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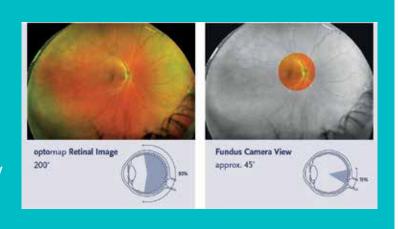


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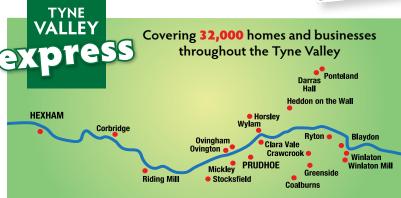
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### **EDITOR**

### I'd like to start off by wishing everyone a **Happy New Year!**

It is with great pride that we announce we're once again winners of the "Best Regional Business Publication" at the Northern Enterprise Awards. We work hard to keep our magazine up-to-date, relevant and useful to our local community and it feels great to be recognised! Thank you.

In this jam-packed issue we have our regular team of writers who offer some insightful and thought-provoking messages. If any of their articles strike a chord, then I'd encourage you to liaise with them personally through our website blog.

For a bit of fun, we've included a biq Quiz of the Year on page 39 and we have a fresh set of puzzles in our Coffee Break on Page 69 with a chance to win a puzzle book and a year's free membership, courtesy of new sponsors Tech Team. Answers to last month's puzzles are now live online at www.tynevalleyexpress.co.uk/puzzles.

There are two new competitions this issue starting with a chance to win a Google Nest Home kit worth over £100 below. There's also a chance to

win a round of golf thanks to our friends at Prudhoe Golf Club on page 53.

Lastly, there are new advertorials for North East Gymnastics Academy on page 11 and wise words of caution from Motorhome Depot on page 15.

2022 was another difficult year but it's during these hard times that communities pull together and help each other in positive change. Remember to shop local and support your regional businesses. Here's wishing you all peace, love and prosperity in 2023.

Stephen McHugh

Stephen and the Tyne Valley Team. Tel: Stephen: 01661 852684

Email: stephen@tynevalleyexpress.co.uk

The Lodge, Bays Leap Farm, Heddon on the Wall, Northumberland, NE15  $\,$  0]W.

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### ...in BLAYDON & WINLATON

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

#### ST ANNE'S RC CHURCH

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

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

#### ST PAUL'S CHURCH

Sung Eucharist every Sunday 9am. All-age family service on first Sunday of the month at 9am. Holy Communion Wednesday 10am Place: St Paul's Church, Winlaton Organiser: The Reverend Alison Stewart Smith 01914529381

#### ST PAUL'S CHURCH HALL

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

#### ST CUTHBERT'S CHURCH

Sunday services Holy Communion 10.15am. Lite Bite cafe and Warm Space Thursday 11am-12.45pm. Monthly Messy Church for families Saturday 2pm-3.30pm. Contact us for baptisms, weddings or any other way we can help. All are welcome.

Place: St Cuthbert's Church Organiser: Revd Diane Ryan rev\_dianeryan@btinternet.com

#### ST CUTHBERT'S COMMUNITY HALL

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

#### ST JOSEPH'S RC CHURCH

St. Joseph's Sunday Mass at 11.00am. For enquiries please email or contact 0191 4142654

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

#### WINLATON LOCAL HISTORY SOCIETY

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

#### LIBRARIES, ARTS AND HERITAGE IN GATESHEAD

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

#### BLAYDON CARPET BOWLS

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

#### **ART DIAMONDS**

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

Place: Gateshead Libraries (activities currently delivered remotely but workshops hopefully restarting later this year)

Organiser: Colleen Dewing colleendewing@gateshead.gov.uk

#### WINLATON EVANGELICAL CHURCH

Sunday Worship Service: 10:30am. Bible Study & Prayer Meeting: Tuesday 1.00pm. All warmly welcome. Place: Next to Public Library NE21 6AS Organiser: Winlaton Evangelical Church

winlatonevch@talktalk.net

#### TRINITY METHODIST CHURCH

Worship every Sunday 10.45am everyone welcome. Monday needle craft 12.45-2.45pm. Tuesday 7.30pm Irish set dancing. Wednesday craft club 10-12/1-3pm. Cafe church 3rd Sunday month. Coffee morning 1st Saturday month.

Place: Lucy Street, Blaydon Organiser: Rev Dave Charter 0191 460 6411

#### WINLATON PARKHEAD ESTATE GARDENS ASSOCIATION

Shop open every Saturday and Sunday 10am – 12 noon providing gardening essentials at affordable prices. Place: Winlaton Parkhead Estate Organiser: Frank & Pat Smith 01914144337

#### WINLATON MILL VILLAGE HALL

Monday - Yoga 6-7, Tuesday - Chair Yoga 10.15 - 11.30, Karate 5.30 - 7.30, Thursday - Playgroup 10 - 11.30 Singing Group 7.30 - 10, Friday - Folk Group 7.30 - 10, Saturday - Coffee morning 10.30 - 11.30 Place: Winlaton Mill Village Hall Organiser: Dawn info@winlatonmillvillagehall.com

#### **NORTHERN TASKFORCE**

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

#### **KALMA LIFE**

Kalma Life Baby/Toddler yoga classes are childrens' first movements to a foundation of wellness devoted to aiding baby's development in a safe and stimulating environment. Sessions are fun and stimulating using yoga inspired stretches, sensory, song and rhyme.

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

#### WINLATON CAMERA CLUB

During summer months we meet each Tuesday 7pm and set off for local photo shoots around the North East. If you would like to come along either meet us in the car park or drop us an email at graemesnowball73@gmail.com

Place: Winlaton New West End Club Organiser: Graeme and Lesley 07552 616909

#### **CHAIR BASED YOGA**

Chair based yoga classes, seated practice and standing practice using chair for support in balances. Fridays 10-11am only £3.50 per class. Place: Winlaton Community Centre Organiser: Rose Romani 07515107774

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At North East Gymnastics we pride ourselves on offering gymnastics for all, starting from age 0 up to adults and we specialise in a discipline of gymnastics called TeamGym.

North East Gymnastics Academy have current British Medallists and numerous British Championship finalists who train at the club with a large number of the older gymnasts also coaching and inspiring our younger generation of future gymnasts and champions.

We offer both free play and structured sessions for our under 5's as well as fully instructed gymnastics sessions for school aged children which are instructed by highly qualified coaches.

We have one off trial sessions available for January.

#### Why choose Gymnastics?

Gymnastics builds skills for life, supporting cognitive development, strength and conditioning, coordination and flexibility. There are also secondary benefits such as mental wellbeing, improved self-esteem, resilience and leadership skills. Gymnastics training also helps and aids children with their other sports, for example, coordination/balance will help with sports such as football and Rugby.











# 2022 Wrapped

Well, that is another year behind us. Time flies when you are having fun as the saying goes and although personally, I'm still processing the leftovers of 2020, 2023 is upon us.

A lot has happened this year so I'm taking the opportunity to have a look back and reminisce

#### **Cultural Moments**

One thing that gripped us from the start of the year was the phenomenon of Wordle. That game inhabited both my hobbies and work life, with nightshift lulls being cured by time spent making up our own Wordles.

With pop culture, you had trending moments like the Game of Thrones spinoff House of the Dragon, and the TikTok viral moment of negroni sbagliato with prosecco in it. Speaking of TV and film, Marvel debuted their spin on the multiverse with Spiderman: No Way Home back in December 2021, appearing with Spiderman alumni Andrew Garfield and Tobey Maguire. The multiverse continued in the Doctor Strange sequel named Multiverse of Madness.

Culture took a spin into nostalgia with Kate Bush's Running Up That Hill re-entering the charts thanks to Stranger Things Season 4, and with Top Gun coming back with its sequel Maverick which quickly became a fan favourite. Also, after just over ten years, James Cameron's Avatar came back. (As of the time of writing the film has just been released, but nonetheless, reviews boast of the visual spectacular that it presents.)

With music, came the comeback of Beyonce with her album Renaissance, which plays as a celebration of Black dance music pioneers. Taylor Swift also brought out a new album, Midnights, back in November, which soared to heights – at one point she inhabited the entire top ten music charts.

#### Historical Moments

Like the previous years, 2022 has not been without its major historical events. We have the war between Russia and Ukraine, which is still ongoing, and the effects it has on the wider world. People have in some respects stepped up, with families taking in Ukraine refugees and doing what they can to help. Politics took both a frightening and silly turn with the UK changing Prime Ministers a few times this year. Boris Johnson resigned due to his habit of lying and the scandal left over from party-gate where he broke covid rules. Then came Liz Truss who brought an economic budget that sunk the pound. Now we have Rishi Sunak, and we will wait to see what his tenure brings.

