

Community Centre News

The Community Centre has managed to secure a further two years of funding to continue delivering its much-valued Youth Club for 11-17 year olds, ensuring ongoing support and opportunities for young people in the area.

The Youth Club, which has become a key part of community life in Tow Law, offers a safe, welcoming space where young people can socialise, take part in activities, learn new skills, and build confidence. The new funding guarantees the future of the service at a time when many youth provisions across the region are facing uncertainty. Centre Manager Hayley said the funding will make a meaningful difference to families and young people locally. "This support means we can continue providing a positive, reliable place for young people to come together, have fun, and feel part of something. It's a huge boost for the community."

The Youth Club has grown steadily in recent years, offering a mix of games, creative projects, sports, themed sessions, and opportunities for young people to shape the programme themselves. Staff and volunteers also provide informal support, helping young people build friendships, resilience, and a sense of belonging. The funding will allow the centre to maintain staffing, expand activities, and continue offering a safe environment for young people during a crucial stage of their development.

Tow Law Community Centre expressed its thanks to the funders and to the local community for their ongoing support. Further details about session times and upcoming activities will be shared in the coming weeks.

For more information about the Youth Club or other community services, residents can contact Tow Law Community Centre directly.



Your local hub:

TOW LAW

Every Wednesday at 2pm

**Tow Law Community Centre,
Ironworks Road, DL13 4AW**

- ➔ Get around £35 worth of food for £8.50.
- ➔ Includes fresh fruit and veg, fridge favourites and cupboard staples.
- ➔ Open every Wednesday at 2pm.
- ➔ You need to become a member to use the hub but it's free to sign-up and book a slot - just follow these steps.
- ➔ There is no commitment and it's free to join.

It's really easy to sign-up:



Text 07507 237 311 with your full name, postcode and the name of the hub you will be collecting from:

"TOW LAW"



Select the size of order you want to receive: Family £8.50, individual £5 or Large Family £17. There is a Vegetarian option available too.



You'll get a text every Monday to see if you want an order. Just reply "YES" by 10am the next day. Your order will be delivered to the hub on Wednesday at 2pm.



Collect and pay for your goods from the TOW LAW hub. (Don't forget - someone can collect on your behalf if you can't make it and Healthy Start Vouchers are also accepted.)

WHAT'S ON @

The Community Centre Every Week

Monday

Computer Group 10-12 £2 is a weekly gathering dedicated to exploring various aspects of computing and technology. Providing a supportive community for people with varying levels of expertise.

Yoga Standing/Seated 10-11 £3 an inclusive session for all abilities

The 2nd Monday of every month Lunch Club from 12
Donations welcome

Tuesday

LingoTots 4-5 £6

After school club. Bookings are now open. Suitable for all primary aged children who would like to learn French through songs, games and play. For more info and booking available below:
www.lingotot.com/centre/south-durham



Youth group 5-7 age 11-16years. Sign up by emailing henry@stoketheflame.co.uk as places are limited. All young people need a filled out registration form, which can be filled out online (same email as above) or filled out when you drop your young person off with us on Tuesday

Wednesday

12-3 The bread and butter thing

Community food group more info on page 1

1-4 Art Group

Welcoming sessions for all things arts and crafts £2 per week no need to book just come along

Dog Group 7-9

Looking for a fun way to help your dog socialise, pick up training tips, or even explore the exciting world of Crufts? This friendly group is the perfect place to start.



Thursday

Toddler Group 10-12

An inclusive safe space for parents, carers and children. Parent led session with song, story time and activities. Fruit, snack and hot and cold drinks provided. Free but donations welcome

Food Bank 10-4 volunteer run every week for those in need of food parcels. No referral required just some basic details

Chance to Dance 1-2

£3 per session for more info contact 0191 3863856

Scouts 5-8 for more information contact Michael on 07949062631

Friday

Seated Exercise 10-10:45 £3.50

Looking for a gentle way to stay active? Our Seated Exercise Class is perfect for building strength, improving mobility and boosting confidence – all while having a good laugh with others. Great for beginners, older adults, or anyone who prefers low-impact movement.

Glass Group 12-4

Using a variety of different techniques to create unique pieces of art. Open to all abilities £3 per session

Saturday

Street Dance with Demi 10-11.15



THE NEWMARKET

Looking for a friendly spot to relax? Our library is the perfect warm and cosy nook for a long-overdue catch-up with friends, family, or neighbours.

If you've been wanting to get out more but aren't quite ready to venture out alone, we're here for you. We pride ourselves on our warm welcome and friendly atmosphere. Whether you're coming for a quiet hot chocolate or looking for a lively chat, you won't be on your own for long here, you really do enter as a stranger and leave as a friend.

Come say hello, grab a drink, and make this local space your own!



