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## *In this issue....*

Leading Lines  
Go Local Food  
The Digital Pound  
Our Communities  
Barmoor Easter Fair  
Hexham Jazz Festival  
Grace Lynch - Lymphoma Action  
Allen Banks Woodland Restoration  
10 Things to do in Northumberland  
WIN - Tech Team Membership  
WIN - £25 with CSN Security  
WIN - Fastbake Bread Maker



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Chloe Browne



Amy Hardy

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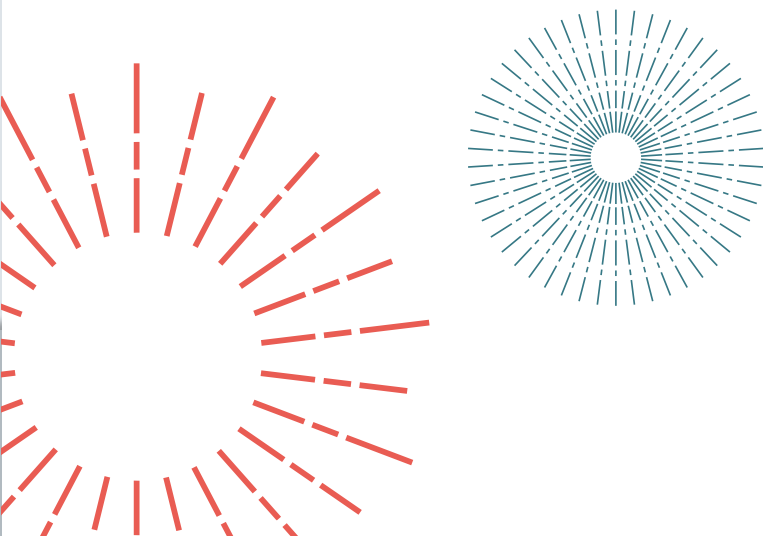
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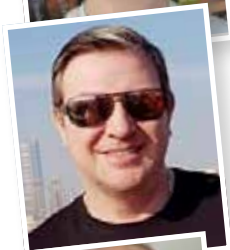
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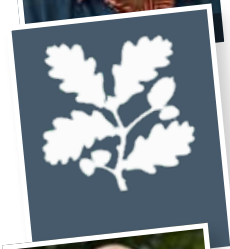
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Hi everyone, after what seems like an eternity, we finally enter a new season of Spring. Surely warmer days are ahead?

In this issue we have our trusty team of writers with 8 fresh articles, as well as the first of a new regular feature from David Murray, Field Reporter for Go Local Food. For those not in the know, Go Local Food is a community-run co-operative based in Ovingham, who grow a wide range of amazing vegetables all year round. We're thrilled to present their inaugural contribution on page 60.

Thanks go out to Hexham Mayor Derek Kennedy, who gives special mention to Holy Newton on page 68. Our thoughts are with the family. There's also a lovely piece from local Grace Lynch on page 21, who shares her heart-warming story on raising money for Lymphoma Action.

We have a fresh set of puzzles in our Coffee Break on Page 75 with a chance to win a puzzle book and a year's free membership, courtesy of our sponsors Tech Team. Answers to last month's puzzles are now live online at [www.tynevalleyexpress.co.uk/puzzles](http://www.tynevalleyexpress.co.uk/puzzles).

There are two new competitions this edition starting with a chance to win a Morphy Richards Fastbake Bread Maker below. There's also a

chance to win £25 with our friends at CSN Security on page 10, can you find those hidden words?

This season is all about new beginnings and changing habits, so instead of lining the pockets of global conglomerates such as Amazon, remember to shop local and support your regional businesses.

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

*Stephen McHugh*

Stephen and the Tyne Valley Team.

Tel: Stephen: 01661 852684

Email: [stephen@tynevalleyexpress.co.uk](mailto:stephen@tynevalleyexpress.co.uk)

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

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When you have finished with this magazine please recycle it.

# WIN

## a MORPHY RICHARDS MULTI USE FASTBAKE BREADMAKER

The Fastbake Bread Maker is the ideal choice for all those who like to wake up to a freshly baked, buttery croissant, or spend lunchtimes eating bread still hot from the oven. With 12 different programmes, three crust settings and a 13-hour delay that allows you to bake whenever is best for you, get ready for that freshly-baked bread scent to waft pleasantly through your home.

Competition runs March - April.

For details please see:

[www.tynevalleyexpress.co.uk/competitions](http://www.tynevalleyexpress.co.uk/competitions)

Good luck everyone.



### KEY FEATURES

- Fastbake function for freshly baked bread in 50 minutes
- Delay timer so you can wake up to freshly baked bread
- Adjust settings for different loaf sizes and crust styles
- Programmes to bake cakes, make jams or marmalades





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### ST ANNE'S RC CHURCH

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

Place: St Anne's RC Church  
Organiser: Adrian Tuckwell  
Contact: [st.annewinlatonrc@gmail.com](mailto: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  
Contact: 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  
Contact: 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  
Contact: [rev\\_dianeryan@btinternet.com](mailto: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  
Contact: [blaydonstcuthbert@gmail.com](mailto: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  
Contact: [st.annewinlatonrc@gmail.com](mailto:st.annewinlatonrc@gmail.com)

### WINLATON LOCAL HISTORY SOCIETY

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

### GATESHEAD LIBRARIES, ARTS & HERITAGE

Gateshead Arts Team delivers a wide range of friendly, creative workshops for all ages through our Gateshead Live programme and projects like Gateshead Art Diamonds, which is for people of retirement age. For more details, please email [ColleenDewling@gateshead.gov.uk](mailto:ColleenDewling@gateshead.gov.uk)

Place: Gateshead Libraries  
Organiser: Colleen Dewling

### 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  
Contact: 07949265987

### 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  
Contact: [winlatonevch@talktalk.net](mailto: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  
Contact: 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  
Contact: 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  
Contact: [info@winlatonmillvillagehall.com](mailto: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 litter picking.

Place: Swalwell Visitors Centre  
Organiser: Chris  
Contact: [northern@durhamwt.co.uk](mailto: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  
Contact: [www.kalmalifeuk.co.uk/gatesheadwest](http://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](mailto:graemesnowball73@gmail.com)

Place: Winlaton New West End Club  
Organiser: Graeme and Lesley  
Contact: 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  
Contact: 07515107774

### WINLATON ART GROUP

We are a small group of like-minded minded people who just love to paint. We meet every Wednesday evenings at Winlaton Community Centre 6.15/8.15. New members always welcome.

Place: Winlaton Community Centre  
Organiser: Angela Elliott  
Contact: [angela.elliott1846@gmail.com](mailto:angela.elliott1846@gmail.com)

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Place: St. Mary's Centre, Whickham  
Organiser: Arthur Coulson Chair  
Contact: [arthurcoulson@hotmail.co.uk](mailto:arthurcoulson@hotmail.co.uk)






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# We are North East Gymnastics Academy...

A gymnastics club based in Newburn, we currently train out of Newburn Activity Centre, and we offer gymnastics for all ages and abilities.

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.

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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.



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e: [northeastgymnastics.info@gmail.com](mailto:northeastgymnastics.info@gmail.com)

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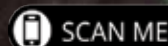
Newburn Activity Centre, Grange Road,  
Newcastle Upon Tyne, NE15 8ND



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The theme of 2023's Children's Mental Health Week, which occurred back in the second week of February, was 'Let's Connect'. That resonated with me mainly because I have spoken before on the power of communities and how forming meaningful connections is beneficial to us.

One may underestimate the power that a sense of community has. Especially when you move into a new area or take a mental health turn. Communities do not have to be exclusive clubs that require membership, but rather a simple open-arms gesture to those around you. These can be from your neighbours to the people you encounter on the local high street – and in recent times, high streets are struggling.

I thought that for this issue, I would re-emphasise the need for community and a sense of belonging. And this comes off the back of several businesses announcing their imminent, or immediate, closure.

For example, at the back end of January, Daniel Farm in Wylam heartbreakingly announced its closure. The site, which included a tearoom, fun farm, gift shop and garden centre, was a favourite for families, as it offered a lot of events for children. The news was hit with a lot of sadness over social media, with one visitor saying, "It is a great shame to lose a valuable part of the community."

In February, Run Unlimited in Prudhoe announced its own closure news. The store was known for selling running gear and for its motivational games such as treasure hunts to keep runners inspired. It's such a shame, especially in the run-up to the Great North Run. The news was met with great empathy towards the business.

And those aren't the only businesses that are closing, in recent months my favourite tea shop Tea Sutra in Newcastle sold its business, and the River Beat restaurant in Gateshead confirmed its closure. I'm sure that there are businesses I haven't mentioned who have also closed.

Whilst I wish the owners of these businesses luck for their futures, I can't help but grieve their loss. Places like these inspire adventure and fun, whilst nurturing positive memories for a lot of people.

But with rising energy and fuel costs for everyone, it's understandable. The "death of the high street" has become a well-worn political and economic trope. In today's world, the value of the high street is determined by monetary value, but its most important feature is its aid in the overall sense of community.

Online shopping may be convenient, with the act being able to take place with a mere click of the finger all from the comfort of a bed, but it lacks that unique experience. Going in person to a shop allows connections to grow between the seller and the customer, conversations take place in real-time instead of with AI Chatbots, and you can try before you buy – which also saves time and energy because you don't have to send things back.

We all know these benefits, but our high streets need our support more than ever before.

#### So, how can we help?

1. Charities and fundraising.  
If you are able, donating or fundraising on their behalf can be a huge help. You can also offer your time by volunteering. Volunteering in general offers you the ability to not only help but meet new people and forge new connections.
2. Experiencing what your local high street and community has to offer.  
Whilst I have lived in this area all my life, I constantly discover new

experiences and places. I've recently gotten my driving license too which opens doors to widening my sense of community. Pop into your local coffee shop, walk around the community and see what the local area has to offer. Chat with people in local markets and fairs, and you might just discover your new favourite place or your new favourite small business.

There are plenty of ways to discover new events and groups, for example, the What's On pages of this very magazine, or the wealth of information on the internet and social media sites.

3. The power of social media and recommendations.  
A free service to help small businesses is sharing on social media, tagging the business and offering a review. Word of mouth goes a long way. Be kind and courteous and you'll be thanked in kind by the business. Liking a page or a post also only takes a mere second to do.
  4. Communication and Conversations  
Don't be afraid to reach out to get recommendations either. Have new conversations, and you may find a shared interest with someone new. Open yourself up to new ways of communicating as well. For example, learning sign language or another language opens up experiences with people of different abilities and cultures, which all aids in widening the community.
- A community should be accessible to all, no matter your background or your abilities.
5. Be a good neighbour.  
Loneliness has increased for everyone in the last few years, with economic struggles and with the pandemic. By befriending or offering companionship to the more vulnerable in your area, you can help foster a real sense of community and connection. And that goes both ways.  
Helping someone else will help increase the 'social capital' in your area by creating a network of support for people to draw on in times of struggle. If you are able to do so, offer to collect medication or groceries for your elderly neighbours, walk someone's dog or have a regular chat with nearby friends and relatives.

These simple actions can make a world of difference to those around you. It takes people coming together to create a strong community spirit. Having a full high street helps with the community, and gives people somewhere to turn to. We need to do all that we can to save that and keep building our communities up as we do so.

It's a mutual relationship, if we prop our communities up, they will respond in kind. It's a win, win situation, and we just need to make the effort.



*Katie Pharoah*

**Katie Pharoah**  
Writer for Tyne Valley Express  
[katie@tynevalleyexpress.co.uk](mailto:katie@tynevalleyexpress.co.uk)





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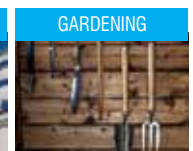
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Organiser: Camera Club

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# Leading lines

(Yes, we photographers have to learn our lines too!)



You may recall from one of my previous articles, we talked about leading lines when composing your shot. This is particularly useful in landscape photography, but of course, can also be utilised to great effect in other genres too. It's well worth going into this topic in a little more detail as I feel it can really be the difference to a successfully composed shot and one that just doesn't work.

As I said before, when we read text, we generally read from left to right. (I know, in some languages, it's the other way round, but for our purposes we will assume left to right), and thus, our eyes are trained to view images in a similar way. Leading lines in an image, if used well, will draw your viewer's eyes through the image and will help tell the story you want them to see and can be a very powerful compositional tool. The lines need not be straight. Strong lines, diagonal or horizontal, straight or curved, can help to make a stronger composition, as long as they take the viewer to what you want them to see. This should be a focal point in your image, a lone tree perhaps, or a building, or maybe, a person in the distance. A strong leading line can help take your viewer through your image and directly to the focal point. In my own photography, particularly with landscape images, I really like, if possible, to have a person in my image somewhere. My wife comes in very handy for this in many cases! Often when we are out walking, I'll hang back until she walks into the position I want her to be in, or I just ask her to go stand in a strategic

place! As a fellow photographer, she understands! Using a figure in your shot can add some human interest and also adds scale, as well as a focal point for your leading lines to point to. You can see some examples of this in the accompanying images.

