

Community Centre News

FUNDING BID WIN

We're delighted to announce that our recent funding bid to the **Better Youth Spaces** has been successful. Thanks to this support, we've been able to invest in several fantastic additions for the centre:

- **Bespoke breakout furniture** to create welcoming, flexible spaces for groups and activities
- **A retractable multi-gym**, giving children of all ages new opportunities to stay active and have fun
- **Multiwall interactive touch screens**, which will be installed shortly and will open up exciting digital learning and play experiences

This is a major step forward for the community centre, strengthening what we can offer and creating even more opportunities for people of all ages to learn, play, and connect.



The Bread & Butter Thing

Held at the community centre weekly on a Wednesday the bread and butter thing is a mobile food club giving access to nutritious and affordable food taken into the heart of communities starved of money, food and resources. This low cost weekly shop provides essential produce for family eating – fresh fruit and veg, fridge favourites and cupboard staples.

Have a spare couple of hours on a Wednesday?

Why not come along and volunteer - unloading the van and packing bags. Make new friends and enjoy a hot drink and a biscuit or a cake .

WE NEED YOU



It's really easy to join Bread and Butter. Everyone is welcome, there's no fee, no contract, you can dip in and out as you need and the membership rules are really simple.

Text us to join!

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

Tow law

WHAT'S ON

Community Centre Every Week

Monday

Computer Group 10-12 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 an inclusive session for all abilities

The 2nd Monday of every month Lunch Club from 12

Tuesday

LingoTots 4-5 - NEW AFTER SCHOOL CLUB Bookings are NOW OPEN for our brand new after school club. 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 11-16 years. 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

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



COMING
SOON

Armchair Exercise Classes are set to start in April £3 per session

Indoor Bowls Taster sessions then £2 per week

THE NEWMARKET

Sunday Carvery served every week 12-3pm, don't forget to book to avoid disappointment for Mother's Day on Sunday 15th March, relaxed dining available on both floors, we then have the talented

Marc Paul performing from 5pm to round the day off



Whatever the occasion, our function room is the perfect spot to gather your favourite people. Birthdays & Anniversaries; Gender Reveals & Baby Showers; Parties & Get-Togethers.

Don't let this great space go to waste! It's here for the community to enjoy, use it, love it, and let's make some noise.

With free WiFi, a fully stocked private bar, and seating for up to 100, our space is perfect for your needs."

Call us 01388 730050, email us newmarket018@gmail.com or find us on social media



ENTERTAINMENT

Saturday 7th March we have the amazingly talented Robb Dee – Tom Jones Tribute live from 7pm

March 15th Marc Paul performing from 5pm

Saturday 28th March

SHAMROCKS, SHAKES & DISCO BREAKS! 🌍🍀

Get your green on and your dancing shoes ready! We're bringing the ultimate Irish Disco Bingo to town for one night only. Win big, dance hard, and help us build a safer place to play; doors open 7pm eyes down 7.30pm

This is a ticket event only: £20 per person (Includes bingo books and raffle strip)

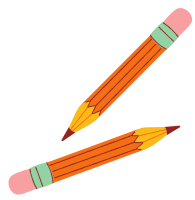
Dress Code: Think Green, Think Irish, Think Glitter! Supporting Blessed John Ducket in our mission to provide safe, modern play equipment for our children.

Sat 4th April Pool & Darts KO 2pm then Joe Devanny singer 8pm

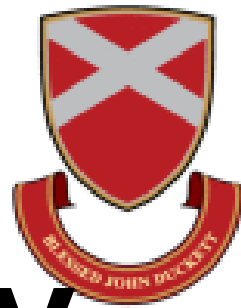
Friday 10th April – Steel Blue 8pm

Saturday 9th May – Joe Black – Mowtown & Soul 3pm
£3 entry

Saturday 23rd May – Singer 8pm



Blessed John Duckett Primary



At Blessed John Duckett we have launched the National Year of Reading. We have begun with celebrating National Story Telling Week where all pupils took part in lots of fun activities. We have shared our favourite stories with each, written book reviews, designed characters and made up our own fun fairy tales.



