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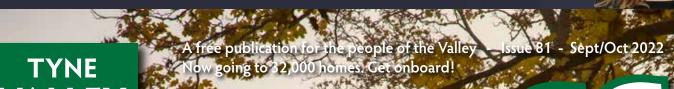
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Enjoy your Garden Longer
Gateshead History Festival
Egger Career Opportunities
Essity Prudhoe Miners Race
Caring for Trees at Cragside
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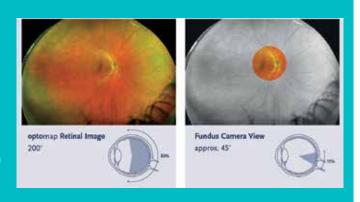


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CONTENTS

- 4 Contents Page
- **6** Editors Comments
- **6** WIN Escape Room Experience
- 8 What's On Blaydon & Winlaton
- 11 Local Notice Gateshead History Festival
- 12 Article National Read a Book Day
- 16 What's On Ryton & Clara Vale
- 20 Article Photo Editing
- 21 Photography Competition Results
- 24 What's On Crawcrook & Greenside
- 28 Article Does a Goldfish know that it lives in a Tank?
- 32 What's On Heddon & Horsley
- 36 Article Fiddling with Economic Data
- 40 What's On Wylam & Ovingham
- **46** Article Champion Trees at Cragside
- 48 What's On Prudhoe & Mickley
- 52 Local Notice Essity Prudhoe Miners Race
- 56 What's On Stocksfield & Riding Mill
- 60 Article Enjoy your Garden for longer
- 64 What's On Corbridge & Hexham
- 66 Local Notice Egger Career Opportunities
- 68 Article 800 Years of Hexham's Market
- 70 Local Notice Grow Hexham
- 72 What's On Darras Hall & Ponteland
- **76** Article Hidden Gems in Northumberland
- 83 Coffee Break Puzzle Page
- 83 WIN Costa Voucher
- 85 Traders Index



In this issue...

Katie Pharoah

National Read a Book Day Page 12

Roy Frankland

Photo Editing Page 20

Michael Doughty

Does a Goldfish know that it lives in a Tank Page 28

Mario Innecco

Fiddling with Economic Data Page 36

National Trust

Champion Trees at Cragside Page 46

Marcus Eyles

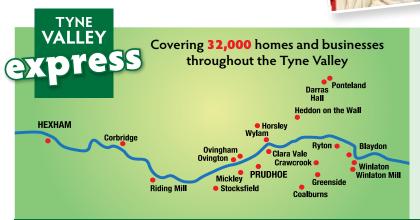
Enjoy your Garden for longer Page 60

Derek Kennedy

800 years of Hexham's Market Page 68

Jenni Meikle

Hidden Gems in Northumberland Page 76

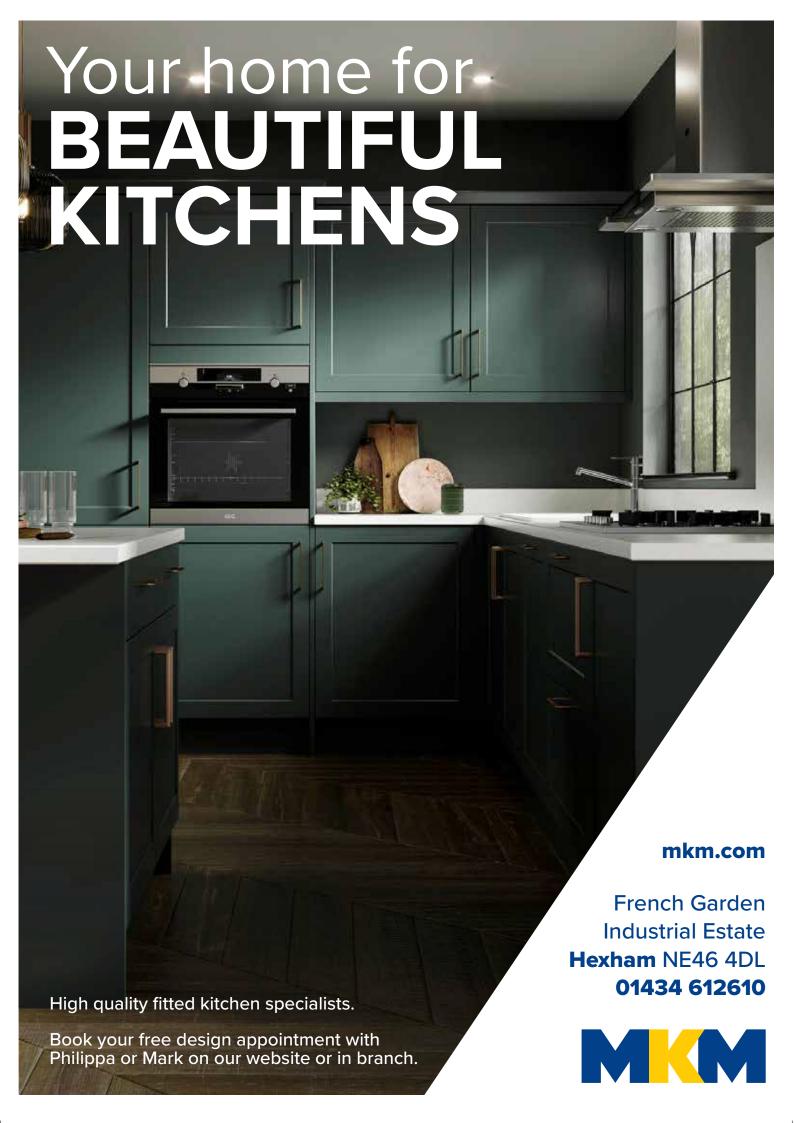


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EDITOR

Welcome to Issue 81.

After our previous milestone offering, we're pleased to be back with another 88-page staple-busting edition filled with articles, stories, competitions and local events.

First off, we're excited to bring you the winners of our big photography competition on page 21. There was a raft of top-quality contenders all vying for first place, and you'll see our winner Bob Turner has the honour of adorning the front cover. Well done to Bob and all the runners-up who all win a signed copy of 'A different Way of Life' by Roy Frankland. Be sure to email us with your addresses.

Next, we move onto our articles, and we're thrilled to present the debut contribution from former editor turned writer Michael Doughty. He brings us an insightful piece on page 28 that bids you to see the world beyond your current fishbowl. We also have great articles from regular contributors Katie Pharoah, Roy Frankland, Derek Kennedy and Mario Innecco as well as new features from National Trust, Visit Northumberland and Dobbies Garden Centre.

Locally, Gateshead council introduce the Gateshead History Festival on page 23, which runs from Monday 26 September to Friday 14 October. We also have details of the upcoming Essity Prudhoe Miners Race on page 52, Egger are promoting new career opportunities on page 66, and there's info on the brilliant Grow Hexham initiative from Hexham Town Council on page 70.

Competition wise, we've teamed up with Project Escape Hexham to bring you a group challenge for up to 6 people in their new Jailbreak room, which sounds incredible fun. Details are below.

We also have a fresh set of puzzles in our popular Coffee Break on Page 81 with another chance to win a £5 Costa voucher. Answers to last month's puzzles are now live online at www.tynevalleyexpress.co.uk/puzzles.

As we head into the new season, nature puts on a magical display. Don't forget to slow down once in a while to look up as the green leaves of summer slowly turn to red, orange and gold.

Until the next issue, here's wishing you all peace, love and community this autumn.

Stephen McHugh

Stephen and the Tyne Valley Team. Tel: Stephen: 07884 340 451

Email: stephen@tynevalleyexpress.co.uk

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If you run a local group, club or a non-profit organisation, we'll include it in our What's On diary completely free. Visit: www.tynevalleyexpress.co.uk/whats-on/

ST ANNE'S RC CHURCH

St. Anne's Sunday Mass 9.00am. For enquiries please email or contact 0191 4142654

Place: St Anne's RC Church Organiser: Adrian Tuckwell Contact: st.annewinlatonrc@gmail.com

ST PAUL'S CHURCH

Holy Communion and All-age Family Communion services continue, albeit under covid restrictions. Please contact us for further details. Place: St Paul's Church

Organiser: The Reverend Alison Stewart Smith 01914529381,

rev.alisonstewartsmith@gmail.com

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We have a beautiful, fully refurbished Church Hall available for all manner of parties and celebrations. For further details and to book please get in touch Place: St Paul's Church Hall Organiser: Anne Readshaw Contact: 01914145061

ST CUTHBERT'S CHURCH

Service of Holy Communion at 10.15am every Sunday. A warm welcome and refreshments afterwards. Lite Bite cafe Thursdays 11.15-12.45. Contact us with enquiries about weddings, christenings, prayer for loved ones and deepening faith in God.

Place: St Cuthbert's Church, Blaydon Organiser: Revd Diane Ryan rev_dianeryan@btinternet.com

ST CUTHBERT'S COMMUNITY HALL

St Cuthbert's Community Hall, Blaydon – large hall now taking bookings for regular or one-off events.
Place: St Cuthbert's Community Hall Organiser: Chris blaydonstcuthbert@gmail.com

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Place: St Joseph's RC Church, Blaydon Organiser: Adrian Tuckwell st.annewinlatonrc@gmail.com

WINLATON LOCAL HISTORY SOCIETY

We meet 2d Tuesday monthly from September to May at Winlaton West End Club, West Lane, Winlaton NE21 6 PQ at 7.30pm. New members and guests always welcome. Full programme on our website www. winlatonlocalhistorysociety.org.uk Place: West End Club Organiser: Susan Lynn

winlatonhistorysociety@yahoo.com LIBRARIES, ARTS AND HERITAGE IN GATESHEAD

We are pleased to release a full programme of events taking place across Gateshead Libraries Arts and Heritage. Book events online at gatesheadlibraries.eventbrite.com or visit your local library. Place: Blaydon Library Organiser: Lynne Corder LynneCorder@Gateshead.Gov.Uk

BLAYDON CARPET BOWLS

Meets every Wednesday from 1-3pm in St Cuthbert's church hall, Blaydon. Only £2 per session with free tea/ coffee and biscuit. No experience needed. We would love some new players. Friendly people/friendly game. Place: St Cuthbert's church hall Organiser: Sandra Thain 07949265987

ART DIAMONDS

An arts project for people of retirement age in Gateshead. No charge to join this friendly group led by Gateshead Libraries, Arts & Heritage. Activities are suitable for beginners, so if you're feeling arty, join our party.

Place: Gateshead Libraries (activities currently delivered remotely but workshops restarting later this year) Organiser: Colleen Dewing colleendewing@gateshead.gov.uk

WINLATON EVANGELICAL CHURCH

Sunday Worship Service: 10:30am.

Bible Study & Prayer Meeting: Tuesday 1.00pm. All warmly welcome. Place: Next to Public Library NE21 6AS Organiser: Winlaton Evangelical Church

winlatonevch@talktalk.net

TRINITY METHODIST CHURCH

Worship every Sunday 10.45am everyone welcome. Monday needle craft 12.45-2.45pm. Tuesday 7.30pm Irish set dancing. Wednesday craft club 10-12/1-3pm. Cafe church 3rd Sunday month. Coffee morning 1st Sat month. Place: Lucy Street, Blaydon Organiser: Rev Dave Charter 0191 460 6411

WINLATON PARKHEAD ESTATE GARDENS ASSOCIATION

Shop open every Saturday and Sunday 10am – 12 noon providing gardening essentials at affordable prices. Place: Winlaton Parkhead Estate Organiser: Frank & Pat Smith 01914144337 WINLATON MILL VILLAGE HALL Monday - Yoga 6-7, Tuesday - Chair Yoga 10.15 - 11.30, Karate 5.30 - 7.30, Thursday - Playgroup 10 - 11.30 Singing Group 7.30 – 10, Friday - Folk Group 7.30 – 10, Saturday - Coffee morning 10.30 - 11.30 Place: Winlaton Mill Village Hall Organiser: Dawn info@winlatonmillvillagehall.com

NORTHERN TASKFORCE

We meet Tuesday to Thursday at Swalwell Visitors Centre. We're a small team who help protect local nature reserves (Shibdon Pond, Milkwellburn Woods, Cross Lane Meadows etc) including installing fencing and gates, removing invasive species, coppicing trees and littler picking. Place: Swalwell Visitors Centre Organiser: Chris northern@durhamwt.co.uk

KALMA LIFE

Kalma Life Baby/Toddler yoga classes are childrens' first movements to a

foundation of wellness devoted to aiding baby's development in a safe and stimulating environment. Sessions are fun and stimulating using yoga inspired stretches, sensory, song and rhyme.

Place: Trinity Church Blaydon Organiser: Emma Bell www.kalmalifeuk.co.uk/gatesheadwest

WINLATON CAMERA CLUB

During summer months we meet each Tuesday 7pm and set off for local photo shoots around the North East. If you would like to come along either meet us in the car park or drop us an email:graemesnowball73@gmail.com Place: Winlaton New West End Club Organiser: Graeme and Lesley 07552 616909

CHAIR BASED YOGA

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Organiser: Rose Romani 07515107774

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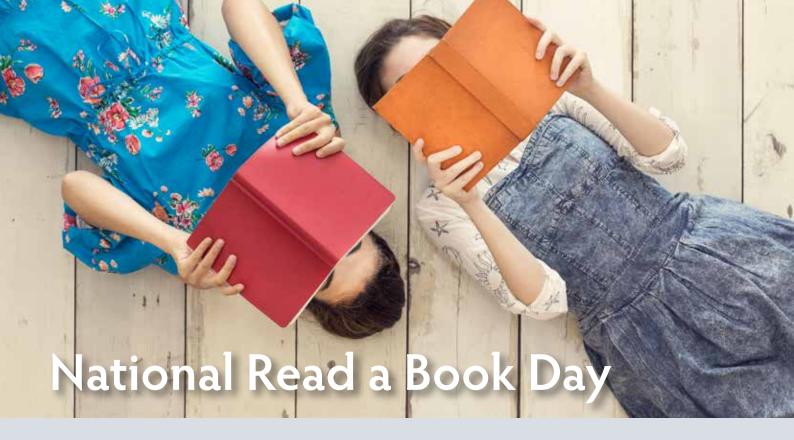
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How time flies, it seems like just yesterday that I was writing about 2021's National Literacy Day in my article Knowledge is Power. Now that week has rolled around again. National Read a Book Day takes place on September 6th, and National Literacy Day on September 8th.

As documented in that article, I've read all my life, devouring as much literature as possible. Adulthood and work have somewhat gotten in the way of my speed (I no longer read a book every day, and I now have significant lulls in between reading bouts). But the love for reading is still there. I have a long-standing goal of reading 52 or more books in a year - at least one book a week.

Reading opens doors.

In the logical sense, you can pick a book on any topic and learn new knowledge and skills, enhancing your life. National Literacy Day emphasises the need to be able to read and how we can help the third world with this much-needed skill. Since it began in 1967, International Literacy Day (ILD) has taken place annually to remind the public of how literacy is a matter of dignity and of human rights. Believe it or not, 771 million people, most of whom are women, still lack reading and writing skills. (Facts and Figures taken from UNESCO's website about this year's events.) This year's theme for the International Day is 'Transforming Literacy Learning Spaces'. It is an opportunity to emphasise the importance of these spaces whilst ensuring their quality and increasing equitable and inclusive education for all. It involves spaces such as libraries and classrooms, which play a vital role in people's lives, especially those in poverty. Classrooms for teaching everyone about much needed knowledge, and libraries for being safe spaces which offer computer services and books for free – or at a discounted rate. These spaces need to be protected, in terms of funding and in terms of support. The pandemic, especially, has highlighted how much pressure teachers are under.

Reading fiction opens doors to every kind of world imaginable; every possibility can become a reality.

Other reasons to pick a book include; the fact that today's world is so loud, hyper-connected and busy. Sometimes, peace and quiet are necessary, and the world inside your head is yours and yours alone. Sometimes, you need to get lost in a beautiful, entirely made-up world. Writing can grab us and shake us out of personal struggles—by presenting a breakneck adventure we feel compelled to see through; by gently opening us back up to the thrill of a good story; by allowing us to spend time in the mind of a fictional character. When they appear to us at the right moment and in the right way, these books can act as a bridge that leads us back to the rewards of literature. With the seasons changing too, there is nothing better than escaping the cold to get underneath a blanket and read a book.