The changeovers brought into conversation; the divide between rich and the poor – and therefore the divide between the north and the south of Britain – as well as the benefits of a Tory Government. It comes to something when lettuce lasts longer than a Prime Minister; it also proves that British humour is still in effect when we live stream something like that.

I'm not going to go on about my pollical leanings, but I am going to mention that voting and having an opinion, exercising your democratic right, is necessary. If you don't personally want to vote, consider voting on the behalf of your children who will eventually have to live in an uncertain future. 2022 also meant the death of Queen Elizabeth II after 70 years of service. It rocked the nation, with many shedding a tear and standing in a queue for hours to pay their respects.

An ongoing event, which is sure to last into 2023, is the cost-of-living crisis. With energy prices soaring, amongst other bills, stories turn to empathetic tales of mother's going without food to let their children eat. Communities have come together, pubs offering warm spaces, people donating to food banks, and keeping an eye on one another, to help bridge the gap.

#### Marketing Moments

A major event was Twitter being bought by Elon Musk and the havoc that followed. With the launch of Twitter Blue, where subscribers pay for the



blue tick on their profile to prove they are a verified account, came chaos with parody accounts popping up unchecked. The takeover brought into question the effectiveness of Twitter as a social platform, with businesses rescinding or decreasing their marketing efforts and ad revenue. This emphasises the need for a good communications department and a crisis management strategy, as well as the ability to adapt and manage changing climates.

Spotify Wrapped also came back in late November – personally, mine showed a diversifying music taste, with my habit of switching to instrumental music to aid in concentration and focus. Every year Spotify Wrapped tweaks their statistics, this year showing your Music Listening Personality, alongside the normal stats of top tracks, top artists, and total time spent streaming. These were shared across social media and people compared their stats with either pride or shame. This cultural movement highlights the need for data and tells of how it can inform marketing strategies.

There are also a few marketing trends that could make an impact in 2023. The power engine that is video content is still ticking, especially with platforms pushing short video content (Instagram Reels and YouTube Shorts for example). Customer service over social media is also making an impact, with HubSpot finding that nearly 25% of Millennials have contacted a brand's social media channel in the last three months. Social responsibility, ethics, and transparency also matter to the modern consumer. Customers now want companies to show how their data is being used, and to use their publicity to advocate for social issues.

So, that is 2022 in a brief nutshell. I have missed some moments out – for example, the drama around the production of the film Don't you Worry Darling, and the trend of saying Taylor Swift's lyrics like, 'It's me, hi, I'm the problem, it's me'. But that is another year been and gone. Compared to 2021, there have been some changes, even though some headlines still read like pre-apocalyptic improv sketches. 2022 may have been a wild year but now let us turn our attention to what 2023 may have in store for us.



Pharoah

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







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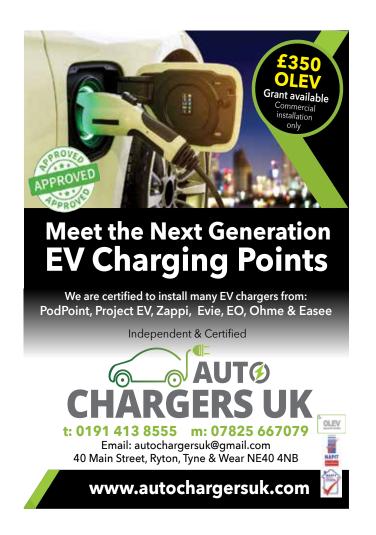
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### Fraud ... Don't let them win

With the seemingly unstoppable rise of fraud in all its forms, it is imperative to take the utmost care when buying or selling a high value asset such as a motorhome or caravan. Stay vigilant and be on your guard, mindful of being manipulated and not letting an irresistible bargain sway you if something doesn't feel right.

There is currently widespread fraud affecting high value pre-owned sale items such as plant and machinery, caravans and motorhomes. Much of it involves false sellers posting fictitious advertisements online of items for sale, using images and content from legitimate websites. In some instances, small to medium sized businesses may be targeted and cloned with spoof websites containing fake content, with the single purpose of defrauding buyers out of hefty deposits. We have received calls from prospective buyers who have been persuaded to part with large amounts of money for vehicles that do not exist, or even go to collect a vehicle that has been paid for, only to find that the person at that random address does not own or has never owned, a motorhome or caravan.

For sellers, security can also be a concern. Making a one-off sale of a significant value item can be daunting, when there are professional fraudsters out there who make their living from tying sellers up in knots, maybe intimidating them whether subtly or not, in some cases persuading them to accept their terms and a method of payment that can be withdrawn sometime after the vehicle has left the driveway.

Whilst it is fair to say most of us have received some form of attempt to defraud us, public awareness is improving and there is excellent information available from the government, at gov.uk and consumer websites, for example moneysavingexpert.com and which.co.uk.

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### in RYTON & CLARA VALE

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#### RYTON METHODIST CHURCH

SUNDAY MORNING 10.15am. Contemporary service with children's group followed by Coffee. MONDAY **EVENING Girl's Brigade. WEDNESDAY** AFTERNOON Ladies Fellowship meeting with guest speakers. SATURDAY MORNING 10am - 12pm. 2nd Saturday of the month only. Coffee and cake, raising funds. Place: Ryton Methodist Church Organiser: Rev. Dave Charter 0191 4606411

#### **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 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

#### RYTON OUTDOOR BOWLING

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

#### Organiser: Colin Diball: 01914133872

#### MEN'S SHED RYTON

Carving out companionship, good oldfashioned conversation in a wi-fi free environment. Meetings every Tues and Thurs 10-3, opposite rugby club. Place: Ryton First Scouts Organiser: Dave rytonmensshed@proton.me

#### **GARDEN, GATHER & NATTER**

We welcome people of all ages and abilities to come and get involved in this wonderful green space.

Wednesday mornings from 9:30 (weather permitting!). For more immediate information on events, you can find us at facebook.com/ ferndeneparkryton Place: Fernedene Park, Ryton. Organiser: Friends Of Ferndene Park

friendsofferndene@outlook.com

#### COMMUNITY CINEMA

Thursday 26th January "Knives Out", a modern whodunnit starring Daniel Craig with humour and plot-twists. Thursday 23rd February "Where the Crawdads Sing", a coming-of-age murder mystery, starring Daisy-Edgar Jones. £4 films start at 7.00pm Place: Ye Olde Cross, Ryton Organiser: RCCS rytoncross@gmail.com

#### **RYTON & DISTRICT CAMERA CLUB**

Ryton & District Camera Club meets every Tuesday at 7.30 pm in the Ryton Community Centre, Cross House, Ryton, NE40 3QP. Anyone interested in photography will be made very welcome whether an expert/ beginner. Place: Ryton Community Centre

Organiser: Camera Club www.rytoncc.weebly.com

#### STARGATE COMMUNITY CENTRE

Monday and Tuesdays Darby & Joan bingo 1.00 to 3.00. Tuesday hybrid kickboxing and fitness 4.30pm to 5.30. Wednesday stargazers toddler group 9.30 to 11.00. Thursday yoga 2.00 to 3.00. Thurs 6.00 to 7.00 Ryton singers. Place: Stargate community centre Organiser: Fiona Todd

#### Fiona.todd33@gmail.com

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# You can't watch a tree grow.

You can't watch a tree grow? Well possibly in the deepest Amazon if you want to be pedantic! - But my point is you only see it over time. Around these parts anyway. Slowly but surely over time they go from dappled shade to a dense canopy. But it can't be viewed in real time but over time. Beyond time but within a grid of time. And if you don't notice the trees you won't notice the growth. But the trees do indeed grow and move forward – some struggling in the deepest shade of an overgrown forest and some flourishing in pastures new, nature's way. But what about the growth of humanity and its nature – its vibration, its strum, its frequency?

#### "I don't own the clothes I'm wearing, and the road goes on forever" -Allman Brothers Band (1)

Happens so slowly doesn't it? Inch by inch, things change, the subtle drift? So slow you don't see it happening but only feel it once it's happened. Our collective tree of life is slowly changing – are you watching its path? But where are we drifting and is there a wind pushing us down a road? Does it feel positive or negative - is there a polarity you feel? Individually my vibe depends on whether I like the breeze on my face and the road less travelled but collectively its presence has a force over the herd that effectively changes our frequency, our strum. You can't avoid the static. Or can you actually transform the static? Are we powerful or powerless?

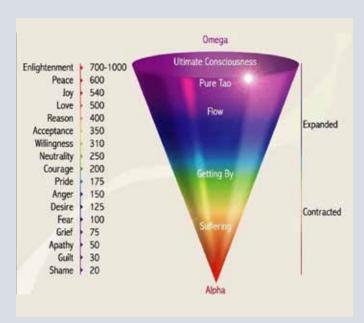
Expansion is everywhere though. Inversion is everywhere too.

