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Christmas Fair at Newburn

Combatting Winter Worries

Stargazing in Northumberland

Christmas Joy At The Gate Church

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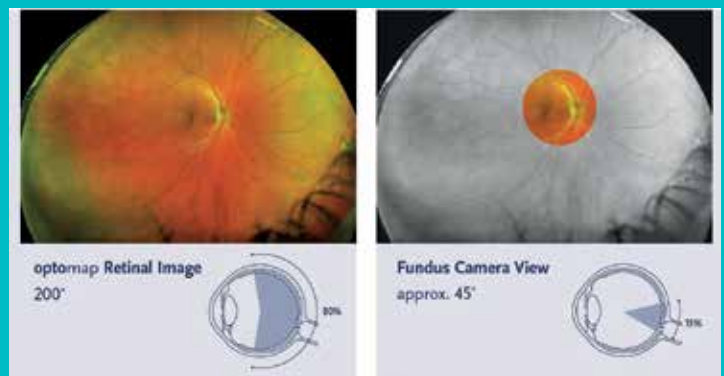


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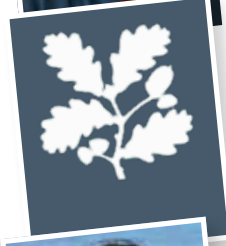
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Welcome to issue 82, what a jam-packed edition it is!

We've got our biggest ever competition below, as well as a £50 gift voucher for North Acomb Farm on page 53. There's a fresh set of puzzles in our festive coffee break and another chance to win a £5 Costa voucher. There are fabulous articles from our dedicated contributors, including a heartfelt message from Katie Pharoah and a new piece from award-winning writer Sarah Fae.

Special mentions go out to St Oswald's Christmas market and the return of Radio Prudhoe, opposite.

As we head into the winter, it's important to look out for one another and lend a helpful hand to those in need.

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

Stephen and the
Tyne Valley Team.

Stephen McHugh

Tel: Stephen: 07884 340 451

Email: stephen@tynevalleyexpress.co.uk

The Lodge, Bays Leap Farm, Heddon on the Wall, Northumberland, NE15 0JW.



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Place: St Anne's RC Church
Organiser: Adrian Tuckwell
stannewinlatonrc@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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Place: St Cuthbert's Church, Blaydon
Organiser: Revd Diane Ryan
rev_dianeryan@btinternet.com

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Organiser: Revd Diane Ryan
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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
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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

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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

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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 hopefully restarting later this year)

Organiser: Colleen Dewing
colleendewing@gateshead.gov.uk

WINLATON EVANGELICAL CHURCH

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Place: Next to Public Library NE21 6AS
Organiser: Winlaton Evangelical Church
winlatonevch@talktalk.net

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Place: Lucy Street, Blaydon
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Organiser: Frank & Pat Smith
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Place: Winlaton Mill Village Hall
Organiser: Dawn
info@winlatonmillvillagehall.com

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Place: Swalwell Visitors Centre
Organiser: Chris
northern@durhamwt.co.uk

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

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Place: Winlaton New West End Club
Organiser: Graeme and Lesley
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Combating Winter Worries



With Britain being chucked from the frying pan straight into the fire, the cost-of-living crisis is on most people's minds this winter. October brings with it the most recent hike in energy prices, and in the months beyond we have plunging temperatures and Christmas to think about. Back in February debt Charity StepChange said that 'cost of living pressures' entered the top five reasons for debt amongst their clients and it's stayed there ever since.

This winter we'll all be turning to tips and tricks to try and save money. Even with budgeting, some people will be feeling the pinch, and that anxiety will add to the mental health crisis that we are already facing.

This World Mental Health Day – which was on October 10th – I focussed on key issues that may be caused by the cost-of-living crisis and how we could tackle them.

Anxiety over money

The foremost issue is perhaps the simplest – worrying over affording necessities. Many people are already aware of food banks. Charities such as Northeast Homeless and Feeding Families are also available for those in need – Northeast Homeless also run their Christmas Meal for the vulnerable at Central Station again this year. Still, there are similar kinds of support in our communities that run school uniform banks and toy libraries, where second-hand items are available for people who need them. Gateshead West Pre-loved School Uniform Scheme is one such charity, who also supply all kinds of clothes. Your local library is also an excellent place to look for community resources; many also offer activities for families. In addition, ASDA recently announced a £1 meal deal in their cafés for the over 60s throughout November and December.

And remember there is no shame in buying second hand or thrifted items.

Some pubs across Northumberland – The Olde Ship, The Percy Arms and The Anglers Arms to name a few – have begun initiatives to help. Including stocking up on firewood to provide warm spaces. Each pub has also introduced a book-sharing library and will be offering free hot drinks to anyone who donates a book to it. Visitors will be welcome to stay as long as they would like with no obligation to buy food or drink. The Anglers Arms, north of Morpeth, will be giving free soup to those aged 60 and over between the hours of 12noon and 4pm. And Thermos flasks and hot water bottles can be filled up free of charge upon request.

Combating Loneliness

Loneliness is that unwelcome feeling of lack of companionship and this can occur for a multitude of reasons. Whilst it is associated with social isolation, people can and do feel lonely even if they are in a crowded room. It occurs when we have a mismatch between the quality and quantity of social relationships that we have and those that we want.

We combat it with one conversation and one act at a time. We check in on those around us, pop round for a cuppa and ensure that people know that we are welcome to chat with them if need be. Simple things you can do are trying to stimulate your mind and do activities that you enjoy. Small activities can give you energy and positive feelings. One thing I like to do is simply go for a walk, plug in music or an audiobook and just walk any feelings off. Whilst this may get more difficult with the changing weather, it's also uplifting to see new scenery and have that physical activity. Nature has a calming effect on us - in

Japan there is an act called 'forest bathing' where going to a forest or wood and experiencing all the different scents and sights have a healing affect.

Taking care of yourself is also essential. We need to check our own relationship balance just as much as our bank balances and think about whether we've got the connections we need to keep going. Is there anything you can do to maintain the connections you already have? Can you strengthen them or build new ones to have that feeling of companionship?

Staying Positive

It is easy to stay pessimistic, especially during bleak times. But to aid in mental health struggles the key is to look for the silver linings. Or to sing it, 'always look on the bright side of life'. Turn off the news and take a deep breath. Reassess your feelings and know that whatever you're feeling isn't permanent, even if it feels like it is.

Helping Others

This year's theme for World Mental Health Day is making mental wellbeing for all a global priority.

If you can help, then there are opportunities to do so. As aforementioned, helping others can be free by just offering your companionship and friendship to other's. Talking out your problems can help you break worries down and make it easier to find solutions. Lend a listening ear or a helpful hand to those who need it – maybe you have extra clothes or food that you could give away. Being kind costs absolutely nothing.

It is also important to not pass judgement. For example, alcoholism and drug use is on the rise as some people use that as an escape from issues. Instead of passing judgement, let them know that help is available, either by assisting them personally or by going through mental health and addiction services. If you are in the position to help out financially then various charities and services are there. Donations go a long way to keep those charities going, either in physical money or by donating items to contribute to their cause.

In summary, these coming months are going to be tough, but it's important to keep track of your mental health alongside that. On a personal perspective take care of yourself and your wellbeing by understanding your feelings and taking measures to tackle them. Remember not to take life too seriously and remember the fun you can have despite these bleak times. Also remember that you are not alone in this and together we will get through it.