There are different types of leading lines you can use:

**Horizontal lines:** Often found in nature and landscapes. Since these horizontal leading lines can often stretch across the width of the image, they tend to be used when shooting with a wide-angle lens.

**Diagonal lines:** Commonly used to create a sense of movement and dynamism. They can help to emphasize a sense of distance and often can be used to accentuate the sense of depth within your image.

**Vertical lines:** They can draw the eye up or down within the frame and can be used to convey status and a sense of power within your image. Vertical leading lines are often found in fashion, architectural or street photography.

**Converging lines:** Can be very powerful if used in the right way. If there are converging lines present in your frame, use them to lead directly to the main subject of the image at the point where they meet. A very powerful tool too, in architectural work with tall buildings.

When you look around, there is nearly always something you can use as a leading line. Some good examples of strong leading lines could be; a fence or hedgerow in a landscape, a road, track or winding forest path in amongst trees, a railing or railway tracks, a pier leading to a lighthouse or even lines/edges of a building or architectural detail, all can be used as a leading line. Diagonal lines can work especially well, when used in the right way. One other thing to consider is Shadows! When shooting in strong sunlight, which direction is the light and where are the shadows? Can you use those shadows as leading lines in your shot? Perhaps your own shadow can create a strong compositional leading line if you stand in the right place. Think too about changing your viewpoint. Crouch down lower, or stand on something to create a higher perspective, (but stay safe!)

Leading lines are not only useful in landscape photography. You can use them in, for example, portrait photography too. Body parts such as hands, arms, legs, the bridge of a nose and fingers etc. can all be used as an effective leading line to draw your view to the subject's eyes which, generally, are the focal point of any good portrait. When taking a portrait, think about what poses you could use to make your viewer 'read' through the image and follow those leading lines to the eyes. Keep in mind too, though, the other composition 'rules' we discussed previously such as the rule of thirds. If you don't, you can sometimes find your leading line may lead the viewer right out of the image and you lose them, or at least they lose interest in your shot.

Whichever genre of photography you prefer, think about what you want the viewer to take from your shot and try to use some leading lines to take them there. So learn your lines, but above all, have fun and enjoy it!

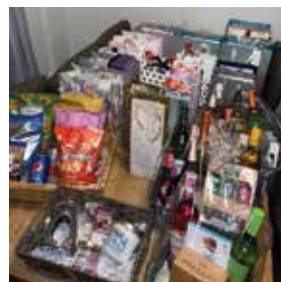


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A local 18 year old (Grace Lynch) who started up a small cake business in 2020 alongside her Grannie, who sadly passed away in November 2022, has raised an astonishing £600 through a charity raffle in memory of her. The money was raised through a raffle on Grace's cake page "Bakes By Grace", where she received over 150 prizes ranging from bottles of wine to vouchers for local businesses. All of the prizes were received through kind donations from family, friends and all of those who knew her Grannie (Linda Davidson). A massive thank you goes out to those who donated and purchased raffle tickets.

Whilst planning and organising the raffle required hard work and dedication alongside Grace's running of her cake business and sixth form dedications, Grace knew she had to do something in memory of her Grannie, who was the keen baker of the business. Grace was absolutely delighted to have raised £600, and knows her Grannie would have been beyond proud.



All proceeds went to Lymphoma Action, a charity very close to Grace's family and the UK's only charity dedicated to lymphoma who provided emotional support and medical information on all aspects of Hodgkin and non-Hodgkin lymphoma.

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Place: Crawcrook  
Organiser: Rev. Tom Brazier  
Contact: [info@greensideparish.org](mailto:info@greensideparish.org)

### CENTENARY METHODIST CHURCH

Sunday Morning Worship 10.30am. Every Saturday morning 10.30am till 12 noon Coffee Morning. Drop in for a chat and a coffee/tea.

Place: Centenary Methodist Church  
Organiser: Trevor Peart  
Contact: [information@centenarymc.org.uk](mailto:information@centenarymc.org.uk)

### 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](http://gatesheadlibraries.eventbrite.com) or visit your local library.

Place: Crawcrook Library  
Organiser: Lynne Corder  
[LynneCorder@Gateshead.gov.uk](mailto:LynneCorder@Gateshead.gov.uk)

### CRAWCROOK SLIMMING WORLD

Crawcrook Slimming World. Come and join us at Emmaville Hall every Wednesday 5pm and 7pm.

Place: Emmaville Hall  
Organiser: Amanda  
Contact: 07894284343

### PRINTMAKING SESSIONS

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

Place: Crawcrook Library  
Organiser: Equal Arts  
Contact: 0191 2611619

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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: Emma Hall Crawcrook  
Organiser: Emma Bell  
[www.kalmalifeuk.co.uk/gatesheadwest](http://www.kalmalifeuk.co.uk/gatesheadwest)

### CRAWCROOK JUDO CLUB

Saturday sessions for Mini Fighters (4yrs - 5yrs), Beginners (6yrs - 8yrs), Junior and Intermediate (9yrs - 14yrs) and Senior class (14yrs+). Thursday sessions also available for Junior and Senior classes. Interested? Get in touch for more details.

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

### OUR VILLAGES

A Community group for the 2 villages. Main events are - Maintaining flower beds, Greenside Spring Fair, Crawcrook Summer Fair, Christmas Lights, General Fundraising, Litter picking. Please see Our Villages Crawcrook and Greenside Facebook page for details

Place: Crawcrook & Greenside  
Organiser: Members of Our Villages  
Contact: [ourvillagescag@gmail.com](mailto:ourvillagescag@gmail.com)

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Place: Clara Vale

Organiser: Joan Atkinson  
Contact: [bookings@claravale.org.uk](mailto:bookings@claravale.org.uk)

### PHYSIO-LED PILATES

Physio-led Pilates - small and friendly classes. Tuesday evening: 7.30-8.30 Pilates for Horse Riders, Wednesday evening: 5.50-6.50pm - Level 1. 7-8pm - Level 2. Please get in touch if you have any queries, or would like to join us!

Place: St John's Community Hall  
Organiser: Angela McClintock, Chartered Physiotherapist  
Contact: [pilatesphysio4you@gmail.com](mailto:pilatesphysio4you@gmail.com)

### ST JOHN'S COMMUNITY HALL

Large, clean, well maintained hall available for hire for parties, weddings or celebrations. Bookings for regular classes are also welcome.

Place: St John's Community Hall  
Organiser: Cath Contact: 07719776906

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Place: Greenside Community Centre  
Organiser: Rose Romani  
Contact: 07515 107 774



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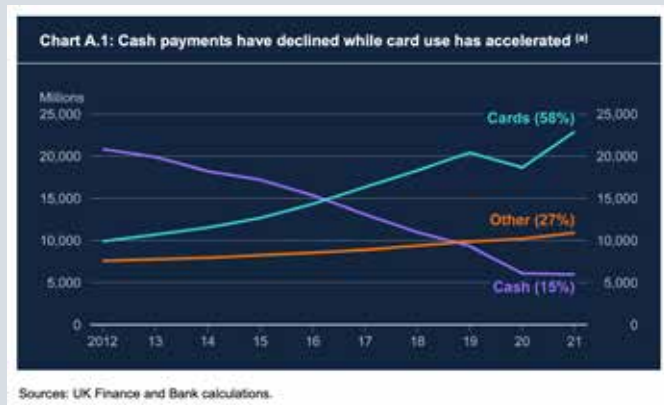
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# The Digital Pound: Convenience at the Cost of Individual Freedom..

Most of you have probably noticed that the use of cash has been diminishing for the last ten years as technology evolves and more people use contactless cards, Apple Pay, online banking and other kinds of rapidly evolving technology. Covid-19 and the government-imposed lockdowns of 2020 and 2021 were also used as an excuse to increase our dependency on digital and electronic payments. The Bank of England and the HM treasury have recently published a consultation paper on creating a digital pound and will have it up and running by the end of the decade. So today we will look at the difference between cash and other kinds of payments and how it could affect your freedom of action.



As of now there are basically two kinds of currency. The first is the deposits held at privately-owned commercial banks. This money is created by the private sector banks whenever you take out a loan and your account is credited by the bank. Believe it or not this money is conjured up out of thin air and written down on the bank's ledger as a credit on to your account. The second type is the Central Bank or public currency which you may opt to withdraw from your bank deposits at a branch or an ATM. These notes and coins are what we call cash and everything else is card payments and other. So why should we be concerned, in my opinion, about the disappearance of notes and coins and the possible extinction of these forms of payment?

We need to go back in time and perform the Austrian School of Economics and Ludwig von Mises' regression theorem analysis of money. Before money, people were subsistent farmers or hunter gatherers and bartered value for value. The commodities and items they directly exchanged were their private property and did not belong to anybody else. Eventually as societies advanced and trade grew, merchants found that some commodities were desired by almost everybody so these commodities could act as sort of money and allowed for indirect exchange. Usually these marketable commodities have been precious metals like silver and gold as they were portable, relatively scarce, durable and a good store of value.

So how come we have gotten away from real cash or gold and silver coins? I would say that money has been gradually hijacked by Central Banks and governments and it has been a slow but steady process. The original function of the state was to mint the coins or cash in order to ensure that they were of a certain weight of gold and silver. The state mints usually received what was called a seignorage or a small percentage of the gold and silver minted into coins. U.S. law for example, Under the Coinage Act of 1792, should provide the public with a minting service. Back before FDR banned gold in 1933 you could take gold and silver jewellery or bullion to your local mint and have coins minted for a small fee. Here in the U.K. the monetary system began to

be hijacked back in 1694 with the creation of the Bank of England. Over the centuries the Bank and HM Treasury have worked together to finance major wars and slowly move the country away from cash or gold and silver coinage.

The cash that we still use today are actually bank notes and these are promissory notes. The goldsmiths of the City of London issued them as receipts for safeguarding clients' gold. Eventually these receipts became accepted as money or cash and they were bearer instruments which meant that anyone holding them could redeem them for gold coinage. Silver coinage usually circulated as the value of silver was lower than that of gold. The goldsmiths eventually started issuing more notes than the gold that they held as they realised a small percentage of their depositors hardly ever redeemed the notes. The goldsmiths were the original bankers and bank runs occurred when depositors lost trust and demand their money or gold back. A bank would fail if it could not pay all its depositors.

So back to the digital pound. The Bank and HM treasury's argument is that as people opt for card and other kinds of payments, bank notes will not be necessary - but the Bank needs to issue some kind of digital coin that has the credibility of a Central Bank. The authorities are aware of the privacy and anonymity questions so in the working paper it has been stated that the Bank and government will only provide the coin and will not know the identity of the owner. That sound very good until you read on to find out that the provision of the digital wallets will be outsourced to private companies or banks that will need to carry out all the KYC (Know Your Client) and AML (Anti Money Laundering) vetting of the holders of the digital pound or CBDC (Central Bank Digital Currency). If this plan succeeds it is possible the privacy and anonymity that our forefathers had in using cash and even bank notes will be lost forever and what is more your "money" will not be really 100% yours as it will be at the mercy of the digital wallet provider.



*Mario Innecco*

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Place: Heddon Methodist Church  
Organiser: Rev Colin Barrick  
Contact: [minister@heddonmethodists.org.uk](mailto:minister@heddonmethodists.org.uk)

### HORSLEY BOOK CLUB

Horsley Book Club meets every first Friday of the month in The Hearth cafe from 3 pm. We read a variety of books and sometimes have play readings for fun.

Place: The Hearth cafe in Horsley  
Organiser: Hazel Holliday  
Contact: 01661853919

### HEDDON BALLROOM DANCING CLASSES

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Memorial Hall from 8 – 10pm. Teachers have endless patience and everyone has great fun. Find a partner and give it a try.

Place: Knott Memorial Hall  
Organiser: Jenian School of Dancing  
Contact: 01912365878

### THE HEDDON PATCHERS

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

Place: Women's Institute  
Organiser: Ann Allsopp  
Contact: 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](http://www.heddonhistory.weebly.com)

Place: Heddon Methodist Church on Towne Gate

Organiser: Andy Curtis  
Contact: 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  
Contact: 01661 853365

### HEDDON ART GROUP

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

Place: Heddon W.I. Hall  
Organiser: David Chambers  
Contact: [chambers497@btinternet.com](mailto:chambers497@btinternet.com)

### AD MURUM SINGERS

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

### FITNESS CLASSES WITH SCOTT

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Place: Knott Memorial hall  
Organiser: Scott Miller  
Contact: [sjmm2412@aol.com](mailto:sjmm2412@aol.com)

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Place: Horsley Village Church  
Organiser: Horsley Village Church  
Contact: [horsleyvillagechurch@gmail.com](mailto:horsleyvillagechurch@gmail.com)

### DRU YOGA CLASSES

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

Place: The Hearth  
Organiser: Rachel  
Contact: 07545865009

### KEEPING FIT AND FLEXIBLE

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

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Place: The Hearth Centre  
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# Allen Banks Woodland Restoration

The rustic woodlands we see at Allen Banks today are largely the work of 19th-century 'wonder woman' Susan Davidson, who made it her life's purpose to develop the estate. But its history goes back to the 16th century when the Ridley family of Willimoteswick Castle owned the original Ridley Hall, the manor house of the district.

