION 52 WINTER 2025

Look inside for your news, views and things to do! Wynyard Matters is your community magazine to keep you informed, engaged and busy.

If you wish to advertise or contribute an article, do get in touch via carolinetheeditor@gmail.com

www.wynyardmatters.org

Dear Resident,

Welcome to the Winter 2025 Edition of Wynyard Matters!

There is so much to look forward to this winter at Wynyard! There's the Musical Celebration of Christmas on 11th December and the Christmas Luminary on 24th. Look out too for the stalls outside the Co-op on 20th and 21st in aid of the Headlight Project.



Wynyard's Vine Church also has its Christmas services which can be found on the flyer with this magazine and in the Dates for Your Diary.

There are winter recipes and take a look at the article "Forget the Fads Find Your Forever" on enjoying your food the healthy way which includes Winter and Christmas top tips and which provides the recipe for oaty Christmas bites which you can find separately on p.33. Also, why do we eat so much cheese at Christmas? – see Jo's article on this on page 14!

Debbie has popped in on the new Starbucks and see what she tells us they are offering Wynyard residents on page 32 from a warm friendly space to meet to their Winter drinks range!

Join The Coffee Group (see page 13) if you haven't already and don't miss out on the Meet and Greet. Don't be lonely; there are lovely people at Wynyard to get to know so join in. There are also great opportunities at Nordic walking and also the library van with a cuppa in the pub afterwards. If you'd like to join the Walking Sticks group let me know. Join the Book Group!

Read about NELD on page 26 which does so much for our local charities and will be sending Christmas hampers to those in need. The profits from the Musical Celebration of Christmas will also go towards meeting this need.

The new Sainsburys has opened as 2 of our observant residents have spotted. I expect to be interviewing the new manager very shortly so will report back.

Enjoy our regular Yours Truly observations at Codgers Corner – always makes me laugh!

Do watch out for scammers this winter – it's a season for ripe pickings for scammers - see page 33.

As always cut out your Dates for your Diary pages and stick them on your fridge to keep you firmly in the loop.

Thanks as always to our parish councils and the WRA for all their hard work and commitment to this community as is reflected in their updates. Thanks also to the Wynyard Matters Community Events team for their enthusiasm and generosity of spirit. Amidst the serious issues there is a clear mission to connect and support each other. And have fun, as is perfectly illustrated in the article on the Scarecrow Trail and Competition held in October on page 4!

I hope you enjoy this edition!

Merry Christmas and all the very best wishes for 2026!

Caroline

You can email me at carolinetheeditor@gmail.com and access an electronic copy of Wynyard Matters on the WRA website <https://wynyardmatters.org> or via the QR code:



If you would like to contribute an article or have ideas for one you would like me to explore do get in touch.

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SCARECROW TRAIL AND COMPETITION 2025

Inspired by Heather Lightfoot's generous enthusiasm, creativity and success last year and led by her this year as part of the Wynyard Matters Community Events team, Wynyard's second Scarecrow trail and competition was held in October. This is what one mother said of the day:

"What a wonderful day we had for the Second Wynyard Scarecrow Trail! It's amazing to see how this lovely community event has grown since Heather Lightfoot first started it. The whole village was bursting with imagination – everywhere you looked there was another fantastic scarecrow ready to make my children smile.

We saw everything from witches and potato heads to Harry Potter, Minions, Bluey and Duggee (our own creations!), ice hockey players, and even a couple of keen angler scarecrows "fishing" by the pond. The imagination and attention to detail was incredible and showed just how much care and effort everyone put in.

My little ones and their cousins loved the craft tables, making their own bottle scarecrows and colouring stick creations, while the rest of us enjoyed delicious cakes and refreshments along the way. It was a lovely excuse to stop, chat, and have a catch up with neighbours.

What truly made the day special though was the community spirit behind it all which makes Wynyard such a warm, welcoming place for us to live in and enjoy with our families. A huge thank to Heather and the events team and everyone else who took part – the scarecrow makers, bakers and volunteers who helped on the stalls and those who worked quietly behind the scenes. And of course, a big thank you to the Co-op for their generous prize donations of wine and chocolate!

Congratulations to the winners:

1st place
Witch in a Tree



2nd place
Mr and Mrs Potato Head



3rd place
The Hockey Scarecrow



Altogether, the trail raised an amazing total of more than £900 for the Alzheimer's Society. It was a day full of fun, laughter, and community spirit and I think we can all agree that the duck pond looked fab. I can't wait to see what creative ideas next year's trail will bring!"

What a wonderful endorsement of the event! Onwards and upwards to the Luminaire and Musical Celebration of Christmas in December!



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by David

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by Sally



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WYNYARD MATTERS

COMMUNITY EVENTS 2025-26



What year it has been for the WMCE team since its first event last December when we had our first Carols on the green! It was so uplifting to see people and families enjoying singing their hearts out whilst enjoying hot drinks and mince pies!

Then we had our Easter Scavenger Hunt and Egg design competition in April followed by the VE day commemoration in May both of which were so well received. The Family Fun Day in June was such a success too as was the Scarecrow Trail and Competition in October.

The team is inspired to continue to put on events for our community and on 11th December, as you will see from the poster on page 21, we will be holding a Musical Celebration of Christmas at the Duck Pond from 6pm to 7.30pm. If the weather is poor, we will be at the primary school instead. A call will be made if necessary on this at 12pm on the 11th and a message put out on social media. Either way, there will be mulled wine, soft drinks and mince pies to enjoy along with the music so come along! All profits will go to SVP Billingham to provide Christmas hampers for those in need this Christmas.



On 20th and 21st December, the team will be manning a stall outside the Coop on behalf of The Headlight Project.

This year will be our 31st year of the Christmas Eve Luminary. We hope that everyone will join in and make this the best year ever! We will start around 5pm.

Luminaries are more than decoration – they are a symbol of hope, warmth and welcome.

By participating in this tradition, you're adding to the festive atmosphere, but also creating a sense of community and connection with neighbours.

Luminary kits will be available in the Coop shop in Wynyard village from December 13th. They contain 5 candles and bags together with instruction sheet.

We are asking for a donation of £3 to cover costs.

The proceeds will go to the "Headlight Project." This charity was founded in memory of Ross Devereux.

The project aims to reduce the number of deaths by suicide in the Tees Valley area through therapy of those bereaved by suicide and preventative education and training.



2026 will see the Easter event again as well as the Family Fun Day, the Scavenger Trail and the Musical Celebration of Christmas. If anyone has any suggestions for any other events for the Wynyard community to enjoy do get in touch and we can consider them. Contact carolinetheeditor@gmail.com

Wynyard Parish Council (Stockton) Update

I wanted to begin this update by introducing myself as the new Chair of the WPC. I was delighted to be elected at our September meeting, and I'm really looking forward to working hard towards making a difference in areas that really matter for our residents – alongside my fellow Councillors. I have previous community experience in Wynyard, having served as Chair of the WRA a few years ago and I'm eager to re-establish positive working relationships with our key stakeholders – most notably Wynyard Estate Services.

I'd like to pay tribute to our outgoing Chair, Allan Fletcher, who has also stepped down as a Councillor. Allan has worked tirelessly for the community in the role over the last year or so and has put in countless hours of dedication across a whole range of issues – most notably on planning and lobbying for a safe pedestrian crossing across the A689. The Council will sincerely miss his contributions and exceptional attention to detail, amongst other things.