With 47 books read so far this year – I'm well on my way to hitting my 52 and above goal - I've chosen five titles that I've thoroughly enjoyed in the hopes that at least one of them will interest someone else.

This is Going to Hurt by Adam Kay. This was my last audiobook listen and has been on my list for a while. There is also a TV adaptation, done by the BBC, which graced our screens back in February. Adam Kay narrates it as he reads

through his past diary entries on what it was like to be a doctor now that he's left the profession. It documents the highs and lows of being a doctor and the stresses of trying to maintain a personal life whilst juggling a very demanding career. I found it hilarious and heart breaking at the same time.

Educated by Tara Westover. In another biography, Westover writes about her childhood in a radical Mormonist family. Born in rural Idaho, in a family who believes the end of days is coming, she fights for her chance to have an education. I found the perspective on religion and gender roles fascinating, reading how she breaks through generational trauma to find her own place in the world.

Piransi by Susanna Clark. This book floored me with its imaginative heft. A man called Piranesi lives in a house with many rooms that are sometimes flooded by the sea. He can't remember how he got there, but he occupies his time by mapping its cavernous, statuary-filled halls. Themes of memory, consciousness and hubris are explored here as you gently try to work out the world alongside Piransi.

Under the whispering door by T.J Klune. Klune has been one of my favourite LGBT+ writers as of late, and this novel brings the wholesome found-family tropes that he's becoming known for. The book tells the tale of Wallace, who dies and is taken by a reaper to a space between life and death. Even in death, he refuses to abandon his life and when he's given an ultimatum, he sets about living a lifetime in seven days.

Time is a mother by Ocean Vuong. As a poetry book, I found this a short book which absolutely knocked the breath from my lungs. Vuong documents his thoughts on his mother's death in the most lyrical way, narrating the paradox of sitting in the loneliness of grief and surviving beyond it.

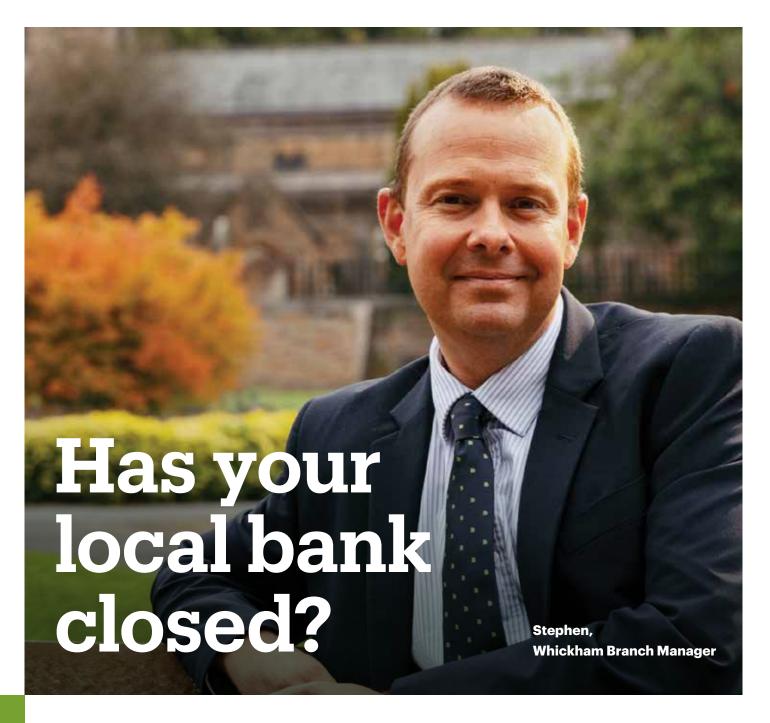
In addition, in this season of reading, don't forget to give your local bookshops and libraries some love. There's plenty to choose from; Cogito books in Corbridge, as well as Forum books (which have sister shops in Alnwick and Tynemouth), Northumberland Libraries and services such as The Book Detectives, who do book bundles for children. Find your next favourite read in there or nip in for a friendly chat with people who also love books.

There are infinite worlds out there waiting for you; you just need to pick up a book to begin exploring.



Pharoah

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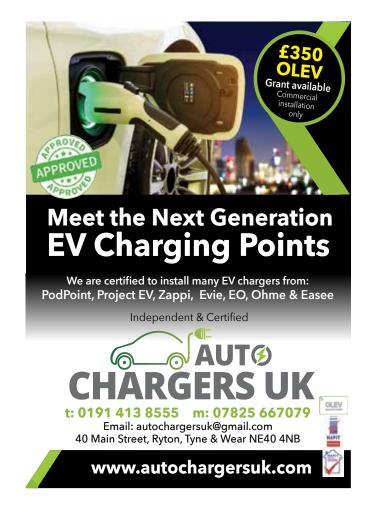
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RYTON METHODIST CHURCH

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SATURDAY MORNING 10am – 12pm. 2nd Saturday of the month only. Coffee and cake, raising funds. Place: Ryton Methodist Church Organiser: Rev. Dave Charter 0191 4606411

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SUNDAY 10.30 am Holy Communion, SUNDAY 10.30 am Young Church held in Church Hall, Ryton Village, THURSDAY 10.00 am Holy Communion. Please check Holy Cross Website for further information. Place: Holy Cross Church Organiser: Rev. Alison Stewart Smith 01914529381

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celebration, this may be the perfect venue for you. Church Hall has COVID-19 measures in place. For further details please telephone us using the details provided. Place: Holy Cross Church Organiser: Sue 01914135233

U3A RYTON

Due to circumstances beyond our control we have had to wind up Ryton u3a with effect from 31/3/2022 Place: Barmoor Hub Organiser: Christine Knox christine.knox@talktalk.net

RYTON OUTDOOR BOWLING

Home to the Towers, Vets and Women's Clubs. Based in Ferndene Park, Ryton. Come and join us either for pleasure on most afternoons or Sunday (am) or in Competitions throughout the Summer. Place: Ferndene Park Organiser: Colin Diball 01914133872

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friendsofferndene@outlook.com STARGATE COMMUNITY CENTRE

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Place: Stargate community centre Organiser: Fiona Todd Contact: Fiona.todd33@gmail.com

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Place: Ye Olde Cross Organiser: RCCS edcollins_6@hotmail.com





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So, in the last few articles, we have looked briefly at equipment, composition of the image and getting your exposure correct. If you get all of that spot on, in theory, you should have an award winning photograph, right? Well it's possible, but these days a little (or in some cases quite a lot), of post editing may or may not be required to tweak that image and get it looking just as you "saw" it or as you want it. Photography is an art form (unless you think like my sister;) but that's another story), and as such, it is very subjective. Some may want to do a lot of post editing, others may just want an image exactly as it was taken and in my opinion, either option is fine. It's rare though, to get the perfect lighting/ weather conditions or compositional elements to give the perfect end result without any post editing.

You may think that editing, or what is commonly referred to these days as "photoshopping" (more on photoshop later), is a modern thing, but actually, even from the very first days of photography, photographers have been editing and altering their images. These days it's just a lot easier to do! Back in 1917, a series of 5 photographs of fairies in a garden, the Cottingley fairies, was thought for years to be genuine, but later they were proved to be fake. Back when photographic printing was all done in the darkroom, photographers edited images; we darkened light areas by exposing the paper to more light (called burning) or lightened dark areas (called dodging). Additional elements could be added by using multiple negatives on top of each other or double exposure in camera, or even using filters on your lens. This was tricky and required a lot of skill to do well, but all quite possible. These days, with digital technology, software and apps, photo editing, and if wanted, manipulation, has become a whole lot easier. I will not be talking about adding in additional elements or manipulation in this article though.

So, how then do we get started with photo editing, what is the best software to use, and how much is too much? All good questions, but not that easy to answer, as really, it's very subjective. So, I'll tell you of a few out there and what I use. I guess Adobe Photoshop is one we all know about, and it's really the go to for professional photography, that or Adobe Lightroom! Both are quite pricey and these days, you need to subscribe on a monthly basis to get all the latest updates. They are also quite complex to use effectively. There is a free (but limited) version of both Lightroom and Photoshop for use on tablets, phones or PC that are pretty good and I've used both of them on occasions. There are hundreds of apps and other software available now to do almost anything you want, but it's very easy to go over the top with editing. But how much is too much, is like asking, how long is a piece of string! Try to keep it looking realistic would be my motto. For me and my own photography, my go-to editing tool is usually a free app called Snapseed. It's available for android and iOS and I find it very easy to use. No annoying ads either. I generally tend to edit my images with a view that 'less is more'. I like to edit to the extent that I could've done in my darkroom, although sometimes, I do go crazy and create something that is more akin to art than a photograph. It's all down to personal taste and choice really.

So, if I'm going to edit a photograph, for example, a landscape shot for the cover of this magazine, It's important to at least start with something that compositionally, looks good and is correctly exposed, with detail in both the shadows and highlights. I'll show you some before and after images so you can see what I mean. In Snapseed, I will firstly look at straightening verticals and ensuring that the horizon is level (you do this with the 'perspective' tool). Then I will go to the main tool ('tune image', as you can see in the first screen shot) for adjusting things like brightness, contrast, saturation etc. again, you can see these options in the second screen shot. You can also sharpen it up a bit with the 'details' tool.



In Snapseed you get slider controls for all the tools so you can judge how much you want to use it, my advice is to try a little at a time. It would take a while to go through all of the tools, and many you don't really need, but you can have fun playing around to see what you can do. The ones I probably use most apart from tuning the image, are the brush tool, as you can zoom into all parts of the image and lighten or darken them (like dodging and burning in a darkroom), as you want, and the 'black and white' tool as I like monochrome. Like everything however, practice makes perfect, so I'll leave you to download the App and have a play. One final word, don't forget to save (export) your image so you don't lose your work, and Enjoy what you're doing!



Roy Frankland ARPS

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Photography Competition Results

Firstly, thanks to all of you that entered our first TVE photography competition. We had a strong entry with some really great images. Choosing my top five was a difficult task, thanks to you all for the standard of entries. For this competition, it was quite important to fully read the brief and my points that accompanied the brief. We had some lovely shots presented in portrait format instead of in landscape format as requested, and some that were quite far removed from the Tyne Valley. That said, a lot of very good shots were presented. I've selected my top five images as you will see below, and the overall winner, which I'm happy to announce is Bob Turner! Well done Bob! Your image is on the cover and will be seen by thousands of people around the North East! So here are my top five shots!

1. First place - Bob Turner, Fog on the Tyne at Tyne Green, Hexham

This shot caught my eye immediately. Firstly, the shot is very atmospheric with that lovely mist, and compositionally, it works very well too. I loved the rows of birds and the way you have captured the flying bird beneath the arch of the bridge. Some lovely autumnal colours add to the overall impression. You have clearly read the brief and there is good copy space for the cover with the leaves of the tree framing the bridge.

A lovely shot that I would've been proud to have taken myself! A great cover image and a worthy winner! Very well done on first place.

2. Runner up - Dave Bilclough, Hexham Riverside Paddle Boarding

This is a beautiful image and was very close to being the winner. The reflection of that incredible sky with the lone paddle boarder is lovely. I would've liked to see just a little more detail in the trees and bushes but overall a lovely image. When shooting for a magazine cover, it's important to consider copy space, i.e where will the title and text go. In this shot, I'd have liked to see a bit more of the sky included at the top to use as cover space. When cropped for a cover, the important elements would be lost under the title and this is the main reason it just missed out on this occasion. That said, it's a well seen and well taken shot to be proud of. Well done on getting the runner up spot.

3. John Hird - The Arches

A very strong image, well composed as a panoramic shot of this lovely bridge. Very good processing to create a great image, and relevant to the region. Nice and sharp, lovely colours, some nice reflections and good use of leading lines. The issue though here is the same with respect to copy space for a magazine cover. When this is cropped and the title added, the main part of the image will sadly be lost. When working to a brief for something like this, keep in mind how it should look once text and titles are added. Still a lovely shot though, and well worthy of a place in my top 5. Well done.

4. John Rainbow - Near Chollerford

I really like this shot and it was a strong contender. The stone wall is lovely, with loads of detail and pin sharp. The tree is amazing and this is just the kind of shot I would take myself. The colours are nice and strong with good lighting. I feel overall it was a little unbalanced with the tree positioned centrally in the frame, and as an important compositional element, it would be lost behind the title if this was used as the cover shot. For this to work according to the brief, I'd have included more sky for where the magazine title will sit and positioned the tree a bit more to the right in the frame to balance the shot. Overall though, a lovely, well taken shot and very worthy of my top 5! Well done.

5. Willie Appleby - Points Bridge on an Autumn morning

A lovely atmospheric shot and I really like the low mist in the distance. A nice soft sunrise sky adds to the feel of this image. There's a few distracting bits of foliage on either side though, that could've been removed in post processing, and the bridge is a bit hidden. For a magazine cover, I think this would benefit from a slight boost of contrast and saturation. Compositionally, I'd have stepped a bit to the right if possible

to get a bit more of the bridge in shot, because when cropping for the cover it would be a little lost. You have thought about copy space at

the top though, which is good.

A lovely image, worthy of my top 5 but in a strong set of images, I feel in this case it didn't quite make first place. Well done!

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Place: Crawcrook Organiser: Rev. Tom Brazier info@greensideparish.org

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CRAWCROOK SLIMMING WORLD

Crawcrook Slimming World. Come and join us at Emmaville Hall every Wednesday 5pm and 7pm. Place: Emmaville Hall Organiser: Amanda 07894284343

PRINTMAKING SESSIONS

Every Monday 1-3pm, Crawcrook Library. A friendly, weekly creative session for people 55+, led by Equal Arts, working with professional artists to explore accessible printmaking techniques. Sessions are dementiafriendly and FREE but a suggested £3 donation is welcome. Place: Crawcrook Library Organiser: Equal Arts Contact: 0191 2611619

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Place: Emma Hall Crawcrook Organiser: Emma Bell www.kalmalifeuk.co.uk/gatesheadwest

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Place: St Johns Community Hall Organiser: Kevin Pattison 07145955238

OUR VILLAGES

A Community group for the 2 villages. Main events are – Maintaining flower beds, Greenside Spring Fair, Crawcrook Summer Fair, Christmas Lights, General Fundraising, Litter picking. Please see Our Villages Crawcrook and Greenside Facebook page for details Place: Crawcrook & Greenside Organiser: Members of Our Villages ourvillagescag@gmail.com

PHYSIO-LED PILATES

Physio-led Pilates - small and friendly Pilates for Horse Riders, Wednesday evening: 7.30-8.30 Pilates for Horse Riders, Wednesday evening: 5.50-6.50pm - Level 1. 7-8pm - Level 2. Please get in touch if you have any queries, or would like to join us! Place: St John's Community Hall Organiser: Angela McClintock,

Chartered Physiotherapist pilatesphysio4you@gmail.com

ST JOHN'S COMMUNITY HALL

Large, clean, well maintained hall available for hire for parties, weddings or celebrations. Bookings for regular classes are also welcome. Place: St John's Community Hall Organiser: Cath 07719776906

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Place: Greenside Community Centre Organiser: Rose Romani 07515107774

BANNER FESTIVAL

Greenside will be celebrating Banner Festival with a number of events including Banner Bright - with Greenside Local History Group; Banners & Ballads - folk night with Bob Fox; Big Banner! Big Band! - an evening of music and dance.

Place: Greenside Organiser: Banner Tales bannertales@outlook.com





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Does a goldfish know that it lives in a tank?

I sometimes feel like running down the street shouting "They're coming, they're coming!" I hold myself back not wishing to be arrested for it – again.

So in a series of articles I would like to perhaps keep my clothes on and discuss a range of topics that have unhinged my sanity and perhaps yours? – Connect some important dots until a picture appears. Restore the sanity from the madness. After this overview article, I'll get my crayons out and put some colour into each topic – my physical efforts at drawing are terrible but I can paint the most majestic tapestries of truth in my mind – I hope you do too! Musical vibration and prophetic lyrics also help paint pictures, so I've added a play list of songs that reflect my write up.