The estate changed hands more than once during the 18th and early 19th centuries until the 1830s when Mr John Davidson of Otterburn bought the estate for his wife, Susan Hussey Elizabeth Jessup. She was the granddaughter of the 9th Earl of Strathmore and here began the estate's connection to the Bowes-Lyon family.

Susan was the first Lady of Ridley known to take an interest in the garden. She laid out 65 flower beds in the formal gardens and organised the system of paths, rustic bridges and summer houses. She also carried out work on the woods by the River Allen. Susan managed and developed the estate for the next 35 years.

Susan Davidson died childless and left the property to her cousin John Bowes, the illegitimate son of the 10th Earl of Strathmore.

In 1942 Francis Bowes-Lyon gave the woodland estate to the National Trust. Now we do our best to maintain Susan's hard work so that visitors can continue to enjoy Allen Banks and Staward Gorge today.

## Restoration and Regeneration

Some of that work at Allen Banks and Staward Gorge includes the restoration of natural woodland habitat as part of our woodland management plan to return the site to predominantly native broadleaf species, which will stimulate biodiversity.

Much of Staward Gorge woodland is a 'Plantation on an Ancient Woodland site' (PAWs). During the Second World War the original native broadleaf trees were felled as part of the war effort.

After the war, the newly barren woodland was replanted with fast-growing conifer trees that could be used should another war break out. Fortunately, this didn't happen, but in Staward Gorge it meant the timber was never felled and subsequently now dominates the landscape.

These conifers cause problems for the wildlife as their thick foliage blocks any sunlight from reaching the ground, meaning the woodland flora is not regenerating. This in turn reduces the species that can live there, including dormice and birds such as wood warblers and pied flycatchers.

The woodland currently has an even age structure with little new tree regeneration because it is too dark. This means that without intervention, all the trees will reach old age at the same time and the woodland could be lost in the future if new trees aren't able to grow to replace them now.

To enable natural regeneration, we are felling some of the conifers to let light hit the woodland floor. This allows new trees and ground flora to grow, storing carbon and water and creating a better habitat for wildlife. To give the woodland a helping hand, in some places we have planted new trees to increase species diversity.

Where possible, the felled trees are extracted from the woodland and used to make timber products such as fence posts or used as a biofuel. Where this can't be done, the timber is left as deadwood habitat, great for bugs and fungi which feed some of the birds and mammals living in the wood. This work forms part of a 10-year woodland plan which includes big



interventions like those mentioned above but also smaller jobs such as waste thinning and putting in coops; a process of punching a hole in the woodland to let light in.

Increasing species and structural diversity means the woodland becomes more resilient to climate change, pests and disease

as well as being more biodiverse. This means an increase in the numbers and types of mammals, birds and insects as well as flowers and trees.

A functioning woodland needs to be constantly changing and our wild places must be managed to keep them healthy and thriving for future generations to enjoy.

Allen Banks and Staward Gorge are open daily, from dawn to dusk. Car park is pay and display at Allen Banks. 4 hours £2, all day £4. Members, please scan your membership card at the car park machine for a free ticket. Please note there is a 3.3-metre height restriction.

Plan a visit: <https://www.nationaltrust.org.uk/visit/north-east/allen-banks-and-staward-gorge>

It was only through the generous donations and support from members and volunteers that we can carry out these vital repairs and restoration works. Thank you to all our donors and helpers – we really couldn't do it without you.

If you'd like to support our ongoing work at Allen Banks, contact [allenbanks@nationaltrust.org.uk](mailto:allenbanks@nationaltrust.org.uk) to make a donation, or find out about our volunteering opportunities <https://www.nationaltrust.org.uk/support-us/volunteer>.



National Trust

**Restoration 1:** Dark uniform woodland on the right of the picture. Ground flora and planted trees on the left.

**Restoration 2:** Trees felled and marked to be felled, preserving some of the remnant broadleaf trees and increasing light for regeneration.

**Restoration 3:** An area that was opened up a few years ago showing the new regeneration within the woodland





# KIRSTY HODGSON

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## Is the property market slowing down???

The answer is yes, however, we have had lots of '**WOW**' moments so far in 2023. Sellers have to start to be more realistic as we are now back in a 'normal' market. This is where your estate agent has to work much harder for you so it is even more important to have a agent you know is passionate about your property with excellent marketing and great communication.

Scan the QR codes to see more about my journey and view my properties...



**WOW** - We sold 14 properties subject to contract in January 2023, we also sold 14 properties in January 2022 - The first half of 2022 was MEGA!!! This is such a good sign.



**WOW** - We have sold 4 properties in the first week of February. (Burnley st in Blaydon, Ellen cres in Crawcrook, Dene House in Crawcrook, Kepwell Road in Prudhoe)



**WOW** - We currently have 12 offers on 12 properties that we are waiting to tie up with complete chains.

The Media talks about the property prices dropping. This is generic across the whole of the UK. There has been a big property price drop in the South of England and particularly central London. The North East has seen a very small drop. Some areas have been still seeing prices increasing, I wouldn't be surprised if we see this in the Tyne Valley this year.

My belief is that that the small price drop in our area is due to less properties going to best and final offers and going for over the asking price. I am seeing more savvy buyers and few properties going for over asking prices compared to 2021/22.

Is it a good time to sell? - **YES!!** Still an active good market in the Tyne Valley.

Is it a good time to buy? - **YES!!** There are some lower mortgage deals been released by BIG lenders as this goes to print!

07787 573390  
info@kirstyhodgson.co.uk  
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*Any advice needed,  
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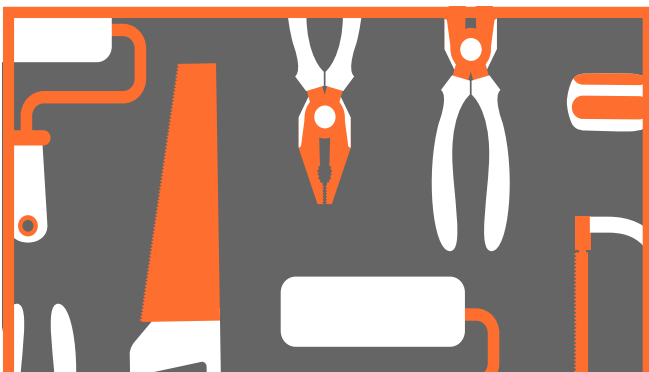
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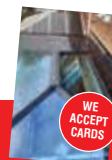
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## ...in WYLAM & OVINGHAM

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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  
Contact: 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  
Contact: 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/>

co.uk/

Place: Church Road, Wylam  
Organiser: Rev Tom Birch  
Contact: [wylamst.oswin@hotmail.co.uk](mailto:wylamst.oswin@hotmail.co.uk)

### WYLAM CHURCH HALL

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Place: Church Hall, Church Road  
Organiser: Helena Bates  
Contact: 07947116735

### WYLAM WOMENS INSTITUTE

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

Place: Wylam Institute  
Organiser: Eleanor Kirkland  
Contact: 01661 854563

### PHYSIO-LED PILATES

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

Place: Wylam Institute  
Organiser: Angela McClintock  
[pilatesphysio4you@gmail.com](mailto:pilatesphysio4you@gmail.com)

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Place: Ovington & Matfen  
Organiser: GO Local Food  
Contact: [admin@golocalfood.org.uk](mailto:admin@golocalfood.org.uk)

### UPLIFTED!

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

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

### CHRYSLIS CLUB TYNEDALE

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

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

### EXERCISE CLASSES

Mondays Pilates 9.30-10.20am (all

abilities), Post Natal Exercise Class 10.30-11.20am (Babies welcome). Tuesdays, Strength & Conditioning 7.00- 7.50pm, Men's only core & mobility 8.00 - 8.50pm. For more information & other zoom classes [www.annalittle.co.uk](http://www.annalittle.co.uk)

Organiser: Anna Little  
Place: Wylam Methodist Church Hall  
Contact: 07747624541

### OVINGHAM AND DISTRICT CHOIR

Ovingham and District Choir (Mixed Voice) meets for practice in the Reading Room on Tuesday evenings from 7.45 to 9.30pm. A wide repertoire is sung but the ability to read music is not essential. New members are always welcome.  
Place: Ovingham Reading Room  
Organiser: Ian Warburton  
Contact: [ianwarburton25@gmail.com](mailto:ianwarburton25@gmail.com)

### PILATES & FITNESS

SSFitness, a wealth of knowledge and experience. Classes are based in Ovingham and surrounding areas. Pilates sessions Tues, Wed & Friday in Ovingham. Full timetable is available on [www.ssfittnesspt.co.uk](http://www.ssfittnesspt.co.uk) or contact Diane on 0783292542

Place: Based in Ovingham

Organiser: SSFitness  
Contact: Diane - 07830292542

### OVINGHAM DRAMA GROUP PANTOMIME

Cinderella: world premiere of a new pantomime by Dan Hodgson. March 8, 9, 10 at 7.30pm (Saturday matinee sold out). Order tickets at [ovinghamdrama.org.uk](http://ovinghamdrama.org.uk) for payment and collection at the door, £10 adults, £5 children.

Place: Ovingham Reading Room  
Organiser: Bill Clegg  
Contact: 07528 948776



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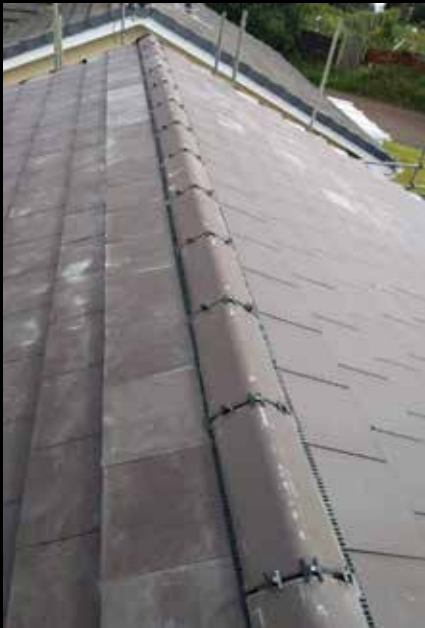
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# How Meditation Can Help Our Mental Health

We live in difficult times. The talk about mental issues and how difficult it can be to get help is growing, and getting help is indeed more difficult. While some mental issues require professional intervention and supervision, there are many ways in which we can take a pre-emptive approach and nip the development of mental issues in the bud.

Many mental health issues are just bad or negative attitudes that have turned into deeply ingrained negative habits of thinking. Those with genuine interest can help themselves to resolve mental pain and difficulties. It is all about being aware of our mental habits and changing them. This is what meditation does.

Meditation is a mental activity which allows us to become aware of our mental habits - our thoughts and feelings; develop a healthy distance from these thoughts and feelings, and finally transform these thoughts and feelings into peaceful, productive and more helpful attitudes and habits of mind.

## **\*\*Awareness\*\***

This is the first training - being aware of our thoughts and feelings. This means we need to notice how we feel and ask our self, "what are the thoughts I am having"? It turns out that in most cases, unless we have a real traumatic situation, the main reason for our having bad mental experiences or bad feelings is the presence of negative thoughts. \*A negative thought is a thought that gives you mental pain\*. It is the thought itself that is painful! Because this point is difficult to understand please think about it carefully.

Our habitual negative thinking is responsible for much of our mental pains and problems. If we are aware of this, we can then start thinking of ways to stop these bad mental habits.

Being aware and discovering how the pain comes from our thoughts and not from the situation is the first step of meditation.

## **\*\*Putting distance between our self and our thoughts and feelings\*\***

The next step is to come and realize that we can observe our own thoughts and feelings. If we train like this we shall see that we can create some distance between ourself and our thoughts and feelings. This is an important step because otherwise it is like we are drowning in the negativity and cannot develop different perspectives on situations. Without this distance, we cannot transform the bad mental habit.

As we become aware of our mental habits - especially the negative ones, we should think to ourself - "This is not me, this is just a thought in my mind, like a cloud in the sky or like a wave in the ocean". In this way we develop some distance between us and our thoughts.

## **\*\*Transforming our thoughts\*\***

Once we are aware of our negative habits of mind and gained some distance from them, we are no longer controlled by them. We have a bit of mental breathing space, we can try and transform the situation through transforming our mind.

To transform our mind - move it out of a habit or pattern it is used too, we can try few things

\*Imagine the situation from the other person's point of view\* - say we are in stressful situation involving another person or people, try imagining what do they see; try imagining what causes them to behave in the way they do. Such training of your imagination often helps in empathizing with the other person and this empathy can reduce much of our pain or other



issues. The ability to develop empathy or compassion for more and more people is a vital component of mental health.

\*Imagine the situation from the point of view of your future self - \* If we observe our own mind and the behaviours it engenders, we can try imagining what impact would this have on our future self, would our future self appreciate what we just thought, said or did?

-This is very helpful because when we realize that our future self will suffer because of our present bad mental attitudes and habits we will have strong motivation to stop them.