We are always thinking of new ways to encourage our children to read more for pleasure and discover just how fun and magical books can be. As part of our World Book Day celebrations, we are launching a special reading challenge. Until Easter, we are inviting children to think of new, unusual, or exciting places they can enjoy a book. This could be anywhere from a cosy corner at home, a spot in the garden, a den they've built, or even somewhere adventurous while out and about. They are encouraged to share a photograph of this to celebrate their creativity.

Also this term we supported the NSPCC Number Day. Pupils had a great day taking part in maths challenges whilst dressed up as rockstars.



Years 3, 4 and 5 have been out in the community helping Oases to plant some new trees. Oases are working with DCC Woodlands Creation Scheme, creating new woodland areas for the wildlife. We managed to plant 52 trees!



Years 5 and 6 have begun a special project in conjunction with Market Makers. We have partnered up with Glo from Consett. The pupils have begun designing and making their own products. Once they have been made we look forward to spending the day at Durham Market selling them and raising funds for our school. Come along and see us on the 28th March!

Finally this term, we have been helping our adults at home to get active! Our families from Nursery and Reception class came along to join us for a fun PE event called Grab a Grown Up! We had a great time taking part in games and activities.

If you would like to donate to the NSPCC
<https://www.nspcc.org.uk/support-us/donate>

TOW LAW FOOTBALL CLUB



ENTERTAINMENT

Every Sunday - Quiz Night

Tuesday - Bingo

Wednesday - Youth Football

All sports on the Big Screen

28th March - 80s Rewind - 9pm
80s Fancy Dress with prize for best dressed male and female

Sunday 5th April 6:30 - Kelly Rox
Music from 60s - present with some country and some rock

30th May - Audio Jacks Playing a wide range of genres

13th June Mad March (prev known as the Painters) amazing due playing music from across the decade



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



Remaining Fixtures

March

4th **Home** to Newcastle University
7th Away to Prudhoe YC seniors
11th **Home** to Billingham
14th Away to FC Hartlepool
18th Away to AFC Newbiggin
21st **Home** to Sunderland West End
25th **Home** to Chester-le-Street
28th Away to Park View AFC

April

4th **Home** to Ryton & Crawcrook Albion
(Ground Hop 6.30 kick off)
11th Away to Sunderland RCA
18th **Home** to Seaham Red Star



*Come On You
Lawyers!*



Building Resilience Against Fraud – Safeguarding Against Scams

Who We Are and How We Can Support:

We are a team of experienced police officers and staff covering the North East working for the Regional Economic Crime Coordination Centre at the North East Regional Organised Crime Unit (**NEROCU**). We also form part of the National Fraud Protect Network.

We can support you and your organisation through monthly newsletters; access to campaigns; attendance at events; staff, customer, and client training; and to provide more information on fraud threats and emerging trends. Our aim is to increase fraud awareness and empower individuals and organisations into being more resilient against fraud and economic crime. By understanding fraud, you can help protect yourself from it.

Fraud has evolved dramatically in recent years. Traditional telephone, in-person, and postal scams have been joined by sophisticated online schemes and increasingly convincing impersonation scams.

Fraudsters now use advanced technology to clone voices, create deepfake videos, and develop highly personalised approaches that can trick anyone if they connect at the right moment.

Important as it is to be aware of the acceleration of sophisticated fraud techniques, we need to remember that criminals still connect with us in-person, by post and by telephone, to commit fraud.

The work we do is to help build resilience against fraud for individuals and organisations, on a local, regional, and national scale. We are contactable at reccc@durham.police.uk

Events

Flower Arranging

Flower arranging Workshop

Date: 16th March

Location: Tow Law Community Centre

The workshop will be led by experienced facilitators who will guide participants step-by-step in crafting their own unique arrangement. All materials will be provided, ensuring that everyone leaves with a finished piece to proudly display or gift to loved ones.