Entertainment

Friday 5th June – Harlie Duo 8pm

Sat 27th June – Tempest Band 6pm

Sat 4th July – Alan Knights 8pm

Sat 11th July – Ana Saiz – 8pm

Sat 25th July – B-Bops – 3pm £3cc – Don't miss this fantastic 4 piece band that plays upbeat energetic well known covers with a rockabilly twist, reminiscent of the 1950s rock 'n' roll era. Their music features upright bass, energetic rhythms and vintage guitar tones, giving a strong retro vibe.

Sat 1st August – Charity Race Night for all the family 7-10pm - £2.50pp u10s free

Friday 7th August – Trio of Tributes – PiNk, Rag n Bone and Teddy Swimms Tickets £10 until 31 May then £15 so grab your early bird ticket – doors open 6.30pm

Sat 22 August – Back to the 80s – fancy dress night 8pm - Dust off your leg warmers and tease up that hair we're going Back to the 80s!

Get ready for the ultimate nostalgia trip as we celebrate the decade of neon, big hair, and iconic synth-pop. Whether you're a Madonna wannabe or a secret hair-metal fan, this is the night to release your inner 80s superstar.

Bingo every Tuesday 1.30pm

Quiz every Wednesday 7.30pm £2pp max 6 per team (families welcome)



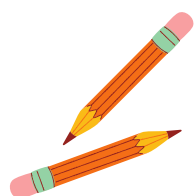
Supporting Health Beyond Medicine

Social Prescribers play a vital role in supporting our patients beyond medical care – helping people connect with community groups, activities, and services that improve wellbeing, reduce isolation, and support mental and physical health.

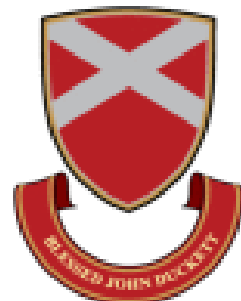
Whether it's finding support for loneliness, help with finances, access to exercise groups, or simply someone to talk to – Social Prescribers are here to listen and guide.

This is Laura Elliott is our Social Prescriber, and she covers the 5 sites at The Medical Group. She works at Tow Law surgery on a Tuesday afternoon.

Please contact the surgery to find out more.



Blessed John



Duckett Primary

At Blessed John Duckett we had a great day celebrating World Book Day. The Pupils came to school dressed as their favourite character or in their cosy pyjamas with a bedtime story book. They took part in lots of activities such as a book quiz, designing their own characters, going on a scavenger hunt and each class completed a challenge... Class 1 created their own potato characters, Class 2 created character headbands, Class 3 designed their own characters from paper rolls and Class 4 wrote their own books.

During Spring term, Years 5 and 6 took part in a Market Makers project in conjunction with the Glo House, in Consett. Pupils had a fantastic time designing and making their own products. As part of the project, they visited the 'Glo House'. The children thoroughly enjoyed their day, creating lino-printed tote bags, canvases and keyrings. They also used spray paint to produce their items. Once the products were made the children spent the day at Durham City Market selling their products to the public. They had a great time and were awarded 'The Creative Mastermind Award' for the most imaginative, outside the box, brilliantly original products. We were very proud of them for their entrepreneurial skills.

In May, our whole school went on a visit to Newcastle, Castle Keep. The pupils had a great time exploring the ancient passageways and chambers, and discovering the hidden stories of the Castle's inhabitants over 2000 years ago. During the visit they took part in workshops. Reception and Key Stage One had a good look at all the parts of the castle that helped defend it against the enemies. They then found out about jobs that people did in the castle including a food taster in case someone tried to poison the king. Key Stage 2 learnt all about the Normans and why the castle was built. They looked at all the weapons knights used and reenacted a battle. They even got to take a journey up the 99 steps onto the roof to see the views of the city.

TOW LAW FOOTBALL CLUB



ENTERTAINMENT

13th June - Mad March

27th June - Tow Law Fun Day

11th July - 280's

22nd August - And Then Some

FREE FOOD AVAILABLE
WHEN YOU BUY A DRINK
AT TOW LAW FOOTBALL
CLUB & SPORTS BAR
FROM 3PM TO 7PM ON
FRIDAYS



TOW LAW FOOTBALL CLUB

FOOD POP-UP

SATURDAY 6TH JUNE 2026

5PM-8PM

PIGGY BLINDERS
Piggin' Blindin' Street Food

EAT IN, ON THE OUTDOOR SEATS OR TAKE AWAY

Great Food. Great Times. Everyone Welcome!

FRIENDLIES

26/27 SEASON

TOW LAW AFC

	04/07 RICHMOND AWAY 3.00PM
	08/07 BARNARD CASTLE HOME 7.30PM
	11/07 WILLINGTON HOME 3.00PM
	14/07 SHILDON AWAY 7.30PM
	18/07 BLYTH TOWN AFC AWAY 3.00PM

Come On You Lawyers!