\*Find logical reasoning to help you deal with difficult situations\* - Sometimes we find ourself in difficult situations, at work, at home, with our health and so on. We can become aware that we are stressed with the situation and we can develop some distance from the situation. With awareness and distance we can apply logic. We can think this situation will change, sooner or later it will go, and so I don't need to fight it or worry about it, I can stay peaceful and in its own time this situation will pass.

In short I hope I have laid the basics of what meditation, showing it is a practical training of our own mind. There is nothing mystical about it and you can do it anywhere anytime. Even though it is simple it is very profound and you may find that the best way to start your own meditation practice you should find a meditation group and meditate with like minded people. This is one of the best ways to gain control over our mind and improve our mental health.

At Compassion Centre we teach how to meditate and how to deal with difficult situations. But there are many other groups that will help you learn to meditate.



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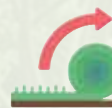
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### PRUDHOE INDOOR MARKET

Our monthly indoor markets are held one Saturday a month in Prudhoe Parish Hall. We have lots of fantastic local traders with high quality products. For full details find us on Facebook or at [www.chevent.co.uk](http://www.chevent.co.uk)  
Place: Prudhoe Parish Hall  
Organiser: CH Event  
Contact: [contact@chevent.co.uk](mailto: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](http://www.mylibrary.co.uk)  
Place: Prudhoe Library  
Organiser: Library Desk  
Contact: [prudhoe.library@northumberland.gov.uk](mailto: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  
Contact: [thegatepcc@hotmail.co.uk](mailto: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  
Contact: 07766142105

### HOT CHOCOLATE - AFTER SCHOOL YOUTH CLUB

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

### GLEEMEN MALE VOICE CHOIR

New members welcome. [www.prudhoegleemen.org.uk](http://www.prudhoegleemen.org.uk). We meet 7.15pm every Monday night for our practices. Everyone who would like to join in can just come along. You do not need to read music.  
Place: Prudhoe Methodist Chapel  
Organiser: Members  
Contact: 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](mailto:allotmentassociation@hotmail.com)

com or join <https://www.facebook.com/groups/prudhoegardenersassociation>  
Place: Prudhoe  
Organiser: Christine Hewitt  
[allotmentassociation@hotmail.com](mailto: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  
Contact: [borrerreiverarchers@yahoo.com](mailto:borrerreiverarchers@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  
Contact: 01661834901

### PRUDHOE METHODIST CHURCH

A warm welcome awaits you at morning worship every Sunday at 10.30am and at the many meetings during the week. For more information please check Prudhoe Methodist Church Friends on Facebook or the webpage Prudhoe Methodist Church  
Place: Prudhoe Methodist Church  
Organiser: Martyn Johnson  
Contact: Facebook Page

### BAIRNS & BREWS

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

### PRUDHOE & DISTRICT U3A

We are a friendly organisation offering day-time meetings for talks, coffee mornings, and a wide variety of interest groups from Art Appreciation to Walking. Our principle is enjoying shared learning, with everyone contributing. For further information please visit [u3asites.org.uk/prudhoe](http://u3asites.org.uk/prudhoe)  
Place: Prudhoe Parish Hall  
Organiser: Felicity  
[chairmanprudhoeu3a@yahoo.com](mailto:chairmanprudhoeu3a@yahoo.com)

### SPETCHELLS CONSERVATION INTEREST GROUP

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

Organiser: Keith Shaw  
Contact: 07962658230

### CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Thursday afternoons. Try a session for free.  
Place: Online on Zoom  
Organiser: Claire Lynn  
Contact: [claire@claire276.plus.com](mailto: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  
Contact: 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  
Contact: [jdobson3726@gmail.com](mailto: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  
Contact: 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  
Contact: 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](http://www.prudhoeparishchurch.org.uk).  
Place: St Mary Magdalene church  
Organiser: Rev Dan Freyhan  
Contact: [vicar@prudhoeparishchurch.org.uk](mailto: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](mailto:vicar@prudhoeparishchurch.org.uk)

### LITTLE TREASURES

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

### PRUDHOE NETBALL CLUBS

Junior (Yr 4-7), intermediate (yr 8-11) and senior netball (yr 12+) available Wednesday evenings during term time at Prudhoe High School. Are you looking for somewhere to make friends and develop netball skills? Training sessions with opportunities to play league netball.  
Place: Prudhoe High School Sports Hall  
Organiser: Hollie Pearson  
[prudhoenetball@outlook.com](mailto:prudhoenetball@outlook.com)

### WALKING NETBALL

Come and enjoy netball at a slower pace. Make friends, have fun and get fit. Everyone welcome - regardless of age or ability. Mondays 6pm-7pm  
Place: Prudhoe High School Sports Hall  
Organiser: Janet Orrcock  
Contact: 07926502855

### CHRYSLIS CLUB TYNEDEALE

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

### PRUDHOE COMMUNITY BAND

Prudhoe Community Band rehearse on Saturday mornings during school term times. Always happy to welcome new musicians. No auditions necessary. Come along and say hello. Website [prudhoecommunityband.co.uk](http://prudhoecommunityband.co.uk) for details.  
Place: Highfield School, Prudhoe  
Organiser: Prudhoe Community Band  
[prudhoecommunityband@gmail.com](mailto:prudhoecommunityband@gmail.com)

### HERE TO HEAR DROP-IN

Free confidential sessions from your local health and social care champion. Share experiences of NHS and social care or use the Signposting and Information Service to ask about local support and services. Third Thursday of the month, 11am-1pm.  
Place: Spetchells Centre  
Organiser: Healthwatch Northumberland  
Contact: Tel: 03332 408468







# PRUDHOE GOLF CLUB

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INTERMEDIATE ages 22-26 ... £275

For further information please contact:

[office@prudhoegolfclub.co.uk](mailto:office@prudhoegolfclub.co.uk)

or call: 01661 832466 Ext 2

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# 10 things to do in Northumberland in 2023



Photography: Dave Dixon

2023 is just getting started and it's the perfect time to hike to that waterfall you've always wanted to see, book that stargazing experience you've been eyeing up for months, or visit that mind blowing castle everyone's been talking about. Here is a Northumberland bucket list to get you started and help you plan some new adventures:

## Do something whisky

2023 will see the exciting opening of Ad Gefrin, a world class Anglo-Saxon Museum and English whisky distillery in Wooler. Opening in Spring 2023, the distillery will celebrate the unique heritage of Northumberland and you can immerse yourself in the same landscape that shaped ancient royal hospitality. Today, it gives us the finest malting barley and the purest Cheviot water with which Ad Gefrin creates its Single Malt Whisky.

## Wish it could be Christmas every day

2023 is an exciting year for Northumberland, as it will also see the opening of Lilidorei, a new magical Christmas village at The Alnwick Garden containing the world's biggest play structure. The fantasy village development will have a Christmassy feel all-year-round and hold magical creatures like elves and goblins, who are preparing for Christmas throughout the year. With zip wires, slides and climbing walls, it will make for the perfect family day out.

## Find Ospreys and eat Canapés

Hiding amongst the vast forest and tranquil waters of Kielder lies one of northern England's most outstanding conservation success stories; the return of the Osprey. Should the ospreys return to Kielder this year, Wild Intrigue will run a uniquely tailored cruise for the second year running, where your guide will share the history and inspiring story of the Osprey while giving you the best chance to see them for yourselves. All the while, Canapés and prosecco will be served on board this 2.5 hour sunset cruise on Kielder Water.

## Go on a safari

Go on an adventure with the special Ingram Valley Farm Safari, a Northumberland experience launched in 2021. Starting at Ingram Bridge car park, the fantastic Patrick from Footsteps in Northumberland and a member of the Wilson family will take you on a journey through time, discovering what has shaped this beautiful valley for over a millennia and beyond. Half way through, you will pause for a picnic provided by Ingram Cafe, complete with fresh, local ingredients.

## Get to know a telescope

As well as doing some independent stargazing, you might want a bit of guidance when you're gazing into the galaxy. Northumberland's observatories are here to help, offering everything from beginners' workshops to experienced astronomy events. Kielder Observatory, which sits directly below the International Dark Sky Park, and Battlesteads, the award-winning, sustainable hotel that has its own observatory, are two excellent examples.

## Walk a mile in someone else's shoes

Patrick Norris from Footsteps in Northumberland offers guided walks, including one along The Pilgrim's Way, where you can follow in the footsteps of 6th century saints across the causeway to Lindisfarne Island. From April to September, hundreds of grey seals gather on the sandbanks, and from October to March thousands of migrating birds fill the bay and make this trip a wildlife lover's paradise. \*Always check safe crossing times for Lindisfarne Island ahead of visiting.

## Have your pick of the bunch

Pick your food straight from the forest and onto your plate with a Northern Wilds Wild Food Forage Feast course. Their emphasis on gut health, wellbeing



and the benefits of eating fresh, natural produce will make you come away wanting to escape to the wilderness and live on wild mushrooms and berries. On their full day tour, they prepare the day's harvest in a wild food wagon and turn it into a delicious feast.

## Give yourself a push

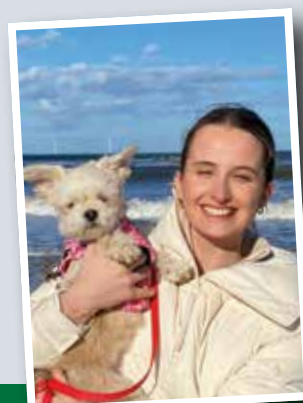
Get on yer' bike and freewheel through forests, countryside and coast in Northumberland. We have gentle, circular routes for families, off-road adventures for the experienced cyclists, and scenic routes perfect for sight-seeing by bike. Hire everything while you're here with our fantastic bike hire services like Pedal Power.

## Branch out

Feel the magic of sleeping in the treetops in one of Northumberland's awe-inspiring self-catering tree houses. Both Hesleyside Huts and Woodland Chase offer fairytale stays in a mystical woodland setting where you are quite literally immersed in nature, nestled away in the trees.

## Discover your roots

Get outside and experience the healing powers of nature in Northumberland. The Alnwick Garden has a short window between the end of April and the beginning of May where their collection of Taihaku cherry blossoms (the largest in the world) blooms. Relax on one of the swinging benches amongst the fluttering blossom trees before heading to Alnwick Castle, whose surroundings become flooded with daffodils in the springtime.



Jenni Meikle

Jenni Meikle  
Content and PR executive at  
Visit Northumberland  
[www.visitnorthumberland.com](http://www.visitnorthumberland.com)

Photography: Till Fishing



# Community Buddies



## Home support services



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

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

### DEMENTIA DAY CARE CENTRE

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



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Home support services

## — DAY CENTRE —

We now offer a Day Centre for vulnerable adults in our Community, which offers a sociable and relaxing environment.

Our centre offers a range of activities such as:

**Simple exercises - Bingo - Quizzes - Singing  
Arts and crafts - Baking ... and many more.**

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

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

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

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

Our day centre is situated in Mickley, Northumberland.

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

**You must book in advance.**

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

For more information visit: [www.facebook.com/communitybuddies/](http://www.facebook.com/communitybuddies/)  
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u3a open day u3a open day u3a open day

So it's you three, eh? Tell me, why did you all join Prudhoe u3a?

I was made part-time and wanted something interesting to do

We moved house to be nearer the grand-kids so I needed to meet people here

I was feeling a bit lonely, and looking for new friends

And did it work? Did you make friends and find interesting things to do?

You bet! It's really keeping my brain active

Sounds great! I'm off to join Prudhoe & District u3a!

Definitely! The u3a are a really bright, fun, lively bunch

There's nothing like doing something you love, with like-minded people, to make great friends!

Images by Ciker-Free-Vector-Images from Pixabay

**You are invited to Prudhoe & District u3a's**  
**Coffee Morning and Open Day**  
**in Prudhoe Parish Hall**  
**(by the traffic lights)**  
**on Monday March 13th**  
**between 10 am – 12 noon**

u3a open day u3a open day u3a open day



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For more information and to book tickets visit:  
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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/](http://www.tynevalleyexpress.co.uk/whats-on/)

### STOCKSFIELD COMMUNITY CENTRE

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

Place: SCA, Mount View Terrace  
Organiser: Terri Anne  
Contact: [admin@stocksfieldca.org.uk](mailto: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  
Contact: 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](http://Stocksfieldbaptistchurch.net).

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

### STOCKSFIELD METHODIST CHURCH

Celebrate with us 'The Joys of Spring' at Cafe Connect on Saturday 18th March 4 pm - 5-30 pm. We are a Family Focussed Church. Come, with all the family, to share in the chat, activities and refreshments.

Place: Stocksfield Methodist Church  
Organiser: Jacqueline Cameron  
Contact: [jacquic074@gmail.com](mailto:jacquic074@gmail.com)

### SCOTTISH COUNTRY DANCING CLUB

We meet on Tuesday evenings from 7.45 p.m. to 10 p.m. from February to December. No partner needed, and beginners welcome.