#### "Hey good lady he's got God on his side he got a double tongue you never think he would lie" Happy Mondays (2)

The pineal gland (more in a further edition) is your 3rd eye that has the ability to communicate with universal vibration of conscious expansion. It can see in to the 99.99%. They shouted at you to stop daydreaming – but you were in the astral planes free on the breeze. The strumming of your guitar. Bending reality. It's the tuning fork of your PRESENT strum. It's watching the tree grow.

The strum and then the given frequency though! Perhaps if visualised through the 3rd eye we physically exist in a universal field of infinite energy - Primary energy - like a visible multi coloured breeze on the corn of being - a stream of potential. But it's how you are tuned in at that time as to what you can absorb through YOUR mediums. To the best energetic high after a 10k run to the initial slide from reality in an opium rush – both co-exist but the strum of the BEING connects differently to the field. So, if that's true - and our hearts already know! WTF went wrong with this energy field? - It's like the land of the damned out there! This frequency stinks. But deeper than that - if we know we are out of tune, so perhaps we can retune? Push the tree of humanity back towards the light.

#### "I'm picking up good vibrations, she's given me excitations" The Beach Boys (3)



This diagram shows emotional vibration - basically fields of emotive energy in hertz - THE BIG STRUM in colour.



It's unfortunate that the stinky frequency all hangs out at the bottom end of the strums potential and wish to pull you in. All getting promoted in their subtle ways - control perception - control reality. But look above what we are force fed and see the potential.

#### "One by one we gonna stand up with pride, one that can't be denied stand up stand up." House Martins (4)

As it's a New Year, they say, perhaps it's a good time to change something? Not your fat arse or your job. Your strum creates your reality. If you change that then reality shifts with you. If you knew you are eternal - and you ARE, part of the field, not separated from it – fear would be released. Fear isn't good for the strum. Answers will come as you climb the vibration ladders - As vibration changes, so will reality - but you have to learn to play the instrument of YOU. And perhaps not be played as much. Take on the game rather than just being a player?

It's like Snakes and ladders in the frequencies of life. Karma is a good teacher. Be the dice – stop getting thrown!

#### "She said don't give or sell your soul away cause at that you have is your soul" Tracy Chapman (5)

And resurrection in this life, a change of strum. You just have to die to frequency in this life – suffer for a bit on your own cross, then here comes the resurrection bit and frequency change occurs in THIS life. A good or indeed bad life teaches you that.

#### "I am the resurrection and I am the life" Stone Roses (6) And what can the trees teach us?

The Tree can see beyond thee. They see beyond your sight. For in the 99.99% they know that there is not life then death but only birth and death. Life is an eternal womb of creation - where energy ebbs and flows. Life mingles with death, the eternal dance. A walk through a local graveyard will show you on a practical level. The past and the present exist together in something beyond them.

The trees are not scared of their presence – nor should you be. Can we change reality? Can we change the fields one by one and realise that the fields are actually the farm and perhaps we don't need the farmer? Perhaps it's our responsibility and not theirs?

Happy New Reality 😊 – get the tunes on!

"If you make sure your connected, the writing's on the wall, but if your mind's neglected, stumble you might fall" Stereo MC's (7)

Play list

- Midnight Rider Allman Brothers Band
- Step on Happy Mondays
- 2) 3) Good Vibrations - The beach Boys
- Caravan of Love The Housemartins
- 4) 5) 6) All that you have is your Soul – Tracy Chapman
- I am the Resurrection Stone Roses
- Connected Stereo MC's







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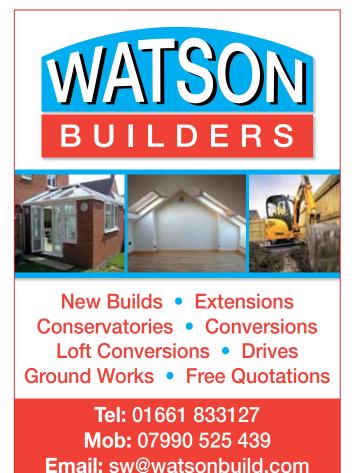
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Organiser: Rev. Tom Brazier info@greensideparish.org

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Place: St Johns Community Hall Organiser: Kevin Pattison: 07145955238

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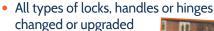
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# Inflation without Government is impossible.

# INFLATION

I have written about inflation before but I think it is more important than ever to revisit the topic as consumer and retail prices continue to rise at rates not seen since the 1970s, major workers' strikes continue to afflict and disrupt the U.K. economy. It was economist Milton Friedman who once said that inflation is always a monetary phenomenon so with that in mind today we will first look how money came about, what money is and what government has done to money or how government has corrupted it. My hope is that after you have read this you will better understand why as banker Felix Somary once said: "the state alone is responsible for inflation: inflation without government, or indeed against government, is impossible.

The question of what money is never seems to result in a straightforward answer but we can go back in time and perform what Ludwig von Mises, a classical economist from Austria, called a regression theorem. In plain English it just means going back in time to see how money evolved to understand the nature of money and what it is. So if we go back to primitive human society there was little exchange of goods or services as humans were hunters and gatherers were try to survive in family groups and so there wasn't much contact with other families or groups and no need to exchange much. Eventually as humans got together as tribes, people started communicating more and through barter they would trade valuable commodities and goods. The problem with barter was that it was difficult to match good and commodities between the parties involved. So through time people found that some commodities like cows, shells, stones, precious metals and others were almost always desired by most people. What von Mises called the most marketable commodity then became money.

Historically gold, silver and copper have been accepted as money for about three thousand years and the reason for it was that these were commodities middle second century A.D. Rome started abusing its power by debasing the denarius which meant that they lowered the content of the coin while maintaining the same face value. This is how the Romans inflated as there was no Central Banks or government debt back then. Eventually people noticed the coins were losing their silver content so they demanded more denarius for goods and services. Does that sound familiar? It should because that is what inflation really is. Why did the Romans do this? Well because power went to their heads and maintaining a massive empire costs so they resorted to currency debasement or if you want to be more blunt cheating or inflating. By the time of the collapse of Rome in 476 A.D. the coins had no more silver.

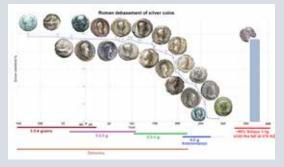
We could argue that the same process has been occurring in Britain. Before World War One Britannia still ruled the waves and the sun never set for the British Empire as its colonies were dotted in the four corners of the planet. Britain had also been on a gold standard since 1717 and the pound was as good as a gold sovereign and the sterling coinage had a constant silver content of 92.5 percent. Whatever one might think of the Victorian Age and pre-1914 Britain one has to say that sound money or a currency that was not inflated led to Britain becoming and industrial and commercial powerhouse.

So what happened to the pound? Well like the Romans the British Empire maybe stretched itself and wars, aside from the terrible human toll, cost a lot of money so by 1947 the pound was not as good as the gold sovereign anymore and the sterling coinage was stripped of all its silver. So with no sound money governments have been able to issue paper currency ad infinitum with the help of the Bank of England. With the collapse of Empire the focus was on increasing the size of the state at home with the socialist ideal of helping everyone get by from cradle to grave. It is understandable that this kind of thinking flourished after the sacrifices of the British people fighting

two major in thirty years. Politicians have adapted from a Victorian Age where sound money kept the state's expenditures below 10 percent of GDP to the Age of Inflation in which today's state spends more than 50 percent of the economy and takes in the most tax in seventy years.