Allan's departure has created a vacancy for an additional Councillor. If anyone is interested in finding out more information about what this role entails or wants to express an interest in joining the PC, please email our Parish Clerk, Barry Flux, via wynyardparishcouncil@gmail.com. The Council meets monthly (usually on the 3rd Tuesday), usually at Wynyard Primary School.

The 22/2579/FUL Appeal

Wynyard Parish Council has submitted further comments to the Planning Inspectorate in relation to the ongoing appeal for planning application 22/2579/FUL (135 houses).

Our submission focuses on concerns about how planning conditions for the earlier Wynyard Village Extension (application 13/0342/EIS) were changed when a Section 106 legal agreement was completed in 2017. The agreement appears to have altered some of the conditions that had originally been approved by the Stockton Borough Council Planning Committee in 2014.

We believe this raises important questions about governance, transparency, and oversight in how planning permissions have been implemented. These changes are directly relevant to the current appeal, and we have asked for the matter to be formally reviewed and, if appropriate, examined through a public inquiry.

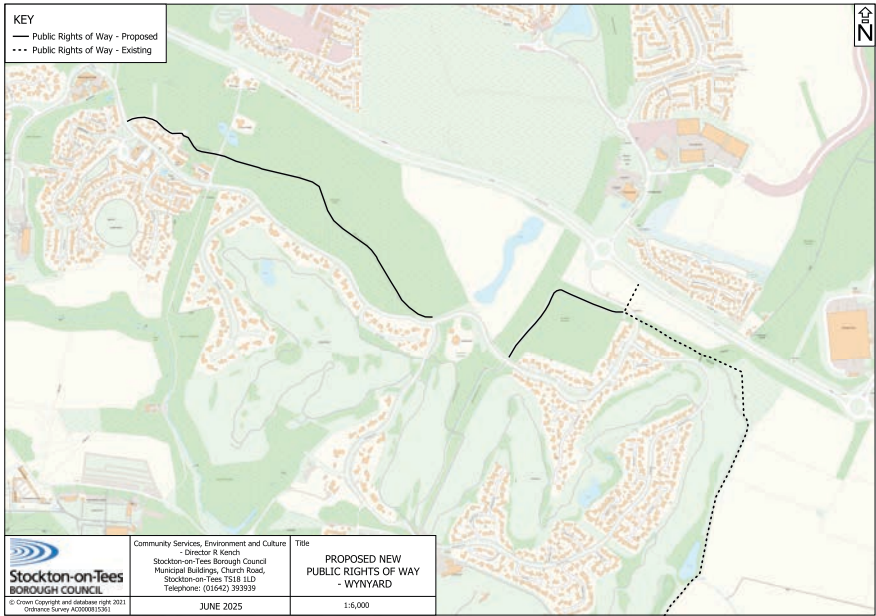
The Planning Inspectorate has now appointed a second Inspector to re-examine all of the original evidence, together with new submissions and residents' comments.

We will continue to follow developments on this application very closely, making formal contributions or statements where relevant.

Adoption of new public footpath along The Wynd

Following several years of lobbying by individual residents, the Parish Council received notice in September from Stockton Borough Council that, subject to public consultation, a new public right of way is to be established through the wooded area that runs parallel to The Wynd. When travelling in a westerly direction, the footpath will exit onto Brierley Drive. A map is included below for reference. For more details on the exact route, please get in contact with the Council using the email address already included above.

Following the receipt of this information, the Council has written to SBC to both confirm the adoption and also to enquire about the possibility of relevant signage being installed in order to promote usage of this route by the community and also protect this area from inclusion in any future development plans.



Youth Council Update

We are still working towards creating a Youth Council to give young residents a genuine voice in shaping the future of Wynyard. We believe that involving children and teenagers will bring new energy, ideas, and perspective to our community. Young people have historically been underserved by developers and local authorities in terms of facilities, infrastructure, events, and opportunities, and we want to change that.



We are still looking to fill all places on the Youth Council and encourage all 11 – 18-year-olds to get involved. Parents and children can express interest by contacting the Parish Clerk at wynyardparishcouncil@gmail.com. Fliers have also been distributed via schools, local clubs, and volunteers to ensure every young resident has the chance to participate.

The Parish Council has ring-fenced a budget for this initiative, so Youth Councillors will have resources to help deliver infrastructure improvements, events, and activities that make Wynyard a place young people enjoy and can thrive in. Members will also gain first-hand experience of local, regional, and national governance, contributing directly to community planning.

We hope all parents and young residents will support this initiative. For more information, speak to a Parish Councillor or attend one of our monthly council meetings. Your ideas, energy, and involvement will help shape a Wynyard that truly meets the needs of its younger residents.

A689 Pedestrian Crossing

In the previous issue of Wynyard Matters, Councillor Fletcher provided a very detailed update on the current situation regarding the crossing. He mentioned that soon after the publication of the article that our MP, Chris McDonald, was due to meet the Tees Valley Mayor, Ben Houchen. I have been in contact with both and have confirmed that the meeting took place and that positive discussions were held, with both parties strongly recognising the need for this crossing to become a reality. Chris has since posted on social media regarding his desire for the crossing to be become a reality as soon as possible.

However, we recognise that there have been many years of talking regarding this issue and not a huge amount of action, despite the best efforts of everyone. The current funding secured from central government that will ultimately contribute towards this project is unlikely to be unlocked before 2027, which means residents will probably need to wait another couple of years after that for work to be completed. We vehemently believe this to be an unacceptable timeline given the near decade long wait that residents have already experienced, as well as the daily risks that are incurred through the current situation of needing to dodge traffic in order to cross. The Council will be writing urgently to all parties involved to stress the importance of getting funding for this work sooner than 2027. I'd encourage residents to write to Chris and Ben, as well as SBC, to make your views on this heard too.

Councillor Robin Woolley, Chair

DO YOU LOVE TO READ AND CHAT?

Why not join our book group? We meet once a month to discuss the book for that month and have a chat over a cuppa. Even if you haven't read the book, still come along. The group is rooted in friendship rather than literary discussion and any suggestions for a book to read are welcome. We read across the whole spectrum and just enjoy spending time together.



If you would like to know more contact carolinetheeditor@gmail.com and you will be put in touch with the group's coordinator.

DON'T FORGET TO CONNECT THIS WINTER!



I wrote this time last year about beating the January blues and the January Club was born, a coffee group designed to meet this purpose. Since renamed the Coffee Group it is still going strong, and we will celebrate our first birthday on 6th January! Come along and be part of its second year!

The group meets at the Garden café on Monday, Tuesday, Friday and Saturday mornings at 10.30am; Wednesdays at the Glasshouse with the Meet and Greet residents at 11am and Thursday afternoons at the Stables pub at 3pm. Not everyone comes every time, it's mix and match which keeps it fresh. Look out for The Coffee Group sign on the table, the group is usually gathered at the table right next to the variety of cakes on display just before you reach the café counter at the café and at the back of the Stables pub when we are there. You can't miss us at the Glasshouse either.