Place: Baptist Church Hall  
Organiser: Rosemary Newton  
Contact: 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.clubsparc.lta.org.uk/StocksfieldDistrictTennisClub](http://www.clubsparc.lta.org.uk/StocksfieldDistrictTennisClub) or [www.facebook.com/Stocksfieldtennisclub/](http://www.facebook.com/Stocksfieldtennisclub/) or email us [stocksfieldtennisclub@gmail.com](mailto:stocksfieldtennisclub@gmail.com)

Place: Stocksfield Tennis Club  
Organiser: Louise Freeman  
Contact: 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  
Contact: Facebook: [www.stocksfieldbaptistchurch.net](http://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  
Contact: 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](http://www.stocksfieldchurchofengland.org)  
Place: Stocksfield

Organiser: Rev. Dr. Pat Moran, Vicar  
[www.stocksfieldchurchofengland.org](http://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  
Contact: 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](http://www.stjameschurchridingmill.com).

Place: St James Church  
Organiser: David  
Contact: [mckenzie.d@btinternet.com](mailto: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  
Contact: 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](http://www.wsd.org.uk/guilds/tynedale)

Place: Stocksfield Community Centre  
Organiser: Janet Padgett  
[tynedale.secretary@gmail.com](mailto:tynedale.secretary@gmail.com)

### RIDING MILL PARISH HALL

Regular events throughout the week. For bookings and enquiries please

email us or ring Suzanne on 07587 068210.

Place: Riding Mill Parish Hall  
Organiser: Suzanne Barker  
[Suzanne.barkerrmvht@btinternet.com](mailto:Suzanne.barkerrmvht@btinternet.com)

### RIDING MILL MILLENNIUM HALL

Regular events throughout the week. For bookings and enquiries please email us or ring Suzanne on 07587 068210.

Place: Riding Mill Millennium Hall  
Organiser: Suzanne Barker  
Contact: [Suzanne.barkerrmvht@btinternet.com](mailto: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](mailto:Rose@yogawithrose.co.uk)

Place: Riding Mill  
Organiser: Rose  
Contact: 07515107774

### MATTERS AND CRAFTERS

We are a friendly group of crafters meeting at Newton and Bywell Village Hall every Thursday from 10.30 until 3.00. Visitors and new members welcome. For more information tel: 07810 286 285 or by email: [dorothy43@uwclub.net](mailto:dorothy43@uwclub.net).

Place: Newton and Bywell village hall.  
Organiser: Dorothy Peacock  
Contact: 07810 286285

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We are delighted to launch our new Retreat Programme for 2023, a huge selection of day, weekend and full week retreats to meet all of your needs, from musical to creative, contemplative to hands on retreats.

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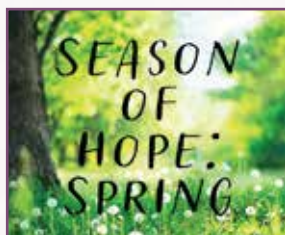


### MARCH

#### **"ARISE FROM YOUR SLUMBER" (Prov.24:30-34) A RETREAT FOR MEN**

This new and unique retreat for men will be facilitated by the National Association of 'The Men of St. Joseph' and aims to equip and motivate men to live out their Christian vocation in relationship to their responsive manhood, fatherhood and in their families, work places and church. This retreat will identify potential trigger points for isolation, inertia and dormancy, and will explore a deeper Son-ship with the Father and subsequently our brotherhood with men. We will be energised to live our calling, with passion drawing on the effectiveness of collaboration in relation to bringing about change and transformation. This weekend retreat will include talks, workshops, personal testimonies, prayer and social time.

**Friday 10th Sunday 12th March. Recommended donation £170 (residential)**



#### **SEASON OF HOPE - DAY RETREAT - CREATIVE POETRY - DARREN HARPER**

What does Spring mean to you? Is it the season of new beginnings? This day course, suitable for aspiring or more advanced poets, will begin by exploring exemplars of the season, including Emily Dickinson, Gerard Manley Hopkins and Mary Oliver. After that, we'll start crafting our own poems, inspired by the Spring setting of Minsteracres. Lunch and refreshments included.

**Monday 13th March - 10am - 4pm - £45**



#### **QUIET DAYS - LENTEN DAY RETREATS**

Multiple dates 10am-4pm. An opportunity to step aside, and listen to God in Scripture and enjoy the peace and tranquillity of nature on our beautiful and extensive estate. Lunch and Refreshments are included.

Suggested donation £30

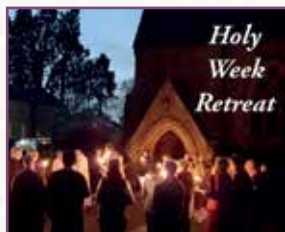
**15th & 29th March - The Minsteracres Team. 22nd March - Sr. Sheila McNamara**

### APRIL

#### **HOLY WEEK RETREAT**

An invitation to our reflective Holy Week Retreat. You are invited to join our Minsteracres community as we journey through the holy days leading up to Easter. Enjoy the rhythm of community life as we engage in the ceremonies of the Triduum and reflect on the wonderful gift of the Resurrection.

**Thursday 6th - Sunday 9th April 6.30pm - 2pm. Recommended donation: £240 (residential)**



#### **LAUDATO SI - RETREAT WHICH FOCUSES ON ENVIRONMENTAL CONCERNS AND STRATEGIES**

Laudato Si (Franciscan (Green) Encyclical. We invite you to this profound and thought provoking retreat, where we look closely at the encyclical and reflect on our own Passionist charisms of Prayer and the Environment. During this retreat we will have an opportunity to engage with CAFOD and members from our Minsteracres Team reflecting on our eco-friendly strategies, echoing a Laudato Si strategy for community life.

**Friday 14th - Sunday 16th April 6.30pm - 2pm. Recommended Donation £190**

#### **HEALING OUR INTERIOR BROKENNESS - THE FOUR RUPTURES - FR DAVID MARSDEN**

Following the pandemic there have been many consequences affecting people's lives, not only loss of life, but ruptures that have occurred in ourselves, our rupture with God, the interpersonal rupture and the rupture with creation (our environment/our work). The aim of the retreat is to bring about a healing of our Interior Brokenness, developing integration and wholeness so that we can serve Christ and His Church in greater freedom and joy. The weekend will comprise talks, workshop discussion, quiet reflection and an honest receptivity to battling with some of the issues of the heart which may be impeding our progress. All are welcome.

**Friday 21st to Sunday 23rd April 6.30pm - 2pm. Recommended Donation £ 190 Residential**



#### **TAIZÉ - PRAYER AND PRAISE - MINSTERACRES TEAM**

A quiet day enjoying and praying with the meditative music of Taizé. Come and join us for some beautiful singing and reflections that enable us to pause and re-energise our spirits inviting the serenity of rhythmical prayer into the heart. Lunch and refreshments included.

**Monday 24th April 10am - 4pm. Recommended Donation £30 (Day Retreat)**



#### **SING A NEW SONG TO THE LORD - VERONICA WHITTY**

On this day retreat, we are introduced to the timeless work of Estelle White. Born in South Shields in the North East, Estelle was a professional, musician and nun, transforming praise and worship with hymns including 'Oh the love of My Lord is the Essence' and 'I Saw the Grass'. Veronica Whitty takes us on a journey wherein we discover the woman, her influences and adversities and we encounter her choice to focus on praise over suffering. We explore the contemporary significance of her music, influenced by St. Mark's Gospel and question how her work can influence our own prayer life today. Lunch and Refreshments included.

**Saturday 29th April. 10am - 4pm - Recommended Donation £35 (Day Retreat)**

**Estelle White - Sing a New Song Day Retreat.**



For more information (and our paper copy booklet) Contact Cath Manley at:  
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<b>18-21 .....</b>	<b>£185</b>

## **2023 OPEN COMPETITIONS**

Seniors Open - 4man Texas Scramble	Gents 4-Person Texas Scramble	Monday 08-May-23	09:30 - 13:30	Visitors £15.00
Kennedy Bowl	Mixed Greensomes Stroke	Sunday 28-May-23	12:30 - 15:00	Visitors £15.00
Open 4BBB	Gents and Ladies 4-Person Team	Monday 29-May-23	07:00 - 16:00	Visitors £15.00
Ladies 4BBB Open	Ladies Four Ball Betterball	Wednesday 28-Jun-23	10:00 - 14:00	Visitors £10.00
2nd Seniors Open - Best2from4	Gents 4-Person Team	Monday 07-Aug-23	09:30 - 13:30	Visitors £15.00
Masters Texas Scramble	Mixed 4-Person Texas Scramble	Monday 28-Aug-23	07:00 - 16:00	Visitors £20.00
3rd Seniors Open - 4BBB	Gents Senior Four Ball Betterball	Monday 04-Sep-23	09:30 - 13:30	Visitors £15.00
Ladies Team Open	Ladies 4-Person Team	Friday 08-Sep-23	10:00 - 13:00	Visitors £10.00

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# Planting, weeding, and transplanting with the moon...



My visit to GO Local Food's Ovington fields coincided with the windiest day of the year (so far) - though Storm Otto was gusting less than expected. The growers had been busy the day before placing bricks on the five polytunnels, though higher up the valley the fields are fairly sheltered, and a large hedge and an additional pine tree belt provide good cover. Despite the gusts, the weather was warm and bright for February, with great views south to the Tyne Valley, looking

over to Stocksfield and Mickley on the other side.

I had never heard of "moon planting" until I visited for the first quarterly walk of '23. Ian Todd, one of the two contracted horticulturists explained "There are real benefits to sowing seeds at or just before the full moon. Even with the low light there is enough for a plant to photosynthesise at night and through the filter of a polytunnel". He went further to explain that "weeding is then best done at the new moon period where there is less light, as is transplanting seedlings. When transplanting it is best to encourage growth slowly and steadily which you wouldn't get at a full moon".

Quarterly walks provide a chance to learn and share more about the fields and polytunnels, and to discover what seasonal crops are on their way to our bags and baskets. As Ian got to work in the shelter of the polytunnels we chatted through this quarter's crop rotation. The growing year is split into four crop rotations of plants to harvest. Currently, the growers are busy preparing seedlings for this summer's harvest. "This is pricking out. I need to be very gentle not to pinch the stems" Ian explained as he very tenderly singled out cauliflower seedlings from a tray that had been in the polytunnel for 3 to 4 weeks. "The seeds were propagated back in January in the gas-heated propagating shed at around 16 to 20 degrees and are now ready to be placed into individual pods, one per seedling". Seedlings will be kept in the polytunnels providing the ideal halfway house before planting them outside when the ground is ready. "These cauliflowers will be ready to harvest around July time, along with the onions, alliums, oriental greens and pak choi that are already in the queue".

The most striking feature of the polytunnels is the thirty or more hanging baskets which had fresh green leafy endive growing in them, making the most of every available space and will be ideal for a winter salad. It looked like a very good way of keeping the slugs out of the beautifully lush-looking lettuces.

The fields, at their quietest right now, with only sparse amounts of spring onions, brussels sprouts, overwintering cauliflower, and garlic, confirming as we might imagine, that, "February is more focused on growing in the polytunnels and preparing fields for summer harvesting. The cold snaps in December and the pre-Christmas frosts affected the overwintering crops; brassicas especially the kale, and the cauliflower all bursting, however, garlic likes frost, so we have plenty of that".

The newly built lottery-funded wooden "Shed-Quarters" offered a



welcome break for coffee and more conversation. Several of the volunteers and workshares were also having a break from harvesting. There were several stories of the 'the veg that got away!' otherwise known as harvesting challenges. For example, the case of when a giant runner bean grew to over 12 inches after having been missed by the harvesters. "Tomatoes are the easiest to harvest" explained Ann, with Ian joking that, "beans are easiest to hide!" The best technique involves running your hand along the row of plants".

It was evident that the social and community aspect of the cooperative is as important as the growing side, and the turnover of volunteers and workshares is extremely low. Sue, a workshare, also noted "incredibly, in the few years I have been involved only 4 days of harvesting have been lost to severe weather". Weather forecasts help in planning the workload and there are always jobs to be done in the polytunnels if it is raining.

Interestingly, after seeing an advert in the Tyne Valley Express 3 years ago, Ann one of the harvesting team volunteered. "I was looking for something to do after I retired. Volunteering whilst learning just looked perfect for me". Ann often cycles the 22-mile round trip from Ponteland to the fields and reflected on how much she enjoys the camaraderie with the other members. "One of the real benefits has been learning about the various recipes you can make with the different crops. There are so many different styles of cooks it is incredible what you learn". With over 100 members in total, there is a considerable knowledge base of talents within GO Local Food.

Next time I will be meeting Jala Haidar Go Local Food's other horticulturist for a catch-up of the Spring harvest.