Tickets are limited and must be booked in advance. Each ticket includes:

- All Flower arranging materials
- Expert instruction
- Seasonal refreshments
- A completed arrangement to take home



Booking Information:

Tickets are priced at £31 Spaces are limited, so early and booking is essential. To reserve your place, please contact Tow Law Community Centre 01388 737638 or visit

towlawcommunitycentre.org/event/wreath-making-workshop/

Cyber Event

Date 7th April

Bring the kids get involved in games and VR find out how to protect yourself against cyber crime



Community Garden

This project will bring young and old together to learn from one another, cultivate fresh produce, and share skills in sustainability and food growing. The garden will be a space for connection, learning, and wellbeing. Hayley is working on securing funding to get the project off the ground

Code Club for Children

Children can explore the world of technology. From building online games to programming moving robots, the club will encourage creativity.

Homework and Activities Club

Recognising the challenges families face in balancing childcare and work, the Centre is hopefully going to work with local schools to establish homework and activities clubs.



Keep your eyes peeled for more activities planned throughout the easter holidays

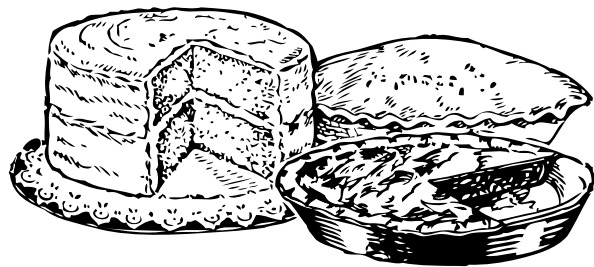
Page's Tow Law Funday

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.



lingo 
South Durham

All school age children welcome!

After School Club!

Tuesdays 4pm – 4.50pm
Tow Law Community Centre

£6 per child
Sibling Discount Available

Save the date: 27th June 2026

Looking for Donations of raffle prizes, cash and tombola prizes again this year to make it another successful year

Also looking for volunteers to assist on the day
(Date to be confirmed)

If you have anything to donate or wish to volunteer please contact hayley on 07757278559 or email hayley.tlca@outlook.com

KEEP IN THE KNOW
about **durham** and **darlington**
www.keepintheknow.co.uk



What Keep in the Know offers

Keep in the Know is a valuable tool for both the police and the public, and it becomes even more effective as more people sign up. It's designed to support safer, better-connected communities by sharing timely, relevant information.

Why it benefits local residents

- Community-focused updates – Receive local information directly from us, including news, alerts, and useful guidance.
- Event notifications – Stay informed about upcoming PACT meetings and community events so you can get involved and have your voice heard.
- Surveys that shape policing – Take part in quick surveys that help us gather essential insights. This data plays a major role in supporting data-driven policing, ensuring resources and priorities reflect what matters most to local people.

Why it matters

The more residents who join, the stronger and more accurate the picture becomes. It helps us understand community concerns, respond more effectively, and work together to keep Tow Law safe, informed, and connected.



webuyvintage.

Coming to the community
centre May 8th
9.30-4.30

Age 18-35? We Need YOU!

We aim to bring 18-35 year olds together to connect with local services, academics, and creatives, opening up opportunities to get involved in public health research in ways that genuinely fit your life and interests. The focus is on practical, hands-on experiences that make research accessible, relevant, and enjoyable.

What the workshops involve

- Fortnightly sessions held at the community centre
- Practical, creative activities that make research feel real and meaningful
- Collaboration with professionals from health, community, and creative sectors
- A relaxed, inclusive environment where everyone's voice matters

Fully family-friendly

Got children? No problem – you're welcome to bring them along. The sessions are designed to be flexible and supportive so that parents and carers can take part without barriers.

Interested Email Below 🙋🙋🙋🙋🙋

Rio Floreza, Community Involvement Lead (REACH County Durham)

E-mail: Rio.Floreza@durhamcommunityaction.org.uk

* These workshops are to help the [REACH]REACH team (<https://www.durhaminsight.info/reach-meet-the-team/>) think about better ways to involve people and communities in public health research. No actual research will be done in the workshops.

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

Janet Fowler 01388 731422

Marion Craggs 07818422573

Paul Stokes 01388 731124

Tanya Bland 07760268078

Mo Dyer 07815286885

Paul Eastwood 07812034507

Anita Walsh 07304049185

Val Fets 07431720302

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