Everyone is welcome and making new friends really does help to beat the January blues! To give you a snapshot and encourage you to come along, this is what some members of the group have said:

"I moved here 10 years ago, and the last year has been the best after meeting such good friends at the coffee group. I go on Mondays, Wednesdays and Saturdays."

"We moved up from the South, and it has made such a difference to us to meet people and to have been made so welcome. We go to the coffee group 3 times a week!"

"I love the coffee group; it helps lift the January blues. Knowing I can have coffee, meet lovely people and have a chat while always made to feel so welcome."

"It has made a massive difference to me. There was a void in my life, and it has given me a reason to get up every morning and a purpose. I look forward to it every day."

"The coffee group is a wonderful way to meet new friends. At the end of January no one wanted it to end and so it has continued adding more people along the way. All ages are welcome, and we have quickly found friends to start the day with."

"The coffee group has made such a difference to my life."

"The coffee group is such fun; we always laugh and joke which is just the best medicine!"

"As a veteran, I would encourage anyone to come along for a chat."

"The coffee mornings are wonderful! Something to look forward to, meeting really good friendly people. It suits me how many times I want to go, so easy, I really, really enjoy it!"

Do come along! You don't have to wait until January to come and have a coffee with us. How about 1st December at the Garden café at 10.30am?



WHY DO WE EAT MORE CHEESE AT CHRISTMAS?

I recently attended a cheese making course in Reeth, Swaledale, with 8 other Wynyard ladies. We started the day with 300 litres of creamy Yorkshire Dales milk and by the end we had made 14 large rounds of Wensleydale cheese ready to be put in the aging room at Lacey's Creamery for 8 weeks to mature in time for the festive season, which made me wonder.....



Simon Lacey

Cheese has long been a staple of the British festive season. From creamy Stilton served with port to baked Camembert used a dip with crusty bread, cheese takes centre stage on many Christmas tables across the UK. But why do we eat so much more of it during the festive holidays and what's behind the quirky northern custom of pairing Wensleydale cheese with Christmas cake?

Cheese and Christmas: The History

There's something about cheese that feels innately celebratory. It's indulgent, rich, and endlessly versatile — equally at home on sharing cheeseboard as it is in a casual Boxing Day sandwich - think turkey, brie and cranberries. Historically, British households would reserve their finest foods for festive feasts, and cheese, once considered a luxury item, soon became an important part of Christmas dining.

Before the Industrial Revolution dairy farming as a labour intensive process, so by the time Christmas arrived families wanted to celebrate the season with special foods, and cheese, aged and carefully preserved, was an easy and indulgent choice. Historically, British households would reserve their finest foods for festive feasts, and as cheese was considered a luxury item, it became an important part of Christmas dining. Also in the pre-refrigeration days, cheese kept well and didn't spoil easily so a large, well-aged wheel of cheese could be enjoyed by the whole family.

The 'Cheese Course': Tradition

In traditional British festive meals, it is common to have a formal "cheese course" as part of the Christmas dinner. There is still some contentious debate on whether this is before dessert or after, but Mary Berry is very clear on this one! Whichever your household decides, this course would feature a selection of cheeses, accompanied by crackers, bread fruits like apples, grapes and chutneys, and perhaps a glass of port or wine. This course was considered a refreshing palate cleanser before indulging in the rich Christmas pudding or cake.

The practice of a cheese course has its roots in European dining traditions, where cheese was typically served at the end of a meal to aid digestion, providing a savory contrast to sweeter dishes.

Wensleydale Cheese and Christmas Cake: A Northern Delight

The pairing of Wensleydale cheese and Christmas cake may surprise those from outside Yorkshire, but to locals, it's a beloved festive staple. The tradition dates back to the 19th century, when Wensleydale, a crumbly, slightly sweet cheese made in the Yorkshire Dales, was often eaten with fruitcake.

In times when sugar and imported fruits were luxuries, the richness of fruitcake was balanced by the clean, milky flavour of the cheese. The combination delivers a satisfying contrast: the moist, spiced cake against the cool, crumbly tang of Wensleydale. Some even say the cheese makes the cake taste sweeter, while the cake brings out the cheese's delicate flavour.

While there's no single origin story, many believe the custom took hold in farming communities where local cheese was readily available as it was the by-product of milk production in the dales, and Christmas cake was the highlight of the festive table. Today, it remains a point of pride for Yorkshire households and has even spread to other parts of the country as more people discover the joy of this simple yet perfect pairing.

Cheese: a Christmas Gift

It's become a common practice to give food-related gifts at Christmas, and cheese is a favourite choice. Artisan cheese hampers, often featuring a selection of British cheeses, are popular gifts for family and friends. This is a reflection of both the growing appreciation for quality food and the tradition of sharing at Christmas.

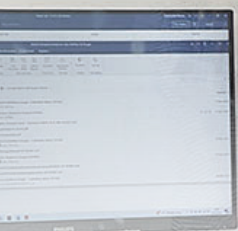
It is no surprise that Supermarkets and cheesemongers alike see sales soar in December, with demand for British favourites such as Stilton, Cheddar, Brie, and Wensleydale spiking by as much as 40%.

Here in Wynyard, we have our own farmers' market which takes place on the 3rd Sunday of every month in front of the cafe at the walled gardens of Wynyard Hall. It's free and features a host of locally produced food and goods. You will find Lacey's Cheese plus many other local producers more details can be found at Notherndalesfarmersmarkets.com. If after all this talk of cheese, you are curious to have a go at making it, check out Laceyscheese.org.uk. It's also a great Christmas present idea!





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WYNYARD RESIDENT ASSOCIATION UPDATE

The WRA continues its progress in trying to represent the best interests of residents in all matters relating to Wynyard.

WRA met, at the school, for its monthly meeting on 9th September and 14th October when a wide range of issues were raised and discussed. (More detailed reports of some these items appear elsewhere in this publication of the WM magazine.)

Whilst the WRA continues to grow its impact on the community, Chair Andy Dennis continues to appeal for a resident to come forward to fill the role of vice-chair.

The main issues, for residents, continue to revolve around community events and Involvement, the WES community charge, Planning Matters and, to a lesser extent, anti-social behaviour.

The WRA has been instrumental in providing financial support to the Wynyard Matters Community Events team that reported on the highly successful "Family Fun Day" in June. The report on the "Scarecrow Trail and Competition" held in October is to be found elsewhere in this edition as are the plans for the upcoming "Celebration of Christmas through Music" (Carols on the Green).

The success of all of these events has led to the agreement that any profits, from the events, should be donated to identified charities. Almost £1000 was raised through the "Scarecrow Trail and Competition" and this was earmarked for the Alzheimer's Society. It has been agreed that profits from our Christmas event should be donated to the Billingham SVP group to help in their work to provide Christmas Food Hampers for needy families in the Billingham Area.

"Planning Matters" is always a standard item for discussion at the WRA meetings and the WRA Action Group (WRAAG) continues to monitor developments and respond to them on behalf of all residents and report to the monthly meetings. (The WRAAG update follows this one.)

In relation to all matters relating to Wynyard, including the WES Community Charge, it is important to try to maintain a close dialogue with WES. We have welcomed its support to date for the events organised by the Wynyard Community Events Team but feel that there needs to be a much closer relationship in all matters relating to Wynyard if we are to create a really harmonious community.