Katie
Pharoah

Katie Pharoah
Writer for Tyne Valley Express
katie@tynevalleyexpress.co.uk



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A cremation service including third party costs (doctor's fee, cremation fee, minister or non religious celebrant fee and professional services). Hearse only and no limousines. Options of coffin include The Morpeth (light oak) or The Arran (dark oak).

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HOLY CROSS CHURCH
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 Contact: 01914529381

HOLY CROSS CHURCH HALL
Thinking of holding party or 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 Contact: christine.knox@talktalk.net

RYTON OUTDOOR BOWLING
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Holy Moly

Otis, my cat is a cruel mistress. Often, I wonder if she overhears my grumbles that the fridge is empty again and this is one of the reasons she presents me daily with a couple of shrews (often in shoes) and on special occasions, like summer solstice, a bat. Imagine that. Strategically placed at the side of my bed ensuring when I arose for sunrise to welcome in the longest lightest day, my first step was upon a symbol of death. Poetic that.

*'There's evil in the air and there's thunder in the sky,
And a killer's on the bloodshot streets.'*

Bare toes and dead bats at dawn might to most of felt like a "bad omen," but I couldn't help but get curious about such a symbol. Why are we so quick to demonise the dark and distract ourselves from depth? We'd sooner socially scroll ourselves to spiritual death than face our own shadow nature, or that sobering fact, one day we will physically die.

Otis is many things, and a zen master might just also be one of them for her gift on summer solstice presented a timely, tangible, synchronistic reminder of the nature of duality. For within each pristine white light lives a speck of darkness and inside the bleakest winter a beam of hope, it's a tightrope we walk, the yin and yang. That bat was about integration.

*'But when the day is done and the sun goes down,
And the moonlights shining through.'*

The spirit world communicates with us through symbols so when Otis deposited a baby mole mortally wounded, I was poised for the pearl. All I could muster were a few soft words shielding his tiny body. What happened next took me quite by surprise! A sphere of light popped out of his side whilst white smoke spiralled from his back, twenty seconds later the jerking ceased, and the mole was dead. This creature no more than the size of half my little finger had three brightest light dance from his body, his soul was free. Imagine what exists in us.

*'Oh, baby, you're the only thing in this whole world
That's pure and good and right.'*

Have you ever held anyone as they transition from matter to spirit? Grateful was I to experience such a thing through my first feline Jemimah whose passing in the early hours was so brutal and quick all I could do was hold her through the violence of it all. After she gasped her last a large rectangle of orange, red and white at least five times the size of her somewhat small yet plump body lifted through us both. There was even a distinct sound to the process, a vacuum. WHOOOOOSH.

*'But I gotta get out, I gotta break it now,
Before the final crackle of dawn.'*

At the time of writing the world heard the news Queen Elizabeth II exited the earth school leaving her son Charles to be our new sovereign ruler. Don't get me wrong I LOVE the pomp of it all (especially the songs) and although I'll always 'vow to thee my country,' I soon sobered up when I thought about what the word sovereign actually means; 'to possess a supreme and ultimate power.' Read that again. Now recall footage the 74-year-old man who threw a tantrum over an ink well whilst signing the proclamation never mind the loss of temper over a leaky pen days later in Ireland.

*"Nothing ever grows in this rotten roll hole
And everything is stunted and lost."*

Sovereignty isn't a concept that is based around external, expensive demonstrations of pageantry and palaces by those with titles and wealth. What I am alluding to carries a very different kind of currency. It's the type the really begins to accumulate when we understand we are both the created and creator. To rediscover yourself anew will plunge you into the unknown but we pay a far greater price when we give our sovereignty, our power away to external sources for the sake of convenience and comfort.

*'And nothing really rocks and nothing really rolls
And nothing is ever worth the cost.'*

To be sovereign means to live in a 'self-governing state,' so let's unpack what that could mean. When we live in a state that is self-governed (and I don't mean geographically) we live in accordance with our own truth and integrity and, yes ironically that is the royal 'we.' This new 'state of being,' one in which your actions and intentions are inwardly driven is directed by your souls own unique song. The alternative: hijacked by a culture which continues to hold our attention captive with bright lights and big tech. Distraction is the basis of the current human condition.

*'And my skin is raw, but my soul is ripe,
No one is gonna to stop me now,
I'm gonna to make my escape.'*

On the whole humans are a loving and collaborative bunch of beings and the vast majority want to live in harmony so why do we continue to outsource our lives to outdated, corrupt and criminal systems? Centuries ago, Demonax the Cynic said this: Probley all laws are useless; for good men do not need laws at all and bad men are made no better by them.

I don't pretend to have the answer just curiosities about new ways of being and breathing. Although there is still one question that keeps me somewhat seemingly baffled by the sheer and bizarre logistics of it all! 'How on earth does a cat even catch a bat anyways?!' Cruel mistress, mole slayer, zen master and perhaps.. ninja?

'And I think somebody somewhere must be tolling a bell.'



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Place: Crawcrook
Organiser: Rev. Tom Brazier
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Time to Pay the Piper

Many of you have of course been aware of the crisis in the UK government bond market following Chancellor Kwasi Kwarteng's recent minibudget, in which more tax cuts and government spending were promised. The UK government bond market or Gilt market, is the market in which the government taps investors worldwide for funds and in exchange, investors receive a bond with a promise of interest payments every six months with repayment of the full principal at the end of the term. Many will say that Kwarteng's mini budget was the reason behind the crisis as the price of Gilts crashed and yields spiked massively. My argument will be that this crisis had been brewing for decades and that the mini budget was the straw that broke the camel's back.

Let us look at what it means when Gilt prices crash and yields rise. When HM treasury needs to borrow £1 billion it will go into what is called the primary market and issue a bond or Gilt at auction, and investors will offer to pay a certain interest or coupon. The secondary market is the market in which the Gilts trade amongst investors after an auction, so when prices start dropping precipitously and yields start rising, it means investors require more interest for holding Gilts. There are a few reasons why this might happen - The first one is a rise in inflation like we have seen recently to around 10%. For most of 2021 the 10-year Gilt yield was below 1% while inflation as measured by the CPI ran at 5.4%. So why would any sane investor accept a 1% interest payment from HM Treasury when the currency is being debased at a rate of 5.4%? Probably because investors thought the Bank of England and the government would sort their affairs and control inflation and fiscal spending. The other reason investors might want to sell Gilts in the secondary market is if they are for foreigners whose currencies are rapidly appreciating versus the British pound.

So why have things suddenly gone from a relatively stable Gilt market at the end of 2021 to total chaos in 2022? I would say that the underlying reasons are the inflation situation and the fiscal profligacy of the UK government ever since the 2008 crisis. Sure, the breakout of the war in Ukraine in February this year helped push energy prices higher, but they were already rising prior to 2022 and as we saw above, inflation was already pushing above 5%. The Bank of England held off raising interest rates from almost zero (stayed below 1% since 2009) up until the end of the year, despite about half a trillion pounds of Quantitative Easing (QE) during the pandemic and all the government spending during the same period. I warned you of this through my articles here that QE or money printing out of thin air would lead to higher prices, but the mandarins of Threadneedle Street thought money printing was not inflation!