So when you next read or listen to the news and you are told that Brexit, greedy corporations, the price of food, the price of foreign holidays, trade unions, NHS nurses or foreign leaders are causing

inflation hopefully you will not be fooled. As Felix Somary once said: "inflation without government is impossible". So what is the solution? I would say it is up to us to elect politicians that would like to slash the size of the state and go back to a sound money footing.





or goods that almost 99% of the people desired so they facilitated indirect exchange and also led to members of society being able to specialise in different economic activities as people did not have to depend on subsistence for their survival. With money came the development of towns, cities, nations and empires and trade flourished. What I think we should take from the evolution of money as the most marketable commodity is that it replaced barter and when you barter you need to have something of value to exchange. So I would say that it should be the same with money, it not only has to have value at the point transaction but should also maintain its value over time

So how have governments hijacked money and currency? I would say this happened back in antiquity too as the Greeks and Romans realised that the state needed to guarantee the soundness of the gold, silver and copper coins as a way to expand trade, pay for wars of conquest and increases the size of their empires. Giving the state the monopoly on issuing the coin is a double-edged sword as it also gives the state a lot of power and as Lord Acton once said: "Power corrupts and absolute power corrupts absolutely." In the beginning the Roman silver denarius was sound and helped Rome become arguably one of the greatest empires ever seen but from around the

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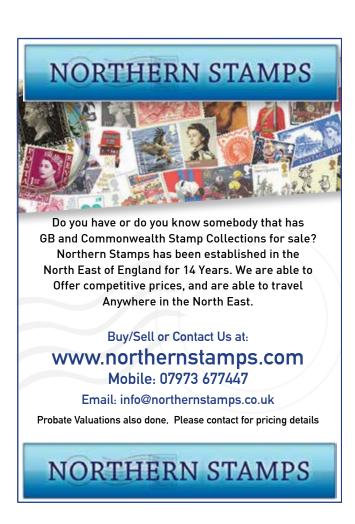




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Horsley Book Club meets every first Friday of the month in The Hearth cafe from 3 pm. We read a variety of books, sometimes have play readings for fun. Place: The Hearth cafe in Horsley Organiser: Hazel Holliday 01661853919

#### HEDDON BALLROOM DANCING

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

#### THE HEDDON PATCHERS

A quilting and patchwork group who meet every other Wednesday in the Women's 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 on Towne Gate

Organiser: Andy Curtis: 01661853095

#### HEDDON WOMEN'S INSTITUTE

Meetings held first Monday of the month from 7pm. For more information contact our Secretary. Heddon WI Hall Organiser: Secretary: 01661 853365

#### **HEDDON ART GROUP**

We meet fortnightly on alternate Tuesday afternoons from 1:30 to 3:30 and Wednesday evenings from 7:00 to 9:00. New members and interested visitors are always welcome to share their interest in art, whether painting, drawing or other media. Place: Heddon W.I. Hall Organiser: David Chambers chambers497@btinternet.com

#### AD MURUM SINGERS

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

Place: Heddon Methodist Church Organiser: Christine Champion 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. Place: Knott Memorial hall Organiser: Scott Miller 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

#### **DRU YOGA CLASSES**

Dru Yoga Classes every Wednesday at the Hearth, 6:30pm till 7:30pm. Place: The Hearth

#### Organiser: Rachel: 07545865009 KEEPING FIT AND FLEXIBLE

This is a dance based fitness class aimed at the over 50's. If you enjoy moving to music come and give us a try. 10.00-11.00am on Wednesdays.
Place: James Knott Memorial Hall Organiser: Pauline Wright 01661853365

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The hall is available to book at £11 per hour. It is a beautiful space with small kitchen area, suitable for workshops, classes, events, parties or private functions etc. Free parking, disabled access & toilet. For future activities visit www.thehearth.co.uk Place: The Hearth Centre Organiser: Ali Wilkes office@thehearth.co.uk





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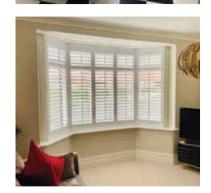
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A new eco-friendly visitor and community centre in the grounds of the National Trust's Souter Lighthouse between South Shields and Whitburn is a small building with big ideas. Whitburn Coastal Conservation Centre will offer more ways for people to make the most of their visit to the coast. Designed by Newcastle based MawsonKerr Architects, the centre is under construction on the edge of Whitburn Coastal Park, not far from the lighthouse; it is expected to be completed and ready for use in spring 2023. The finished building will include displays showing the transformation of the North East's coastline from a heavily polluted industrial area to the healthy landscapes and thriving natural habitats of today. The space will also be used to deliver events and activities and to help raise awareness of marine conservation issues.

Whitburn Coastal Park is perhaps the ideal setting for the development. Sited on reclaimed colliery land, it was designated a Local Nature Reserve in 2003 and now features wetland habitats, ponds, a bird observatory and viewing screens, as well as an artificial sand martin nesting bank. It's home to a thriving population of tree sparrows and in summer its wildflower meadows boast several species of orchid, including the distinctive bee orchid. The return of wildlife to the site following decades of intensive industrial activity is testament to the resilience of nature when given a helping hand to recover.

The centre will play a key part in delivering the aims of the SeaScapes partnership, supported by the National Lottery's Heritage Fund. Formed In November 2017, the partnership consists of over 20 organisations including the National Trust, South Tyneside Council, Durham Heritage Coast and Natural England. It aims to connect people with the coast between the rivers Tyne and Tees through a series of 23 projects focussing on heritage, wildlife and improvements to access.

"The addition of a fresh new visitor and community space at Souter is an exciting prospect. It will allow far more people to engage in activities and hands-on experiences around nature and heritage than the lighthouse alone can accommodate. At the moment, the ranger team and Whitburn Coastal Conservation Group don't have an indoor area to deliver events, so they're looking forward to making good use of the centre. We want local residents

and visitors to enjoy using it, for it to feel like a natural link between the lighthouse and the coastal park, a sort of stepping stone between a historic building and the outdoor environment."

Eric Wilton, General Manager, Souter Lighthouse and The Leas

The 100m2 building will incorporate a large multifunction activity and education space, designed to be flexible enough to accommodate a wide range of users' needs, including school and community groups. A separate entrance and interpretation space will allow other visitors to use the centre at the same time. Alongside interpretation at the centre, a number of portable resources created through the SeaScapes partnership are in development. A series of games, interactive activities and display materials focussing on heritage, nature and geology will provide new ways to engage communities and schools at various sites with stories of the coast between the Tyne and Tees.

A small workshop within the centre will replace the current bird ringing hut in Souter's main car park, a very basic structure made from an old shipping container. For many years, Whitburn Ringing Group has used the hut as a base to conduct regular surveys, recording and ringing birds captured in mist nets set up on the adjacent tree-covered mound in the coastal park.

Their annual ringing programme at Souter supplies valuable data to the British Trust for Ornithology (BTO), with several free public demonstrations held each year to provide visitors with the rare opportunity to see birds at close quarters. Members of the group were invited to offer ideas to be incorporated into their new workshop at the design stage and are eagerly anticipating their move into a purpose-built, modern space with greatly improved facilities.

Careful consideration has been given to the orientation of the building and the placement of its large windows, to maximise panoramic views of the coast. The eco-friendly centre's cladding has been manufactured from recycled plastic and the building will be energy efficient to run, with a low carbon footprint. Its location and green roof mean the centre will blend sensitively with the surroundings and won't impact on local residents' views across the nature reserve. In addition, its height diminishes towards the seaward side to cleverly give the impression of a smaller scale.

There will be level access to the single-storey centre on well-surfaced



National Trust paths from the main car park. An accessible toilet will be available for public use, in a welcome addition to the lighthouse's existing amenities. Later in spring, a garage next to the lighthouse will be converted into a Changing Place toilet, providing better facilities for people with complex disabilities, enabling more people to experience the coast.

To find out more visit www.nationaltrust. org.uk/souter-lighthouse-and-the-leas and www.exploreseascapes.co.uk





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# TYNE VALLEY EXPRESS DESCRIPTION OF THE YEAR

- 1. In February, who was revealed to be 'Panda', the winner of The Masked Singer series three?
- 2. Who scored England's winning goal in the UEFA Women's Euro match against Germany in July 2022?
- 3. Which long running British medical drama aired its final episode in March 2022, after 23 years?



- **4.** In Formula 1 which Spanish driver won the British Grand Prix?
- **5.** Which film starring Kenneth Branagh won the award for Outstanding British Film at the BAFTAs?
- **6.** Who beat Liverpool in the UEFA Champions League Final?
- 7. In January the first successful human heart transplant using a donor heart from which type of animal took place?
- **8.** Who did Novak Djokovic beat in the men's final at Wimbledon?
- **9.** Where was this year's Eurovision Song Contest held?
- 10. Where was Queen Elizabeth II laid to rest?
- **11.** Members of which group staged a protest by glueing themselves together around the Speaker's chair in the House of Commons?
- **12.** Which famous author helped write the lore for best selling video game

selling video game Elden Ring?

- **13.** What is the biggest selling film of 2022?
- **14.** Who reprised his role for the Star Wars series Obi-Wan Kenobi in 2022?



- **15.** What is the Oxford English Dictionary Word of the Year 2022?
- **16.** What is the best selling single of 2022?
- **17.** 2022 marked the 30th anniversary of which classic Disney movie?
- **18.** Which city hosted the Winter Olympics this year?
- **19.** Which famous group launched a new digital entertainment experience this year called Voyage?
- **20.** Which British city hosted the Commonwealth Games in 2022?
- **21.** Which Spielberg film celebrated its 40th anniversary in 2022?
- **22.** How many days did Liz Truss spend as prime minister?
- **23.** Who won I'm a Celebrity... Get Me Out of Here in 2022?
- 24. Who did Anthony Albanese replace when he was elected as Australia's prime minister in 2022?