The WRA listens and that is why we are in the process of providing a bench to be situated on the path to the north of the Bellway development alongside Stoneywood Drive. Progress is always slow, but the bench is on its way.

It was reported that there have been some incidents of anti-social behaviour around Wynyard and the WRA continues to monitor them.

These are the contact email addresses of our Wynyard Police Community Officers should any resident wish to contact them:

sharon.rollins@cleveland.police.uk

elizabeth.lutze@cleveland.police.uk

As always, it is worth reminding residents that the WRA consists of volunteers who work hard for the community and that the only source of income comes from the advertising placed in the Wynyard Matters Magazine. Wherever possible monies raised through social events are earmarked to support charities.

Simon Osbourne, as WRA treasurer does a sterling job in monitoring our finances. Statements of accounts are published monthly, along with the minutes of the previous WRA meeting, and displayed on the WRA Noticeboard, in the village shopping area. The accounts for 2025 to date are below. Those who have deposited their email address with Chris Donkin receive copies of minutes and reports directly to their “inbox”.

Tony Maxwell

Secretary

| WRA bank summary 2025 | | Opening balance | £19,426.41 | | |
|-----------------------|-----------|-----------------|----------------------|--|--|
| | | | | | |
| Month | Money in | Money out | Balance end of month | | Notes |
| Jan | £1,275.00 | £90.00 | £20,611.41 | | £1275.00 magazine ads |
| Feb | £300.00 | £2,213.75 | £18,697.66 | | £1,297.00 printing, £600.00 WRAAG |
| Mar | £1,650.00 | £320.00 | £20,027.66 | | £1650.00 magazine ads |
| Apr | £1,350.00 | £38.50 | £21,339.16 | | £1350.00 magazine ads |
| May | £75.00 | £34.25 | £21,379.91 | | |
| Jun | £1,050.00 | £2,120.11 | £20,309.80 | | £1567.00 printing £1050.00 mag ads |
| Jul | £2,071.00 | £409.96 | £21,970.84 | | £871.00 fund raising £1,050.00 mag ads |
| Aug | £0.00 | £41.28 | £21,929.56 | | |
| Sep | £1,200.00 | £1,464.89 | £21,664.67 | | £1350.00 printing £1200.00 mag ads |
| Oct | | | | | |
| Nov | | | | | |
| Dec | | | | | |

| WRAAG spend 2025 | | | | TOTAL | Notes |
|------------------|----------------|-----------|---------|---------|-------|
| Month | Recipient | Details | Amount | £600.00 | |
| February | Richard Buxton | Prof fees | £600.00 | | |
| | | | | | |
| | | | | | |

| Community Centre | |
|-----------------------------|-----------|
| Reconciled in 2018 accounts | £2,714.56 |

| Cashbox | |
|---------|---------|
| Cash | £191.20 |

| Notes | |
|------------------------|-----------|
| WRAAG expenditure 2023 | £3,800.16 |
| WRAAG expenditure 2024 | £1,823.26 |
| WRAAG expenditure 2025 | £600.00 |
| TOTAL | £6,223.42 |

WRAAG UPDATE

On Tuesday, 4 November, John Richardson and Tony Maxwell, members of WRAAG, met with officers of SBC. It was the second meeting in a programme of dialogue where the concerns of Wynyard residents, regarding planning matters, were shared. This meeting was, in reality, an opportunity to explore whether or not, the commitments made, at the first meeting, by SBC, were actually being delivered.

With regard to the “700 house” application, the application submitted in 2023 which was the original stimulus for the formation of WRAAG, looks likely to be withdrawn in the near future. We have no doubt that further applications will be made but residents will be in a far stronger position to influence such developments and have their voices heard and views listened to.

The second major issue has been the failure to complete a pedestrian- crossing-point over the A689 between The Wynd and Hanzard Drive. We pointed out that Liverpool City Council has taken legal action against developers who have failed to deliver on section 106 agreements. SBC officers have confirmed that they are in close discussions with the developers concerned and that a legal process has begun to ensure delivery of this commitment.

John and Tony’s meeting with SBC officers, Tracey Carter and Chris Renahan is part of an ongoing dialogue.

WRAAG has constantly stated that Wynyard residents are not opposed to development but refuse to have decisions imposed on our community without consultation and without ensuring that all agreed conditions are met.

When WRAAG came together, its members thought that their protests and actions would last for a few weeks or perhaps a couple of months. Three years later we are, at last starting to see some success. There will be no quick fix. We have found that in politics and in local government, things move very slowly.

Residents need to have dialogue with local developers if successful, sustainable development is to be achieved. We sincerely hope that Cameron Hall, in particular, will engage and invite your representatives to discuss any future plans as early as possible in the process.

Such dialogue is in their own best interests as well as in our shared objective in creating a truly sustainable community across the whole of the Wynyard Community
A further meeting will take place. In December, when we will receive a further update on the developments we have raised on your behalf.

Finally, the appeal process that WRAAG has reported on for some months for the erection of 135 houses is still with the Inspectorate after it was referred back to his office after a legal challenge by the developers, Cameron Hall.



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FORGET THE FADS, FIND YOUR FOREVER!

Chatting recently to a couple of friends who are both Wynyard residents, Noreen and Christine, they were enthusing about a concept of weight health rather than weight loss which they had recently discovered having joined “Undiet Your Life” a recently established organisation in the North East.

They used to talk about going to “Fat Club” which says it all and they now talk about a completely different and positive relationship with food and their bodies. Wellbeing seems to be the key.

Thinking ahead to winter and Christmas with all the comfort foods in the cold weather and the celebratory meals and treats to entice or even overwhelm us, I thought this was worth looking into, so I contacted Beth and Nicky of Undiet Your Life.

I learnt that they had both spent many years in the diet industry and been on their own weight loss journeys. The problem is that these were based on restrictive eating, guilt, shame and unrealistic expectations. They realised this was not healthy and decided to focus on reframing their mindset, moving away from the diet culture and enjoying eating healthily. They researched the science and as qualified coaches teach how we need protein, fibre and healthy fats in our meals. They do not count calories or use negative terminology but encourage working with your body, not against it and ditching arbitrary rules which are unsustainable. By learning how to make healthy choices and enjoying their food they have discovered more energy, better sleep, vastly improved gut health and emotional balance, and as a by-product rather than the driving force, lost weight.

They told me that they set up Undiet Your Life “to help people make peace with food and in so doing their own reflection. It’s about content not calories.”

I asked them for some tips for the winter and Christmas to help us do exactly this: -

WINTER TOP TIPS

1. Winter Comfort, the Healthy Way

Winter comfort food can absolutely be healthy food. Think hearty soups, slow-cooked stews, and colourful casseroles packed with seasonal veg. These nourishing meals warm you from the inside out, boost your energy and mood, and make the most of your slow cooker during the busy run-up to the festive season, comfort and care in one bowl.

2. Stay Hydrated (Even When It’s Cold)

It’s easy to forget to drink water in winter, but hydration still matters for focus, digestion, and energy. If cold water doesn’t appeal, try herbal teas, warm water with lemon, or fruit-infused hot drinks. Even soups count toward your daily fluid intake!