So let's start with a question...

Does a goldfish know that it lives in a fish tank? A condensed reality from the totality. Does it know beyond the glass? Or does it swim around forgetting what it knew only 10 seconds earlier whilst hiding in its ceramic sunken ship without that perceptual awareness? I mean it's got water, a filter and perhaps a nice colourful backdrop screen of aqua paradise to swim alongside. Food is provided and what else does it need or have to know right?

This is a rhetorical question to you.

"Straight from the mould and ready to be sold." Jack Johnson (1)

The Tank

We are born to a reality that is already constructed for us – we fit into the system that our parents accepted and also constructed through their acceptance. Repeat after repeat, from slavery to apparent freedom – but all within the created tank. Grow up, get educated, get the best job you can, get married, have kids, buy a house and you'll be happy was the blueprint given to me. What a let-down if I did not see beyond it. But I had to live it before I felt the illusion of it all. But reality is so much more than this tank and I hope to show you this – not to create more fear but to perhaps free you from it.

"There's a golden key that unlocks all the doors" Ian Brown (2)

Beyond the Tank.

The bigger reality beyond the mind tank is that we only have access to about 0.01% of the totality of everything known in the electromagnetic spectrum. Put another way, we don't have the awareness through our 5 senses to understand or decode 99.99% of what is present in wave form. In this fact I find peace and connection as the mind tank is plain madness – by design. The truth lies in the 99.99% and not 0.01%. Everything is energy – everything is vibration – everything is frequency. Only a fraction of waveform energy can be interpreted via our biological space suits. Never forget that you are made of the stars – you are a reflection of the universe itself – much more than the mind created tank. Much more than 5 senses reality – much, much more, but that will be examined in a later article in depth.

"I find it kind of funny, I find it kind of sad – the dreams in which I'm dying are the best I've ever had" Tears for Fears

The Filter

If you can control perception, then you can control reality. It is that simple. From the earliest age we are not educated but indoctrinated to believe what is real – Authority and acceptance of it being the primary objective – The 'halo effect' is achieved and we believe without question. Open the flood gates they're coming in!

There is only one true reality, primary light from source, the eternal now, away from any filter placed before you. Talking to someone face to face or walking in nature are examples of primary. Light enters the eye and your brain decodes a fraction of that information and forms the picture – the picture is not external – it is internal. The sub-conscious is like a sponge and absorbs everything AND creates your reality from it, unless you see the subliminal hack. So when a device, let's say the TV, is in front of you, we don't think "here is a box on the wall sending out waveform energy in

a fully conscious state" – no, we fall into a sub-conscious state and begin to absorb. Mobile phones are in every hand it seems, and the daily paper tells you what is real. But what are we absorbing? And more importantly why?

"How about those transparent dangling carrots" Alanis Morissette (3)

Tap tap on the Glass.

If you tap on the glass of a fish tank you'll upset the fish within, both visually and vibrationally. A beady eye pushed up against the glass and wave form pulses through the water. Upsetting the balanced stillness. It is no different for us. Let's say you're watching the news. The hack has been refined – the news presenter stares at you directly and uses imagery and music to tell you what is real. Dogmatic, low frequency fear-based sub reality is pumped into your sub-conscious. This has the ability to actually change your vibration and that is the goal. As I have said – if you control perception then you control reality. Media, politics, money, education, parents, science, doctors, friends, experts and history all determine your frequency – if you let them?!

"Don't just believe in what ya hear – don't just believe in what ya see." Sheryl Crow (4)

Fish Food

Multi coloured flakes of wtf and a hanging string of turd are my reminders of having a goldfish! Poor bloody thing.

What about our food though? 5 a day, good old farmers, 'living water' from Northumbrian Water, "I'm lovin' it" right? Files of the mind.

As with everything, once you scratch below the mind files and investigate further, you find the horror. One example of the horror and I'll deep dive further in a future edition, is this - All our grains, soya beans, rapeseed etc are engineered to absorb weedkiller. It gets worse – once harvest time is decided by the farmer (and not nature), it gets sprayed with a heavy dose to actually kill it. From green to crisp brown in a week to 10 days. They give the practice a posh word – it's called a desiccant. I call it a crime against humanity! These toxins are omni-present in everything and that includes you. These toxins kill your gut bacteria, commonly called your second brain. A myriad of fusion for healthy function occurs within the gut. 99% of Serotonin is created in the gut – 8.4 million people in England are currently on anti-depressant medication – go figure.

Above is just the tip of the iceberg when it comes to the toxicity intake we are subjected too.

1 in 2 will get cancer now. It's a wonder I keep my clothes on – it really is! – we are indeed what we eat and they know it! Poor health is low vibration and low vibration = perception control.

"If you tolerate this, then your children will be next." Manic Street Preachers (5)

I'm now over my word count so more next edition and fear not – we came from love and we will return to the same source. Fear nothing – it's illusion. A revolution of consciousness is occurring – vibration is awakening! The light needs the dark but the dark should never control the light – AWAKEN from the perception deception – The enemy has always been within!

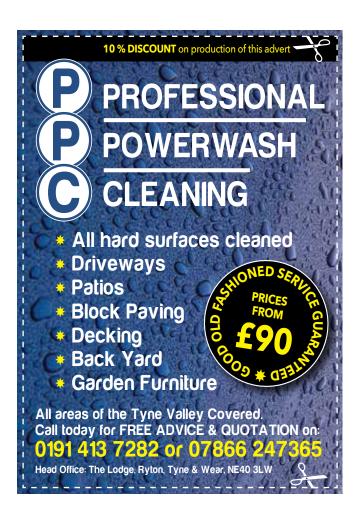
Fallen Empires Are Ruling – Ian Brown (6)

Play list

- (1) Gone Jack Johnson
- (2) The World Is Yours Ian Brown
- (3) Thank U Alanis Morissette
- (4) Let's Get Free Sheryl Crow
- (5) If You Tolerate This Your Children Will Be Next Manic Street Preachers
- (6) F.E.A.R lan Brown



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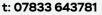
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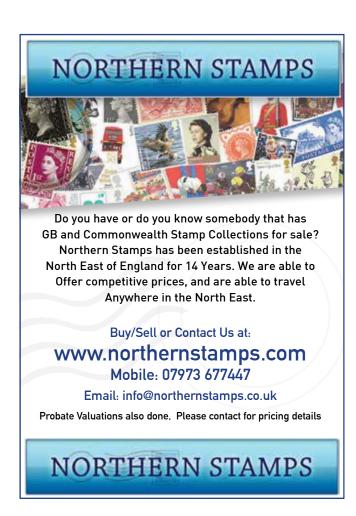


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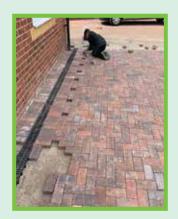
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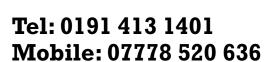
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HEDDON METHODIST CHURCH If you would like to receive Holy

Communion in your home, would like a visit, or to arrange a baptism, marriage or funeral please get in touch via our website www.heddonmethodists.org. uk. Also we have Rooms to Hire (very good rates).

Place: Heddon Methodist Church Organiser: Rev Colin Barrick minister@heddonmethodists.org.uk

HORSLEY WOMENS INSTITUTE

Meets every first Monday each month 7:30 pm in the WI Hall at the west end of the village. We enjoy a wide variety of speakers and a delicious supper! New members and visitors are always welcome

Place: WI Hall Organiser: Pam McAllister 01661853813

HORSLEY BOOK CLUB

Horsley Book Club meets every first Friday of the month in The Hearth cafe from 3 pm. We read a variety of books & sometimes have play readings for fun. Place: The Hearth cafe in Horsley Organiser: Hazel Holliday 01661853919

HEDDON BALLROOM DANCING

We welcome beginners and those with experience. Classes take place every Tuesday during term time in the Knott Memorial Hall from 8 – 10pm. Teachers have endless patience and everyone has fun. Find a partner and give it a try. Place: Knott Memorial Hall Organiser: Jenian School of Dancing 01912365878

THE HEDDON PATCHERS

A quilting and patchwork group who meet every other Wednesday in the Women's Ínstitute at Heddon on the Wall at 10.30am. We have an excellent tutor and welcome new members. Place: Women's Institute

Organiser: Ann Allsopp 01661820568 **HEDDON LOCAL HISTORY GROUP**

We host a series of monthly talks (usually on the second Monday in the month) by different speakers on a wide variety of subjects of local interest to which all are welcome. Meetings start at 7:30pm, details at

www.heddonhistory.weebly.com Place: Heddon Methodist Church on Towne Gate

Organiser: Andy Curtis 01661853095 **HEDDON WOMEN'S INSTITUTE**

Meetings held first Monday of the month from 7pm. For more information contact our Secretary. Heddon WI Hall

Organiser: Secretary: 01661 853365

HEDDON ART GROUP

We meet fortnightly on alternate Tuesday afternoons from 1:30 to 3:30 and Wednesday evenings from 7:00 to 9:00. New members and interested visitors are always welcome to share their interest in art, whether painting, drawing or other media. Place: Heddon W.I. Hall

Organiser: David Chambers chambers497@btinternet.com

AD MURUM SINGERS

Ad Murum Singers are a community choir. We enjoy a wide range of music, and constantly explores new ways to make singing fresh, fulfilling and fun. We are always keen to welcome new members of all ages and abilities - No

Place: Heddon Methodist Church Organiser: Christine Champion 01912740217

HORSLEY VILLAGE CHURCH

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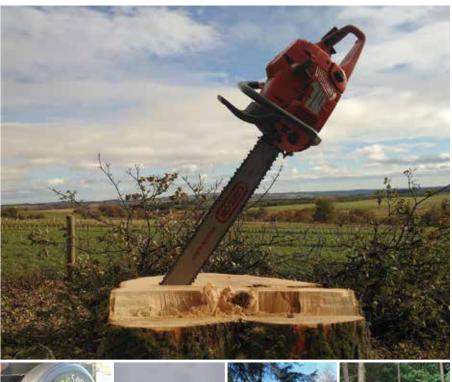
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As the economic situation deteriorates, we are seeing governments around the world start to change the economic data and even the way they define economic recessions. Usually we are told that governments like the ones in the U.K. and the U.S. can be trusted with the data and that one should not believe anything governments from China and other emerging market countries publish in term of economic data. Today we will look at the U.S. and the U.K. and how these two governments are changing data and definitions.

We will start with the U.S. and the GDP or Gross Domestic Product data. Historically economists and even politicians have defined two consecutive quarters of negative growth or GDP as a recession. So when the GDP data for the second quarter came out on June 28th the number dropped by 0.9% and coupled with a drop of -1.6% in the first quarter the U.S. economy is in a recession. If you listen to the Biden administration and the people who run the U.S. central bank or the Federal Reserve the economy is not in a recession. In short, they have decided to change the definition of what a recession. My view is that if they admit to a recession, they'd have to admit to stagflation which is a combination of a shrinking economy and high inflation.

Another economic data the U.S. government seems to be tinkering with is the labour market numbers. With the economy in a technical recession as we have seen above one would expect job growth to be negative or meagre at best. So on August 5th, when the BLS or Bureau of Labor Statistics said that non-farm payrolls rose by over 500k many were surprised as the expectation was for an increase of 250k. The BLS job's data is a survey from which they later extrapolate a national number and they have known to revise them lower years later. In this latest set of data they added 309k jobs as they estimated that these were created from the economy cresting new businesses! Are we really to believe that an economy that is shrinking is leading to new businesses opening up and creating so many jobs?

Moving to this side of the pond we are now seeing the government and the Bank of England changing the way CPI or the Consumer Price Index is measured. The CPI is a measure of inflationary pressures and with the Bank of England seeing CPI rising to 13% by year end is it any wonder the government has ordered the ONS or Office for National Statistic to make sure the CPI is adjusted to show a lower number.

This change was not published in the media but luckily, by chance I found that because I have been using the Bank of England's inflation calculator for the last few years and have found it a useful tool to bring home the point that under a sound money system the currency maintains its value and there is virtually no inflation.

The Bank of England inflation calculator goes as far back as 1209! In my YouTube channel, maneco64, I have focused on the period from 1821 to 1914, which is the period after the Restriction Period (1797 to 1821) which was when the bank of England suspended the gold standard due to the Napoleonic wars.

From 1821 to 1914 Britain went back on the gold standard and according to the BOE/IC inflation averaged -0.1% per annum and one only needed

£0.95 in 1914 to buy the same basket of goods that cost £1 in 1821. So for almost 100 years when Britannia ruled the waves the pound actually gained purchasing power.

Up until June last year, which was the last time I referred to the BOE/IC I also checked the inflation rate from 1914 to 2020 and found that it averaged 4.6% per annum during that period and that one needed £118 in 2020 to purchase an equivalent basket of goods worth £1 in 1914! I had also looked at the period from 1997 to 2020 as 1997 was when the Bank of England was granted independence by the Labour government and as a result given a 2% inflation target. In that 23-year period the BOE/IC showed an average of 2.7% inflation per annum which clearly showed the Old Lady had missed its target.

So when I did a recent report for my YouTube channel on the CPI I again referred to the BOE/IC and to my astonishment all the data that I had reported last year since 1914 had been dramatically changed to show much lower inflation. For example, the 1914 to 2020 period now shows an average inflation per annum of 4.2% and one needs £78.53 in 2020 instead of £118 to purchase the equivalent of £1 worth of 1914 goods.

The most shocking change was for the period (1997 to 2020) since the Bank of England was granted independence. Instead of an average annual rate of 2.7%, the BOE/IC now shows a much lower rate of 1.9% which is actually under the 2% target! I leave it to you the reader to make up your mind about the Bank of England's intention in basically revising history. My take is that along with the government they will now try to make inflation look lower than it actually is. Their excuse will be that they, with the number crunchers at the ONS, have found a "better" way to calculate inflation.

The conclusion to draw form this current phenomenon is our own governments are trying to paint a rosier picture for the economy as politicians don't win elections when the economy is in a poor state. More importantly for you and I is the fact that we should be cautious not to base our financial decisions on official government statistics. I'd say day to day anecdotal evidence that we collect from our experiences in the real world should give us a much better picture of what is going on in the real economy.

Hario

Mario Innecco

Founder of YouTube Channel Maneco64 – "The home of alternative economics and contrarian views"

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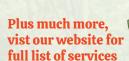
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YLAM INSTITUTE

This grand Victorian building has two main halls and various other smaller rooms for hire. With competitive hire charges, why not consider using the Institute for your next birthday party, family gathering or fundraising event. Place: Wylam Institute Organiser: Institute office 01661852498

COFFEE MORNING

Wylam Institute Community Association Macmillan Coffee Morning will be held on Saturday 17th September from 10am-noon. Cakes and raffle with coffee and biscuits. etc

Place: Wylam Institute Organiser: Fiona Oomes wylaminstitute2@gmail.com

WYLAM METHODIST CHURCH

Minister: Rev Jenny Porterpryde, Snr Steward: Nigel King. A warm welcome awaits you. Regular services and activities throughout the week, please get in touch for details. Rooms are also available for hire for meetings /parties etc Place: Chapel Lane, Wylam Organiser: Alan Smart 01661832717

ST OSWIN'S

Church Services are at 9.30am* Thursday and 8.00am & 10.00am* Sunday (*are

currently live streamed). All, including children, are welcome. Church Hall also available to hire. See https:// stoswinschurchwylam.chessck.co.uk/ Place: Church Road, Wylam Organiser: Rev Tom Birch wylamst.oswin@hotmail.co.uk WYLAM CHURCH HALL

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co.uk for further details. Place: Church Hall, Church Road Organiser: Helena Bates 07947116735

WYLAM WOMENS INSTITUTE

Meets every 3rd Tuesday of the month in Wylam Institute at 2 p.m. All Visitors very welcome. For further details, please contact us using the details provided. Place: Wylam Institute Organiser: Eleanor Kirkland

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Organiser: Angela McClintock pilatesphysio4you@gmail.com

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UPLIFTED!

A relaxed opportunity to sing with other women across the Tyne Valley. 2nd & 4th Wednesdays in the month, 8 pm. No need to audition or read music! Lots of different styles of music - something for every woman.