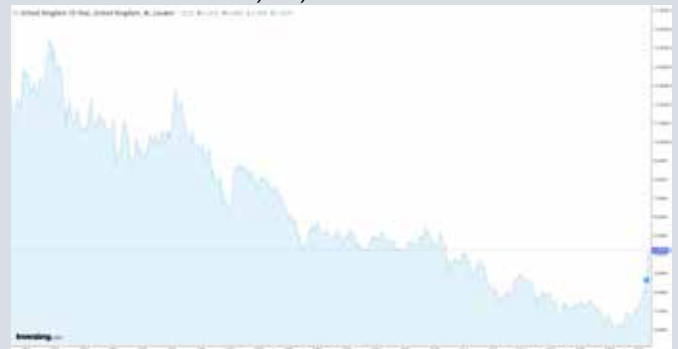
The Bank of England continued to raise rates this year but not nearly enough to keep pace with double digit price rises. Their excuse was that inflation was being pushed up by Putin and his war on Ukraine, so the Gilt market was not too concerned but the 10-year Gilt yield went from around 1% in the beginning of the year, to around 2.75% by June. Investors still seemed to be giving the Bank of England the benefit of doubt despite CPI escalating to 12.7% annual rate in June! Don't forget even with CPI running at 9.9% in August the Bank of England base rate was still below 2% at 1.75%, so foreign investors also started selling the currency - and that is why the rout in Gilts in late September corresponded to an all-time low for the pound of around \$1.03 late on Sunday night of September 25th. The mini budget on the 23rd and the £150 billion energy package announced a couple of weeks before did not help investors' confidence in the currency nor Gilts either.

The turmoil in the Gilt and currency markets meant the 10-year Gilt yield rapidly rose to around 4.75% by the end of September. This led to chaos in the defined benefit pension industry, the mortgage market and potentially

a lot of other sectors of the economy that we will probably find out about in the coming weeks and months. The reason mortgages and all other borrowing rates in the economy have been affected is that Gilt yields or what the government needs to pay to borrow, is the benchmark for all other rates and they follow the Gilt yields either up or down. The Bank of England had to come out in late September and announce £65 billion to stop a total meltdown of the UK financial system even though they were supposed to be doing the opposite which is QT (Quantitative Tightening) or selling Gilts from their balance sheet. The Gilt market and the currency have stabilised for now and the Bank states the temporary QE ended on October 14, but I am not too sure we are out of the woods yet.

My conclusion is that we have had a period of 40 years in which interest rates have been falling despite a huge build up in credit and debt. It has generally been a period where most including governments, corporations and households have been able to easily buy now and pay later with no regard to tomorrow as asset prices like houses, stocks and bonds kept going up. Inflation had, up until recently, been fairly much under control, if you think 3% inflation is a good thing. There is an old saying that all good things eventually come to an end and this case my view is that we will face a new world in the coming decade plus and that will be a world in which working, producing, saving and then spend a little of what is left after expenses will become the norm. Maybe it will be a good thing to move away from a world of instant gratification and heavy debt loads? After 40 years of easy money, it is time to pay the piper.

The chart of the UK Gilt 10-year yield since 1980



Mario Innecco

Mario Innecco

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

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 and sometimes have play readings
Place: The Hearth cafe in Horsley Hazel Holliday. 01661853919

HEDDON BALLROOM DANCING CLASSES

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 great fun. Find a partner and give it a try.

Place: Knott Memorial Hall
Organiser: Jenian School of Dancing

Contact: 01912365878

THE HEDDON PATCHERS

A quilting and patchwork group who meet every other Wednesday in the Women's Institute 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
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
Secretary Contact: 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
Contact: 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 auditions!

Place: Heddon Methodist Church
Organiser: Christine Champion
Contact: 01912740217

FITNESS CLASSES WITH SCOTT

Two new fitness classes at Knott Memorial Hall in Heddon on the Wall on Tuesday Mornings: 9:30 am LBT-Legs Bums and Tums, 10:30 am Stretch. £5 per class or 2 for £8. To book go to: Bookwhen.com/scottmiller. Walk ins welcome.

Place: Knott Memorial hall
Organiser: Scott Miller
Contact: sjmm2412@aol.com

HORSLEY VILLAGE CHURCH

Services each Sunday at 11am. Please visit our website at horsleyvillagechurch.chessck.co.uk for more information
Place: Horsley Village Church
Organiser: Horsley Village Church
horsleyvillagechurch@gmail.com

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The Hearth. Rachel. 07545865009

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Place: James Knott Memorial Hall
Organiser: Pauline Wright
Contact: 01661853365

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Planting Trees for a Wilder Wallington



©Tom Carr

It is to Sir Walter Calverley Blackett (1707-77) that we owe much of Wallington as we know it today.

Sir Walter oversaw the first and biggest phase of tree planting at Wallington, creating the East and West woods and extensively redesigning the gardens and grounds with the introduction of pleasure grounds and the digging of water courses and ponds.

From the 1850's the Trevelyan family planted the latest 'must have' trees. These were mainly exotic conifers discovered in the New World. As a result, Wallington has trees from all around the world. George Otto Trevelyan (1838 – 1928) started The Wallington Book of Trees in 1891, which recorded the planting dates, girth, height and position of more than 300 trees. The recording was continued by his daughter-in-law, Lady Mary Trevelyan, and his granddaughter Pauline Dower. We still depend upon this book to find out details about the trees on the Wallington estate.

After the Storm

Storm Arwen devastated Wallington's tree population in November 2021. Winds of up to 98mph tore through the region and devastated 40 hectares of trees across the 20-square-mile Wallington estate. Among those lost were a 250-year-old oak, beech trees planted by Sir Walter Calverley Blackett in the 1800s and what was the only surviving larch tree from five given to the estate in 1738 by the Duke of Atholl. As well as these notable individual losses, whole, large woodland blocks were also razed to the ground.

With support from iconic British brand Barbour, who generously donated funds to a group of Northeast National Trust properties to help repair and rebuild after the storms of 2021, we are continuing this winter to make steps towards recovery with the planting of a whole new broadleaf woodland at Wallington. Visitors, staff and volunteers are planting 8,500 native broadleaf trees along with Barbour employees this coming winter, close to the Dragon cycle trail. This will, in time, become a woodland supporting wildlife and serving as a reminder of not only what was lost, but importantly, the opportunities gained from the impact of the storm.

As well as this woodland creation project, thanks to Barbour two lasting monuments have been created from trees felled by the Storm. The first memorial carving is Elementree, which tells the story of the weather, carved into a huge oak tree that fell close to the entrance of the East woods. A second tree, an old oak that fell into Garden Pond adjacent to the Walled Garden during the storm, has an 8ft owl carved into the now righted stump. Visitors will be familiar with spotting owls around the house and grounds here as they form part of the Calverley family coat of arms.

Securing the Future

Our challenge for the future is to enhance nature and start to combat the effects of climate change across the most significant historic landscapes in our care.

At the end of 2021, more than 75,000 trees were planted at Wallington thanks to the Green Recovery Challenge Fund to create 12ha of new deciduous woodland, with the ambition to plant 1 million trees over the next 10 years.

Over the next 50 years, we will work with our partners to create rich and healthy spaces for nature, and in doing so, reverse the decline in wildlife and their habitats. We are working to create places where people and nature can thrive together.

If you are keen to get involved with tree planting at Wallington this year, join the public tree planting event on Saturday 3 December from 11am until 2pm. Work alongside Wallington's Rangers and help make a difference. (Normal admission charges apply).

www.nationaltrust.org.uk/wallington



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Organiser: Institute office
Contact: 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
Contact: wylaminstitute2@gmail.com

WYLAM METHODIST CHURCH

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
Contact: 01661832717

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children, are welcome. Church Hall also available to hire. See <https://stoswinschurchwylam.chessck.co.uk/>
Place: Church Road, Wylam
Organiser: Rev Tom Birch
Contact: wylamstoswin@hotmail.co.uk

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Place: Church Hall, Church Road
Organiser: Helena Bates
Contact: 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
Contact: 01661 854563

PHYSIO-LED PILATES

Physio-led Pilates - small and friendly classes. Tuesday mornings: 9-10am - Level 2, 10.10-11.10am Level 1 (suitable for clients with low bone density). 11.20-12.20 Level 1. Please get in touch if you

have any queries or would like to join!