- **25.** Which celebrity couple got married at the White Wedding Chapel in Las Vegas in July, 18 years after they were first engaged?
- **26.** Who was announced as the next host of Love Island, taking over from Laura Whitmore?
- **27.** How many education secretaries were there in the UK Government in 2022?
- 28. What unusual item linked to John Lennon prompted

smiles and laughter when it went on show at the Liverpool Beatles Museum in December?

- **29.** Who is the President of Ukraine?
- **30.** Who slapped Chris Rock at the Oscar ceremony?



toilet, 29. Volodymyr Zelenskyy, 30. Will Smith

1. Natalie Imbruglia, 2. C. hloe Kelly, 3. Holby City, 4. Carlos Sainz Jr, 5. Belfast, 6. Real Madrid, 7. Pig, 8. Nick Kyrgios, 9. Turin, Italy, 10. King George VI Memorial Chapel, 11. Extinction Rebellion, 12. George RR Martin, 13. Top Gun: Maverick, 14. Ewan McGregor, 15. Goblin Mode, 16. Harry Styles' As It Was, 17. Aladdin, 18. Beijing, 19. ABBA, 20. Birmingham, 21. E.1, 22. 49 days – the shortest in history, 23. Jill Scott, 24. Scott Morrison, 25. Jennifer Lopez and Ben Affleck, 26. Maya Jama, 27. Five, 28. A porcelain



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#### **WYLAM INSTITUTE**

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

#### 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 01661832717

#### ST OSWIN'S

Church Services are at 9.30am\* Thursday and 8.00am & 10.00am\* Sunday (\*are currently live streamed). All, including children, are welcome. Church Hall also available to hire. See https:// stoswinschurchwylam.chessck.co.uk/ Place: Church Road, Wylam Organiser: Rev Tom Birch wylamst.oswin@hotmail.co.uk

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#### 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 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 pilatesphysio4you@gmail.com

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

#### **CHRYSALIS CLUB TYNEDALE**

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

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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 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: lan Warburton ianwarburton25@gmail.com

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Place: Based in Ovingham

Organiser: SSFitness
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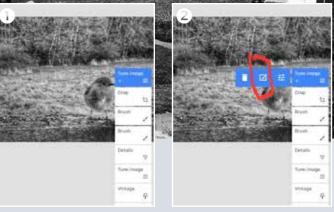
In my last article, we looked at post editing your photos, but we looked at either full colour images or converting to full black and white. For this article, we will look at something that is popularly called 'colour pop', or selective colouring of an image. By this I mean making a black and white image, but retaining a small selective part of the image in its original colour to give a pop of colour and draw the eye to something special in the shot. This is far easier these days, with digital photography, where almost everything is shot originally in full colour, rather than using black and white film. This technique can be used if you shoot on black and white film, but it will involve a coloured ink/paint being painstakingly painted onto a print. We will not go into that here; instead, we will be focussing on digital creation of a 'colour pop' image. To see what I mean by 'colour pop', there are examples alongside this article. It can be used to great effect if done well, but it can also be done badly or incorrectly and spoil a good image. Use the technique sparingly and in the right way, and you can have a very creative shot with loads of impact.

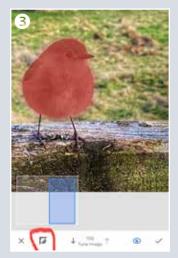
So, first you need the right shot to work with. The colour that is most commonly, and most effectively 'popped' is Red which looks great in a black and white image, but you needn't restrict yourself to just Red. A good primary colour like Red, Blue or Yellow works best though, although as long as it's a strong colour you're good to go. Firstly, you need to shoot the right shot for a colour pop image. Look for a burst of bright colour in your scene, and then position it correctly in the frame. Look back to my composition article if you need a reminder, (the rule of thirds will help). Sometimes, you can get lucky with your burst of colour. Someone wearing a red coat may walk into your shot, or just happen be where you want them to be. Or, you may have a partner or friend with a bright coat or umbrella that you can ask to stand in your shot in a strategic place. (Yes, my wife has come in handy many times!) ... Umbrellas and other props are great for colour pop too! Consider too, using colour pop on the eyes of a bird, animal or a person!

So, you have your shot with your brightly coloured part that you want to use to create a colour pop image. What next? Well, there are numerous ways to do this using various apps or software. Some options are the classic Adobe Photoshop, Adobe Lightroom, or you can use colour pop apps such as Colorsplash, (there are many to choose from), or you can do it with Snapseed too (which I often use). Some apps will automatically selectively colour your image for you, but beware, you don't have much control, and you may get more popped than you want!

If you choose to use Photoshop, and are competent with it, it's quite easy. You will need to create a duplicate layer of your image, turn the top layer to black and white, and then with the eraser tool, simple erase through the black and white layer of the part you want to colour and you will see the colour in the layer beneath. Then combine the two layers together. If you want to use Snapseed, (I talked about this App in my editing article), then firstly, edit your colour shot as you want it and save it. Next, reduce the saturation level to zero. (See the screen shots of the Robin). This will make your shot black and white. After this, go to the 'view edits' tab (screenshot 1) and you will see the last thing you did highlighted in blue. If you click that, you get a brush option, (screenshot 2), click on that. This will allow you to brush over the part you want to keep in colour. Brush over it, (screenshot 3), you are actually masking the part from the black and white conversion process, and then invert it using the icon at the bottom, (screenshot 4). Click the arrow at the top left and you have your colour pop. (Screenshot 5).

Remember! Take your time and be careful with your outline. (These screenshots are just done quickly as a demo for you). A successful colourpop should have good, well defined edges and only the bit you want coloured should be colour! You can always de-saturate any bits that are wrongly









coloured later but it's better to do it right first time! As always, practice makes perfect. However you choose to do it, until next time, pop away and give it a try, and see what you can do. Above all, enjoy your photography.



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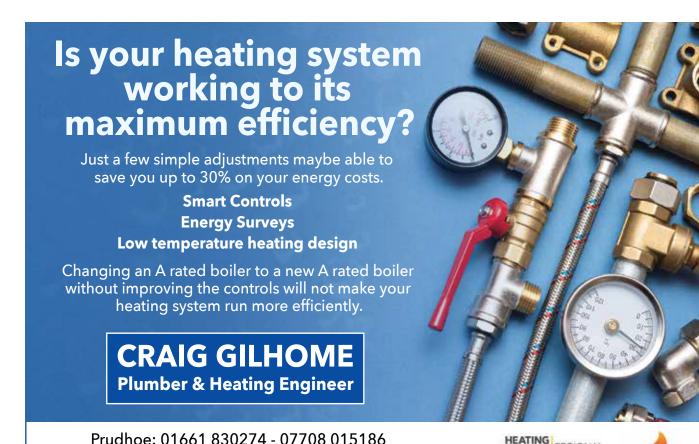
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If you run a local group, club or a non-profit organisation, we'll include it in our What's On diary completely free. Visit: www.tynevalleyexpress.co.uk/whats-on/

#### PRUDHOE INDOOR MARKET

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

#### PRUDHOE LIBRARY

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

#### THE GATE CHURCH

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 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 Organiser: 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 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

Place: Prudhoe Methodist Chapel Organiser: Members 01661832162

#### PRUDHOE GARDENERS ASSOCIATION

The Prudhoe Gardeners Association manages allotment sites in Prudhoe and supplies members with economically priced inputs from the Hut behind the West Wylam Inn, Saturdays 10-12. For more information

email allotmentassociation@hotmail. com or join https://www.facebook.com/ groups/prudhoegardenersassociation Place: Prudhoe

Organiser: Christine Hewitt allotmentassociation@hotmail.com

#### BORDER REIVER ARCHERS

The club shoots on Sundays, in Ovingham in summer and in a local school hall in winter. The next Beginner's Course is planned for April '2023. For full details and to book a place please visit our website.

Place: Ovingham Middle School Organiser: Border Reiver Archers borderreiverarchers@yahoo.com

#### PRUDHOE LADIES NETBALL CLUB

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

#### PRUDHOE METHODIST CHURCH

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

#### **BAIRNS & BREWS**

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

#### **PRUDHOE & DISTRICT U3A**

We are a friendly organisation with a wide variety of activities and interests. Our members are from all walks of life and are retired or in part-time work, with different life experiences to share. For further information please visit http://u3asites.org.uk/prudhoe Place: Prudhoe Parish Hall/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 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 claire@claire276.plus.com

#### WEST WYLAM RESIDENTS ASSOCIATION

Meet on the last Monday of every other month, at 6.30 p.m. For further information please contact us Place: The Manors, Adderlane Road Organiser: Caroline 01661831380

#### PRUDHOE GROUND FORCE

Meets every Wednesday morning 9 – 10am at various locations in Prudhoe to litter pick or do other environmental work. Anyone wishing to join this group call for details of the day or email us Place: Prudhoe Organiser: J Dobson jdobson3726@gmail.com

#### PRUDHOE COMMUNITY CHOIR

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

#### PRUDHOE COMMUNITY ALLOTMENT

PCA is set up to support local people who would like to garden and need a bit of help. We meet on Tuesday and Friday mornings. If you can help us we would love to hear from you. Place: Prudhoe Community Allotment, Redwell Court
Organiser: Ann Curran

01661 844675

#### ST MARY MAGDALENE

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

#### **COFFEE & CHAT**

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

#### LITTLE TREASURES

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

#### **CHRYSALIS CLUB TYNEDALE**

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

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







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Breamish Valley Cottages are nestled at the foot of the Cheviot Hills and are the definition of a cosy, winter hideaway. With log burners and an on-site spa with heated swimming pool, sauna and steam room, there's no better place to warm up after a winter day out traversing the Cheviot Hills, discovering the local history and admiring the surrounding scenery.