Place: St Mary's Church, Ovingham Organiser: Christine 01661 832296

CHRYSALIS CLUB TYNEDALE

Provides activities, stimulation and social opportunities for people with dementia, carer support, information and counselling. The outreach group for Prudhoe district is held every 1st and 3rd Tuesday afternoon of the month.

Place: St Oswin's Church Hall, Wylam Organiser: Chrysalis Club 07760124539

EXERCISE CLASSES

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OVINGHAM AND DISTRICT CHOIR
Ovingham and District Choir (Mixed Voice) meets for practice in the Reading Room on Tuesday evenings from 7:45 to 9:30pm. A wide repertoire is sung but the ability to read music is not essential. New members are always welcome. Place: Ovingham Reading Room Organiser: Ian Warburton

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Cragside was once the home of inventor and industrialist William Armstrong and his wife Margaret. When they moved to Cragside in 1863, the area looked very different. Over almost 40 years, the couple transformed the estate from a rocky moorland into a fantasy mountain landscape. They planted millions of trees and shrubs, and thousands of rhododendrons. Their design was not just for beauty, it was engineered for function as well. While lakes were excavated from rock to store enough water to create hydroelectricity and power hydraulics, the Armstrong's also created a large Rock Garden surrounding the house, complete with mechanical cascades, a Formal Garden with colourful flower beds and a Pinetum filled with conifer trees.

Collecting was a fashionable Victorian pass-time and the Armstrongs collected on a massive scale. Margaret Armstrong had an assortment of thousands of natural specimens from all over the world, each meticulously categorised and put on display. They include an extensive collection of seashells and elaborate taxidermy. The trees in the Pinetum were no different. The Pinetum is made up of Douglas Firs, Noble Firs and Red Woods, all of which are native to North America. When the trees were initially planted, they were small saplings, but these varieties were picked specially for their colossal size once fully grown. The Pinetum is now home to five Champion Trees, listing them as some of the tallest of their kind in the country. At 160 years old, these veteran trees are conserved and cared for as part of Cragside's historic collection - just like an object or a painting in the House.

How Cragside looks after the trees

Looking after a tree-covered estate that spans 1000 acres takes a dedicated team of professionals. The Armstrongs planted so many that 88% of the estate is covered in trees, and they are all looked after and cared for by Cragside's forestry team.

The foresters regularly assess tree health as part of their management programme. While signs of the disease cannot always be seen from the outside, there are early signs that a tree could be unhealthy such as bulges in the trunk, unusual fungus growing on the bark or branches and deterioration in the tree canopy.

Over the last 20 years, there have been big changes in forestry with the introduction of different technologies to confirm their observations. A resistograph drills a narrow hole into the tree and measures the resistance of the wood against the force of the drill. If the findings show that the bark is hard, its healthy. If the result states that the resistance is soft and spongy, this could be a sign that the tree requires some attention. In addition to this, the forestry team also use a Picus. Using sonic tomography, it sends sound waves through the tree and provides a detailed map of the trunk and its density. By using these technologies together, the team can decide whether a tree needs to be felled and removed, or if further observation is required.

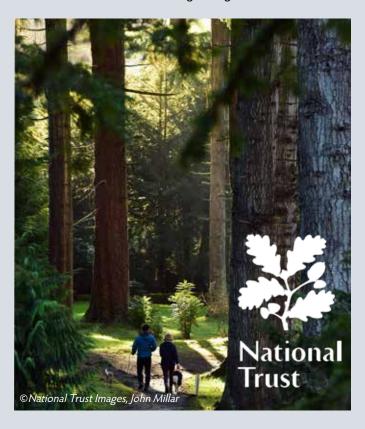
More recently the forestry team have been using drones. The team can look out for broken branches and get up close to the top of trees without the need to use a harness. This was particularly useful during the recovery work needed following the series of storms over the winter. Drones were used to observe wind-blown trees in areas that were too dangerous for the team to access on foot. This in-turn created a birds-eye map of the estate for the team to see the tree damage and prioritise which areas to start first. Now

work is complete in most areas, the team will carry out another fly-over to look at gaps in the tree line and plan the planting of new trees.

Cragside welcomes over 200,000 visitors a year which can take its toll on the trees. A really easy way to help protect trees, not just at Cragside but in other wooded areas, is to stick to the footpaths. Trees soak up nutrients from the soil and the path through the Pinetum has been put in place to avoid the vital roots. By using the footpaths, the roots are not being trampled on and compacted which supports their health and growth. Over time, some roots have grown across historic walkways through Cragside. When this occurs. the forestry team create a cushion between the roots and people's feet by laying a protective membrane with gravel over the top, to safeguard this essential part of trees and support their health.

Walking through the canopy of towering trees in the Pinetum is something to be experienced at Cragside, and with over 40-miles of footpaths that weave across the grounds, there is also an opportunity to explore the woodland on a walk too.

Cragside is open 7 days a week, 10am-5pm (last entry 4pm). National Trust members and under 5s are free. Adults £21, Children £10.50, Family £52.50. Plan a visit at: nationaltrust.org.uk/cragside.





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...in PRUDHOE & MICKLEY

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PRUDHOE INDOOR MARKET

Our monthly indoor markets are held one Saturday a month in Prudhoe Parish Hall. We have lots of fantastic local traders with high quality products. For full details find us on Facebook or at www.chevent.co.uk Place: Prudhoe Parish hall Organiser: CH Event

contact@chevent.co.uk PRUDHOE LIBRARY

Library is open for time limited browsing. We are operating amended hours so please check website before visiting www.mylibrary.co.uk Place: Prudhoe Library Organiser: Library Desk prudhoe.library@northumberland. gov.uk

THE GATE CHURCH

We're back together in the building for Sunday Services at 10.30am. Join us for lively worship and encouraging Bible preaching. Children and Youth Church have started again too! For all other activities visit our website: thegatechurch.org.uk Place: Swalwell Close, NE42 6EX Organiser: Bert and Margaret Boonstra

GLEEMEN MALE VOICE CHOIR New members welcome. www.

thegatepcc@hotmail.co.uk

prudhoegleemen.org.uk. We meet 7.15pm every Monday night for our practices. Everyone who would like to join in can just come along. You do not need to read music.

Place: Prudhoe Methodist Chapel Organiser: Members ;01661832162

PRUDHOE GARDENERS ASSOCIATION

The Prudhoe Gardeners Association manages allotment sites in Prudhoe and supplies members with economically priced inputs from the Hut behind the West Wylam Inn, Saturdays 10-12. For more information email allotmentassociation@hotmail. com or join https://www.facebook.com/groups/prudhoegardenersassociation Place: Prudhoe Organiser: Christine Hewitt

allotmentassociation@hotmail.com BORDER REIVER ARCHERS

Come and try archery with a full one hour 'Taster Session' on a Sunday afternoon in Ovingham. Perfect for couples, friends, families, groups like Scouts, W.I., other clubs/associations. Please see www.borderreiverarchers. co.uk for details of how to book. Place: Ovingham Middle School Organiser: Border Reiver Archers borderreiverarchers@yahoo.com

PRUDHOE LADIES NETBALL CLUB

We meet every Wednesday evening (term time only) between 7pm-9pm. If you want to get fit, have fun and meet new friends, just pop along one week - we'd love to welcome you to our club. Place: Prudhoe High School Sports Hall Organiser: Chris: 01661834901

PRUDHOE METHODIST CHURCH

A warm welcome awaits you at morning worship every Sunday at 10.00am. Please consider others and wear a face covering in the building. For more information see our Facebook page Prudhoe Methodist Church Friends or online at Prudhoe Methodist Church. Place: Prudhoe Methodist Church Organiser: Martyn Johnson Facebook page

BAIRNS & BREWS

Café & Toddler Group at Prudhoe Methodist Church Hall, Thursdays 10-11.30am (termtime). Play-time for the bairns, chill-time for you. £1 per cuppa with free refills. Book your place – 07421018976. Further details from Youth & Families Worker: ruthlindridge@cloud.com Place: Prudhoe Methodist Church Hall Organiser: Ruth Lindridge peter@thischurch.com

PRUDHOE & DISTRICT U3A

We are a friendly organisation with a wide variety of activities and interests. Our members are from all walks of life and are retired or in part-time work, with different life experiences to share. For further information please visit http://u3asites.org.uk/prudhoe

Place: Prudhoe Parish Hall/Spetchells Organiser: Secretary e-mail: margaretbspc@outlook.com

SPETCHELLS CONSERVATION INTEREST GROUP

Help is needed to protect the Spetchell's unique chalk grassland which contains many species of rare butterfly and mining bees. More volunteers are needed to remove invasive plants and carry out surveys of the ecosystem. Please join us! Place: Spetchells, Low Prudhoe Organiser: Keith Shaw:07962658230

CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Thursday afternoons. Try a session for free. Place: Online on Zoom

Claire Lynn claire@claire276.plus.com PRUDHOE GROUND FORCE

Meets every Wednesday morning 9 – 10am at various locations in Prudhoe to litter pick or do other environmental work. Anyone wishing to join this group call for details of the day or email us

Place: Prudhoe Organiser: J Dobson jdobson3726@gmail.com

PRUDHOE COMMUNITY CHOIR

Welcomes new members. The choir meets on Wednesday evenings between 7.30pm and 9.30pm. Place: Stocksfield Baptist Church Organiser: Joan Sulter 01914133442

TYNE VALLEY CANOE CLUB

We meet every Friday throughout the year in either Tyne Riverside Country Park (April-September) @ 6.30 pm or Waterworld (October-March) @ 8.30 pm. All ages welcome. For more details, please get in touch. Place: Prudhoe

Organiser: John Dean 01661832575 PRUDHOE COMMUNITY ALLOTMENT

PCA is set up to support local people

who would like to garden and need a bit of help. We meet on Tuesday and Friday mornings. If you can help us we would love to hear from you. Place: Prudhoe Community Allotment, Redwell Court

Organiser: Ann Curran 01661 844675

ST MARY MAGDALENE

We are a welcoming, family-friendly church in the heart of the community. Weekly services: SUNDAY: 10am Morning Worship with Young Church (term time); THURSDAY: 10am Holy Communion. You can also watch live on Facebook @PrudhoeParishChurch. More information online at www. prudhoeparishchurch.org.uk. Place: St Mary Magdalene church Organiser: Rev Dan Freyhan vicar@prudhoeparishchurch.org.uk

COFFEE & CHAT

Drop-in at the Parish Hall coffee morning every Thursday and Saturday 10am-12 noon for a cuppa and a chat. Reasonable prices, home-baked cakes and a warm welcome every time. Suitable for all the family. (Special charity events on some Saturdays.) Place: Prudhoe Parish Church Hall Organiser: Rev Dan Freyhan vicar@prudhoeparishchurch.org.uk

LITTLE TREASURES

Wednesdays 10-11.30am. A funpacked morning for babies, toddlers and their grown-ups. £3 per family including refreshments, craft activities, messy play, sensory activities and huge variety of toys for free-play. Drop-in and register on the door. Place: Prudhoe Parish Church Hall Organiser: Hayley Langston Contact: Little.Treasures@ PrudhoeParishChurch.org.uk

CHRYSALIS CLUB TYNEDALE

Provides activities, stimulation and social opportunities for people with dementia, carer support, information and counselling. The outreach group for Prudhoe district is held every 1st and 3rd Tues afternoon of the month. Place: St Oswin's Church Hall, Wylam Chrysalis Club 07760124539





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Mr Lodge - Ryton





"As our windows are North facing, I wanted it light and bright and that's definitely what I got! Very punctual, professional and polite service, we would highly recommend"

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On Sunday 18th September, Prudhoe will host the return of the renowned Essity Prudhoe Miners Race. After an enforced two year break, this historic local sporting event promises to be a celebration for both runners and the Tyne Valley community.

Runners of all abilities can enter the 5 mile UKA licensed road race, with also a 2km junior race for 7-14 year olds. There's fantastic winner prizes, including a pair of Scott running shoes for first male and female 5 mile finishers, as well as finisher goodies for all runners.

Local running club Prudhoe Plodders is organising the event, with Race Director, Lisa Napier saying "The event will bring running clubs throughout the region to Prudhoe, showcasing our amazing town while also inspiring people of all ages and abilities that running is a fun inclusive sport".

The race, sponsored by Essity and supported by Prudhoe Town Council, dates back to the early 20th century, where the original competitors were men from the local coal mines and nearby brickworks. Keeping local history alive, the race brings communities and runners together to commemorate Prudhoe's rich mining heritage.

Tony Richards, site manager at Essity Prudhoe Mill said "As a leading global hygiene and health company, we are big supporters of grassroots sport, and it's great to see how the event has helped to encourage hundreds of townfolk to put on their running shoes."





Entry and race details can be found on Facebook page: @prudhoeminersrace or visit: www.prudhoeplodders.co.uk for more information.









Home support services

We are a team of highly experienced individuals, who can offer all our clients an individual package to suit their needs. We have many years of working within the social care sector. We are passionate about offering a professional service and thrive to make your life as stress free as possible. We offer non medical services that assist our community of all ages. Giving you and your family peace of mind, and making it possible to live an active and independent happy life.

- **Companionship Services** This service can be from a few hours to a full day of shopping, attending you to appointments. Having a cuppa and a chat to playing games and completing cross words. Or having your hair washed and dried, nails painted whatever you would like to do.
- Assistance to appointments All our staff are fully insured to take you to appointments ie hospital appointments, doctors we can accompany you and take notes to pass on to family or just for your records.
- Breakfast, lunch, tea calls These calls are based on a comfort call to make sure all is well, make breakfast or a sandwich up for lunch. Lunch we can make you a fresh meal and make a sandwich up for tea. Tea call, again make you a fresh meal or heat a microwave meal up.
- Bed calls This call is based on a comfort call, make sure things are all good and support to lock up and make sure you have everything needed until the next morning. Companionship and reassurance.
- **Shopping services -** We can take you out shopping, or we can go and get your shopping and support you to put away.
- Respite services We are here to support family members if they need a break for a few hours or even a full day visit. Our aim is for you to go and do the things you need to do without the worry that your loved one has no support. We encourage engagement with activity packs that include games, cards, dominoes, colouring books if that would be of interest. All our activities are there to engage and boost brain activity.
- **Domestic Services -** We offer basic domestic cleaning for our clients. Hoovering, polishing, cleaning of kitchens and bathrooms. Support with laundry services.
- Learning disabilities/ Independent living services We offer enabling services to support clients to live independently, shopping, cinema, preparing food and many more activities to suit.
- Night shift services We now offer an overnight services. We have introduced this service for clients who may be unwell or struggling to cope overnight on their own. Giving peace of mind to the client and family members.

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BUDDIES TEA ROOM Open Monday to Saturday



We now offer a Day Centre for Dementia, vulnerable adults, which offers a sociable and relaxing environment. Lunch included, snacks and refreshments. Day Centre will run Monday-Friday 10.00am-3.30pm.

You must book in advance.





Tabernacle of Moses







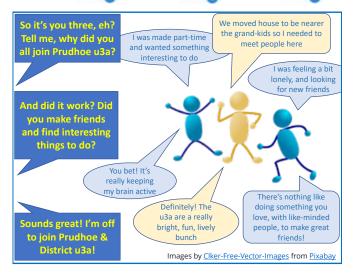
Tues 4 Oct Betel Chapel, Hexham

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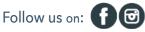
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STOCKSFIELD COMMUNITY

We have a wide range of events and activities available. For more detailed information please visit our website at www.stocksfieldca.org.uk or contact us on the details below.

Place: SCA, Mount View Terrace Organiser: Terri Anne admin@stocksfieldca.org.uk

STOCKSFIELD BAPTIST CHURCH

We are a warm, welcoming and informal church that meets every Sunday 10am – 11.30am. All are welcome, wherever you are on your faith journey. For all events see Stocksfieldbaptistchurch.net. Secretary: Kevin Frost enquiriesstocksfieldbc@gmail.com Place: Stocksfield Baptist Church Organiser: Kevin Frost

STOCKSFIELD METHODIST CHURCH

Our friendly, welcoming church has reopened for Sunday worship at 10.30am. We also host Afternoon Fellowship, 2.00pm on the second and fourth Wednesday each month. We hope to restart our popular monthly Saturday Charity coffee mornings in the New Year.