3. Honour Your Body’s Natural Winter Rhythm

Our bodies are designed to rest and sleep more during the darker months, think of it as a human version of hibernation. Shorter days naturally slow us down, so lean into it. Rest isn’t just about sleep, it’s also about pausing, saying no, and giving yourself permission to recharge without guilt.

4. Move for Mood, Not Punishment

Short days can sap motivation, but movement boosts serotonin. Ditch the “I have to exercise” mindset and try “I get to move.” Dance in your kitchen, stretch before bed, or wrap up for a walk ... it all counts.

5. Feed Your Mood

With fewer daylight hours and less time outdoors, it's natural for our mood to dip during the winter months. Nourish both body and mind with foods that support steady energy and emotional balance ... omega-3s, protein, and complex carbs are your friends. Think salmon, eggs, nuts, oats, and root veg, simple, satisfying, and full of feel-good fuel.

CHRISTMAS TOP TIPS

1. Choose Your "Non-Negotiables"

Be intentional: which festive foods bring you genuine joy? Mince pies, pigs in blankets, trifle? Enjoy those fully and skip the ones you eat "just because they're there." That's mindful indulgence, not restriction.

2. Remember the Balance Rule

It's what you do most of the time that really counts, not what happens over one festive week. Enjoy the celebrations guilt-free but stay mindful of making healthy choices when you can to create balance. Even if your usual 80/20 rule turns into more of a 50/50, 60/40 or even 70/30, if that's your choice, that's okay ... it's about enjoying the season and looking after yourself in a way that feels right for you.

3. Eat, Don't Graze All Day

When food is everywhere, it's easy to lose track. Try to make meals feel like meals, sit down, plate your food, and savour it. It helps your brain register satisfaction and prevents "bottomless snacking."

4. Be Intentional, Not Rigid

Give yourself permission to enjoy. Food isn't the enemy ... guilt is. Eat with awareness, stop when you're content (not stuffed), and trust your body's wisdom. If you overeat or skip a few healthy habits, that's okay ... reflect, learn, and move forward with compassion.

5. Protect Your Peace, Not Just Your Waistline

Remember: stress affects your health more than any Christmas pudding ever could. Say no when you need to, rest when you can, and focus on connection, not perfection.

I also asked Christine and Noreen for their comments on their experience.

Christine said, "I think it is really useful to see what is actually in food so you can try and eat as "cleanly" as you can with the 80/20m split; Highly processed foods are being talked a lot more now, so this helps far more than other "slimming/healthy eating clubs" as they don't focus on the actual contents of the foods."

Noreen said "What I have taken most from Nicky's class is realising how most foods are full of additives. I now check everything I eat and feel so much better., No more bloated tummy, better skin and stronger nails".

Having talked to Nicky and Beth, I can see that they are on a mission to empower and prioritise physical, emotional and mental health and wellbeing instead of what the scales tell us and often eating the wrongs things in the wrong way for the wrong reason.

Take a look at page 33 for a recipe for a tasty treat packed full of protein to enjoy at Christmas which can also be adapted for other times of the year.

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NORTH EAST LADIES DAY (NELD)

I was recently introduced to NELD when I and 12 friends from Wynyard attended the North East Ladies Day lunch at Hardwick Hall. We had a wonderful day, along with about 400 other ladies, and I realised what a great organisation this is in its bringing together of women in friendship, its celebration of the achievements and life stories of women in the North East and its support of small local charities.



During the day I met the Chair, Jo Lowes, who is also one of our Wynyard residents and, to quote her: -

“These small charities are the backbone of our community, they address both the unique and often overlooked needs of our local area, where they are able to make a profound impact with limited resources.”

Given the direct link with Wynyard through Jo, other members of the NELD committee who are also residents, and its focus on community, I thought it would be interesting and relevant to look into NELD further.

I met up with 2 committee members, Hayley and Chris, and asked them more about NELD: -

C: Hayley and Chris, tell me more about the origin and ethos of NELD.

H: NELD was set up in 1983 by our President, Jean Stuart for women to share their achievements, to raise awareness of the need to inspire and empower other women of the North East from all walks of life and raise money for charity. We want to make a difference in our local community particularly for children and young women and so far, have donated over £400k to local charities.

All of us involved have become aware how sheltered we are in our own lives, and it was a shock to realise how much poverty there is in our surrounding area. There are children with no beds to sleep on and who go hungry in the school holidays.

C: How do you make a difference in practice?

Ch: We hold 2 events a year. The larger event is the NELD lunch which recently took place, and the smaller one is our Annual Spring Fair at Wynyard Hall which next year will be on 18th March. At the lunch we had our guest speaker, Amy Dalby, aka Blondie Baker to talk about her achievements and 2 ladies to speak about their charities one of which was Rubies and the other Hope Community Cancer Support Group. Rubies was set up in response to national research in 2016 which found that girls growing up in Middlesbrough were the most disadvantaged in England and Wales. In 2017 a small group was set up to help girls in South Bank, on the edge of Middlesbrough, build confidence and self-esteem. As a charity Rubies believes that girls need to know that they too are valued and have inherent worth, just like the gemstones. Hope provides a safe welcoming community for anyone affected by cancer, aiming to reduce isolation and promote emotional wellbeing. Over the last year NELD has also supported New Beginnings North which works with neurodivergent young people, First Contact UK Mental Health and Norton Men's Shed both supporting men with mental health issues and Dementia Action, Teesside.

H: We are also currently supporting several families through the Cause Foundation in Middlesbrough who are living in poverty only a few miles from where we live in comfort. We will also be providing Christmas hampers as we do every year.

In addition, we promote local business through our events as we have stalls run by women, often who have retired then set up their own small business.

In summary, our mission is to celebrate and empower the women of the North East, enjoy spending time together and in so doing support local charities who need our help.

C:- It's a great concept and put into action it clearly fulfils its aims! Our Wynyard community is growing in purpose and cohesion, and this is another facet of its character and reach which is to be really celebrated.

Thank you so much for talking to me and I will be at the Annual Spring Fair - a 2 course lunch with a fashion show and all in a good cause – what's not to like?

PESTO AND CHEESE CHRISTMAS TREE

Ingredients

- 2 x 320g/ 11 ½oz packets ready-rolled puff pastry
- 50g/ 1¾oz pesto
- 80g/ 3oz cheddar, grated
- 1 free-range egg, beaten
- 2 tsp sesame seeds, optional
- salt and freshly ground black pepper, to taste

Method

Preheat the oven to 180C/ 160C Fan/ Gas 4 and line a baking tray with greaseproof paper.

Lay the two sheets of puff pastry one on top of the other on the lined baking tray, taking care not to allow them to stick together. Cut into a long triangle shape. Cut a little stump for the end of your tree at the wider end, remove and reserve any scraps of pastry covered in the fridge.

Carefully peel the top layer of pastry off the 'tree' and set to one side.

Spread the pesto over the base and sprinkle with the cheese before sandwiching the base with the reserved layer of pastry to cover.

Starting at the pointed end, using a sharp knife, cut evenly spaced lines on each side that get longer towards the base of the tree. Make sure to leave a gap running up the middle as the trunk of the tree.

Starting on one side, take two of the strips and twist them together. Repeat on both sides.

Remove any scraps from the fridge and, using a cutter (or just with a knife freehand) cut decorative stars, placing a large one at the top of the tree and smaller ones along the middle.