#### **TILL FISHING**

Till Fishing is a paradise for anyone looking to reconnect with nature this winter. Sitting on a private stretch of the unspoilt River Till, you will wake up to the peaceful sound of silence, other than the gentle background noise of trickling water and chirping birds. Nearby woodland walks and ancient landscapes can be enjoyed during your stay, as well as larger attractions that are a short drive or train journey away from this base near Berwick.

#### **BEACH AND QUIET - HEMMEL HOUSE**

Beach and Quiet's coastal Craster cottages are winter havens. Their elegant cottage, Hemmel House, is conveniently located for a winter wander along the beach, followed by a local pub stop for some warming home-cooked food, before returning to warm your toes in the glow of the property's crackling log burner. The ground floor offers spectacular, uninterrupted rural views with the sea and Dunstanburgh Castle on the horizon while you stay warm and snug inside

#### **BURRADON FARM HOUSE AND COTTAGES**

Burradon Farm Houses and Cottages has a range of snug, country cottages that range from accommodating two to eight guests. Located on a working farm close to Northumberland's magnificent beaches, and with fantastic walking routes on the doorstep, the cottages boast beautiful views, wood-burning stoves to snuggle up in front of in the cold winter evenings, and are all dog friendly (a small charge applies).

#### **INGRAM VALLEY STAR BARN**

Ingram Valley's Star Barn offers the ultimate antidote to the busy stresses of life, as its rural location and position under Northumberland's Dark Sky Park allow you to immerse yourself in Northumberland's nature. Arrive to an overflowing welcome hamper holding gift vouchers for nearby Ingram Cafe and Gift Shop and make use of the barn's wetsuits and Dry Robes if you are brave enough to take a winter sea dip! Step into your hiking boots and enjoy nearby Northumberland National Park's nature trails, misty valleys and magnificent Hadrian's Wall.

#### **FALSTONE BARNS**

Falstone Barns are luxurious, self-catering barn suites based near spectacular Kielder Water and Forest Park. Each beautifully renovated barn has its own decor style, from opulent to romantic. The barns have the benefit of being positioned beneath Northumberland's dazzling Dark Sky Park, so bring your binoculars or book an experience at nearby Kielder Observatory. Don't forget to make the most of nearby pubs too.

#### WHITTLE DENE HOUSE

Whittle Dene House is a stunning property on the banks of a reservoir that

couldn't be more perfect for a winter stay. Wake up to frosty, waterside views, stargaze from the private hot tub and dine by an open fire set in an inglenook fireplace in the dining room, perfect for cosy game nights around the table. Set in the countryside, there are extensive nearby walks, including sections of Hadrian's Wall, nature reserves, Vindolanda Roman fort, The Sill Landscape Discovery Centre and more.

#### SIMPLY COASTAL

Simply Coastal's Craster Rocks and Craster Waves are two stunning, seafront cottages located on National Trust land on the coastal path to Dunstanburgh Castle. Their location couldn't be more perfect, based in the irresistibly picturesque fishing village of Craster. Watch the sun rising over the wild North Sea as the local fishermen check their lobster pots. Snuggle up beside a log burner and enjoy the provided books, board games and pizza oven, and store your cycling gear in the cottages' bike shed.

#### **BUDLE BAY CROFT**

Budle Bay Croft provides luxury, 5\* Northumberland holiday cottages with a simply enviable location, situated on Budle Bay, close to beaches and castles on the stunning Northumberland coastline. Glowing log burners perfect for relaxed evenings, private enclosed gardens great for gazing at the stars, and provided games, books and toys to entertain the whole family are just a few of the special touches here.

#### LITTLE HIDEAWAYS

Little Hideaways offers five stunning, Seahouses-based cottages all with log burners, charming decor and excellent locations on Northumberland's coastline. Hidden in a cobbled courtyard of traditional fisherman's cottages, they all sit within easy reach of unspoilt beaches, ancient castles and access to amazing wildlife. A range of amenities are just a short walk away, as is Seahouses harbour where you can set off for a fantastic boat trip to The Farne

Now that you are fuelled with ideas for the perfect place to stay in Northumberland in winter, get booking your cosy winter cottage break.



Jenni Meikle

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

Photography: Till Fishing

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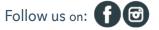
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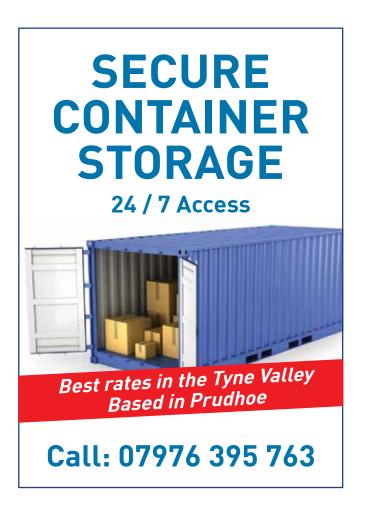
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- Assistance to appointments All our staff are fully insured to take you to appointments ie hospital appointments, doctors we can accompany you and take notes to pass on to family or just for your records.
- Breakfast, lunch, tea calls These calls are based on a comfort call to make sure all is well, make breakfast or a sandwich up for lunch. Lunch we can make you a fresh meal and make a sandwich up for tea. Tea call, again make you a fresh meal or heat a microwave meal up.
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- **Domestic Services -** We offer basic domestic cleaning for our clients. Hoovering, polishing, cleaning of kitchens and bathrooms. Support with laundry services.
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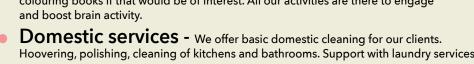


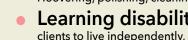
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#### STOCKSFIELD COMMUNITY

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

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

#### **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 Organiser: 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.
Organiser: Kevin Frost Place: Stocksfield Baptist Church enquiriesstocksfieldbc@gmail.com

#### STOCKSFIELD METHODIST CHURCH

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

Place: Mount view Terrace Organiser: John Watson 01661 834318

#### SCOTTISH COUNTRY DANCING CLUB

We meet on Tuesday evenings from 7.45 p.m. to 10.p.m. from February to  $\frac{1}{2}$ 

December. No partner needed, and beginners welcome. Place: Baptist Church Hall Organiser: Rosemary Newton 01661843163

#### STOCKSFIELD TENNIS CLUB

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

#### STAY AND PLAY

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

Place: Stocksfield Baptist Church Organiser: Lynda Telford Facebook: www. stocksfieldbaptistchurch.net

#### **LIVE & BREATHE YOGA**

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

#### STOCKSFIELD ANGLICAN CHURCHES

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

Organiser: Rev. Dr. Pat Moran, Vicar www.stocksfieldchurchofengland.org

#### **HATHA & SOMATIC BASED YOGA**

Hatha/Somatic yoga practice, breathing practices and relaxation. Wednesdays 9.30am-11am, booking is essential. Contact Rose for more information and to book your place. Place: St. John's Church Hall Organiser: Rose Romani

#### 07515 107 774

ST 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 Organiser: 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 Organiser: 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 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.barkerrmyht@btinternet.com

#### RIDING MILL MILLENNIUM HALL

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

#### **YOGA WITH ROSE**

New Yoga Classes at Millennium Hall, Church lane on Mondays at 11-12.30. Booking is essential, contact Rose on 07515107774 or email Rose@ yogawithrose.co.uk Place: Riding Mill Organiser: 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. Organiser: Dorothy Peacock 07810 286285