Place: Mount view Terrace Organiser: John Watson 01661 834318

SCOTTISH COUNTRY DANCING

We meet on Tuesday evenings from 7.45 p.m. to 10.p.m. from February to December. No partner needed, and beginners welcome. Place: Baptist Church Hall Organiser: Rosemary Newton 01661843163

STOCKSFIELD TENNIS CLUB

Friendly club based at Guessburn

always looking for new members. We have sessions to include ladies, mens and mixed tennis and separate junior sessions. Coaching is also available. For further info please visit www.clubspark. lta.org.uk/StocksfieldDistrictTennisClub or www.facebook.com/
Stocksfieldtennisclub/ or email us stocksfieldtennisclub@gmail.com Place: Stocksfield Tennis Club Organiser: Louise Freeman 07752559571

STAY AND PLAY

A toddler group run by volunteers from Stocksfield Baptist Church for children from birth to starting school and their carers. It runs every Tuesday (term time) from 10-11.30am. A variety of activities are provided in a relaxed and informal setting.

Place: Stocksfield Baptist Church

www.stocksfieldbaptistchurch.net

Organiser: Lynda Telford

PLANTS & GARDENS SOCIETY
Autumn programme, meetings start
7:20pm. 18th October Robert Jamison,
New Plans and Plants at Howick Hall:
15th November, Winter Colour,
13th December, Garden Design and
Inspiration. More information www.
stocksfieldplantsandgardens.co.uk.
New members and visitors (£3)
welcome at all meetings.
Place: Stocksfield Community Centre
Organiser: Sue Sinclair
Contact: stocksfieldpg@gmail.com
LIVE & BREATHE YOGA

Hatha Yoga for all abilities, Wednesdays 6pm-7.15pm and Fridays 11.15-12.30pm. Book your place on 07794459268, only £7 per class (block booking available). Covid secure! Place: Stocksfield SICA Organiser: Pam Snowball 07794459268

STOCKSFIELD ANGLICAN CHURCHES

For information on services at, and contacts for Bywell St Peter's, Stocksfield St John's and Mickley St George's, please visit our website at www.stocksfieldchurchofengland.org Place: Stocksfield

Organiser: Rev. Dr. Pat Moran, Vicar www.stocksfieldchurchofengland.org HATHA & SOMATIC BASED YOGA

Hatha/Somatic yoga practice, breathing practices and relaxation. Wednesdays 9.30am-11am, booking is essential. Contact Rose for more information and to book your place.

Place: St. John's Church Hall Organiser: Rose Romani 07515 107 774

ST IAMES CHURCH

Sundays 8:00am Holy Communion and 10:00am Parish Worship; Wednesdays 9:30am Holy Communion and 7.00pm Quiet Evening Prayer. Services are also accessible via Zoom. For further details please visit our website at www. stjameschurchridingmill.com. Place: St James Church Organiser: David mckenzie.d@btinternet.com

NATTER SHACK!

Every Tuesday between 10.30 – 11.30 and Wednesday between 5.00pm and 6.00pm. Meet members of your surrounding community in a relaxed, informal place where you can have a cuppa and natter.

Place: The Station coffee Shop Organiser: Natter Shack 01434239274

SPINNERS/WEAVERS/DYERS

Tynedale Guild of Weavers, Spinners & Dyers meets 3rd Sat. of every month 10am-4pm. Visitors & new members very welcome if you would like to try your hand at these mindful textile

crafts. Programme available at www.wsd.org.uk/guilds/tynedale Place: Stocksfield Community Centre Organiser: Janet Padgett tynedale secretary@gmail.com

tynedale.secretary@gmail.com RIDING MILL PARISH HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Suzanne on 07587 068210. Place: Riding Mill Parish Hall Organiser: Suzanne Barker Suzanne.barkerrmvht@btinternet.com

RIDING MILL MILLENNIUM HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Suzanne on 07587 068210. Place: Riding Mill Millennium Hall Organiser: Suzanne Barker Suzanne.barkerrmvht@btinternet.com

YOGA WITH ROS

New Yoga Classes at Millennium Hall, Church lane on Mondays from 5th September at 11-12.30. Booking is essential, contact Rose on 07515107774 or email Rose@yogawithrose.co.uk Place: Riding Mill Organiser: Rose Contact: 07515107774

MATTERS AND CRAFTERS

We are a friendly group of crafters meeting at Newton and Bywell Village Hall every Thursday from 10.30 until 3.00. Visitors and new members welcome. For more information tel: 07810 286 285 or by email: dorothy43@uwclub.net. Place: Newton and Bywell village hall. Organiser: Dorothy Peacock 07810 286285





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An Impressive Start for Specialist Agents A&G

Having launched their land and property business in January this year, A&G Land & Property Agents have immediately demonstrated their impressive pedigree.

Headed by award winning property expert Gareth Jones, A&G provides an exclusive one-on-one service to every client. Rather than focusing on volume, they have instead focused on quality of service, specialist advice and on delivering absolute success for their clients. This approach has already ensured tremendous sales results for a wide variety of properties throughout the North-East, including the Tyne Valley and Newcastle.

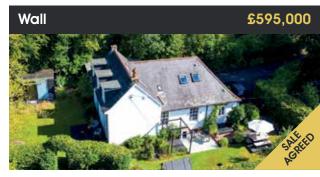
Gareth, who sold his previous company Red Hot Property in 2019, works directly on each sale, from start to completion, providing an unrivalled and truly bespoke service. This includes: all initial valuations; guidance on individual marketing; personally accompanying all prospective purchasers around properties; and also negotiating each sale. Once the sale is agreed, he is then involved in liaising through the conveyance stage, smoothing out any potential snags or pitfalls.

With over 20 years' experience in property, Gareth has overseen countless sales and operated in many differing markets, both buoyant and stagnant. His agility, energy and insight has seen him previously develop two very successful property firms and win an impressive eight consecutive industry awards for excellence.

During this time, he has seen many changes to the way agents operate, some of which he believes aren't always of benefit to a vendor. According to Gareth, the pressure of increased competition has placed an expected squeeze on fees. This has naturally forced agents to streamline their businesses, resources and service in order to cope. This, alongside the detachment caused by the reliance on the website platforms, has meant estate agency has become more like a conveyor belt process rather than a bespoke, considered and personal relationship.

Gareth said 'Primarily, vendors are usually selling their largest asset. To maximise this asset value, it requires a professional expert, with experience and a proven record of success. **Absolute success cannot be guaranteed by simply playing the numbers game and hanging your property 'out for sale' on one of the major website platforms.** It requires a considered approach, taking account of all the subtleties, which can have a dramatic effect on the overall outcome. What A&G provide is direct expert-involvement at every stage of the sale process - and we do this to ensure each client 'absolute' success at all levels - which includes maximum achievable price, not just a sale'

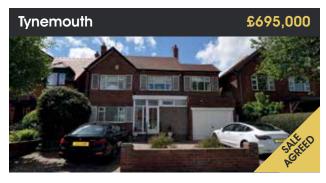
The A&G service also extends beyond selling property. Because of their links to Anderson & Garland, their umbrella approach also incorporates house and garden clearance, if required. Fellow Directors, Julian Thomson & Fred Wryley-Birch, can also assist with contents valuations, the sale of household items, collectables and even vehicles.













If you would like to discuss your property requirements with Gareth, call him direct on: 0191 4303025 or email: gareth@agpropertyagents.com

Gareth Jones Director -A&G Land & Property Agents.













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As we get into the cooler days of autumn, people are looking for ways to extend their time outdoors and make the most of their gardens while they can. According to Dobbies, autumn is the perfect time to refresh your outdoor space, regardless of size, and take advantage of the milder temperatures that the season brings.

Dobbies' Horticultural Director, Marcus Eyles says that contrary to what some might think, autumn is not a season of shut down. There are plenty of things to be getting on with that will extend the colour in your garden in early autumn, and then as we get into late autumn, there are ways that we can prepare our gardens for winter.

Here are Marcus's top tips on how to get the most out of your garden this autumn and enjoy it for longer.

Autumn the new gardening season

Contrary to popular belief, Marcus says we shouldn't cut back all flowers and plants in autumn. Summer bedding plants are fine to leave in and just deadhead, and they should continue to flower until the first frost. Marcus advises Roses can also continue to flower well into autumn so continue to remove as soon as they go over to encourage more. In terms of what should be pruned, Marcus says that late summer flowering shrubs should be cut back immediately once they finish flowering to ensure they bloom well next year.

Grasses and Hydrangeas should be enjoyed in autumn and will last well into winter when they become decorated with dew and frost, so Marcus recommends avoiding cutting these back. Leaving your borders with foliage and flower stems will also encourage wildlife to thrive and give them a space to shelter during the colder months.

As we get into late autumn, Marcus recommends putting plants into covered protection to continue growth. Herbs can be placed into a grow house, cold frame or windowsill so you have fresh home-grown leaves over the winter. Microgreens and salad leaves can be grown indoors with supplementary light to make sure you have fast growing, healthy crops throughout the year.

Seasonal refresh and planting

Marcus says that early autumn is the perfect time to refresh your garden with colourful blooms. Bring some of the season's signature warm colours, such as ochre and orange, to your outdoor space by using Chrysanthemums, Crocosmia and Rudbeckia. Even add some purple, pink and white to really catch the eye with seasonal plants like Echinacea, Anemone and Hebe.

Redecorate your garden by refreshing containers and hanging baskets with seasonal plants such as Pansies, Violas and Wallflowers that will last through winter and brighten up your garden through the cold months.

The autumn flowering Saffron Crocus is a fantastic choice for those looking to add colour to their garden and should be planted with Dobbies' Peat Free No 3 Mature Plant Compost, which just this year won RHS Chelsea Sustainable Product of the Year. As these plants are typically grown in woodland areas, Marcus advises these can be planted either in pots or in beds beside shrubs and trees. If you are planting in pots, make sure you reposition these near your doorway in late autumn so you can appreciate their fresh cheerful flowers.

Grow your own

Marcus says that early autumn is a fantastic time to grow delicious fresh produce, and some mini vegetables can even be harvested in time for your Christmas dinner! Potatoes are a top choice for planting in early autumn as they grow quickly, so if you plant them now, you'll have fresh potatoes by December. What's more, once potatoes are planted, they take very little looking after, meaning they're great for people just starting their gardening journey. For best results, Marcus recommends sowing potatoes in large containers in a sunny spot and using Dobbies' Peat Free Multipurpose

Carrots can also be sown in early autumn and grow well in an open site with fertile, well-drained soil, and these can also be grown in deep containers. Marcus advises that carrots don't need too much water, although if your garden experiences long periods without rain, they will appreciate a generous watering every couple of weeks. To prevent carrot flies from damaging your crop, cover with insect mesh, and harvest your carrots as soon as they are large enough to use – usually 12 to 16 weeks after sowing.

If you're looking to grow your own produce in late autumn, Marcus says there is still time to get planting for a winter harvest. Kale is a hardy vegetable that can be grown at home, even during the coldest months, and is great for planting in raised beds or containers. Marcus recommends an insect mesh to cover the crop and prevent caterpillars accessing the crop, and you should water the kale regularly, picking the leaves weekly as they grow to ensure they don't start to flower.

If you like an ornamental lawn, Marcus advises that you should begin to remove moss and dead grass with a wire rake or electric scarifier in autumn and use an aerator to take out old soil and allow better movement of air and water. Once you've done this, Marcus recommends using a peat-free lawn dressing to refresh the soil and help fix any dips and troughs finally sow some fresh grass seed.

For a more wildlife-friendly lawn with meadow-like grass, Marcus says you should hold off as long as possible in terms of mowing and start to cut in early autumn, once you're sure the flower seeds have dropped.

In late autumn, when leaves begin to fall, make sure you remove them from your lawn as soon as possible, as they will block air and sunlight; two essential things that grass needs to survive.

Marcus recommends applying an autumn lawn feed to strengthen grass and roots for winter. Autumn sown grass seed will germinate ahead of winter and help fill in any sparse areas ahead of the first frost.

For more gardening advice and inspiration visit: www.dobbies.com.

larcus

Marcus Eyles Horticultural Director **Dobbies Garden Centres**



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*Full hearing assessment and demonstration is £75, refundable against hearing aid purchase.



...in CORBRIDGE & HEXHAM

If you run a local group, club or a non-profit organisation, we'll include it in our What's On diary completely free. Visit: www.tynevalleyexpress.co.uk/whats-on/

CORBRIDGE PARISH HALL

Lots of mixed classes running from Monday to Saturday ranging from Zumba to Karate to Film Nights. Please get in touch for latest programme. Place: Corbridge Parish Hall Organiser: Mandy Senior corbridge@ukpc.net

CHILDREN'S NURSERY

St. Mary's Nursery (Hexham) Ltd is a children's nursery with a family environment where your child can blossom to their full potential encouraged by caring staff. We offer preschool, day-care, holiday club. All staff are trained in paediatric first aid. Place: St. Mary's Nursery Organiser: Jill Robb 01434 608723

CORBRIDGE PRESCHOOL CIC

Provides early education and childcare for under fours, once they are walking. Fees are low to ensure the preschool can be accessed by all families. Children enjoy fun activities and the opportunity to develop their social and communication skills. Place: Corbridge Preschool Organiser: Claire Milburn

CORBRIDGE PARENT AND TODDLER GROUP

01434 622947

A group for parents, grandparents, childminders and carers with children up to four. Our friendly group runs from, Monday: 1:15 pm - 2:30 pm during term time. First session is free. £3.00 for 1 child. £1 for each additional child

Place: Corbridge Preschool Organiser: Claire Milburn 01434 622947

ST ANDREW'S CHURCH

Sunday at 10.00am Parish Communion Service, as places are limited due to social distancing please book via email provided. Wednesday at 10.00am Holy Communion, further information can be found on our website: www.corbridgechurch.org.uk Place: St. Andrew's Church Organiser: St. Andrew's Church servicesincorbridge@btinternet.com

SCOTTISH DANCING

Scottish Dancing at Parish Hall most Saturdays 7.30 p.m. Newcomers welcome, no partner needed. For details please get in touch Place: Parish Hall Organiser: Ros 01434604639

TYNEDALE CHESS CLUB

We meet every Thursday in the Corbridge Parish Hall from 7-10 pm. If you live in Hexham, then transport will be available on most club nights. Please contact us for further information. Place: Corbridge Parish Hall Organiser: Dave Humphreys dwhump3@ahoo.co.uk

CORBRIDGE INDOOR MARKET

Our monthly indoor markets are held one Saturday a month in Corbridge Parish Hall. We have lots of fantastic local traders with high quality products. For full details find us on Facebook or at www.chevent.co.uk Place: Corbridge Parish Hall Organiser: CH Event

contact@chevent.co.uk ZUMBA KIDS & JUNIORS

Zumba® Kids classes (4-11 years), feature kid-friendly routines where we break down the steps and add games and activities. Sessions help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making exercise fun. Place: Corbridge Parish Hall Organiser: Shelly Dronfield Shelly.dronfield@gmail.com

ZUMBINI (0 TO 4 YEARS)

The Zumbini® program incorporates best practices for an early childhood musical curriculum and movement program. We will sing, dance and play together providing opportunities for your child to develop fine and gross motor skills, musical awareness, cognitive, emotional, social skills.

Place: Corbridge Parish Hall Organiser: Shelly Dronfield Contact: Shelly.dronfield@gmail.com

HADRIAN'S WALL ROTARY CLUB

Hadrian's Wall Rotary meets on two Thursdays each month at RAFA Club, Market Street, 7.30pm. We are a small group of enthusiastic, innovative and flexible Rotarians, very much young at heart and definitely put the fun into fund-raising. Place: RAFA Club

Place: RAFA Club Organiser: Guy Galpin guy.galpin@uwclub.net

ELVASTON BOWLS CLUB

Ever thought of lawn bowls. Great fun for mind and body. Play at a private club, on a lovely green. Make new friends. Only one fee allows access all year. Give it a go at one of our coaching sessions or just contact me.