Brush with beaten egg all over, season to taste with salt and pepper and sprinkle with the sesame seeds, if using.

Bake in the oven for 20 minutes. Allow to cool slightly before serving.

If you don't like pesto, you could use sun-dried tomato paste or yeast extract instead. You can also make sweet puff pastry Christmas trees in the same style but with chocolate spread inside. Dust with icing sugar for a festive touch.





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As a parent of two boys attending the school it's wonderful to see the milestones they are achieving and progress they have made.

Both are thriving in the environment and look forward to attending school each day, which is something you can only hope for.

I'd highly recommend booking a tour at Red House to get a feel for the school and see this for yourself.

Dominique, Year 6 & Year 4 Parent

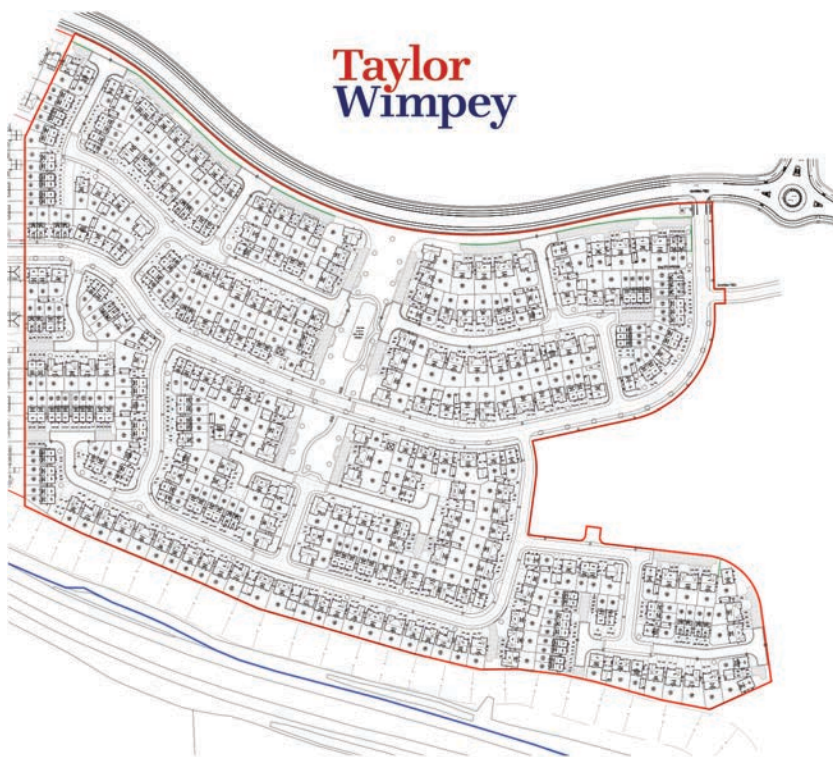
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Wynyard Parish Council (Hartlepool) Update

With our usual gap in August, Wynyard Parish Council (Hartlepool) September and October meetings focused strongly on community safety, infrastructure concerns, and residential planning applications. Council members continue to represent resident voices in planning discussions, advocate for improved amenities, and address issues such as speeding and ASB.

Taylor Wimpey Pentagon: Progress has been delayed but is slowly moving towards completion. Our clerk has requested an official update from Taylor Wimpey to clarify the message sent to some, but not all, residents stating that the completion timeline is now Winter 2026.

Taylor Wimpey Phase 2: Plans for 335 dwellings on land east of Countryside Homes in Wynyard Park have been submitted as part of the larger outline approval for 1200 homes. The Council has made comments in objection, primarily referencing density and overdevelopment, the lack of green space, and highlighting the impact on the already congested A689.



Hartlepool MP Jonathan Brash: Mr Brash attended our September meeting, committing to focusing on rentcharge representation, levels of council tax, and the delayed second Primary School, the latter of which he followed through on, raising it directly in the Commons on the 21st October. We thank Mr Brash for his engagement with the Parish Council and his advocacy for Wynyard.

Safe Crossing on the A689: Thanks in part to pressure from both Parish Councils, Residents' Associations, and residents themselves, the lack of a safe crossing at Wynyard East on the A689 now appears to be receiving attention once again, with Chris McDonald publicly stating it as his number 1 priority for Wynyard. We eagerly anticipate concrete plans and delivery timelines.

Landscaping and Local Maintenance: Longstanding landscaping issues persist across multiple areas, despite ongoing follow-ups. The collapsed woodland walkway between Beaumont and Taylor Wimpey is now undergoing repair at the time of writing. The Council and Clerk will continue to engage for updates.

Speeding and Road Safety: Residents repeatedly raise concerns about speeding vehicles, particularly around new developments. Stoneywood Drive has recently had speed calming measures installed and the council is working with police community support officers, two of whom were kind enough to attend our October meeting, who encouraged reporting of incidents through the COPA smartphone app, with video and photo evidence, so that officers can act under Section 59, which allows for the seizure of vehicles and the crushing of bikes and e-scooters.

To download the COPA app, search for it on the App Store or Play Store, and look for this icon, or head to <https://www.cleveland.police.uk/ro/report/>



Residents are encouraged to attend upcoming Council meetings to have their say and stay informed via notice boards and the Parish website at: <https://wynyard-hartlepool-pc.gov.uk/>



SAINSBURYS UPDATE



An interview with the manager of the new Sainsbury's is in the pipeline but in the meantime and in case you haven't already seen it, here is what a couple of residents have kindly sent in to give us a tip off on what's happening next...🤔



COMMUNITY SPIRIT BREWING AT WYNYARD'S NEWEST COFFEE SPOT

Wynyard has a new addition to its growing business community, and we dropped in to see how they were settling in.

Ben, the manager at Starbucks Wynyard Business Park, was full of enthusiasm as he shared how warmly the residents of Wynyard have welcomed the team and some of the community initiatives already planned.

"The residents of Wynyard have been great so far, and we're absolutely delighted to be serving everyone," said Ben. "Our first initiative begins next week, where we'll be collecting food donations in a basket at the front of the cafe for our chosen food bank charity."

The team are keen for their store to become a true community hub — a welcoming space for residents to meet, work, and connect.

"We'd really love people to use our fantastic facilities as a meeting point — whether that's for a business catch-up, a community get-together, or just somewhere to get some work done," Ben explained.

"We've already heard from local residents who meet during the colder months, and we'd be absolutely delighted to host those kinds of gatherings here. It's all about building community and offering people a warm, friendly space."

As the festive season approaches, Ben shared details of their winter drinks range, which launches on 30th October.

"My personal favourite is the new Chocolate Mousse Latte — it's got a nutty sauce and a delicious mousse layer on top. We're also bringing back our popular Eggnog Latte, plus festive flavours like Peppermint Swirl and Cinnamon Spiced Caramel."

For coffee lovers, the store proudly uses their signature Arabica blend, alongside a special Christmas roast that's slightly bolder and sweeter. Ben explained that

"We're always happy to recommend something for each customer. We even have decaf options, and we sell our house coffee beans in-store so people can enjoy them at home too."

The café is dog-friendly, offers free Wi-Fi, and is open from 6am to 9pm daily, making it perfect for early risers, remote workers like many of us, and evening visitors alike.

"We really want people to see this as their space," Ben added.