Place: Wylam Institute
Organiser: Angela McClintock
Contact: pilatesphysio4you@gmail.com
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Organiser: GO Local Food
Contact: admin@golocalfood.org.uk

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

CHRYSLIS 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

Contact: 07760124539

EXERCISE CLASSES

Mondays Pilates 9.30-10.20am (all abilities), Post Natal Exercise Class 10.30-11.20am (Babies welcome). Tuesdays, Strength & Conditioning 7.00- 7.50pm, Men's only core & mobility 8.00 - 8.50pm. For more information & other zoom classes www.annalittle.co.uk
Organiser: Anna Little
Place: Wylam Methodist Church Hall
Contact: 07747624541

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
Contact: ianwarburton25@gmail.com

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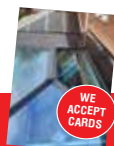
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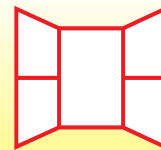
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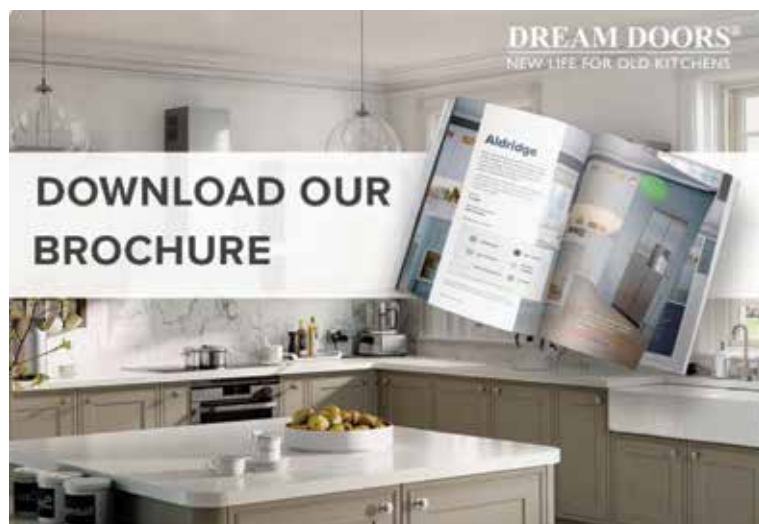
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A guide to Stargazing in Northumberland

Photography: Wil Cheung

After the Northern Lights recently put on a dazzling display in Northumberland's skies, there is no better time to get into astronomy. If you haven't already seen the footage captured by Kielder Observatory, it was shared by the BBC and a number of other outlets, as well as being widely shared on social media. Northumberland is one of the few places in the UK where, if the conditions are right, the rare Aurora Borealis can be spotted.

Northumberland is one of the 572 square miles of Northumberland have been awarded Gold Tier status for their dark skies. This makes up Northumberland's Dark Sky Park which is the largest in the UK and the second largest in the whole of Europe, spanning Northumberland National Park and Kielder Water and Forest Park. So, when autumn falls over the county and the nights become longer and darker, visitors arrive with their binoculars ready for a star-studded show. Here is our guide on where, when and how to stargaze in Northumberland:

NIGHT TIME NOVICES

Kielder Observatory

If you prefer a bit of guidance while you stargaze, everyone from night-time novices to astronomy experts can head to Kielder Observatory for events that are out of this world. Sitting beneath Northumberland's vast, Gold Tier status International Dark Sky Park, their telescopes sit in concrete pillars for outstanding levels of stability. Some are even computer controlled meaning any visitor can experience the thrill of "driving" a telescope around the skies with just the click of a mouse. From beginners' Introductions to Astronomy to Physics in the Forest and everything in between, there is an event to suit every ability. Visit their events calendar on their website for more info.

Stargaze until you fall asleep at Falstone Barns and PoshHuts. Nestled in the North Tyne valley, close to Kielder Observatory and Kielder Water and Forest Park, it is perfectly located for stargazing.

Battlesteads Observatory

Battlesteads is the only hotel in the country with an on-site observatory and its magical location means that there is just as much to do after the sun sets as there is during the day. Battlesteads Observatory's accessible, public astronomical observatory offers sessions that range from Astronomy for Absolute Beginners to Stargazing and Moonwatch. You can even have a Shooting Star Supper and dine on fresh food from the award-winning hotel that is attached to the observatory while you stargaze. (Tele)scope out your options on their events calendar on their website.

Stargaze until you fall asleep in Battlesteads's cosy accommodation that is just a few steps away from the observatory.

The Twice Brewed Inn

Tucked away in Northumberland National Park, The Twice Brewed Inn isn't just known for its excellent pints and stunning location. The pub has recently taken action to make the most of its situation beneath Northumberland's International Dark Sky Park and now offers stargazing events. With a team of in-house astronomers, you can enjoy an inspiring presentation before heading outdoors for a laser guided tour of the constellations. Purchase their stargazing and supper package and enjoy a delicious meal in the pub before you head out.

Stargaze until you fall asleep by booking their stargazing, supper and slumber package and wake up to a hearty Northumbrian breakfast, and Northumberland National Park and Hadrian's Wall on your doorstep.

STRONG, INDEPENDENT STARGAZERS

Dark Sky Discovery Sites

The beauty of Dark Sky Discovery Sites is that you can do some solitary stargazing – all you need is warm clothing and maybe a pair of binoculars if you want to get up close and personal with the night's sky. Dark Sky Discovery Sites are locations that are internationally recognised for their lack of light pollution, clear view of the sky and public access and many of them are scattered across Northumberland National Park. Each one has been awarded special status due to the outstanding quality of its dark skies and given one of two darkness ratings; "Orion" where the seven main stars in the constellation Orion are visible to the naked eye and "Milky Way" sites where the Milky Way is visible to the naked eye. Take a look at the Go Stargazing website where you'll find a map of Northumberland's Dark Sky Discovery Sites that you'd be lost without! Or, click through to Northumberland National Park's list of stargazing spots.

Stargaze until you fall asleep at Breamish Valley Cottages. They list number of stunning self-catering cottages based in the Northumberland Dark Sky Park, conveniently located near Dark Sky Discovery Sites.

Northumberland's Coastline

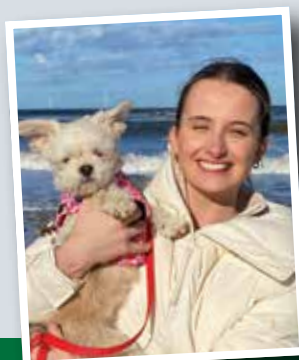
Head to the coast where the sand is your seat and the sound of crashing waves accompanies your stargazing experience. The dazzling Aurora Borealis, more commonly known as the Northern Lights, have been known to grace the skies above the Northumberland coastline. The dark expanse of sky over the ocean and the limited street lighting along this official Area of Outstanding Natural Beauty means that, even in towns and villages, it is possible to enjoy the darkness of Northumberland's skies. With more than 30 miles of beaches, there are castles on the coast, hidden bays and dramatic, sweeping vistas that make amazing Aurora viewpoints.

Stargaze until you fall asleep at Cherry Tree and Almond Apartments. Boasting five luxury, dog friendly self-catering holiday homes, each one is tailor-made for couples seeking the perfect coastal escape.