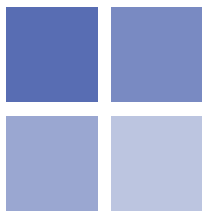


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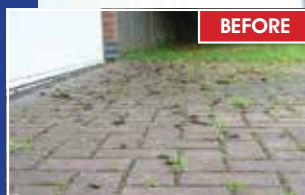
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Contact: 01434 608723

### CORBRIDGE PRESCHOOL CIC

Provides early education and childcare for under fours, once they are walking. Fees are low to ensure the preschool can be accessed by all families. Children enjoy fun activities and the opportunity to develop their social and communication skills. Place: Corbridge Preschool  
Organiser: Claire Milburn  
Contact: 01434 622947

### CORBRIDGE PARENT AND TODDLER GROUP

A group for parents, grandparents, childminders and carers with children up to four. Our friendly group runs from, Monday: 1:15 pm - 2:30 pm during term time. First session is free. £3.00 for 1 child. £1 for each additional child. Place: Corbridge Preschool  
Organiser: Claire Milburn  
Contact: 01434 622947

### ST ANDREW'S CHURCH

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

### SCOTTISH DANCING

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

### TYNEDALE CHESS CLUB

We meet every Thursday in the Corbridge Parish Hall from 7-10 pm. If

you live in Hexham, then transport will be available on most club nights. Please contact us for further information.

Place: Corbridge Parish Hall  
Organiser: Dave Humphreys  
Contact: [dwhump3@ahoo.co.uk](mailto: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](http://www.chevent.co.uk)  
Place: Corbridge Parish Hall  
Organiser: CH Event  
Contact: [contact@chevent.co.uk](mailto:contact@chevent.co.uk)

### CORBRIDGE LACE GROUP

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

### ZUMBA KIDS & JUNIORS

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

### ZUMBINI (0 TO 4 YEARS)

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

Place: Corbridge Parish Hall  
Organiser: Shelly Dronfield  
Contact: [Shelly.dronfield@gmail.com](mailto:Shelly.dronfield@gmail.com)

### HADRIAN'S WALL ROTARY CLUB

Hadrian's Wall Rotary meets on two Thursdays each month at RAFA Club, Market Street, 7.30pm. We are a small group of enthusiastic, innovative and flexible Rotarians, very much young at heart and definitely put the fun into fund-raising. Place: RAFA Club  
Organiser: Guy Galpin  
Contact: [guy.galpin@uwclub.net](mailto:guy.galpin@uwclub.net)

### ELVASTON BOWLS CLUB

Ever thought of lawn bowls. Great fun for mind and body. Play at a private club, on a lovely green. Make new friends. Only

one fee allows access all year. Give it a go at one of our coaching sessions or just contact me.

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

### HEXHAMSHIRE WI

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

### CREATIVE WRITING

These classes will inspire and encourage you to write poetry, fiction and memoir and to share and develop your writing through stimulating workshop sessions in a friendly and supportive group. Tuesday evenings/Thursday lunchtimes. Try a session for free. Place: Hextol Tans cafe/Core Music  
Organiser: Claire Lynn  
Contact: [claire@claire276.plus.com](mailto: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](http://www.tynedaletennisclub.co.uk)  
Place: Eilansgate (shared entrance with Tynedale Cricket Club).  
Organiser: George Miller  
Contact: 01434606300

### WARDEN IN HEXHAM WOMENS INSTITUTE

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

### HEXHAM AND DISTRICT FLOWER CLUB

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

### FAMILY CEILIDH - DANCE SCOTTISH

Fun, fitness, and friendship with easy Scottish dances. Suitable for children at first and middle school but whole family is invited. First Saturday afternoon of 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](http://www.tynedalelionsclub.org)  
Place: County Hotel, Hexham  
Organiser: Tynedale Lions Club  
Contact: [tynedalelionsclub@gmail.com](mailto:tynedalelionsclub@gmail.com)

### HEXHAM ART CLUB

We meet fortnightly on a Tuesday afternoon 1.00pm to 4.00 pm. Our meetings are mostly practical sessions led by local professional artists and by club member. To people who say I can't paint, we say, yes you can! Place: Hexham Community Centre, Gilesgate  
Organiser: Gillian Silsbury  
Contact: [gillian.silsbury@gmail.com](mailto:gillian.silsbury@gmail.com)

### TYNEDALE COMMUNITY CHOIR

Monday evenings during term time, 7.30 - 9.00 pm. Come and sing, relax and unwind with folk songs, rounds, gospel, contemporary and more. Led by musical director Kathryn Davison. Suitable for beginners and experienced singers alike. Place: Trinity Methodist Church Hall  
Organiser: Tynedale Community Choir  
Contact: [tynedalechoir@gmail.com](mailto:tynedalechoir@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](http://www.hexhammorris.com)  
Place: See description  
Organiser: Valerie  
Contact: 01434684705

### MACULAR SOCIETY

Meets 11am last Thursday in the month at the Therapy Centre, opposite Hexham Hospital. Place: Therapy Centre  
Organiser: Jeanne  
Contact: 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  
Contact: 07737108061

### HEXHAM PROBUS CLUB

Provides regular gatherings for retired or semi-retired professional or business





men aged over 55. We meet most months at the Tynedale Mart for a talk preceded by lunch. New members from the Tynedale area are always welcome. Place: Tynedale Mart  
Organiser: Hon. Secretary  
Contact: 01434607798

#### **TYNEDALE ROTARY**

We support local charities, and Rotary's international activities. We are an active club, always keen to welcome potential new members. Our recent donations have benefited foodbanks, schools and other worthy causes. Meetings: Wednesday 12 noon.

Place: County Hotel Hexham

Organiser: Rotary Club

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

#### **CHRYSLIS CLUB TYNEDALE**

Provides activities, stimulation and social opportunities for people with dementia, Carer support, information, counselling, Younger dementia group, intergenerational project. Based in new premises in Hexham with outreach in the Tyne Valley, Volunteer opportunities. Rooms available to rent from £12 ph. Place: Dene Park, Corbridge Road, Hexham  
Organiser: Chrysalis Club  
Contact: [info@chrysalisclub.org.uk](mailto: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  
Contact: 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](http://www.mylibrary.co.uk)

Place: Hexham Library  
Organiser: Fiona Corbett  
Contact: [hexham.library@northumberland.gov.uk](mailto: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

Contact: 01434673489

#### **HEXHAM BRIDGE CLUB**

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

Organiser: Alan McKendrick

Contact: [secretaryHBC@btinternet.com](mailto:secretaryHBC@btinternet.com)

#### **FAMILY HISTORY BRANCH**

We are part of the Northumberland & Durham Family History Society. We are a small friendly group who meet on the second Thursday of the month (except August) at 7pm for talks or discussions on family history related topics.

Place: Community Centre, Gilesgate

Organiser: Tynedale Family History

Contact: [tynedalebranch@ndfhs.org.uk](mailto:tynedalebranch@ndfhs.org.uk)

#### **JIVE ALIVE**

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

Place: Torch Centre, Corbridge Road

Organiser: Sheelagh

Contact: 07712108685

#### **HEXHAM TOWN WI**

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

Place: Hexham Community Centre

Organiser: President Suzanne

Contact: 07858718056

#### **HEXHAM RAMBLERS**

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

Place: Various

Organiser: Carol

Contact: 07718248502

#### **TYNEDALE ARCHERS**

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

Place: Hexham

Organiser: John Hope

Contact: 07887364433

#### **TYNEDALE U3A**

Monthly meeting and talk on the first Tuesday of every month except August at 2pm, plus events to celebrate our 40th year. Non-members welcome. See [www.u3asites.org.uk/tynedale](http://www.u3asites.org.uk/tynedale) or join our Facebook group. More than 50 interest groups organise their own activities.

Place: Hexham Abbey Great Hall

Organiser: Tynedale u3a

Contact: [tyneu3apublicity@gmail.com](mailto:tyneu3apublicity@gmail.com)

#### **HEXHAM ARMY CADETS**

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

#### **HEXHAM ROTARY**

Hexham Rotary is very welcoming group of men and women of all ages who meet up, do volunteer work, raise money for charities and have an

extensive events calendar. Give us a try you will find something that floats your boat.

Place: Hexham

Organiser: Brian Massey

Contact: 01434 603827

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

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

Place: West End Methodist Church

Organiser: James Walmsley

Contact: 07771715574

#### **MUSIC AND MOVEMENT FOR PRE SCHOOL CHILDREN**

Learn music, song, rhyme and rhythm under the guidance of experienced music and dance leaders on Friday mornings during school term times. More information on our website at <http://www.musicmovement.weebly.com>

or on our FB page @musicmovehexham

Place: Trinity Methodist Church

Organiser: Julie

Contact: [musicmove79@gmail.com](mailto: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](http://www.hexhamphotographic.org)

Place: Torch Centre Hexham

Organiser: Gerry

Contact: 01434606967

#### **LITTLE OAKS NURSERY**

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

Place: Acomb, Northumberland

Organiser: Catherine Fergus

Contact: 01434 613422

#### **NATIONAL TRUST TYNE VALLEY ASSOCIATION**

20th March meeting will be a member's lunch, followed by a talk on 'The Protestant Duke' given by John Derry. 17th April, Mrs Liz Finch will speak on the subject 'The Families of Wallington Hall. Both talks commence at 2.30pm  
Place: Great Hall, Hexham Abbey  
Organiser: Jackie Wood  
Contact: [jackie.wood@gmx.co.uk](mailto:jackie.wood@gmx.co.uk)

#### **MESSY CHURCH**

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

Contact: Church office

Place: Hexham, Beaumont Street

Organiser: Church Office

Contact: 01434 601113

#### **HEXHAM 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

Contact: 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](http://www.chevent.co.uk)

Place: Hexham Abbey

Organiser: CH Event

Contact: Facebook

#### **MARTIAL ARTS**

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

Place: E.T Fitness and Therapy

Organiser: Simon

Contact: [phoenixmartialarts@hotmail.co.uk](mailto:phoenixmartialarts@hotmail.co.uk)

#### **HEXHAM HIGHLIGHTS NETBALL**

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

Place: Wentworth Leisure Centre

Organiser: Dill

Contact: 07974 811351

#### **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

Contact: [tynedalearchers@yahoo.co.uk](mailto:tynedalearchers@yahoo.co.uk)

#### **ALPINE PLANT SHOW**

Alpine plant show and plant fair will be held 1st April at Hexham Auction Mart. Plant sales start 10 am, Show hall opens 11.00am. Several alpine plant nurseries will be in attendance plus member's table selling plants. Admission £3.00  
Place: Hexham Auction Mart  
Organiser: NE England Alpine Group  
Contact: [alan.alpine1@gmail.com](mailto:alan.alpine1@gmail.com)

#### **HEXHAM BRASS BAND**

A fun and friendly brass band for all ages and abilities, playing a wide selection of music, including marches, show tunes and popular music arrangements. The band rehearses every Tuesday evening 7.15pm to 9.00pm and performs concerts throughout the year.

Place: West End Methodist Church

Organiser: Hexham Brass

Contact: [info@hexhambrass.co.uk](mailto:info@hexhambrass.co.uk)

#### **DILSTON W.I. SPRING FAIR**

Dilston W.I. is hosting a table top sale with a wide variety of stalls on Saturday 25th March 2023. Refreshments will be available. Come and join us. Entry £1 to include a cup of tea or coffee and biscuits.

Place: Corbridge Parish Hall

Organiser: Marian Fairless

Contact: [falcon31@btinternet.com](mailto:falcon31@btinternet.com)



**HEXHAM  
Jazz  
FESTIVAL**

**Claire Martin, Jo Harrop, Rachel Sutton,  
Paul Edis, Freddie Benedict Borealis  
and many others.**

**12th - 14th May 2023  
Hexham Northumberland**

Tickets can be purchased from The Queen's Hall, Hexham  
or online at: [www.queenshall.co.uk](http://www.queenshall.co.uk)

**"Come and make a weekend of it"**

Profits to Cancer Research. In association with  
Hampstead Jazz Club and supported by  
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**NORTHUMBERLAND  
CANCER SUPPORT GROUP**

**The Northumberland Cancer Support Group is  
an independent Charity run by a small group of  
volunteers and based in Hexham.**

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

**New members always welcome!**

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

**We would love to welcome you at the  
various activities we have planned  
for 2023**

*Remember we are here for you.*

**To get in touch...**  
[info@northumberlandcancersupportgroup.co.uk](mailto: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](http://www.northumberlandcancersupportgroup.co.uk)**