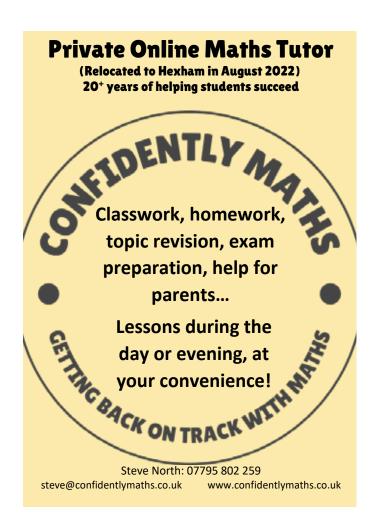


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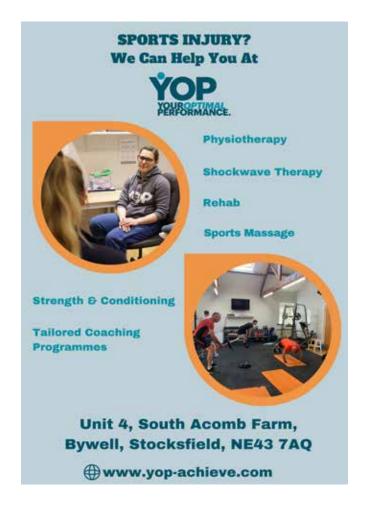






Trading Standards
Approved









behalf of Hexham Town Council I wish you all a very merry Christmas and a happy 2023. It has been an incredible year for Hexham in which we held the title of the happiest place to live in Great Britain. We celebrated 800 years of Hexham's market with an incredible event in which a time travellers flash mob took us on a tour of all the major events in Hexham from an attack by William Wallace to the 1761 Riot and onwards. The Royal family dominated this year with the Queens Diamond jubilee and street parties, then the passing of Queen Elizabeth II, I was honoured to be the first Hexham Mayor to read the Royal Proclamation for King Charles III. The bandstand sessions retuned for a great second year and we look forward to their return in 2023. We won many awards from Britain in Bloom and we thank all our volunteers. The fireworks returned after a 3 year pause, Spook night was another highlight. I visited our twin town of Noyon, France and had a wonderful time and gave a speech in French which everyone found amusing as I bruised such a beautiful language. Hexham Christmas lights, illuminated sheep and other winter celebrations events were all popular. We welcomed Ukraine refugees into our midst following the terrible invasion and its been interesting to watch their positive contribution to Hexham life. Remebrance Sunday we introduced the reading of short biographies of those who are named on the monument and this was received very well.

Hexham Town Council showed its ambitions and its stability with Market Stalls at the Farmers Market where councillors engage with the residents. We have fostered deep relations with our partners such as Hexham Community Partnership, the Youth Initiative, Queens Hall, the Clergy, County Council staff, Forum cinema and our local independent traders. We will deliver more for you in 2023, wishing you well"

Hexham great past, bright future

Let's all make 2023 a year to remember









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

Councillor Derek Kennedy

Councillor Derek Kennedy
Mayor of Hexham
www.hexhamtowncouncil.gov.uk

Email: Derekhexham@gmail.com







OUR ATTENTION TO DETAIL DISTINGUISHES US FROM OTHER PRACTICES WE SPECIALISE IN MUSCULOSKELETAL AND SPORTS INJURIES AS WELL AS WOMEN'S HEALTH AT OUR STATE OF THE ART CLINIC WE OFFER:

# HANDS ON PHYSIOTHERAPY POSTURE AND GAIT ANALYSIS SHOCKWAVE THERAPY CRYOTHERAPY-ELECTROTHERAPY PFILATES PELVIC FLOOR TRAINING MEDICAL ACUPUNCTURE WOMEN'S HEALTH

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### 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 <a href="https://www.egger.com/jobs">www.egger.com/jobs</a>



## An international business on your doorstep

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

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



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

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

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

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



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

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







## ...in CORBRIDGE & HEXHAM

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

#### **CORBRIDGE PARISH HALL**

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

#### **CHILDREN'S NURSERY**

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

#### **CORBRIDGE PRESCHOOL CIC**

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

Place: Corbridge Preschool Organiser: Claire Milburn 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 01434 622947

#### ST ANDREW'S CHURCH

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

#### **SCOTTISH DANCING**

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

#### **TYNEDALE CHESS CLUB**

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

#### CORBRIDGE INDOOR MARKET

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

#### CORBRIDGE LACE GROUP

contact@chevent.co.uk

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 email: 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 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 Shelly.dronfield@gmail.com

#### HADRIAN'S WALL ROTARY CLUB

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

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

#### **ELVASTON BOWLS CLUB**

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

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

#### HEXHAMSHIRE WI

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

#### **CREATIVE WRITING**

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

Place: Hextol Tans cafe/Core Music Organiser: Claire Lynn claire@claire276.plus.com

#### HEXHAM TENNIS CLUB, TYNEDALE

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

#### WARDEN IN HEXHAM WOMENS INSTITUTE

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

#### HEXHAM AND DISTRICT FLOWER 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 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 every month at 2pm. Place: West End Methodist Church 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 tynedalelionsclub@gmail.co.uk

#### **HEXHAM ART CLUB**

We meet fortnightly on a Tuesday

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

Organiser: Gillian Silsbury gillian.silsbury@gmail.com

#### TYNEDALE COMMUNITY CHOIR

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

#### MORRIS DANCING CLASSES

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

Place: See description Organiser: Valerie 01434684705

#### **MACULAR SOCIETY**

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

Organiser: Jeanne 01661833988

#### **ARTVENTURERS**

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

#### **HEXHAM PROBUS CLUB**

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

#### **TYNEDALE ROTARY**

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





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See our main advert on the back page

#### **CHRYSALIS CLUB TYNEDALE**

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

Organiser: Chrysalis Club 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 secretaryHBC@btinternet.com

#### FAMILY HISTORY BRANCH

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

#### 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

Place: Torch Centre, Corbridge Road Organiser: Sheelagh 07712108685

#### **HEXHAM TOWN WI**

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

#### **HEXHAM RAMBLERS**

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

#### **TYNEDALE U3A**

Monthly meeting and talk on the first Tuesday of every month at 2pm. Nonmembers 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 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 07977410385

#### **HEXHAM ROTARY**

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

#### **HEXHAM MALE VOICE CHOIR**

Regular meetings on Thursday evenings. Our membership is strong but we always seek new members, you don't even have to be able to read music! Just come and have fun. Place: West End Methodist Church Organiser: James Walmsley 07771715574

#### MUSIC AND MOVEMENT FOR PRE SCHOOL CHILDREN

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

#### HEXHAM AND DISTRICT PHOTOGRAPHIC SOCIETY

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

#### LITTLE OAKS NURSERY

01434 613422

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

#### NATIONAL TRUST TYNE VALLEY ASSOCIATION

First meeting of 2023 is Monday 16 January when Amanda Hepburn will give a talk on 'Historic Fires of Newcastle'. Monday 20 February our speaker is Dr Greg Finch and his talk is 'The Blacketts'. All meetings start at 2pm. 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!

Church office Place: Hexham, Beaumont Street Organiser: Church Office 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

Place: Hexham Abbey Organiser: CH Event 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

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 07974 811351

#### **TYNEDALE ARCHERS**

A friendly community archery club based in West Northumberland and affiliated to the Grand National Archery Society (Archery GB). Our members are all ages from 8yrs upwards, from beginners to experienced archers using Recurve, Barebow, Longbow and other traditional bows.

Place: Hexham/Haydon Bridge Organiser: John Hope tynedalearchers@yahoo.co.uk





## NORTHUMBERLAND CANCER SUPPORT GROUP

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

Charity Number 519373

(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 Happy & Healthy New Year

REMEMBER, We are here for you!

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

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

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

All Welcome!

For more details about our group and events visit our website:

Charity number 519373

www.northumberlandcancersupportgroup.co.uk



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Business Apprenticeships Engineering Schemes & Technical Summer Placements

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Professional Placements

Professional Placements

Professional Placements

# 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.

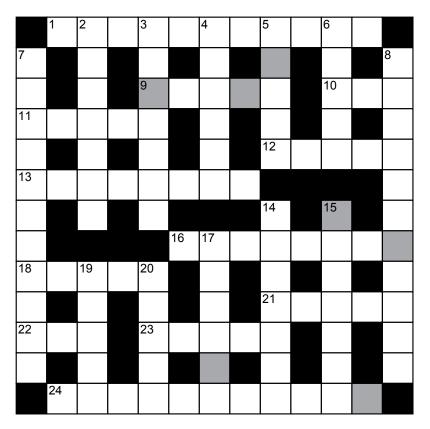
Visit www.egger.com/jobs to learn more about the many opportunities we offer.