WHEN TO STARGAZE

You can stargaze all year round, but the best time is autumn and winter. When temperatures dip, the sky is at its most transparent and the darker nights make these seasons the prime viewing time. That's when the shivering river of stars that is the Milky Way can be spotted overhead.

Now you are fully equipped to discover Northumberland's Dark Sky Park and pristine coastline and reap the rewards of staying out after sunset on the cold nights.



Jenni Meikle

Jenni Meikle
Content and PR executive at
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Arts and crafts - Baking ... and many more.**

Our day centre also includes a hot meal, snacks and refreshments.

Our aim is to bring happiness back into peoples lives and to help develop new skills.

The individual can choose which activity they would like to get involved with, there is no pressure.

Our services are for up to 5 people per day due to restrictions.

Our day centre is situated in Mickley, Northumberland.

We are open Monday to Friday 10:00am - 15:30pm.

You must book in advance.

You can do so by ringing our office on: **01661 844456**
or email us at: **Info.communitybuddies@gmail.com.**

For more information visit: www.facebook.com/communitybuddies/
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Place: Prudhoe Parish Hall
Organiser: CH Event
Contact: contact@chevent.co.uk

THE GATE CHURCH

Everyone is welcome at The Gate Church! Sunday Celebration is at 10.30am with a super Children and Youth Church starting a little later. During the week there are activities for various age groups - come along and meet the family!
Place: Swalwell Close, NE42 6EX
Organiser: Bert and Margaret Boonstra
Contact: thegatepcc@hotmail.co.uk

RENEW WELL-BEING OASIS

Tuesdays from 1.00pm - 3.30pm, Renew Oasis provides a quiet, safe space for adults where it's "OKAY not to be OKAY". There's tea, coffee and cake; hobbies, games, jigsaws and a time of reflection led by the local churches
Place: Tyne Riverside Cafe
Lynda Telford. 07766142105

HOT CHOCOLATE - AFTER SCHOOL YOUTH CLUB

Calling all 9yr - 13yrs! Free safe youth club every Wed in term time 3pm - 5pm with Youth For Christ. Banter, Snacks, Games, Activities and Fun. Find out more about living life to the full! All volunteers DBS checked
Place: The Gate Church
Organiser: Bert and Margaret Boonstra
Contact: 07944118314

GLEEMEN MALE VOICE CHOIR

New members welcome. www.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. Christine Hewitt
allotmentassociation@hotmail.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
Contact: 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
Contact: 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/The

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 Tyne River. Organiser: Keith Shaw
Contact: 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
Organiser: Claire Lynn
Contact: 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: Place: Prudhoe
Organiser: J Dobson

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.
Prudhoe. 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

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Place: Prudhoe Parish Church Hall
Organiser: Hayley Langston
Contact: LittleTreasures@PrudhoeParishChurch.org.uk

CHRYSLIS 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
Chrysalis Club. 07760124539




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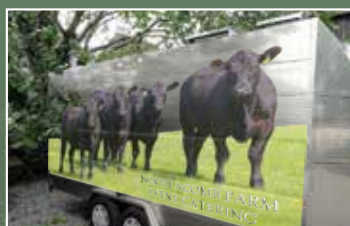


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Place: SCA, Mount View Terrace

Organiser: Terri Anne

Contact: admin@stocksfieldca.org.uk

MURDER MYSTERY EVENING

Stocksfield Players are performing the murder mystery play 'Who Killed the Soapstar' on Friday 25th and Saturday 26th November at 7.00pm. £10 entry includes pie and pea supper! Tickets available in advance from Stocksfield Community Centre or telephone 01661 842346

Place: Stocksfield Community Centre

Organiser: Stocksfield Players

CHURCHES TOGETHER

Pre-Christmas Events - Saturday 5th November 10am-12 noon in Stocksfield Community Centre. Coffee Morning with Sale of Charity Christmas Cards and Traidcraft Goods

Place: Stocksfield Community Centre

Anne Davison. 07754156099

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

John Watson. 01661 834318

SCOTTISH COUNTRY DANCING CLUB

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

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

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

Organiser: Lynda Telford

www.stocksfieldbaptistchurch.net

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

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

Rose Romani. 07515 107 774

ST JAMES 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

David - mckenzie.d@btinternet.com

ART GROUP

Supportive, self-help group for anyone interested in art. Held every Monday and Thursday morning, 9-12.00am. Please contact Maria for more

information. Address: 85 Guessburn, New Ridley, Stocksfield NE43 7QP

Place: 1st Stocksfield Scouts

Maria Coleman. 07756961354

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

Contact: 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.barkermvht@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.barkermvht@btinternet.com

YOGA WITH ROSE

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 Rose. 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. Dorothy Peacock. 07810 286285



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A hearing loss can sometimes make it difficult to hear clearly when socialising with groups of friends or family. Don't let your hearing loss detach you from any conversations over the festive period. The latest hearing aid technology is designed to pick out speech from background noise, making it easier for you to participate in the conversation with your loved ones.

These comfortable devices are so tiny no one will even notice you are wearing them, leaving you to enjoy the company of others with complete confidence. To find out how you can benefit from the latest technology, call now to book your Hearing Assessment and demonstration.*



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info@lisagrahamhearingcare.co.uk www.lisagrahamhearingcare.co.uk

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

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Top tips for choosing a real Christmas tree

Find the perfect tree for your space

A Christmas tree is the classic centrepiece to any home during the festive season and this winter, Dobbies Garden Centres has a range of real Christmas trees in store to help you find your perfect match.

All Dobbies' trees are sustainably grown from specially selected seeds, taken from hand-picked cones which have been left to dry and nurtured into seedlings. Specialist pruning techniques are used to create a bushy, uniform shape with emphasis on each individual tree's features. This work is done by hand which keeps any impact on surrounding wildlife to a minimum. Dobbies' customers can be assured they were not cut down from wild forests but instead come from environmentally managed plantations across Scotland.

We spoke with Horticultural Director, Marcus Eyles, for advice and tips on how to choose the right Christmas tree to complement your home and optimise your space. Whether you are a fan of the traditional, big tree look or fancy something different this year, Dobbies has you covered.

Freshly cut trees

Freshly cut trees are a fantastic option for those who love that real tree smell and a truly authentic Christmas vibe. Not only that, but once the festivities are over, a real tree can be used to create a safe and cosy space for wildlife in your garden to shelter during the winter months. Remove the branches as close to the main stem as possible and make small piles with them on the soil, under shrubs, trees or hedges. You can also cut your tree's trunk into sections for a mini log pile that will help create habitat for small animals and bugs.

Nordmann Fir slim cut tree, 180cm-210cm, £39.99

If you want the look and feel of a big tree but don't want to sacrifice a lot of space, Marcus suggests going for a Slim Nordmann Fir. Grown specifically to have a compact, narrow shape suited to smaller homes while retaining the classic lush foliage, this popular tree adds a touch of elegance to any home during the festive season. The Nordmann Fir is the most popular Christmas tree in the UK because it loses very few needles, meaning your tree will remain green and full, with the right care.

Nordmann Fir cut tree premium grade

120-150cm Nordmann £19.99 / 150-270cm from £34.99

The Premium Nordmann Fir is a Christmas classic and Marcus's top choice for creating a winter wonderland at home. It can comfortably fill a large space to dramatic effect and will give any room that festive feeling. The full, broad conical shape of a Nordmann Fir makes it easy to spread your baubles, decorations and lights along its branches right into the centre of the tree for an extra magical display. With deep luscious green needles and a height perfect for high ceilings, this picturesque tree can't be beaten.