"Somewhere to relax, meet others, or even hold small meetings. We'll always do our best to accommodate community requests — everyone's welcome."

And as a special thank-you to local readers, any residents who bring in a copy of Wynyard Matters magazine will receive exclusive vouchers to use in-store. Sounds brilliant!

So, whether you're popping in for your morning coffee, meeting a friend, or supporting the food bank appeal — Wynyard's newest coffee spot is ready to welcome you with open arms (and freshly brewed coffee)....



DON'T BE SCAMMED!

It's that time of year when we start ordering and buying for Christmas and, in my case, my son's birthday on 28th December let alone his partner's birthday on 27th! We scour the net for new ideas widening our search as we reach for inspiration for that fabulous present he or she will just love and would never have thought of. We run out of time as we realise we have forgotten someone or failed to order items for the Christmas dinner table. We can take less and less care in our fever pitch to just get it all sorted in time.



It's also the time of year when the lonely and vulnerable may feel lonelier and more vulnerable and are ripe for being taken in by impersonators, promises of romance or investment success. Rogue traders also target this section of our community as well as older people and it's at this time of year that we think to get that job done or that thing fixed before Christmas.

With all this in mind I did some research on the top 5 scams and here is a summary of what to look out for amidst all the anticipation and planning: -

1. Purchase scams.

Online shopping is convenient, but it's also a target for scammers who trick you into paying for goods that don't exist or never arrive. Look out for:

- Suspicious seller profiles
- Fake profiles on social media
- Low-quality listings
- Requests for unusual payment methods
- Fake websites
- Be cautious of sites with poor spelling, outdated branding, fake reviews, or contact details that seem personal rather than professional.
- Don't reply or click on anything including any links in emails that seem suspicious.

2. Impersonation scams.

Scammers pretend to be trusted organisations such as banks, government agencies, or police to create fear and urgency, tricking you into giving away money or personal information. Look out for:

- Fake caller IDs and numbers
- High-pressure tactics
- Requests for sensitive information
- Demanding unusual actions

3. Romance fraud on social media.

Romance scams prey on people's emotions by creating fake relationships online. Scammers exploit by building trust and affection before manipulating victims into sending money. Look out for:

- New or suspicious profiles
- Avoiding face-to-face contact
- Sudden money requests
- Moving conversations off official platforms

4. Investment Fraud.

Investment scams promise high returns with little or no risk, luring people into putting money into fake or fraudulent schemes. They often target people interested in cryptocurrencies, stocks, or foreign exchange, offering unrealistic profits. Look out for:

- Cold calls or unexpected offers
- Pressure to recruit others
- Lack of transparency
- Check registration at fca.org.uk/investment.

5. Rogue Traders.

Rogue traders offer home repairs or services at suspiciously low prices, then overcharge, do poor work, or disappear after taking payment. They often pressure homeowners to make quick decisions often never intending to actually do the work promised. Look out for:

- Unsolicited visits or calls
- Unrealistically low quotes
- High-pressure sales tactics
- Lack of credentials



Scan this qr code for more details including top tips for what to do if you spot a scammer.

OATY CHRISTMAS BITES

Ingredients

- 100g Soft Pitted Dates
- 100g Porridge Oats
- 50g Dried Cranberries
- 50g Pecan Nuts (or nuts of your choice)
- 1 tbs Maple Syrup
- 1 tsp Vanilla Extract
- 1 tsp Ginger
- ½ tsp Cinnamon
- ¼ tsp Nutmeg



Method

Put the ingredients into a food processor and chop well until fine crumbs that hold together when pressed.

Divide the mixture into 12 (or more if you wish) and roll into balls with clean wet hands. For an optional chocolatey twist, place a tablespoon of cocoa powder into a shallow bowl with the balls and roll until coated.

Place in the fridge for an hour to set., They will keep in the fridge for up to 1 week.

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CODGERS CORNER ... SAY THAT AGAIN...!

Dear Reader,

Yours Truly is losing hope, don't panic, I'm talking about...well, "talking", really! I'm guessing I'm not alone in hearing new expressions, almost daily, which make little or no sense. Then, before you know it even the BBC newsreaders get sucked in – yes, the BBC – the very bastion of correct speech and grammar!



I'm trying to ignore it, but I have yet to get through a day without hearing "GOING FORWARD". Why we have adopted this direction without ever involving a sideways move or mentioning the less popular backwards is a mystery. Possibly the user imagines it sounds as if future plans are already in place and to avoid an uprising, politicians adopt it to add an air of sincerity and then their promises may even be believed.

Another beauty is in response to a friendly "HELLO, HOW ARE YOU?" which elicits the catch it all "I'M GOOD". No, I'm not asking about your behaviour, or moral standing or how well you have performed in a test. I'm not expecting a full health report just something akin to a "Well", or if you're a northerner, "Champion".

"YOU'VE GOT THIS" has popped up from nowhere and is sprinkled like confetti over any task to be undertaken. Now I'm all for encouragement and a show of faith by others, but I doubt that everyone who has a hurdle to overcome will always succeed. Having been told this by all and sundry, failure and disappointment, if not injury, may well ensue, ensuring another candidate added to the list of "CLOSE, BUT NO CIGAR!", if not the need to book an appointment with a psychiatrist.



"UPTICK" is now essential in the lexicon of young entrepreneurs which sounds a tad more exciting than the tried and tested "Rise". I'm still waiting for DOWN X which is yet to make an entrance but give it time.

I'm holding Meghan Markle/Windsor, self-appointed guru of "HOW TO LIVE YOUR BEST LIFE" responsible for spreading the ubiquitous "SPEAK HER TRUTH". Do we even know what this actually means? Is she saying that most of us are lying or that we should inflict our beliefs on anyone who is prepared to stay around long enough to listen to our life story?

"STRONG" has risen to dizzying heights and has no connection to the ability to lift weights or flex muscles but has replaced the less impressive "Doing well".

As we Codgers were taught English Grammar from an early age – (I can hear you all now quoting the rules), you must also be despairing of sentences being peppered with a "YES, NO" or indeed a "NO, YES", when answering a simple enquiry. I will admit to an occasional moment of confusion when put on the spot, but this takes the biscuit, which is it? Yes or No? Simple choice.

"FOR SURE" came at us from left field and is used to mean anything affirmative but in a "set in stone" sort of way, again popular with politicians as a "get out of jail free card" for those who don't want to hear a "no chance".

I'm beginning to think that "SO" has been granted a new status, so much so (sorry I couldn't resist) but it seems to have been elevated to the start of a sentence and often has been the word of choice to complete the very sentence it started. A sort of opening and closing act for anything in between. I always hang on for a while expecting some extra clarification after the final one, but it never comes.

Teenagers pepper their conversation with "SICK", meaning "amazingly good", though Codgers would be forgiven for conjuring up an image which they'd rather not see.

I am, however, quite partial to "BAKED IN", frequently used in team meetings in place of "can't be moved", and not suggesting a team building exercise in the kitchen. "SWAG", used to describe stylish confidence, would in my mind be associated with decorations used in celebrations or even a comic burglar in striped jumper, black mask and a bulging bag over his shoulder making a sharp exit from the scene of his crime.