- Monday Morning -

YOGA

Every Monday • 10am

Tow Law Community Centre



Stretch & Relax



Build Strength & Balance



Feel Good & Energised

**ONLY
£3
per person**

— All Abilities Welcome! —

**Bring a mat if you have one —
We have spares available!**



A Chance to Dance



Every Thursday at 1.00pm - 2.00pm
£3.00 per session

**Tow Law Community Centre, Tow Law,
DL13 4AW**

For more information please contact

0191 3863856

info@ageukcountydurham.org.uk



Tow Law Millennium Primary School



It has been another exciting and engaging time at TLMPS, with pupils enjoying a range of memorable activities across the school.

World Book Day Celebrations
Pupils at TLMPS thoroughly enjoyed celebrating World Book Day. The KS2 children took part in a fantastic live lesson, The Big Booky and Footy Quiz, which combined their love of reading with a bit of football fun. The day was full of excitement and enthusiasm for books, and it ended in a lovely way, with our younger children gathering in small groups to have stories read to them by Year 5 and Year 6 pupils. It was wonderful to see the older children supporting and inspiring the younger ones through the joy of storytelling.



Science Adventures

All pupils thoroughly enjoyed taking part in activities and studies as part of Science Adventures. It has been amazing to see the children showing such curiosity and enthusiasm as young scientists, asking thoughtful questions, and exploring new ideas. A big thank you goes to Newcastle University Cognitive Development Lab for providing this fantastic opportunity and supporting our pupils in their scientific learning journey.

Class 1 Dance Workshop
Children in Class 1 had a brilliant time during their recent dance workshop. They were taught by talented breakdancer Jamal O'Driscoll, who introduced them to the exciting world of breakdancing. During the session, the children learned a four-part breakdancing routine and showed great enthusiasm, energy, and creativity throughout.

Nursery Places Available
We currently have nursery places available for children aged 3 and above. Our nursery offers both 15-hour and 30-hour provision per week, providing flexible early years education in a caring and stimulating environment. Please contact us for more information or to request an application form.
Tel: 01388 730283

PRIDE IN PLACE

LED BY YOU – BACKED BY UK GOVERNMENT

Durham
County Council



Crook North/Tow Law

has been identified as an area for regeneration and renewal, with up to £20 million of Government Pride in Place investment committed over the next 10 years. The funding will support long-term improvements to the area, helping to revitalise communities, strengthen local pride and create lasting opportunities for residents and businesses. This is the opportunity for the residents, businesses and community groups of Crook North/Tow Law to shape the area and deliver improvements that matter to them.

Tell us what you want to change to improve your community



Contact:

03000 267 967

Crooknorthtowlawprideinplace@durham.gov.uk
www.durham.gov.uk/economicdevelopment



*Find out more
here*

Creative Health in Tow Law

18 - 35 years old?
Keen to connect with others?
Interested in being involved in public health research?

Our creative workshops will involve:

Practical, creative activities that make research feel real and meaningful

Connections with professionals from health, community and creative sectors

Relaxed, inclusive space where everyone's voice matters

Fortnightly
Monday
workshops
beginning June
2026 at Tow Law
Community
Centre



Fully family
friendly

Childcare
provided



For more information email
rio.floreza@durhamcommunityaction.org.uk or call 07983 135 806

All school age
children welcome!

Homemade buffets starting
from just £6.80 per head,
packed with delicious, freshly
made food.

Open Monday to Friday, 7am-
4pm,

Serving homemade meals,
hearty breakfasts, fresh pies,
cakes, cookies and more

baked daily in our 5★
hygiene-rated, family-run
bakery.

After School Club!

Tuesdays 4pm - 4.50pm
Tow Law Community Centre

£6 per child
Sibling Discount Available



Tow Law Town Council

Meets in the community centre every 3rd Tuesday at 6.30 excluding August and December.

Residents are invited to attend with any questions, queries or worries

Your Local town councillor's are:

Fiona Nicol (Chair) 07885695929

Marion Craggs 07818422573

Tanya Bland 07760268078

Paul Eastwood 07812034507

Val Fets 07431720302

Janet Fowler 01388 731422

Paul Stokes 01388 731124

Mo Dyer 07815286885

Anita Walsh 07304049185

Town Clerk Geoff Smith can be contacted by email or telephone
towlawtc@hotmail.com 07986197346

TOW LAW FUN DAY

Saturday 27th June • 12pm – 6pm

Tow Law Community Centre & Tow Law Football Club



A Full Rainbow of Activities



Inflatables



Miniature Golf



Soft Archery (by the Scouts)



Demi's Street Dance Crew



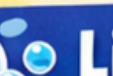
Face Painter



Tombola



Fire Brigade



Police



Live Shows & Special Guests



Bubble Man – LIVE at 1pm

Live Wrestling – 3pm



Food Stalls All Day

Snacks • Treats • Hot Food • Drinks



A fantastic community day for all ages – Everyone Welcome!

£2.50 for wristband



www.towlawtown.co.uk/online-store/TOW-LAW-FUNDAY-ENTRY-WRISTBAND