Pot Grown Trees

Pot grown trees are great for anyone who wants to give their tree a forever home – they can be transferred to the garden and brought back in the following Christmas, or they can be planted in the garden to become a permanent fixture. Make sure to leave plenty of room around them as they can grow very large!

Pot Grown Nordmann Fir, 60-80cm, £34.99

For a tree which suits a low ceiling, consider a pot grown Nordmann Fir tree. Marcus recommends these smaller trees as they can be more versatile. Perfect for a cottage, flat, balcony or bungalow, they can be dressed in lights and baubles for some festive spirit while saving space. For a more rustic look, they can also be left bare and sat on a table or in the hallway. To get the most out of these, remember to keep their soil damp and keep them cool.

Pot grown Blue Spruce, 60-150cm, from £24.99

To make the most of a small space, a pot grown Blue Spruce tree will help to create a seasonal atmosphere while saving on room. This tree has unique silvery blue needles, making it a top choice for a cool or jewel-toned Christmas theme. Customise your tree with string lights, small baubles and a star on top. Small trees are versatile, so get creative adding your final touches!

Tree selection top tips

To ensure your Christmas tree is the right size, come equipped with the height, depth and width measurements of the area where you picture your tree at home. Make sure the area has a plug nearby, for your Christmas lights – corners are ideal, as it will keep your tree safe from knocks and bumps.

Bringing a tape measure to the store and double checking the dimensions is a good idea to avoid any disappointment and save you a return trip to the store if you find that your tree is too big or small once you get it home. Dobbies' team members will also be on hand to help you decide what tree is best suited to your space. Fear not, if your tree is a little too big, you can always trim it to fit the space.

Caring for your real tree

Once you have your cut tree home, keep it outside in a sheltered area, cut 1 inch off the base of the trunk and stand in a bucket of water until you are ready to bring it indoors, this will help reduce needle drop.

Place your tree in its water holding stand and ensure the water reservoir is replenished on a regular basis.

To find out more, visit:
www.dobbies.com



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Passwords Why They Are Evil...

- You make them too easy to crack - Typically less than 10 seconds!!
- You write them down incorrectly
- You forget to write it down when you change a password
- You write them on scraps of paper that invariably get lost
- You write down multiple versions of your password over time
- You still use the same passwords for multiple websites

So what can you do?

1) Use Fingerprint, Face Recognition and other forms of ID instead.

2) Use a secure password manager if necessary because:

- You don't need a password to access your passwords!
- You don't have to remember all your passwords
- You can copy and paste or autofill without showing your passwords
- Your passwords are stored in an encrypted form
- You can usually access your passwords from any device
- Your passwords can be randomly generated
- You get regular reminders to change your passwords

I hope this has convinced you of the evils of poor passwords and the benefits of using a password manager. For more advice, please do get in touch...

Warren Milburn, Director, Munki Business IT



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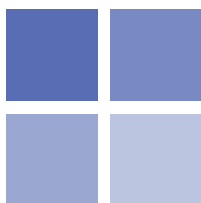
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(We welcome new volunteers.

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.

***Wishing you all a
Wonderful Christmas.***

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:

www.northumberlandcancersupportgroup.co.uk



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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
Contact: 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
Contact: 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
Contact: 01434 622947

CORBRIDGE PARENT AND TODDLER GROUP

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
Contact: 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
Contact: 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
Contact: 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: contact@chevent.co.uk

CORBRIDGE LACE GROUP

A friendly group meeting on Wednesday mornings to make lace and chat about a wide variety of textiles. Tuition available for bobbin and needle lace and craft laces including tatting and crochet. Beginners and experienced lacemakers equally welcome. Place: Corbridge Parish Hall
Organiser: Gil Dye
Contact: gildye6@gmail.com

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
Contact: 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
Organiser: Guy Galpin
Contact: 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
Contact: 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

Contact: 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
Contact: 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
Contact: 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
Contact: 01434603386

HEXHAM AND DISTRICT FLOWER CLUB

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
Contact: 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 at 2pm. After the summer break re-starting on the 1st October. Place: Torch Centre
Organiser: Carol
Contact: 01434 602431

SCOTTISH COUNTRY DANCING CLASS

Meet on a Wednesday evening 7.30 to 9.30 commencing the 5th October. Suitable for beginners. No partner required. First class free. £3 thereafter. It's relaxed, fun and friendly, dancing easy ceilidh dances to more challenging Scottish Country dances. Place: Lockhart Room, Moothall
Organiser: Carol
Contact: 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
Contact: tynedalelionsclub@gmail.com

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
Contact: 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
Contact: tynedalechoir@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
Contact: 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
Contact: 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

Contact: <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=169>

CHRYSLIS 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: Hexham 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

Contact: 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

Contact: tynedalebranch@ndfhs.org.uk

JIVE ALIVE

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

Contact: 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 at: www.tynedalearchers.co.uk

Place: Hexham

Organiser: John Hope. 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

TYNEDALE U3A

Monthly meeting and talk on the first Tuesday of every month at 2pm. Non-members welcome. See <https://u3asites.org.uk/tynedale/events> for details of speakers. In addition over 40 interest groups organise their own activities and meetings in the Corbridge and Hexham area.

Place: Hexham Abbey Great Hall

Organiser: Tynedale u3a

Contact: tyneu3apublicity@gmail.com

HEXHAM ARMY CADETS

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

Contact: 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

Contact: 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

Contact: 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

Contact: 01434 613422

NATIONAL TRUST TYNE VALLEY ASSOCIATION

Monday 21 November a talk entitled Plants, Pots and Bampots will be given by Patricia Hodgson. Tea and coffee served at 2pm. The Christmas Lunch, at The Duke of Wellington, Newton is 1 December, arrival 12 noon. Prior booking required.

Place: Great Hall, Hexham Abbey

Organiser: Jackie Wood. 01434 674812

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 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

HEXHAM HIGHLIGHTS NETBALL

Do you love netball and want to return to the court? As well as being great for fitness, netball is a way to create new friendships, have a laugh, to destress and exercise (a bit!). Every Monday, 7.30pm - 9pm

Place: Wentworth Leisure Centre

Organiser: Dill

Contact: 07974 811351

What's On Hexham

- | | |
|------------------|---|
| 5 Nov | Hexham Round Table Bonfire & Fireworks |
| 12 Nov | Peace Walk |
| 13 Nov | Remembrance Sunday |
| 18 Nov | 2nd Annual Lantern Parade (part of the HSHAZ cultural programme, but also supported by HTC) |
| 19 Nov | Ukrainian Craft Fair at Hexham Abbey |
| 5 Nov | Christmas Lights Switch On, Carols and hot chocolate at the Abbey and the launch of the Hexham Magical Movie March - where dozens of local businesses will be dressing their windows as Christmas movies! |
| 30 Nov | Reiver - Tales from the Borders, by Elysium Theatre Company at Queen's Hall |
| 2 Dec | Illuminate: Festival of Flame (including the full flock of Illuminated Sheep, fire gardens and live music) |
| 3 Dec | Sankta Lucia at Hexham Abbey |
| 10 Dec | Hexham Christmas Market |
| 10-31 Dec | The Wind in the Willows at Queen's Hall |
| 14-24 Dec | The Three Bears at Christmas, by Kitchen Zoo at Queen's Hall |
| 22-23 Dec | Carols by Candlelight at Hexham Abbey |
| 24 Dec | Children's Crib Service and Midnight Mass at Hexham Abbey |



Working together with Tyne Valley Express, bringing you regular news and updates.