Place: Hexham Elvaston Bowling Club Organiser: Mark Terry 01434 682910

HEXHAMSHIRE WI

1st Wed in month at Whitley Chapel Hall. Always have a speaker, night's out/ BBQ's etc. Thoroughly good time. For further details, please get in touch Place: Whitley Chapel Hall Organiser: Joyce 01434602496

CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Tuesday evenings/Thursday lunchtimes. Try a session for free.

Place: Hextol Tans cafe/Core Music

Organiser: Claire Lynn claire@claire276.plus.com

HEXHAM TENNIS CLUB, TYNEDALE

All standards welcome. We meet for casual play on Tuesday evenings from 5.30pm and Saturday afternoons from 1.30pm. See our website www. tynedaletennisclub.co.uk Place: Eilansgate (shared entrance with Tynedale Cricket Club).
Organiser: George Miller 01434606300

WARDEN IN HEXHAM WOMENS INSTITUTE

Meet at St Mary's Church Hall on 2nd Wednesday of each month. Always a home-made supper and usually a guest speaker. Non-members welcome. For more information please call us Place: St Mary's Church Hall Organiser: Womens Institute 01434603386

HEXHAM AND DISTRICT FLOWER

Meet on the second Monday of the month at 2 p.m. (except August). Demonstrations by qualified NAFAS flower arrangers, talks and workshops are organised and form part of our love of flowers and plants. Further info contact Carol at mcsand@talktalk.net Place: Function Suite, Hexham Mart Organiser: Carol 01434 602431

FAMILY CEILIDH - DANCE SCOTTISH

Fun, fitness, and friendship with easy
Scottish dances. Suitable for children at
first and middle school but whole family
is invited. First Saturday afternoon of
the month 2-4pm starting 2nd April.
Come and make new friends whilst
enjoying dancing.
Place: Torch Centre
Organiser: Carol
01434 602431

TYNEDALE LIONS CLUB

Meetings every second and fourth Monday evening 7.45pm. We are ordinary people doing much to serve the local community and organising a range of social and fundraising events. We would love you to join us, see further details at www. tynedalelionsclub.org Place: County Hotel, Hexham Organiser: Tynedale Lions Club tynedalelionsclub@gmail.co.uk

HEXHAM ART CLUB

We meet fortnightly on a Tuesday afternoon 1.00pm to 4.00 pm. Our meetings are mostly practical sessions led by local professional artists and by club member. To people who say I can't paint, we say, yes you can! Place: Hexham Community Centre, Gilesgate

Organiser: Gillian Silsbury gillian.silsbury@gmail.com

TYNEDALE COMMUNITY CHOIR

Monday evenings during term time,

7.30 -9.00 pm. Come and sing, relax and unwind with folk songs, rounds, gospel, contemporary and more. Led by musical director Kathryn Davison. Suitable for beginners and experienced singers alike. Place: Trinity Methodist Church Hall Organiser: Tynedale Community Choir tynedaleCchoir@gmail.com

HEXHAM HOUSE BOWLING CLUB

Set in the beautiful grounds below Hexham Abbey and behind Hexham House. The Club is open to all ages and gender, this is an outdoor sport the season running from Early April till Mid September. Open most afternoons from 1.30pm.

Place: Hexham House Bowling Club Organiser: Debbie Crisp 01434602437

MORRIS DANCING CLASSES

Morris dancing for both men and women. Women meet every Monday @ Corbridge Middle School (Term time only) 8pm-9.30pm. Men meet every Thursday @ Acomb Village Hall (Sep – May) from 7.30pm. Come and join our friendly groups and visit www. hexhammorris.com Place: See description Organiser: Valerie 01434684705

MACULAR SOCIETY

Meets 11am last Thursday in the month at the Therapy Centre, opposite Hexham Hospital. Place: Therapy Centre Organiser: Jeanne

01661833988 **ARTVENTURERS**

Art and craft classes, parties and events for babies, toddlers and children.
Monday – 9:50am Baby ARTventurers (6-18 months) 11:30am Little
ARTventurers (18 months – preschool).
For more information please get in touch Place: St Marys Church Hall
Organiser: Justine
07737108061

HEXHAM PROBUS CLUB

Provides regular gatherings for retired or semi-retired professional or business men aged over 55. We meet most months at the Tynedale Mart for a talk preceded by lunch. New members from the Tynedale area are always welcome. Place: Tynedale Mart Organiser: Hon. Secretary 01434607798

TYNEDALE ROTARY

We support local charities, and Rotary's international activities. We are an active club, always keen to welcome potential new members. Our recent donations have benefited foodbanks, schools and other worthy causes. Meetings: Wednesday 12 noon. Place: County Hotel Hexham Organiser: Rotary Club www.rotary-ribi.org/clubs/homepage. php?ClubID=169





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See our main advert on the back page

CHRYSALIS CLUB TYNEDALE

Provides activities, stimulation and social opportunities for people with dementia, Carer support, information, counselling, Younger dementia group, intergenerational project. Based in new premises in Hexham with outreach in the Tyne Valley, Volunteer opportunities. Rooms available to rent from £12 ph. Place: Dene Park, Corbridge Road, Hexham

Organiser: Chrysalis Club Contact: info@chrysalisclub.org.uk

ACTIVE NORTHUMBERLAND

All walks are FREE, if you wish to join just turn up a few minutes before the walk starts and make yourself known to the leader (the one with the register!) The walks are graded for difficulty but are aimed at people with health conditions so are suitable for almost anyone. Place: Northumberland Organiser: Lorraine 01670622368

HEXHAM LIBRARY

Library is open for time limited browsing and prebooked PC access. We are operating amended hours so please check website before visiting www. mylibrary.co.uk

Place: Héxham Library Organiser: Fiona Corbett hexham.library@northumberland.gov.uk

MARY'S HEALTHY WEIGH

We meet every Tuesday morning and evening from 9.30am – 12 noon and 6 8pm for sensible advice on diet control. Everyone welcome, friendly group support and guidance for all weighty matters! No commitment to regular attendance.

Place: Conservative Club, Beaumont St. Organiser: Mary Reed 01434673489

HEXHAM BRIDGE CLUB

Hexham Bridge Club meets on Thursday evenings at 6.50pm. Friendly, competitive duplicate bridge. There is also a Club on-line Bridge evening on Tuesdays. Tuition for beginners and improvers available. New members and visitors are always welcome.
Place: Hexham Community Centre Organiser: Alan McKendrick secretaryHBC@btinternet.com

FAMILY HISTORY BRANCH

We are part of the Northumberland & Durham Family History Society. We are a small friendly group who meet on the second Thursday of the month (except August) at 7pm for talks or discussions on family history related topics. Place: Community Centre, Gilesgate Organiser: Tynedale Family History tynedalebranch@ndfhs.org.uk

WHIST DRIVE

Tuesday evening 7 00 pm. Entry is £2 plus a small prize currently a small group but would welcome new players of any ability. Please contact us with your enquiries

Place: Community Centre Organiser: Jean Thirlwell 01434600974

Tyndale's Modern Jive Group – Wednesday 8.00pm. Join an enthusiastic and friendly group of dancers. No need for a partner, all abilities welcome, expert tuition offered. Contact us for more information

Place: Torch Centre, Corbridge Road Organiser: Sheelagh 07712108685

HEXHAM TOWN WI

Our meetings, on 3rd Monday each month at 7.30pm; are interesting, informative and most importantly friendly; have a cup of tea or coffee, a piece of cake and a chat. Meet new people and make lasting friendships. Visitors always welcome. Place: Hexham Community Centre Organiser: President Suzanne 07858718056

HEXHAM RAMBLERS

Come and walk with us! Weekly walks in Northumberland's wonderful countryside - all year round. Every Sunday at 10.15 Find out more from www.ramblers.org.uk/hexham or contact Carol on 07718248502 for more info. Place: Various

Organiser: Carol 07718248502

TYNEDALE ARCHERS
We are a friendly community archery club based in Tynedale (Hexham and Haydon Bridge) in Northumberland. We meet in Hexham and all details are on our website www.tynedalearchers. co.uk

Place: Hexham Organiser: John Hope Contact: 07887364433

TOWN TWINNING ASSOCIATION

Visit to Noyon 26-29 August by coach via south coast ferry/Channel Tunnel. Costs around £210 per adult, depending on numbers travelling. Young people/children: no more than £100 per individual. Accommodation is provided by our French hosts in their own premises.

Place: Noyon in France Organiser: Hexham Town Twinning Association www.hexhamtowntwinning.co.uk/ contactjoin.html

Open Day 23rd September. Come and find out about the u3a between 11am and 3pm. Discover over 40 interest groups of Tynedale u3a. Join us, learn, stay active and have fun. www.u3asites. org.uk/Tynedale

Place: Héxham Abbey Great Hall Organiser: Tynedale u3a Tyneu3apublicity@gmail.com

We parade each Monday and Thursday between 7pm and 9pm. For both girls and boys 12yrs (yr 8 at school) to 18yrs. We do lots of activities such as Fieldcraft, Shooting, Expeditions, First Aid and the Duke of Edinburgh award. Place: Army Reserve centre, Hexham Organiser: Capt. Sean Ferguson 07977410385

HEXHAM ROTARY

We are a small enthusiastic group of men and women who meet together for fun and fellowship while helping local charities and good causes. We usually meet on Mondays and up-to-date programme can be found on our website www.hexhamrotary.co.uk Place: Beaumont Hotel Organiser: Rob Hart 07970221457

HEXHAM MALE VOICE CHOIR

Regular meetings on Thursday evenings. Our membership is strong but we always seek new members, you don't even have to be able to read music! Just come and have fun.

Place: West End Methodist Church Organiser: James Walmsley 07771715574

MUSIC AND MOVEMENT FOR PRE SCHOOL CHILDREN

Learn music, song, rhyme and rhythm under the guidance of experienced music and dance leaders on Friday mornings during school term times. More information on our website at http://www.musicmovement.weebly.com or on our FB page @musicmovehexham Place: Trinity Methodist Church Organiser: Julie musicmove79@gmail.com

HEXHAM AND DISTRICT

PHOTOGRAPHIC SOCIETY

Interested in photography? Hexham Photographic Society have a varied programme of events with something for everyone. We meet every Tuesday at 7.30 pm in the Torch Centre. All are welcome, full details can be found at www.hexhamphotographic.org Place: Torch Centre Hexham Organiser: Gerry 01434606967

LITTLE OAKS NURSERY

Early morning activities over breakfast from 8am, for children age 2yrs plus. Our after school club opens from 3pm until 6pm and includes dinner. Nursery places offer a cooked lunch, high staff ratios and forest school. Ofsted Outstanding. Place: Acomb, Northumberland

Organiser: Catherine Fergus 01434 613422

NATIONAL TRUST TYNE VALLEY **ASSOCIATION**

Our new season starts on Monday 19th September at 2pm with tea/coffee followed by a talk by Geoff Hughes entitled 'The Top Ten Places To Visit In Co. Durham'. Monday 17th October's talk is 'Dive into Durham' Place: Great Hall, Hexham Abbey Organiser: Jackie Wood Contact: jackie.wood@gmx.co.uk

MESSY CHURCH

Messy Church at Hexham Community Church, Beaumont Street. We've restarted and now meet on the second Sunday of every month, 10.30am to 12.30pm. Crafts, activities and songs for all ages - and a free lunch! We'd love to see you!

Contact: Church office Place: Hexham, Beaumont Street Organiser: Church Office Contact: 01434 601113

HEXHAM BACK TO NETBALL

Love netball but haven't played since school? Thinking about ways to get fit? Come and join our weekly netball sessions on Mondays 8pm - 9pm. Sessions are relaxed and fun for all abilities. Also opportunities to play in Kenton league.

Place: Queen Elizabeth High School Organiser: Heather 07906295112

HEXHAM BEACON CLUB

Hexham Beacon Club for retired men, meets weekly on Wednesday morning throughout the year. It is open to all retired men in the district. There is no subscription. Only a small charge for coffee. New members are always welcome.

Place: Trinity Methodist Hall Organiser: Mel Wall 07568 451241

HEXHAM INDOOR MARKET

Our monthly indoor markets are held one Saturday a month in the Priors building at Hexham Abbey. Lots of local traders with high quality products. Full details on our Facebook page or www. chevent.co.uk

Place: Hexham Abbey Organiser: CH Event Contact: Facebook

MARTIAL ARTS

Adult martial arts classes on a Tuesday and Thursday from 7 to 9pm at E.T Fitness and Therapy. We teach boxing, kick/thai boxing, as well as grappling and weapons. Improve your general fitness and self defence skills while having fun! Place: E.T Fitness and Therapy

Organiser: Simon phoenixmartialarts@hotmail.co.uk

NORTHUMBERLAND **CANCER SUPPORT GROUP**

The Northumberland Cancer Support Group is an independent Charity run by a small group of volunteers.

(We welcome new volunteers. Please speak to us and we can explain the various ways you can help).

New members always welcome!

We support men and women with all types of Cancer. We offer someone affected by Cancer, patient, survivor, carer or family member, a safe place to just be themselves.

We would love to welcome you at the various activities we have planned for 2022

Remember we are here for you.

To get in touch... info@northumberlandcancersupportgroup.co.uk or ring - 07598 620599

(if not answered straight away, leave your name and number and we will ring you back)

Do get in touch if you would like to know more!

All Welcome!

For more details about our group and events visit our website: Charity number 519373

www.northumberlandcancersupportgroup.co.uk



Egger UK







Visit our Hexham plant to discover the unique career opportunities available.

Saturday 8th October, 10am – 3pm

Explore the roles within our international business and our focus on sustainability and the environment.

Learn about our apprentice and graduate schemes, supervisor and manager positions, and what it is really like to work at EGGER.

Come along to meet employees from our Production and Technical, Finance, HR, Marketing, IT Support, Logistics, and Commercial and Customer Services teams.

Find out more about your career options with EGGER.

Book your place today: www.egger.com/career-open-day



An international business on your doorstep

Known as the cloud factory by locals, EGGER is one of the Tyne Valley's biggest manufacturers. Producing enough chipboard to travel to Newcastle and back from Hexham each day, it is a major supplier into the furniture, interior design and housebuilding industries.

EGGER moved into Hexham in 1984 and took over the site from Weyroc. The Austrian, family owned company, selected the Hexham site as its first foreign investment because of its proximity to Kielder Forest and excellent communication links.



For over 30 years, EGGER has been a major employer in the area, with most people in the Tyne Valley knowing someone who works at the wood-based material manufacturer located on Anick Grange Road. It is more than likely there is a piece of EGGER in your home, whether it be a kitchen cabinet, bedroom furniture or structural flooring.

To make More From Wood is EGGER's main priority and the founder of the business Fritz Egger Senior, is quoted as saying, "Wood is far too valuable to just throw it away". It uses round wood unsuitable for processing, by products from the sawmill and recycled wood, to produce a versatile chipboard panel. With 20 production plants and 26 sales offices across the

world, EGGER offers an international product portfolio comprising Melamine Faced Chipboard and MDF, Edging, Laminate, Worktops and Flooring. In the UK, products are sold via distributors to tradespeople, working on new builds and refurbishment projects across the UK.

In addition to the two production sites based in Hexham and Barony, EGGER also has forestry and recycling subsidiaries in the UK. The forestry business operates in in the North East of England and Scotland, and the recycling business, Timberpak, sources waste wood at its sites in Washington, Leeds, Bellshill and St Albans.



With over 800 people employed in the UK, EGGER has a variety of job opportunities on offer. From apprentices and graduate programmes to roles in mechanical and electrical, and even forestry and business admin, there are plenty of opportunities to become part of EGGER's team.

To find out more about the opportunities available visit www.egger.com/jobs







CALENDAR

24 September

Time Travellers' Flash Mob & Farmers' Market

23-25 September

Hexham Abbey Festival of Music & Arts

25 September

Run Northumberland Hexham 5k & 10k

8 October Farmers' Market

16 October

Hadrian's Wall - Hexham Half Marathon 2022 - including the Half Marathon Walk

October-November

Illuminated Sheep

22 October

800th Anniversary of Hexham Market

29 October

Spook Night

800 years of Hexham's Market



24 September join us for a free event.

Hexham's busy summer season has the celebration of 800 years since the charter was signed in 1222 for Hexham's Market.