I know that life is short, and many may think that I am being a tad pedantic, but, as I have said before, once you join CodgersRUs it becomes our favourite raison d'être.

So, going forward, I will see you all next time, for sure, so.

Yours Truly.

MICROWAVE CHRISTMAS MUG CAKE

Ingredients

- 50g butter
- ½ tbsp brandy
- 25g raisins
- 25g sultanas
- 25g mixed peel
- 4 glacé or dried cherries
- chopped
- 50g self-raising flour
- 1 egg
- 25g ground almonds
- ¼ tsp ground cinnamon
- or mixed spice
- 50g soft light brown sugar
- brandy butter or custard, to serve



Method

Melt the butter in a 300ml mug in the microwave for 20-30 seconds on high. Tip in the brandy, raisins, sultanas, mixed peel and glacé cherries and heat for a further 45 seconds. Remove from the microwave and tip into a jug or bowl. Set aside.

Leave some of the remaining butter in the mug and use the rest to butter a second 300ml mug. If you want to turn out the cakes at the end, line the mugs with baking parchment. It's easiest to put a piece in the base of each mug, then another around the inside wall. You will get neater edges if you cover the inside fully.

Add the remaining ingredients to the soaked fruit, mix to combine, then divide between the two mugs. Cook for 1 min 30 seconds until puffed up but not dry, then leave to stand for 2 mins. Eat out of the mug or turn out onto a plate. Serve warm with a spoonful of brandy butter or plenty of custard.

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DECEMBER 2025

- 2nd Nordic Walking 10am, The Stables car park
- 3rd Wynyard Woodland Walk, 10am, café platform, Wynyard Woodland Park, Station House Visitors Centre
- 3rd Meet and Greet and The Coffee Group coffee morning 11am at the Glasshouse, Wynyard**
- 4th Library van outside Stables 2.30-3pm - come for a cuppa in pub after.
- 6th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
- 8th Service at Wynyard Woods care home 2pm then tea and chat. All welcome
- 10th Meet and Greet and The Coffee Group coffee morning 11am at the Glasshouse, Wynyard**
- 11th A Musical Celebration of Christmas, the duck pond 6pm – 7.30pm
- 13th Hartlepool Farmers Market, 9am – 2pm, Hartlepool Marina
- 13th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
- 16th Wynyard Parish Council (Stockton) meeting, STEAM Room, Wynyard Primary School 6.30pm
- 17th Meet and Greet and The Coffee Group coffee morning 11am at the Glasshouse, Wynyard**
- 17th Wynyard Woodland Walk, 10am, café platform, Wynyard Woodland Park, Station House Visitors Centre
- 20th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
- 20th and 21st Stalls outside Co-op for the Headlight Project
- 21st Wynyard Farmers Market, 9am – 2pm, Wynyard Hall Walled Garden.
- 21st Vine Church Instant Nativity, Wynyard Primary School 3 – 4pm
- 24th Meet and Greet and The Coffee Group coffee morning 11am at the Glasshouse, Wynyard**
- 24th Christmas Eve Luminary 5pm
- 27th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.

JANUARY 2026

- 3rd Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
- 6th Nordic Walking 10am, The Stables car park
- 7th Wynyard Woodland Walk, 10am, café platform, Wynyard Woodland Park, Station House Visitors Centre
- 7th Meet and Greet and The Coffee Group coffee morning 11am at the Glasshouse, Wynyard**
- 7th Wynyard Parish Council (Hartlepool) meeting, Wynyard Hall 6.30pm
- 10th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
- 11th Hartlepool Farmers Market, 9am – 2pm, Hartlepool Marina
- 12th Service at Wynyard Woods care home 2pm then tea and chat. All welcome
- 13th Nordic Walking 10am, The Stables car park
- 14th Meet and Greet and Coffee Group coffee morning 11am at the Glasshouse, Wynyard**
- 15th Library van outside Stables 2.30-3pm - come for a cuppa in pub after.
- 17th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
- 18th Wynyard Farmers Market, 9am – 2pm, Wynyard Hall Walled Garden.
- 20th Nordic walking 10am The Stables car park
- 20th Wynyard Parish Council (Stockton) meeting, STEAM Room, Wynyard Primary School 6.30pm

21st Wynyard Woodland Walk, 10am, café platform, Wynyard Woodland Park, Station House Visitors Centre
 21st Meet and Greet and Coffee Group coffee morning 11 am at the Glasshouse, Wynyard**
 24th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
 27th Nordic Walking 10am, The Stables car park
 27th Meet and Greet 2 - 4pm, Golf Club
 28th Meet and Greet and The Coffee Group coffee morning 11 am at the Glasshouse, Wynyard**

FEBRUARY 2026

3rd Nordic Walking 10am, The Stables car park
 4th Meet and Greet and Coffee Group coffee morning 11 am at the Glasshouse, Wynyard**
 4th Wynyard Woodland Walk, 10am, café platform, Wynyard Woodland Park, Station House Visitors Centre
 5th Library van outside Stables 2.30-3pm - come for a cuppa in pub after.
 7th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
 8th Hartlepool Farmers Market, 9am – 2pm, Hartlepool Marina
 10th Nordic Walking 10am The Stables car park
 11th Meet and Greet and Coffee Group coffee morning 11 am at the Glasshouse, Wynyard**
 15th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
 15th Wynyard Farmers Market, 9am – 2pm, Wynyard Hall Walled Garden.
 16th Service at Wynyard Woods Care home, 2pm then tea and a chat. All welcome
 17th Nordic Walking 10am, The Stables car park
 17th Wynyard Parish Council (Stockton) meeting, STEAM Room, Wynyard Primary School 6.30pm
 18th Wynyard Woodland Walk, 10am, café platform, Wynyard Woodland Park, Station House Visitors Centre
 18th Meet and Greet and Coffee Group coffee morning 11 am at the Glasshouse, Wynyard**
 21st Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.
 24th Nordic Walking 10am, The Stables car park
 24th Meet and Greet 2 - 4pm, Golf Club
 25th Meet and Greet and Coffee Group coffee morning 11 am at the Glasshouse, Wynyard**
 26th Library van outside Stables 2.30-3pm - come for a cuppa in pub after.
 28th Parkrun Wynyard Woodland Park Station House café 9am. See <https://www.parkrun.org.uk>.

**PLEASE NOTE THAT THE WRA JANUARY AND FEBRUARY MEETING DATES ARE TO BE CONFIRMED
 AND THE WYNYARD PARISH COUNCIL (HARTLEPOOL) MEETING DATE FOR FEBRUARY IS ALSO TO BE
 CONFIRMED.**

**PLEASE CHECK <https://wynyardmatters.org> AND <https://wynyard-hartlepool-pc.gov.uk/> RESPECTIVELY
 FOR UPDATING INFORMATION.**

**** Remember The Coffee Group also meets Monday, Tuesday, Friday and Saturday at 10.30 am at the Garden
 Café and Thursdays at 3pm at the Stables pub**

Otherwise for more information visit , <https://wynyardmatters.org>; wynyardmatters_community events;
 Wynyard Residents Facebook; wynyardparishcouncil@gmail.com, <https://wynyard-hartlepool-pc.gov.uk/> and
www.activehartlepool.co.uk/walking (wellbeing walks) <https://wynyard.church> (Vine Church services/ groups)

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