Derek Kennedy

Councillor Derek Kennedy - Mayor of Hexham

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

Start as you mean to go on

Well known in Hexham for fantastic career opportunities, EGGER is one of the Tyne Valley's largest employers. With over 10% of its 600 strong workforce joining as an apprentice, it provides the opportunity to start a career in an international business that is on your doorstep.

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

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 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



MORE FROM WOOD.



Passion.
for a **unique**
resource.

Business Apprenticeships
Engineering
Graduate Schemes
Technical
Engineering Apprenticeships
Summer Placements
Undergraduate Placements
Professional
Quality
Independent
Respect
Passionate
Reliable
Production
Manufacturing
Administration
Progress
Sustainable

**Together
we are stronger**

EGGER is a leading international wood-based materials manufacturer. With 20 plants and 24 sales offices worldwide, there are plenty of opportunities to shine and develop your career at our multi-award-winning company.

Due to the size and international presence of our company, we offer a wide range of careers choices and opportunities whether you are starting your career, looking to progress your professional career or simply want to try out a new role.

Visit www.egger.com/jobs to learn more about the many opportunities we offer.



North East
Better Health
at Work Award
Ambassador Status

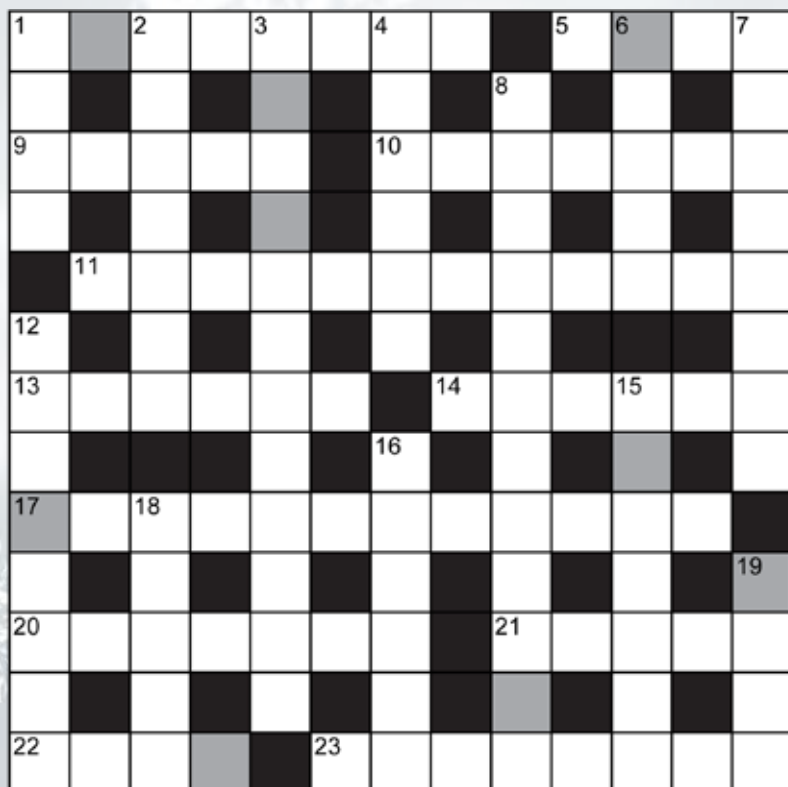
COFFEE BREAK

Celebrate Advent.

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.



WIN A
£5
COSTA VOUCHER
Email the themed word to puzzles@tynevalleyexpress.co.uk



Across

- 1 Conceptual thinker (8)
- 5 European mountain range (4)
- 9 Crawl (5)
- 10 Farm vehicle (7)
- 11 Triumphantly (12)
- 13 Find (6)
- 14 Share out food sparingly (6)
- 17 Inspiring action (12)
- 20 Bright red (7)
- 21 Frostily (5)
- 22 Loop of cloth worn around the waist (4)
- 23 Impressive manner of a person (8)

Down

- 1 Short nail (4)
- 2 Mournful (7)
- 3 Monotonously (12)
- 4 Parody (6)
- 6 Water lily (5)
- 7 Showering with liquid (8)
- 8 Scientific research rooms (12)
- 12 Spies (8)
- 15 Language spoken in Rome (7)
- 16 Stationary part of a motor (6)
- 18 Sets of players (5)
- 19 Computer memory unit (4)

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

--	--	--	--	--	--	--	--	--	--

H	R	R	B	S	H	T	A	E	R	W	P	T	G	P	ARRIVAL
E	Z	Z	Q	R	G	A	R	R	I	V	A	L	W	G	CANDLE
E	T	E	D	U	A	G	D	T	S	R	P	O	S	N	CHRISTIAN
S	R	I	S	E	O	S	E	S	U	N	D	A	Y	S	CHURCH
R	I	V	N	R	T	N	V	I	S	U	I	D	Y	H	DEVOTIONAL
G	W	R	M	A	J	S	O	K	J	K	S	T	C	E	FAITH
P	G	A	R	T	W	X	T	H	B	A	I	R	L	D	GAUDETE
Q	U	U	I	E	Q	S	I	W	N	V	U	D	I	T	GOD
P	D	E	S	A	I	H	O	M	I	H	N	Q	V	Y	GOSPEL
S	X	U	I	L	T	A	N	T	C	A	T	C	U	U	JESUS
K	O	B	T	I	F	E	A	E	C	J	A	U	A	S	LAETARE
O	L	R	A	A	M	N	L	T	S	S	E	F	Z	J	NATIVITY
G	Z	F	N	A	I	T	S	I	R	H	C	S	Q	T	SUNDAY
G	O	S	P	E	L	T	E	L	O	I	V	T	U	S	VIOLET
L	O	I	O	P	C	D	S	R	F	P	G	O	D	S	WREATH

			6	4				2
8	4			3				
		7			9	4	3	
		9					1	
	8	3				5	7	
	1					9		
	9	5	4			3		
				7			9	8
1				6	3			



Can you make a difference for people with learning disability?

Two job opportunities have arisen to join our happy and friendly Charity team at Journey Enterprises, Acomb, Hexham NE46 4SA.



Life Skills Coach SP2 £19,007 pro rata: 22 hrs/wk

We are looking for a Life Skills Coach to work with us helping our Clients to build on their skills to lead independent, socially-inclusive lives. This includes supporting with cooking, baking, sports, music, photography, getting out and about in the village, Hexham and surrounding areas... It really is a varied role.

Cleaner/Handyperson/Gardener SP1 £18,695 pro rata: 15 hrs/wk

Our second role is a Cleaner but there is the opportunity to make the job your own. We really want someone to become part of our team and help us maintain the site with some basic handyperson and gardening skills. Ideally, you would also be working alongside our Clients sharing your knowledge and skills.

The best thing to do would be to give us a ring:

01434 724 035 and speak to Erica about what the jobs involve.

www.journeyenterprises.co.uk

info@journeyenterprises.co.uk



Get in touch with all your fencing and decking requirements.

Tyne Valley Landscapes specialises in both hard and soft landscaping we offer a full service from concept and design right through to supply, construction and maintenance. With years of experience our small team are punctual, polite, professional and approachable giving impartial advice whenever necessary. Staff wear uniforms. We are fully insured.

- Complete garden design and build service
- Driveways, block paving & patios
- Retaining walls - brick, stone, sleepers, gabions
- Decking timber / composite
- Fencing / gates
- Turfing / artificial grass
- Ponds and water features
- Garden clearances



tel:
email:
visit:

07435 539 614

tynevalleylandscapes@icloud.com
www.tynevalleylandscapes.uk



The Snack Pawtal...