**Saturday 27th May 2023**  
at Bywell near Stocksfield

**Tickets On Sale Now**  
[northcountyshow.co.uk](http://northcountyshow.co.uk)

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



## Are you looking for a fulfilling, inclusive and active job?



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



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

**1 x Part-time Learning Disability Support Worker SP2 £19,007 pro rata: 15hrs/wk**

**1 x Full-time Learning Disability Support Worker SP2 £19,007, 37hrs/wk**

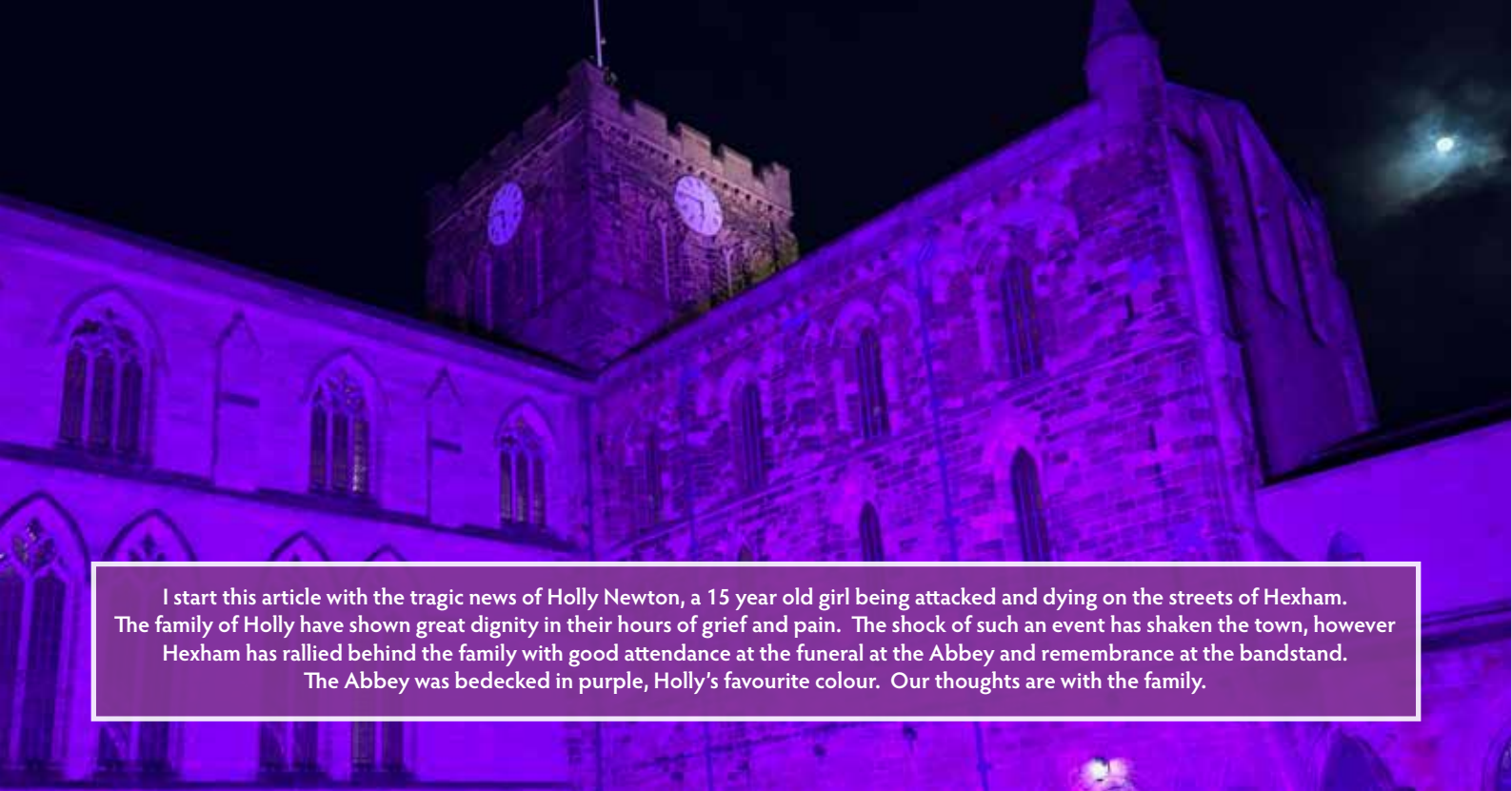
The best thing to do would be to give us a ring:

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

[www.journeyenterprises.co.uk](http://www.journeyenterprises.co.uk)

[info@journeyenterprises.co.uk](mailto:info@journeyenterprises.co.uk)





I start this article with the tragic news of Holly Newton, a 15 year old girl being attacked and dying on the streets of Hexham. The family of Holly have shown great dignity in their hours of grief and pain. The shock of such an event has shaken the town, however Hexham has rallied behind the family with good attendance at the funeral at the Abbey and remembrance at the bandstand. The Abbey was bedecked in purple, Holly's favourite colour. Our thoughts are with the family.

Hexham's 3rd Net Zero Fair takes place on 18 March 11:00 - 1:00 in The Abbey, it is free to enter, there will be a number of stalls on environmental matters which you will find of interest.



Hexham events in March and April include The Forum Cinema proudly presenting the Tyne Valley Film Festival 2023. A community programmed film festival that brings together rural film clubs, venues and community organisations for a true celebration of the silver screen.

Between 17th - 26th March, 29 screenings will take place across 13 unique venues with a truly diverse range of films spanning the entire history of cinema, from pre-sound classics to contemporary foreign

language releases, and everything in between.

Find out more: [www.tynevalleyfilmfestival.com](http://www.tynevalleyfilmfestival.com)

Hexham Book Festival at the Queen's Hall returns from 21st - 30th April, a fabulous line up of authors include John Snow, Esme Young (



Great British Sewing Bee), Paul Lewis & Felicity Cloake. Join us for a taste of everything from politics & economics to food and fashion. Full programme available from the end of February.

#### Children's Festival

Hexham Book Festival for schools at the Queen's Hall will run from 25th - 28th April, Storyland returns on Sunday 30th April : a day for all the family with comedy, author events, draw-alongs, fun workshops and more.

[www.hexhambookfestival.co.uk](http://www.hexhambookfestival.co.uk)

#### A Century of Wedding Gowns

This exhibition is a collection of handmade, homemade and rejuvenated gowns, showcasing changing fashions over the decades. The collection includes around 300 gowns plus veils, headdresses and hats which cover every decade from 1900 and a small number of gowns from 1859 - 1899. These include replicas of the most well-known royal wedding gowns and tiaras and a 1923 winter velvet wedding gown, handmade by Coco Chanel for a family friend.

A selection of gowns will be on display in Hexham Abbey from 27 April to 11 June.

[www.hexhamabbey.org.uk](http://www.hexhamabbey.org.uk)



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

*Derek Kennedy*

Councillor Derek Kennedy  
Mayor of Hexham

[www.hexhamtowncouncil.gov.uk](http://www.hexhamtowncouncil.gov.uk)  
Email: [Derekhexham@gmail.com](mailto:Derekhexham@gmail.com)





## **Fun and creative Support Workers / Work Coach needed at our Newcastle Hub.**

Four job opportunities have arisen to join our happy and friendly Charity team at Journey Enterprises, Kenton, Newcastle NE3 3RY.



If you have a passion for helping others, and skills and interests in areas such as Art, Drama, Cooking or Sports, this is the job for you!

We want people that can empower our members to reach their goals and aspirations in life.

**2 x Part-time Learning Disability Support Worker SP2 £19,007 pro rata: 14.5hrs/  
wk & 22hrs/wk**

**1 x Full-time Learning Disability Support Worker SP2 £19,007, 37hrs/wk**

**1 x Work Coach SP4/5 £21,305- £23,320, 37hrs/wk**

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

07739 686 073, and speak to Adam about what the jobs involve.

[www.journeyenterprises.co.uk](http://www.journeyenterprises.co.uk)

[info@journeyenterprises.co.uk](mailto:info@journeyenterprises.co.uk)

# Give your hearing a spring clean

and enjoy all the sounds that nature offers this springtime



Hearing loss can sometimes make it difficult to hear what nature has to offer. The latest hearing aid technology allows you to enjoy the sounds of spring whilst picking out speech from background noise, making it easier for you to participate in conversations.

These comfortable devices are so tiny no one will even notice you are wearing them, leaving you to enjoy the company of others with complete confidence.

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42 Hill Street, Corbridge, NE45 5AA  
Tel: 01434 213 632

Whickham Pharmacy:  
Rectory Lane, Whickham, NE16 4PD  
Tel: 0191 486 2488

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

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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/](http://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](http://www.ramblers.org.uk/ponteland). New walkers are welcome. Place: throughout Northumberland  
Organiser: Graham Snowdon  
Contact: [graham\\_snowdon@sky.com](mailto:graham_snowdon@sky.com)

### BELSAY HALL CROQUET CLUB

Not sure if croquet is the sport for you? We can offer trial sessions. We'll provide all the equipment and instruction. You just need to wear some flat-soled shoes and we'll have you playing really quickly. Interested? Just email us.  
Place: Belsay Hall, Castle and Gardens  
Organiser: Colin Chun  
Contact: [colingchun@gmail.com](mailto:colingchun@gmail.com)

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

Visit our website for all services, activities and events: [www.pontelandstmary.co.uk](http://www.pontelandstmary.co.uk)  
Place: St Mary's, North Road, Ponteland  
Organiser: Church Office  
Contact: [office@pontelandstmary.co.uk](mailto: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  
Contact: 07936135469

### PONTELAND VILLAGE WI

Fire Safety will be the subject of our talk on Tuesday, March 14, with the Return of the Red Kite on Tuesday, April 11, both at 7.30pm. To try our group, email us. Look for Ponteland Village WI on Facebook.  
Place: St Mary's Parish Centre  
Organiser: Jeni  
[pontelandvillagewi@hotmail.com](mailto: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. Try a free taster session.  
Place: Members' houses  
Organiser: Claire Lynn  
Contact: [claire@claire276.plus.com](mailto:claire@claire276.plus.com)

### PONTELAND BADMINTON GROUP

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

### PONTELAND LADIES CHOIR

Held every Monday 7:30pm at Ponteland Community Primary School, NE20 9EY. We sing a wide variety of music. New members welcome and no auditions required.  
Place: Ponteland Community Primary School  
Organiser: Susan  
Contact: 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  
Contact: 01661820396

### PONTELAND SENIOR GENTLEMANS CLUB

We meet at St Mary's Parish Centre on 2nd Monday of every month starting at 2.30pm prompt. Following a talk there is a opportunity to chat to other members over tea and biscuits. See <http://pontelandsgc.co.uk/> for details.  
St Mary's Parish Centre, Thornhill Road  
Organiser: Bill Schardt  
Contact: [pontelandsgc@gmail.com](mailto:pontelandsgc@gmail.com)

### PONTELAND FRIENDLY STITCHERS

We meet on the 4th Monday in the month (except December) between 2 and 4 pm. We offer a mixture of speakers and workshops and new members are most welcome.  
Place: St Mary's church hall  
Organiser: Emma Denham  
Contact: [emmadenham52@gmail.com](mailto:emmadenham52@gmail.com)

### FRIENDS OF KIRKLEY HALL

8 March will see us host our very own Gardeners Question Time. Questions in advance please. 19 April is an afternoon tea and tour of walled garden. Full details on our Web page [www.friendsofkirkleyhall.org](http://www.friendsofkirkleyhall.org)  
Place: Kirkley Hall, Ponteland  
Organiser: Enid Saint  
Contact: 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  
Steve Oliver. Contact: 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  
Contact: 07740866764

### RAF AIR CADETS

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

### INNER WHEEL CLUB OF PONTELAND

Part of a women's voluntary organisation a small club founded on friendship and personal service which welcomes new members and visitors. Meeting held on the first Monday of the month include social time, talks, occasional lunches and gentle charity fundraising.  
Place: St Mary's Church Hall  
Organiser: Ann Lowry  
Contact: 07568743653

### METHODIST CHURCH

Sunday worship 10 am, 6.30 pm. First Sunday of month Bouncy Church 9 am onwards. Monday Café, Tuesday Boys Brigade with Girls. Thursday Toddlers, Men's Forum, Women Together. Saturday Walkers & Coffee Shop Strollers.  
Place: Ponteland Methodist Church  
Organiser: Ann Cooper  
Contact: [anncooperx@gmail.com](mailto:anncooperx@gmail.com)

### PONTELAND U3A

Meetings are held on the first Wednesday of every month at 2pm. Our next talks are: 1st March – Spring Flower Demonstration by Sandra Dickinson. 5th April – Veteran Tree Project – Northumberland by Nick Johnson. For enquiries please call 01661824953  
Place: St Mary's Parish Centre  
Organiser: John Hewett  
Contact: [john.hewett@tiscali.co.uk](mailto: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 St. Mary's Church Hall on the second Tuesday of the month. 2.0-3.30pm £4 per session. It's great fun. All Welcome.  
Place: St. Mary's Church Hall  
Organiser: Gerry Turk  
Contact: Tel 01661 822056

### SEIKEN RYU KARATE CLASSES

Seiken Ryu Karate Association runs family friendly karate classes for all ages and abilities in the village halls in Stannington (Tuesday 6pm) and Stamfordham (Wednesday 6.30pm). All instructors are fully DBS checked and insured. For more details [www.seikenryu.co.uk](http://www.seikenryu.co.uk)  
Place: Stannington/Stamfordham  
Organiser: Steve Reed  
Contact: 07456 657308

### PONTELAND WILDLIFE GROUP

7.30pm, St Mary's Parish Centre, Thornhill Road, Ponteland, NE20 9PZ £2 includes refreshments. Tuesday 4th April Ian Beedison "First Steps With 8 Legs, an Introduction to Spiders and Harvestmen". Last talk this season. Talks resume on Tuesday 5th September  
Place: St Mary's Parish Centre  
Organiser: Ponteland Wildlife Group  
Contact: [pontelandwildlife/talks](mailto:pontelandwildlife/talks)

### PONTELAND WI

Ponteland WI welcome visitors to their meetings which are held on the second Tuesday in the month, except August. The meetings begin at 2.00pm. There is a monthly speaker followed by light refreshments, with a competition and a stall.  
Place: Merton Hall, Ponteland  
Organiser: Gill Thompson  
Contact: [gillian.tho@googlemail.com](mailto:gillian.tho@googlemail.com)

### PLANT HERITAGE GROUP

March 11th: Liz Towner speaking about "Margaret Rebecca Dickinson, Northumbrian Botanical Artist". April 15th: Helen Chen speaking about "Asian Woodland Plants". Meetings begin 2.30pm. Visitors welcome £5. Plant raffle and refreshments.  
Place: Memorial Hall Ponteland  
Organiser: Patricia Skews  
Contact: [pat.skews@btinternet.com](mailto: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  
Contact: [aatkinson13@talk21.com](mailto:aatkinson13@talk21.com)

### CALLERTON GARDEN & FLOWER CLUB

Our meetings are held on the second Wednesday of the month at 2pm at Ponteland CIU Club, Merton Way Ponteland. Meetings include floral demonstrations and talks on aspects of gardening. Visitors welcome. £7 entry.  
Place: CIU Club Ponteland  
Organiser: Vivien Jackson  
Contact: 07467035013

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# TYNESIDE VAGABONDS CYCLING CLUB

Established in 1937, TVCC have over 300 members of all ages from the Newcastle and Northumberland area who enjoy the various club activities and social events organised by the club.