QEHS student Belle Burdon has designed a logo for the occasion and you will see the design in and around the market place and in various windows around town

Look out for our Social Media stories about the rules of Hexham in 1797 and our rogues' gallery of historical Hexham lawbreakers.

There will be some names you recognize, are they your ancestors? You may also find out that parking in 1797 was very rigidly patrolled. You will also be able to spot the rules and rogues in participating shop and business windows. If you have a shop or business in Hexham that wants to join in, just get in touch!

A free event on Saturday 24th September at Hexham Farmers' Market at 12.22pm the Town Crier will perform a cry and Hexham market will become host to time travellers from the last 800 years.

The Time Travellers are coming back to see what has changed. Make sure you are in the marketplace to be immersed in an inclusive theatrical spectacle of drama, dance and music!

Scottish Knight William Wallace is scheduled to make an appearance, we will try and persuade him not to burn down the Abbey this time.

The Duke of Somerset may well lose his head again as he did at the Battle of Hexham. The Hexham Riot will also feature.

Hannah Glasse and Anne Cooke will revisit old grievances. Hopefully Diana Beaumont will ride in to save the day again.

There will be acts by Tynedale Community Choir, Studio K Dance, Stage Fright, Orla Doogan School of Irish Dance, Scottish Country Dance, Gateway into the Community and our very own Town Criers to name just a few. If you have a group who wants to be involved please get in touch. This is a fully inclusive performance all free for you to come along and enjoy.





Working together with Tyne Valley Express I hope to bring you regular news and updates.

Councillor Derek Kennedy Mayor of Hexham

www.hexhamtowncouncil.gov.uk Email: Derekhexham@gmail.com



Manager needed for local Charity 37 hours/week SP7-8 £27481 - £28455 Acomb, Hexham NE46 4SA

We are looking for a Social Care Manager for our award-winning Acomb Hub. The Hub provides local authority and NHS-commissioned Day Services for adults with learning disability. You will be part of Journey's highly successful Middle Management Team supporting a team of Staff to deliver exceptional services to our wonderful Clients.

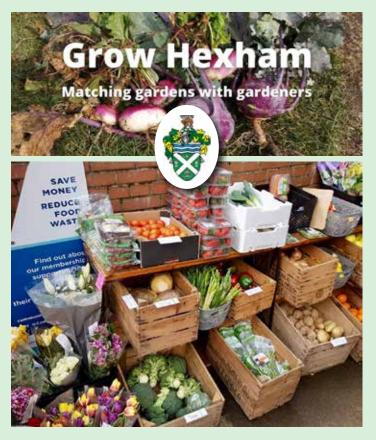
Business Administrator 27.5 hrs SP2 £19007 pro rata Acomb, Hexham NE46 4SA

We are looking for a Business Administrator to provide reception and administrative support at our Acomb Hub (Day Centre). You would be part of a small, friendly Business Administration Team,

Journey offers a generous benefits package including 36 days' leave and a holiday buy-back scheme, contributory pension, Benenden Healthcare and Staff discount scheme on site.

Application via application form on www.journeyenterprises.co.uk Telephone 01434 608118 or email info@journeyenterprises.co.uk





Grow Hexham is a garden sharing scheme set up by Hexham Town Council. We're working in the Hexham area to connect people who want to grow food but don't have the space with people who have gardens they're not using. The aim of the scheme is to increase local food production and reduce Hexham's carbon footprint.

We're working in partnership with Number 28 Community House, with the aim of bringing together communities, creating connection between people, and increasing people's awareness of growing food and gardening in a sustainable way.

We're also working with Hexham Community Grocery, encouraging local growers to donate any excess produce to the store, giving more local people access to affordable, locally grown food.

The other side of the project is the tool share & repair scheme we've set up. We're taking donations of old tools and gardening equipment, which are being restored and repaired by the member of the Men's Shed at No.28, and then are available to keep or borrow to anyone who needs them.



If you'd like to get involved, please have a look at facebook. com/GrowHexham or contact us -

Phone: 07811 409 078 or 01434 609575

Email: growhexham@hexhamtowncouncil.gov.uk

Come and Journey with us

We can make change happen



If you or someone in your family has a learning disability why not find out more about our Hexham Day Centre. We run a packed programme of arts, crafts, cookery, sports, dance, drama, music, gardening, IT, community navigation, employability and enterprise.

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...in DARRAS HALL & PONTELAND

If you run a local group, club or a non-profit organisation, we'll include it in our What's On diary completely free. Visit: www.tynevalleyexpress.co.uk/whats-on/

PONTELAND RAMBLERS

We have started organising formal walks again, longer walks every other Sunday and shorter walks on the 2nd and 4th Wednesdays of each month. Booking is essential, please visit our website www.ramblers.org.uk/ponteland. New walkers are welcome. Place: throughout Northumberland Organiser: Graham Snowdon graham_snowdon@sky.com

BELSAY HALL CROQUET CLUB

Not sure if croquet is the sport for you? We can offer trial sessions. We'll provide all the equipment and instruction. You just need to wear some flat-soled shoes and we'll have you playing really quickly. Interested? Just email us.

Place: Belsay Hall, Castle and Gardens Organiser: Colin Chun colingchun@gmail.com

ST MARY'S PONTELAND & HOLY SAVIOUR MILBOURNE

Visit our website for all services, activities and events: www. pontelandstmary.co.uk Place: St Mary's, North Road, Ponteland Organiser: Church Office office@pontelandstmary.co.uk

PONTELAND HEALTH WALKS

Meet every Tuesday at Ponteland Leisure Centre before 10:30 for a walk between 60 and 90 minutes. All are welcome.

Place: Ponteland Leisure Centre Organiser: Gordon Allan 07936135469

PONTELAND VILLAGE WI

Our meeting on September 13 will include a talk on The People's Kitchen in Newcastle and October 11 we will enjoy a Cocktail Workshop. To give us a try, email or look for us on Facebook - Ponteland Village WI.

Place: St Mary's Parish Centre Organiser: Jeni

pontelandvillagewi@hotmail.com CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Wednesday mornings. Try a session for free. Place: Members' homes Organiser: Claire Lynn claire@claire276.plus.com

PONTELAND BADMINTON GROUP

Adults Tue. 12:30-13:30 & 19-20:30 @ Pont. L/Centre, also WB Club Wed. 19-21:00. Juniors Mon. 16-17:00, Thu. 17-18:00 & Sat. 10-11:30 @ Pont. L/C. Also Adults Fri. 10-11:00 @ Pont. Comm. Prim. School. Place: Ponteland

Organiser: Phil Hall 078100 84153

PONTELAND LADIES CHOIR

Held every Monday 7:30pm at Ponteland Community Primary School, NE20 9EY. We sing a wide variety of music. New members welcome and no auditions required.

Place: Pontel and Community Primary School

Organiser: Susan 07710418780

PONTELAND LOCAL HISTORY SOCIETY

Meeting held at St Mary's church hall, Thornhill Rd, Ponteland at 7.30pm Regular talk programmes Annual membership Single £8 – Couple £10 – Visitor £2. More details please get in touch

Place: St Mary's

Organiser: Anne Kelway 01661820396

PONTELAND SENIOR GENTLEMANS CLUB

We meet at Ponteland Memorial Hall on 2nd Monday of every month starting at 2.30pm prompt. A talk is given and then there is a opportunity to chat to other members over tea and biscuits. See http://pontelandsgc.co.uk/for further details.

Place: Ponteland Memorial Hall Organiser: Bill Schardt 0191 242 1448

PONTELAND FRIENDLY STITCHERS

Ponteland Friendly Stitchers meets on the 4th Monday of each month from 2:15-4:15pm, except December. We offer a mixture of small workshops and speakers and welcome new members of any ability. Please contact me for further details

Place: Studio, Ponteland Leisure Centre Organiser: Penny Ford pontelandfriendlystitchers@mail.com

FRIENDS OF KIRKLEY HALL

13 July - Morpeth Nature Reserve. One man's vision to create a nature reserve on the outskirts of Morpeth that has now been transformed into a homeland for thousands of wildlife. Find out what inspired this success. Place: Kirkley Hall Organiser: Enid Saint 07582711873

TAI CHI IN PONTELAND

Every Thursday morning in St. Mary's Church Hall there are two friendly classes of Tai Chi for you to choose from. 10-11am or 11.20-12.20pm . All welcome. Contact teacher Steve Oliver 07989171701

Place: St Mary's Church Hall Organiser: Steve Oliver 07989171701

ROTARY CLUB OF PONTELAND

We meet every Tuesday, alternating between lunchtimes & evenings. We have a light meal, chat & socialise and try to arrange fund-raising events to support good charitable causes. Why not come along & join us.

Place: Ponteland Golf Club
Organiser: Alan Hall 07740866764

RAF AIR CADETS

733 Sqn Air Training Corps is open to the ages of 12 to 17 years, Mondays and Fridays, 7pm to 9.30pm. The Squadron activities include flying, gliding, shooting, first aid, cadet camps and the Duke of Edinburgh Award Scheme.

Army Reserve Centre, Kingston Park Organiser: Flt Lt G Smith RAFAC 733@aircadets.org

INNER WHEEL CLUB OF PONTELAND

Part of a women's voluntary organisation a small club founded on friendship and personal service which welcomes new members and visitors. Meeting held on the first Monday of the month include social time, talks, occasional lunches and gentle charity fundraising.

Place: St Mary's Church Hall

Place: St Mary's Church Hall Organiser: Ann Lowry 07568743653

METHODIST CHURCH

Sunday worship 10 am & 6.30 pm. Monday 1-4 pm 'Open Door' friendship cafe. Tuesday Boys' Brigade with a Girls' Association. Thursday Toddlers, Men's Forum, Women Together. Saturday walking groups. Bible study & House groups. Pilates, Zumba, Dance. Room hire. Place: Ponteland Methodist Church Organiser: Ann Cooper anncooperx@gmail.com / 01661 824347

PONTELAND U3A

Meetings and talks on the first Wednesday of the month at 2pm. 7th September - Northern Ghosts by Ken Smith. 5th October - A Local Author - Jane Ions. Open Day - Monday 19th September 2pm. Membership information 01661 824953 Place: St Mary's Parish Centre, Ponteland Organiser: John Hewett 07801233579

WALKING SCOTTISH DANCE!

Scottish dance for those who can no longer move as nimbly as they did! We meet in St. Mary's Church Hall on the second Tuesday of the month. 2.0-3.30pm £4 per session. It's great fun. Place: St. Mary's Church Hall Organiser: Gerry Turk Tel 01661 822056

SEIKEN RYU KARATE CLASSES

Seiken Ryu Karate Association runs family friendly karate classes for all ages and abilities in the village halls in Stannington (Tuesday 6pm) and Stamfordham (Wednesday 6.30pm). All instructors are fully DBS checked and insured. For more details www. seikenryu.co.uk

Place: Stannington/Stamfordham Organiser: Steve Reed 07456 657308

PONTELAND WILDLIFE GROUP

7.30pm St Mary's Parish Centre, Thornhill Road, Ponteland. £2 includes refreshments. Open to all. Tuesday 6th September "The Veteran Tree Project" Nick Johnson, Project Officer, The Veteran Tree Project. Tuesday 4th October "Chillingham's Wild Cattle" Stephen Hall

Place: St Mary's Parish Centre Organiser: Ponteland Wildlife Group internet:- pontelandwildlife/talks

PONTELAND WI

Ponteland WI welcome visitors to their meetings which are held on the second Tuesday in the month, except August. The meetings begin at 2.00pm. There is a monthly speaker followed by light refreshments, with a competition and a stall.

Place: Merton Hall, Ponteland Organiser: Gill Thompson gillian.tho@googlemail.com

PLANT HERITAGE GROUP

Plant Heritage is a charity supporting the preservation of garden plants through National Plant Collections. The NE Group monthly meeting, Saturday October 8th 2.30pm, features an illustrated talk on Linnels Farm Bulbs, raffle, coffee, biscuits, plant sales. Visitors welcome. Place: Memorial Hall Organiser: Pat Skews pat.skews@btinternet.com





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Munki A Covid Success Story

Hi, My name is Warren Milburn, aka Munki.

Prior to 2007, I worked in a number of senior roles in highprofile companies around the world, doing Information Engineering. It wasn't all plain sailing, as I spent a decade out with a severe illness. I recovered sufficiently in 2020 to start getting back into working again.

Kaboom! COVID hit the UK. It meant that more engineers would be needed to support the key workers and those at home, so I saw it as a great way to help.

I started my little business from nothing with a phone repair that I did for £30. I used it to invest in more tools and started repairing laptops. People came for advice which I'm always happy to provide. My appeal reached small businesses, and I began offering support contracts for managed services.

For the past year, we've been preparing for the launch of our new service for small businesses that will help them save money, be more efficient, more productive and more secure. The new service is codenamed Big Cake because everybody loves cake, don't they?! The same service for micro-businesses is codenamed Cupcake!

And that is my story so far,



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Are you ready for the increase in energy bills this winter?

Most homes have a form of time and temperature control for their heating and hot water. Whilst some of our customers use these correctly by setting the schedule and temperature appropriately, many don't and therefore waste huge amounts of energy.

Most existing systems have a room thermostat, which looks like a dial, mounted on the wall (see below), this controls the internal air temperature of your home.

The recommended temperature is around 20C, although less mobile people may require it a little warmer at 21C. Some people prefer it cooler, as low as 18C, but once you start getting lower than 18C you



run the risk of mould and damp which can lead to respiratory illness or damp within the home. Also bear in mind that for every 1C you have it over 20C you are adding over 10% to your energy bills!

The room thermostat usually works alongside a programmer (see below) which tends to be located near the boiler or hot water cylinder. This is where

you set the schedule for your heating and/or hot water to suit your lifestyle. It usually has a small LED screen with a clock on the front as



well as various buttons which often overwhelm customers and so gets ignored. It's important to set a schedule, there is no point heating your home when there's no one in.

Smart Controls

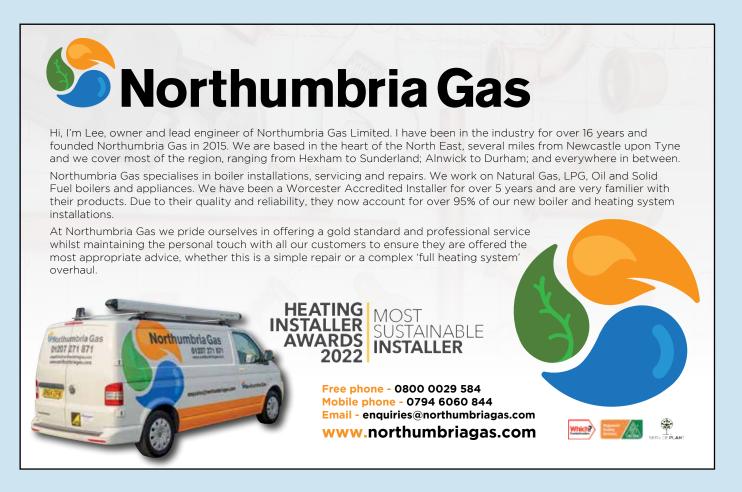
Most smart controls, such as the Drayton Wiser, merge the two components above into one unit creating a 'programmable thermostat' (see below). Most will also link to an app on your phone via Wi-Fi, allowing control over your heating and hot water schedule when not at home. This is especially handy if go out and forget to turn the heating off!

Some smart controls also include weather compensation, load compensation or optimum start. These are different features designed to help you save money and make your home more comfortable.

Smart controls can be added onto 99% of existing systems allowing for considerable energy efficiency improvements, especially on older systems. With energy prices expected to sky rocket this winter, the payback time on one of these controls could be as quick as one winter, especially for higher users or those with no existing controls.



For more information on heating controls and other way to save money, visit: www.energysavingtrust.org.uk





Discover Northumberland's hidden gems with our list of lesser-known attractions and secret spots. We've covered everything from hidden castle ruins to barely discovered beaches:

1) FORD AND ETAL

One of Northumberland's best kept secrets, this working estate has fascinating historical sites such as lesser-known Etal Castle, Lady Waterford Hall and Heatherslaw Corn Mill. Based in the valley of the River Till, its striking countryside setting makes for picturesque viewpoints and fantastic walking routes. To top it all off, you can hop on board the steam train at Heatherslaw Light Railway to travel between Heatherslaw Station and Etal Station, something which kids are guaranteed to love.