The Snack Pawtal is a local, independent business based in Prudhoe, Northumberland, supplying the North East with high quality dog treats. Focusing on 100% natural, single ingredient and single protein produce, our range of treats are especially suitable for dogs with allergies, dogs on strict elimination diets, and raw fed dogs.

We offer a wide variety of products in a range of proteins, including training treats, meat bites, meat strips, and longer-lasting natural chews.

We are fully insured and registered with Northumberland Trading Standards in the pet food sector, working to DEFRA guidelines. All products are responsibly-sourced, packed by hand in Northumberland and are fully traceable.

You can find our range of snacks both online and in local stockists around the North East, all of which are listed on our website and social media pages.

Trade enquiries welcome.



The Snack Pawtal

• Complementary Treats For Dogs •

Irresistibly Good!

Find us at the following Christmas markets:

- SUN 6th Nov - Buddies Tea Room, Mickley
- SAT 19th & SUN 20th Nov - Morpeth Markets
- SAT 26th Nov - Plantsplus Garden Centre, near Blagdon Estate
- SUN 3rd Dec - Newcastle Dog Shelter, Benton Lane

Keep up to date with markets, products, stockists and other dog-related news by following our Facebook and Instagram pages

E: hello@thesnackpawtal.co.uk

www.thesnackpawtal.co.uk



[thesnackpawtal](https://www.facebook.com/thesnackpawtal)

...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

Contact: 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: colingchun@gmail.com

Place: Belsay Hall, Castle and Gardens

Organiser: Colin Chun

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

Contact: 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

Gordon Allan. 07936135469

PONTELAND VILLAGE WI

The Friends of LV50, an historic timber lightship, will be giving the talk at our meeting on Tuesday, November 8, and on December 13 we will enjoy a Christmas Celebration, both at 7.30pm.

To try us, email pontelandvillagewi@hotmail.com

Organiser: Jeni

Place: St Mary's Parish Centre

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

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

Contact: 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.

Ponteland 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 St Mary's Parish Centre on 2nd Monday of every month starting at 2.30pm prompt. Following a talk there is a opportunity to chat to other members over tea and biscuits. See <http://pontelandsgc.co.uk/> for details.

St Mary's Parish Centre, Thornhill Road

Organiser: Bill Schardt

Contact: pontelandsgc@gmail.com

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, Penny Ford for further details

The Studio, Ponteland Leisure Centre

pontelandfriendlystitchers@mail.com

FRIENDS OF KIRKLEY HALL

Canine Partners Speaker evening. On Wednesday 9 November Susan Fulton, who has a disability, will tell us how amazing dogs help to transform their owners lives.

Kirkley Hall. 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

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

Contact: 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

Organiser: Ann Lowry. 07568743653

METHODIST CHURCH

Sunday worship 10 am, 6.30 pm. First Sunday of month Bouncy Church 9 am onwards. Monday Café, Tuesday Boys

Brigade with Girls. Thursday Toddlers, Men's Forum, Women Together.

Saturday Walkers & Coffee Shop Strollers.

Place: Ponteland Methodist Church

Organiser: Ann Cooper

Contact: anncooperx@gmail.com

PONTELAND U3A

Meetings and talks on the first Wednesday of each month at 2pm.

2nd November - Wartime Special Operations Executive by Mel Wall.

7th December - Christmas Festivities with Faith Tea. For information call the membership secretary on 01661 824953.

Place: St Mary's Parish Centre

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.

All Welcome. Place: St. Mary's Church Hall.

Gerry Turk. 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, NE20 9PZ. £2 includes refreshments. Tuesday 6th December Steve Lowe "Issues with Northumberland's Rivers, including The Pont". Tuesday 3rd January Stephen Westerberg "Whinchats at RSB Geltsdale and where they go in winter"

Place: St Mary's Parish Centre

Organiser: Ponteland Wildlife Group

Contact: 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

Contact: gillian.tho@googlemail.com

PLANT HERITAGE GROUP

The National garden plant conservation charity. Meetings 2.30pm. Illustrated talks, refreshments, plant raffles. Nov. 12th: "Everything you wanted to know about slugs & snails". Dec. 10th "Erodiums". Visitors welcome, £5 incl. raffle.

Place: Memorial Hall Ponteland

Patricia Skews. pat.skews@btinternet.com

PONTELAND UKULELE BAND

We are a group of friendly, mixed ability ukulele players. We meet every Tuesday at Ponteland CIU club from 1pm to 3pm to sing and play various music styles. New members are very welcome, come and join us.

Place: Ponteland CIU club

Alan Atkinson. aatkinson13@talk21.com

CALLERTON GARDEN & FLOWER CLUB

Our meetings are held on the second Wednesday of the month at 2pm at Ponteland CIU Club, Merton Way Ponteland. Meetings include floral demonstrations and talks on aspects of gardening.

Visitors welcome. £7 entry.

Place: CIU Club Ponteland

Vivien Jackson. 07467035013

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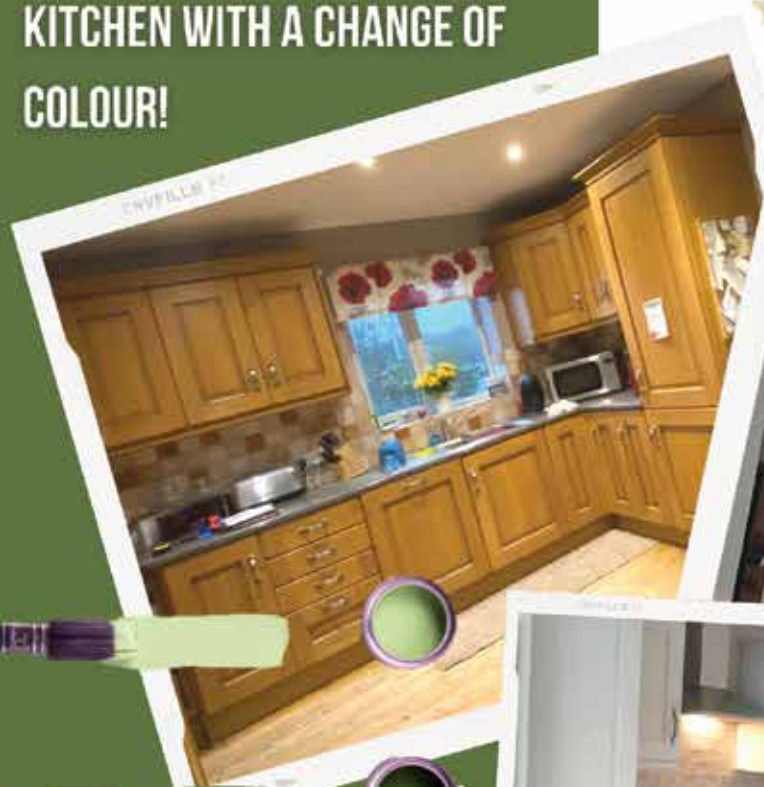
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I Can Be Canny Life Skills Coach SP2 £19,007: 37 hrs/wk

Our second role is an I Can Be Canny Life Skills Coach, supporting our Clients to become more independent and learn skills to boost their digital and financial skills, in a fun and accessible way!

This role is spread across our Newcastle and Blyth Hubs.

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0191 4841291 and speak to Adam about what the jobs involve.

www.journeyenterprises.co.uk

info@journeyenterprises.co.uk





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Looking for a Plumber? An Electrician? Or maybe a local Gardener?

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AccountantsPaul Axcell p23	Fitness TrainerWANTED	Reclamation / TimberPrudhoe Timber p48
.....Graham Turner Accountancy p14	FloristFlower Design p09	Restaurants / Pubs / ClubsWANTED
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