## **COFFEE BREAK**

## Celebrate Epiphany.

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



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

1			
1			
1			
1	1		



#### **Across**

- 1 Business of entertaining visitors (11)
- **9** Assesses performance (5)
- **10** Frozen water (3)
- **11** Raises up (5)
- **12** Visual perception (5)
- 13 The first people to do something (8)
- **16** Study the night sky (8)
- **18** Tree of the birch family (5)
- 21 Wedding assistant (5)
- 22 Fantastical creature (3)
- 23 Unit of heat (5)
- **24** Relating to fireworks (11)

#### Down

- 2 Effluence (7)
- **3** Followed after (7)
- 4 Restraint (6)
- **5** Slips (anag.) (5)
- 6 Making a knot in (5)
- 7 In a state of disrepair (11)
- 8 Solid figure with five faces (11)
- **14** Victory (7)
- 15 Japanese dish of raw fish (7)
- **17** Steal (6)
- **19** Silly (5)
- 20 Quantitative relation (5)

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#### 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





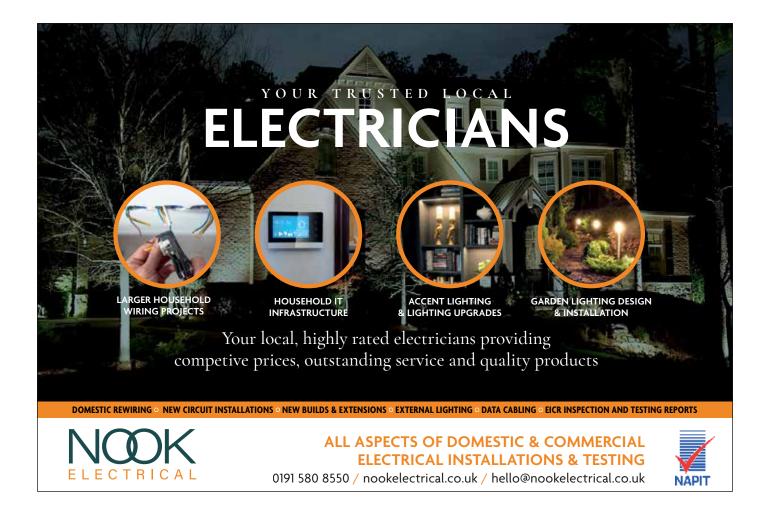
















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upon payment only. Only 1 voucher per person/per ransaction per day. Valid from 01/02/23 until 28/02/23



### ...in DARRAS HALL & PONTELAND

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

#### **PONTELAND RAMBLERS**

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

#### **BELSAY HALL CROQUET CLUB**

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

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

#### ST MARY'S PONTELAND & HOLY SAVIOUR MILBOURNE

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

#### PONTELAND HEALTH WALKS

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

Place: Ponteland Leisure Centre Organiser: Gordon Allan 07936135469

#### PONTELAND VILLAGE WI

Scam awareness will be the theme of our talk on Tuesday, January 10, at 7.30pm. Our subgroups include Walking Group, Dining Out, Walking for Softies, Dog Walking and Book Club. Email us or look for Ponteland Village WI on Facebook.
Place: St Mary's Parish Centre Organiser: Jeni pontelandvillagewi@hotmail.com

#### **CREATIVE WRITING**

Now looking for new members to join our friendly group, this class will inspire and encourage you to write poetry, fiction or memoir and offers supportive feedback to help you develop your work. Free taster session. Place: Members' houses Organiser: Claire Lynn claire@claire276.plus.com

#### PONTELAND BADMINTON GROUP

Adults Tue. 12:30-13:30 & 19-20:30 @ Pont. L/Centre, also WB Club Wed. 19-21:00. Juniors Mon. 16-17:00, Thu. 17-18:00 & Sat. 10-11:30 @ Pont. L/C. Also Adults Fri. 10-11:00 @ Pont. Comm. Prim. School. Place: Ponteland Organiser: Phil Hall: 078100 84153

PONTELAND LADIES CHOIR

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

Place: St Mary's Parish Centre, Thornhill Road. Organiser: Bill Schardt pontelandsgc@gmail.com

#### PONTELAND FRIENDLY STITCHERS

Ponteland Friendly Stitchers meets on the 4th Monday each month, except December, in the Hive at the Ponteland Leisure Centre, between 2 and 4pm. We offer a mixture of speakers and workshops and welcome new members of any ability. Place: Ponteland Leisure Centre Organiser: Emma Denham emmadenham52@gmail.com

#### FRIENDS OF KIRKLEY HALL

On 8 February lan Dueshill will talk about Red Squirrels and the work in Coquetdale to protect and conserve them, alongside a study of a colony on a local farm. Accompanied by excellent photographs. Starting at 2pm everyone welcome.

Place: Kirkley Hall

Organiser: Énid Saint: 07582711873

#### TAI CHI IN PONTELAND

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

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

#### **ROTARY CLUB OF PONTELAND**

We meet every Tuesday, alternating between lunchtimes & evenings. We have a light meal, chat & socialise and try to arrange fund-raising events to support good charitable causes. Why not come along & join us. Place: Ponteland Golf Club Organiser: Alan Hall: 07740866764

#### RAF AIR CADETS

733 Sqn Air Training Corps is open to the ages of 12 to 17 years, Mondays and Fridays, 7pm to 9.30pm. The Squadron activities include flying, gliding, shooting, first aid, cadet camps and the Duke of Edinburgh Award. Army Reserve Centre, Kingston Park Organiser: Flt Lt G Smith RAFAC 733@aircadets.org

#### INNER WHEEL CLUB OF PONTELAND

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

Place: St Mary's Church Hall 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 anncooperx@gmail.com

#### **PONTELAND U3A**

Meetings are held on the first
Wednesday of each month at 2pm.
Our next talks are: 4th January – Seven
Bridges – Crossing the Tyne Gorge by
J Michael Taylor. 1st February – AGM
and faith tea. For enquiries please call
01661 824953

Place: St Mary's Parish Centre Organiser: John Hewett john.hewett@tiscali.co.uk

#### **WALKING SCOTTISH DANCE!**

Scottish dance for those who can no longer move as nimbly as they did! We meet in 5t. 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 Organiser: 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 7th February AGM and Jane Austin Walker "Northumberland's Wildflowers".

Tuesday 7th March Ian Glendinning "Two squirrel families" Place: St Mary's Parish Centre Organiser: Ponteland Wildlife Group 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, competition and a stall. Place: Merton Hall, Ponteland Organiser: Gill Thompson gillian.tho@googlemail.com

#### PLANT HERITAGE GROUP

The January 14th meeting is with Andrew Gaunt talking about "Hedychiums". Contact r.cooper738@ btinternet.com to join this Zoom presentation. February 11th "The work of a plant health inspector" is a presentation given by DEFRA representatives in Memorial Hall. Place: Memorial Hall Ponteland Organiser: 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 Organiser: Alan Atkinson aatkinson 13@talk21.com

#### CALLERTON GARDEN & FLOWER

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 Organiser: Vivien Jackson 07467035013







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# 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, Kenton, Newcastle NE3 3RY and Blyth, Northumberland, NE24 1LL







#### Life Skills Coach SP2 £19,007 pro rata: 29.5hrs/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, drama, sports, music, and photography, getting out and about in Newcastle and surrounding areas... It really is a varied role.

#### 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.

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

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

www.journeyenterprises.co.uk

info@journeyenterprises.co.uk















This festive season, we are highlighting the importance of recycling your real cut tree and how you can create a wildlife haven for small animals and insects to shelter in during the winter months.

Whether you've got a Nordmann Fir standing pride of place, or a Fraser Fir is your tree of choice, Dobbies Garden Centres is encouraging you to repurpose your Christmas centrepiece once the festivities are over. Dobbies' Horticultural Director, Marcus Eyles has outlined how people can recycle their cut Christmas trees to create a wildlife haven for small animals and insects to shelter in during the winter months.

#### Follow Marcus's step-by-step guide:

- Remove the tree from your house carefully to stop any loose needles from dropping. Wear thick gloves to protect your hands.
- 2. Using a good quality pair of secateurs, starting from the top remove each branch as close as possible to the main trunk.
- Stack the branches together four or five pieces high and place onto soil or leaves under large shrubs, trees or hedges.
- 4. Repeat this process until all the branches are used. This will provide a great shelter for small animals and insects to protect them from the worst of the winter weather. Marcus points out that the needles and branches will breakdown over time to produce organic matter than will enrich the soil.
- 5. For the main trunk of the tree use a pruning saw to cut into 30cm lengths, which can then be stacked to make a mini log pile which is a great habitat for wildlife to shelter in.









Marcus Eyles
Horticultural
Director
Dobbies Garden
Centres

# VALLEY COTESS Traders Index

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

NI Acomb Form Shop pd0

Whatever you're after, there's no need to trail back through the entire magazine - our Traders Index is a handy reference guide which lets you find exactly what you're searching for in seconds. Simply choose a category below and we'll tell you exactly what page(s) to jump to. Easy! What's more, our website now has a fully interactive Business Directory at: <a href="https://www.tynevalleyexpress.co.uk/business-directory">www.tynevalleyexpress.co.uk/business-directory</a> meaning our Traders contact details are available on your PC's, tablets and mobiles, all at the click of a button.

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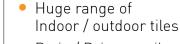
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