The aim of TVCC is to promote all forms of cycling. Our members take part in and organise many different cycling activities including: club rides, youth coaching, racing, audax/sportive rides and touring.



## CLUB RIDES

Club social rides of about 35-45 miles (with a stop for refreshments approximately half way) take place on Tuesday, Thursday, Saturday and Sunday. Contact our membership secretary for details.  
Email: [tynevags.membership@gmail.com](mailto:tynevags.membership@gmail.com)

Pace categories are as follows: 13mph, 15mph, 17mph and 18+mph.

We now have a regular 12-13mph ride ('the Twelver') of around 30 miles on Saturday which is a good introduction to club riding.

## YOUTH COACHING

Tyneside Vagabonds Youth Development Section focuses on helping young riders develop and hone their cycling skills in a fun, safe, traffic free environment with a view to having fun mucking about on bikes.

Many of our young members also participate in youth specific group rides and compete in various cycling disciplines at both regional and national level. Our coaches are accredited British Cycling Level 1 or 2, and all are DBS checked and hold current first aid certification.

## TIME TRIALS

Our hugely popular Time Trials take place on a Thursday evening over the Spring/Summer, with courses over 10 and 25 miles.

We also host the annual 50 mile Mountain Time Trial in May

## AUDAX

An Audax ride is a cycle ride that has to be completed within a set time limit, including any stops to eat or rest.

For most people the time limits aren't an issue and it's just a good value, enjoyable day out. An Internet search for 'what is an Audax' or 'riding my first Audax' will bring up some useful results, or alternatively just enter one and have a go, there's always plenty of help and advice.



## JOIN THE VAGS - 2023

*Visit our website for more details and how to join...*

# [www.tynevags.cc](http://www.tynevags.cc)





# COFFEE BREAK

## Celebrate World Poetry Day. March 21st

Email the hidden themed word to [puzzles@tynevalleyexpress.co.uk](mailto: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.

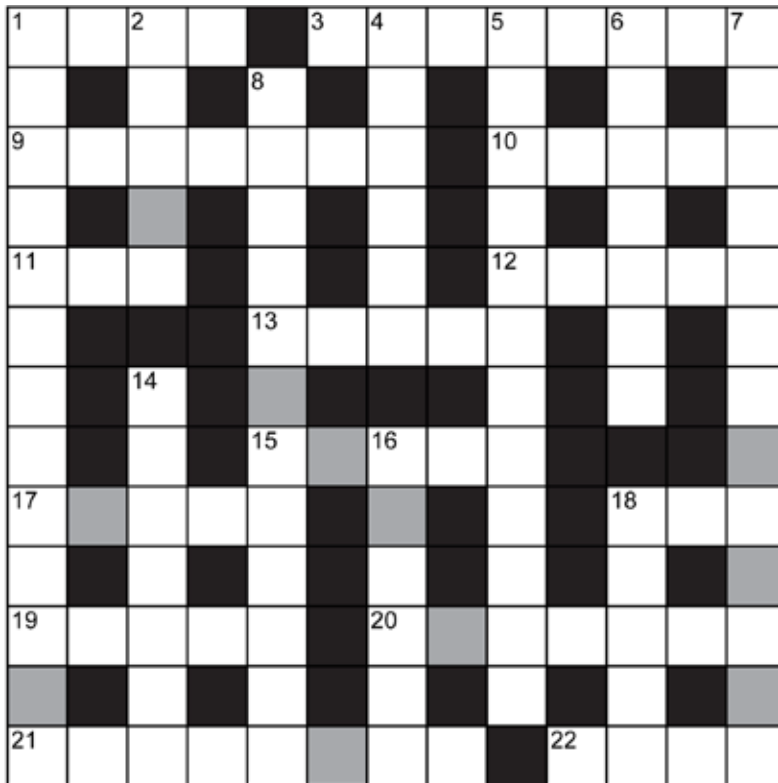


### Across

- 1 Celebrity hero (4)
- 3 Small terrestrial crustaceans (8)
- 9 Release someone from duty (7)
- 10 Waterlogged ground (5)
- 11 Seed of an apple (3)
- 12 Sound of any kind (5)
- 13 In the company of (5)
- 15 Ascended (5)
- 17 Minute pore in a leaf (5)
- 18 Show discontent (3)
- 19 Wash one's body in water (5)
- 20 Huge wave (7)
- 21 Expanded (8)
- 22 Basic unit of matter (4)

### Down

- 1 Not capable of being restr:
- 2 Spring flower (5)
- 4 Exaggerate (6)
- 5 Insincere (12)
- 6 Form a mental picture (7)
- 7 Art movement (13)
- 8 The proprietor of an eating establishment (12)
- 14 Decorative altar cloth (7)
- 16 Attack with severe criticism
- 18 Strong gust of wind (5)



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

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

G	N	I	T	I	R	W	T	F	I	A	L	E	E	R	
N	N	L	A	M	D	O	R	S	O	D	G	J	T	D	
L	I	O	U	X	C	A	Y	W	I	N	N	W	N	P	
A	E	T	I	U	S	M	L	S	G	T	I	R	O	L	
S	S	K	W	T	B	F	C	L	F	D	D	N	I	I	
E	R	O	O	O	A	O	E	Y	A	A	A	N	T	T	
E	E	U	L	Q	V	R	C	L	O	B	E	O	A	E	
P	V	I	B	E	J	C	B	Z	E	A	R	I	R	R	
I	S	E	R	O	W	U	R	E	T	T	P	S	E	A	
M	D	Y	E	A	T	H	Q	S	L	R	J	S	T	R	
A	S	A	S	A	T	D	A	O	R	E	G	E	I	Y	
T	M	E	T	A	P	H	O	R	H	R	C	R	L	Q	
S	H	A	R	E	Z	I	R	P	Y	S	Q	P	L	O	
A	N	U	R	Y	R	E	G	A	M	I	S	X	A	E	
O	I	R	I	Q	N	G	L	H	E	A	N	E	O	P	

ALLITERATION  
BALLAD  
CELEBRATION  
DISCOVERY  
EXPRESSION  
IMAGERY  
LITERARY  
METAPHOR  
PROSE  
READING  
RHYME  
SHARE  
SYMBOLISM  
VERSE  
WRITING

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

# Spring into gardening, with



**dobbies**  
garden centres

Spring is just around the corner, and with it brings the busiest season in a gardener's calendar. Preparing your garden for the year ahead is crucial to ensuring a good crop, and this is also when you can enjoy the beautiful colours and fragrant blooms the season brings.

Whether you're a gardening pro, or just starting your planting journey, Dobbies' Horticultural Director, Marcus Eyles has outlined his top tips to inspire you to 'spring' into gardening. What's more, Marcus says you don't need to spend a fortune to get your outdoor space looking its best and there are some great value options that will help you spend less while still getting the most out of your garden.

## Spring clean and prepare

Spring cleaning your garden is an essential first step when it comes to preparing for the year ahead, and if you have been tidying and maintaining your garden throughout the winter months, this will stand you in good stead. One of the easiest ways to tidy up your garden is by neatening your beds and borders for the growing season, hoeing to remove weeds and applying a good layer of mulch over the surface. Marcus notes that not only will mulching help lock in moisture, but it will give your plants a nutrient boost for spring.

Deciduous grasses that have been left over winter to protect wildlife can be cut back now to make way for new season growth, and Marcus recommends raking growth of evergreen grasses to remove any dead foliage.

## Design your beds and borders

Spring is the ideal time to get your beds and borders in shape for the warmer months. Once you have removed weeds, the next step is to trim back any winter flowering plants such as Cornus and Salix where blooms have started to fade and prune summer flowering shrubs like Buddleia, Lavatera and hardy Fuschias to allow room for new growth. As we get into spring, Marcus recommends pruning early spring flowering shrubs once flowering has finished, as this will give your beds and borders a tidier look. Wisteria can be pruned to encourage strong flower buds by cutting side shoots back to just a few buds.

To give your garden structure, Marcus also recommends planting new container grown shrubs, hedges, and trees in spring. You should also tend to your evergreen trees, shrubs and hedges by feeding them with a slow-release general-purpose fertiliser, lightly forked into your borders.

## Plant bulbs for summer colour

One of the most enjoyable spring gardening jobs is undoubtedly planting, and Dobbies has a wide selection of great plants that can be grown quickly in warmer soil for earlier blooms.

Summer flowering bulbs like Dahlias, Lilies and Gladioli can be planted in spring for a burst of colour and fragrance in the summer months, and make great cut flowers for the home. Begonia corms can also be planted now in containers for early summer colour.

Hardy annuals such as Love-in-the-Mist or English Marigold can be sown directly into borders now for a wonderful flower display later in the year. Marcus says that now is also the perfect time to plant new Roses – he recommends David Austin English Roses – for a blooming summer display that will transform your garden with their performance. Just ensure you prune existing Rose bushes back hard before the new season leaves begin to unfurl.

## Grow your own produce

Marcus recommends removing any weeds from your vegetable beds before mulching with peat-free soil improver and covering with black weed membrane. This will help warm up the soil, making it easier for spring planting.

Marcus says you should start chitting (sprouting) your first early potatoes in trays in January/ February so they are ready to plant in March. The easiest way to do this is to stand them in an egg box in a frost-free shed or garage to encourage new shoots to form.

Sweet Peas can be sown now under cover in a greenhouse, ready for planting out in April. To speed up germination, Marcus suggests soaking your seeds for 24 hours in tepid water and allowing two seeds per pot to allow room for growth. Kale, Tomatoes, Aubergines, Broad Beans and Cucumber seeds can also be sown under cover for a summer harvest.

Soft fruits such as rhubarb, raspberries, blackcurrants, and blueberries can all be planted in spring too, as can strawberry plants. If you're planting apricots, peaches and nectarines, Marcus recommends protecting them from any late frosts with a layer of fleece, as cold temperatures can cause damage to their blossom and therefore no fruit will set.

## Refresh your pots

To ensure instant colour in your garden for the new season, Marcus recommends refreshing your pots, hanging baskets and window boxes with early season Primroses, Violas and Pansies, planting potted spring bulbs in the gaps for an extra burst of colour.

One of Marcus's favourite and most economical ways to ensure your containers are full of colour as early as possible is to grow your own bedding plants from young plants. You can plant these immediately into small pots filled with peat-free young plant compost to be grown in a warm greenhouse, conservatory or bright windowsill, and then plant outside when the risk of frost has passed.

## Lawncare

Depending on the weather, early spring is the time to prepare your lawn ready for sowing by cultivating soil and making sure the area is level and firm. If you prefer the look of a manicured lawn, you can also use this time to straighten lawn edges with an edging iron and get the area looking neat. In late spring, you can apply a lawn feed high in nitrogen to established lawns to encourage growth. Once you see growth, you can give it the first light cut of the season, making sure the blades are kept on their highest setting so as not to scalp the lawn.



Marcus Eyles

Marcus Eyles  
Horticultural  
Director  
Dobbies Garden  
Centres



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

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: [www.tynevalleyexpress.co.uk/business-directory](http://www.tynevalleyexpress.co.uk/business-directory) 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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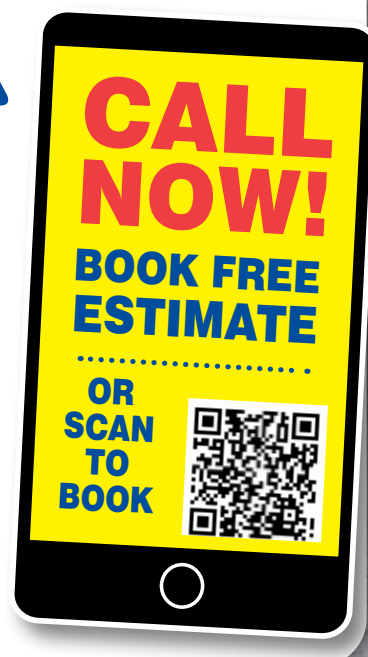
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