2) DUDDO FIVE STONES

Duddo Five Stones is a stone circle made up of five, 4000 year old stones that sit in rural countryside, accessible only via a 1km walk through fields. Their remoteness adds to their mystery and their striking setting adds to their beauty, as they stand with incredible views of the Cheviot Hills to their south and impressive vista towards the Scottish border, which is only six kilometres away. The site is a ten minute drive away from Ford and Etal, so the two attractions are great to do in the same day.

3) CHILLINGHAM

Tucked away on the outskirts of Wooler, Chillingham holds some fascinating attractions. The first is Chillingham Castle, Britain's most haunted castle, with the highest recorded levels of paranormal activity in Britain. If you're brave enough, you can meet the ghosts for yourself on a nighttime ghost tour, but if ghouls don't get you going and you can't handle the haunt, a daytime visit allows you to appreciate the medieval architecture and beautiful gardens. Pair your visit with a trip to see Chillingham Wild Cattle, the remarkable survivors of the ancient cattle that once roamed Britain's forests.

4) WALLTOWN COUNTRY PARK

Hadrian's Wall attracts tourists from across the globe, but this unmissable site is a whopping 73 miles long, leaving plenty room for lesser-known spots in its midst. Discover the irresistibly peaceful spot of Walltown Country Park, a site that used to be a working quarry until 1976 when it was filled in and landscaped. You can relax and admire the wildlife here, enjoy a coffee from the visitor centre and use the spot as a base to discover some staggering viewpoints along Hadrian's Wall.

5) HAUXLEY

Northumberland's coastline is undoubtedly one of its major draws for a holiday, but you may not have heard of Hauxley, a hidden beauty spot on the Northumberland coast. The area is home to stunning, peaceful Low Hauxley beach and one of the best wildlife watching spots in the North East, Hauxley Wildlife Discovery Centre. Looking out over Hauxley Nature Reserve, which attracts a myriad of birds as well as red squirrels and tree sparrows. Enjoy the walks and nature trails, the tranquil nature hides and a delicious snack or beverage in The Lookout Cafe which offers staggering views over the lake.

6) SEATON DELAVAL HALL

There are a number of stunning stately homes in Northumberland and one that is slightly lesser-known is Seaton Delaval Hall, based near the lovely coastal village of Seaton Sluice. Seaton Delaval Hall has just had a £7.4 million renovation and the results are spectacular, including the restoration of stunning cantilevered staircases and addition of playful interpretations that tell the story of the house. From history-lovers who are fascinated by the hall's

background, to anyone looking for a peaceful and picturesque picnic spot, this is the perfect place.

7) HOWICK

Another lesser-visited spot on the Northumberland coastline is Howick, a tiny, picturesque village nestled between Craster and Boulmer. A hidden cove, Rumbling Kern, is one of Howick's highlights and is revealed at low tide, with its rocky landscape and tidal pools offering a great family day out rockpooling and discovering the sealife. Venture slightly further inland to visit Howick Hall Gardens and Arboretum, another of Northumberland's more secret attractions. This site is the home of Earl Grey Tea, as Charles 2nd Earl Grey lived here and had his namesake tea specially blended for him by a Chinese Mandarin.

8) HARESHAW LINN

Northumberland is home to many fantastic waterfalls and Hareshaw Linn based in Northumberland National Park is one of them. Although it is a quiet spot, it can be easily accessed from the village of Bellingham if you know what you're looking for. Head to the car park in Bellingham where you will find the well sign-posted, picturesque, woodland footpath to spot where breathtaking Hareshaw Linn waterfall awaits. *This route may have been affected by Storm Arwen so please check ahead on Northumberland National Park's website before visiting.

9) WARKWORTH HERMITAGE

You may have already heard of Warkworth Castle, but did you know that Warkworth is home to a secret medieval hermitage that can only be accessed by rowing boat? Simply book a ticket to the Hermitage on arrival at Warkworth Castle, walk half a mile up the serene River Coquet, and hop on the rowing boat that is rowed back and forth by a member of staff so that visitors can admire this mysterious spot. When you get there, you will see the religious site that is carved out of rock and was probably built as a private chapel for the first Earl of Northumberland.

10) CHESTERS ROMAN FORT

One of the quieter forts along Hadrian's Wall is Chesters Roman Fort. The cavalry fort, known to the Romans as Cilurnum, was built in about AD 124 and holds some of the best collections of inscriptions and sculpture on Hadrian's Wall. There is a collection of famous finds and some lesser-known artefacts, including delicate glass work and intriguing graffiti. Before you head home, go and see Brocolitia Roman Temple, the remains of a temple which was dedicated to the mysterious deity Mithras.

Now you are fuelled with fresh ideas for a day out in Northumberland, go out and explore the hidden corners of this amazing county.



Jenni Meikle
Content and PR executive at
Visit Northumberland
www.visitnorthumberland.com





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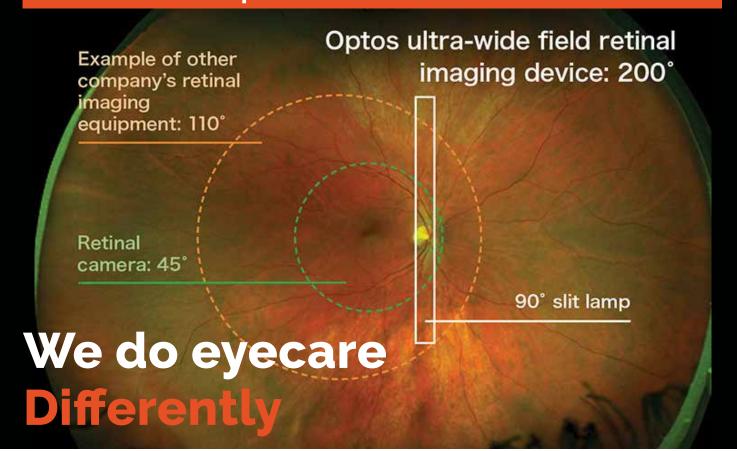


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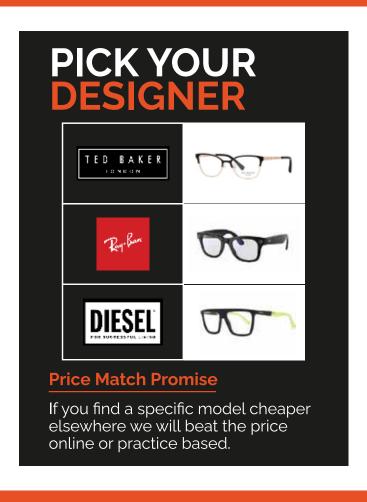
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EGGER offers a variety of apprenticeships across its state of the art production site in Hexham including electrical, mechanical, purchasing, marketing, business admin, IT, wood purchasing and more.

Read below to hear three qualified EGGER apprentices to find out about their experience with the wood-based material manufacturer.



Rachel Ruddick
Marketing Specialist

"I joined EGGER in 2017 after completing my A levels at Haydon Bridge High School. My apprenticeship was a two-year level 3 Business Administration qualification and involved two placements. My first placement was in the Marketing department,

where I supported the team in promoting and protecting the EGGER brand to customers and stakeholders. My second placement was in the Building Customer Service team where I took orders and arranged deliveries of our products. Alongside my work in Marketing and Customer Service I completed coursework with support from the apprentice training provider."

"At the end of my placement, a vacancy in the Marketing team became available. I applied and since then I have progressed from Marketing Trainee, to Marketing Assistant, to Marketing Specialist, something which I am really proud of."

"I really enjoy my role in the Marketing department. The new product innovation and variety of tasks keep things interesting."



Olly Gray Laboratory Supervisor

"I began my EGGER career in 2012 as an apprentice Laboratory Technician learning both on and off the job. On completion of this, I transitioned into a full time lab technician. I was offered further training to develop leadership and other skills, which led to the

opportunity to become Laboratory Supervisor."

"A highlight of my career so far was my successful application and completion of EGGER's future management programme Startklar, which allowed me the opportunity to travel and create international networks, but also partake in training tailored to EGGER's core values and philosophy regarding management."

"I have also been lucky to have the opportunity to work in a new team as part of a secondment to America, to provide training and support of the start-up of our new facility there."



Amy Hawke Production Material Management Specialist

"I knew I did not want to go to University, but wanted to continue my education, so after sixth form I joined EGGER's Production Planning team as a Business Administration Apprentice. I completed my apprenticeship in

2019 and became Production Material Management Assistant. Since then I have gained more knowledge and experience in the area of Production Planning, and in 2021 I was promoted to Production Material Management Specialist."

"A highlight of my EGGER career so far was visiting an EGGER plant in Germany to learn how they plan their production to see if there was anything we could implement in the UK. This was a great experience and offered a new challenge for us both."

"Throughout my time at EGGER, I have always felt very well supported by my manager and colleagues, they are always on hand to help."

To find out more about the apprenticeships available in 2023, please visit www.egger.com/jobs

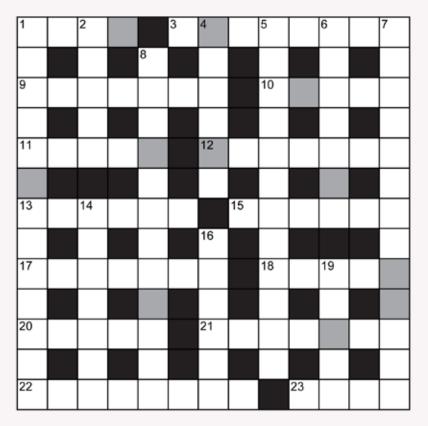


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Celebrate World Space Week

Email the hidden themed word to puzzles@tynevalleyexpress.co.uk Winners will be chosen at random from the correct entries. Solutions will be available on our website from the next edition.



Unscramble the letters in the shaded squares to reveal a themed word:

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Across

- Protective crust over a wound (4)
- Famous Scottish lake (4,4)
- Person who dawdles (7)
- 10 Musical instrument with keys (5)
- 11 Mistake (5)
- 12 Report of an event (7)
- 13 Relations by marriage (2-4)
- Contemporary (6)
- 17 Wind together (7)
- 18 Packs of cards (5)
- 20 Put in considerable effort (5)
- 21 State of the USA (7)
- Submissive (8) 22
- Writing fluids (4)

Down

- Obviously (4-9)
- Ire (5)
- Trying experience (6)
- Abnormal anxiety about health (12)
- Person moved from danger (7)
- 7 Meteors (8,5)
- Lacking tolerance or flexibility (6-6)
- Framework used to support climbing plants (7)
- 16 Keep hold of (6)
- Headgear of a monarch (5)

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9		1				2 6		



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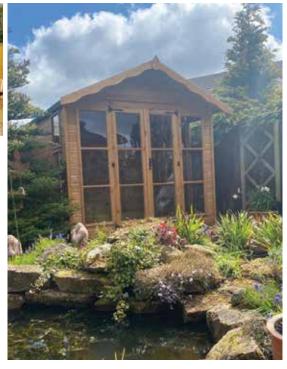




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AccountantsGraham Turner Accountancy	
Paul Axcell	p25
AntiquesWAN	TED
ArchitectWAN	TED
Arts & PhotographyTyne Valley Artists	p32
AuctioneersTyne Valley Auctions	
Bakers / CateringWAN	
Banks Newcastle Building Society	
Bathrooms	p33
Beauty / HealthNails and Beauty by Ell	p08
Makeup by Leanne	p09
	p18
Signature Window Shutters	p37
Builders Watson Builders	p07
	p18
Business SupportWAN	
Café / Farm ShopFed & Watered	
North Acomb Farm Shop	p58
Car ValetingWAN	TED
Care Homes / Assistance Edith Hertz	p17
Kirsten Hartley	p62
CarpentryNook Design	p33
Carpet CleaningIR Cleaning Services	p55
Carpets / FlooringKarpet Mills	p86
Designer Flooring	
Central Heating Services	p87
	p17
Appollo Gas Services	p09
Northumbria Gas	p75
CharityJourney Enterprise	p69
Chimney SweepsWAN	
ChiropodistsTyne Valley Foot Care	p58
Chiropractic WAN	
Churches The Gate Church	p54
Cleaning (Inside)Inside Sparkle	p24
Maid 2 Sparkle	p25
Double Green Care	
	p25
Polish Maids	p25
Cleaning (outside) PPC	p25 p26
Cleaning (outside)PPC	p25 p26 p29
Cleaning (outside)PPCThe Gleam Team	p25 p26 p29 p07
Cleaning (outside)	p25 p26 p29 p07 p30
Cleaning (outside)	p25 p26 p29 p07 p30 p16
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p08
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p08 p30
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p08 p30 p40
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p08 p30 p40 TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p08 p30 p40 TED TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p73 TED p48 p08 p30 p40 TED TED TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED TED p62 p58
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED TED TED p62 p58 p15
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED TED TED p62 p58 p15 p15
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED TED p62 p58 p15 TED
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED TED p62 p58 p15 TED p62 p58 p15 p41
Cleaning (outside)	p25 p26 p29 p07 p30 p16 p59 p65 p06 p73 TED p48 p30 p40 TED TED TED p62 p58 p15 TED p62 p58 p15 p44

Events	Gateshead History Festival	p23
	Prudhoe u3a day	
Interior Design	Sandra Gallon Interiors	p39
	WAN	
	Fitness with Natalie	
Florist	Flower Design	p10
	E. Peart	p29
	Furniture Clinic	
	The Bed and Chair Centre	p49
	WAN	
Garden Services	Linnea Grows	p10
	Double Green Care	p25
	Orangutan	p38
	Fencing North East	р39
	The Land Girls	p59
	GCS Leisure Buildings	
	Garolla	
	Newcastle Garage Doors	p26
	WAN	
	The Emporium	
	Strong Point	
Groundworks / Pavi	ngBA Paving	p22
Handyman	David Muers & Son	p22
	David Castonguay	
	Handy-O	
	WAN	
	Lisa Graham Hearing Care	
	DeliverLoo4U	
	nsNorthern Stamps	
Home Improve	CPM Property Maint	p10
	Tyne Valley Restorations	
	Access 4 Lofts	p61
	Inside Transformations	
	entsWAN	
	The Iron Lady	
lewellers		ITFD
loiner	Nook Design	n33
Key Cutting	WAN	ITFD
Kitchens	MKM Building Supplies	n05
	Dream Doors	
	Tip Top Kitchens	p74
	Inside Transformations	p88
	The Will Guys	
Locksmith	Fortify Locksmiths	n22
	In2Locks	
	esProject Organise	
	Egger	
	Total Health	
	Bewick Mobility	
	Motorhome Depot	
	Thomas Hunter Guitar	
	Inomas Hunter Guitar Elizabeth Evans	
	Tynedale Eye Clinic	
	Oven Clean	
	WAN	
	W. Sparkes	
riumper	Appollo Gas Services	puy

Robin Building Services p1	
Physiotherapy Hexham Physio p7	
Reclamation / Timber Prudhoe Timber p4	
Restaurants / Pubs / ClubsWANTE	
RoofingFalcus Roofing p4	0
L. Richardson Roofing p3	
Elliott Spoors p8	
ScaffoldingWANTE	
School Services Newcastle High School p6	
SecurityCSN Services p1	
Metro Security Service Ltd p1	
Shops / Retail Original Factory Shop p5	
Skips / Waste Removal	
SolicitorHay & Kilner Law Firm p4	
Sports / Clubs NE Gymnastics p1	9
Storage Secure Container Storage p5	
Tattoo / RemovalWANTE	
Taxi ServiceWANTE	
Tea Room	
Theatre / CinemaWANTE	
TilerWANTE	
Travel AgentWANTE	
Trade SuppliersWANTE	י
Tree SurgeonT.C Tree Services p3	
TV and AerialsWANTE	
TyresWANTE	
Vets	
Website / Hosting	
Wheelie Bin Cleaner	
Windows / DoorsMetal Services p0	
In2Locks p1	
Fortify Locksmiths p2	
Window Cleaner	
WINDOW Cleaner WAINTE	

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